

Mediterranean Diet Pyramid

A contemporary approach to delicious, healthy eating

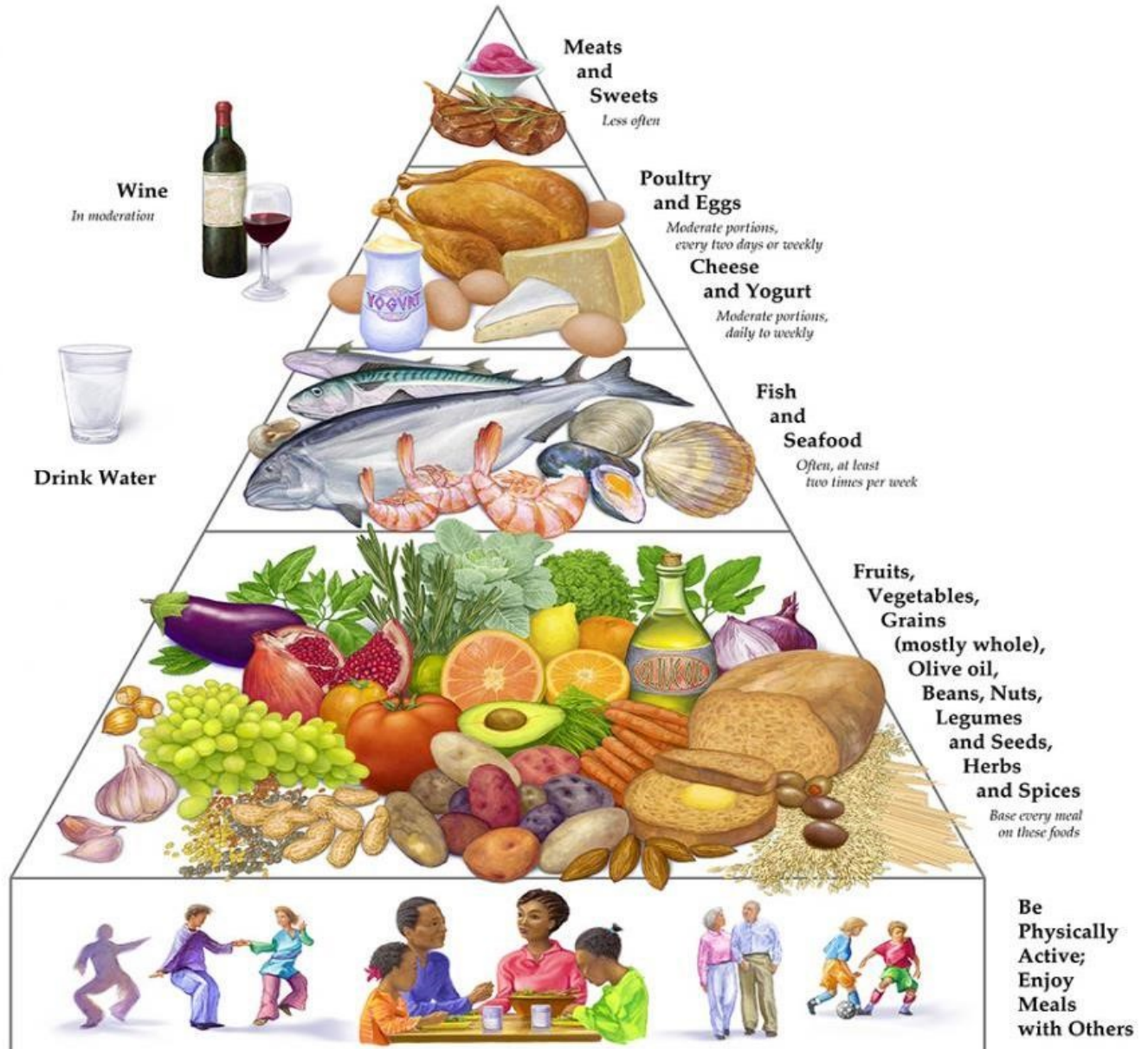


Illustration by George Middleton

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For more information, meal plans and recipes visit

<https://oldwayspt.org/traditional-diets/mediterranean-diet>

EatRight Ontario resources:

The Mediterranean Diet: A Guide to Healthy Eating <http://www.onpen.ca/docviewer.aspx?id=12650>

Mediterranean Diet Sample Menu (1500 kcal) <http://www.onpen.ca/docviewer.aspx?id=12651>

Mediterranean Diet Sample Menu (2000 kcal) <http://www.onpen.ca/docviewer.aspx?id=12766>