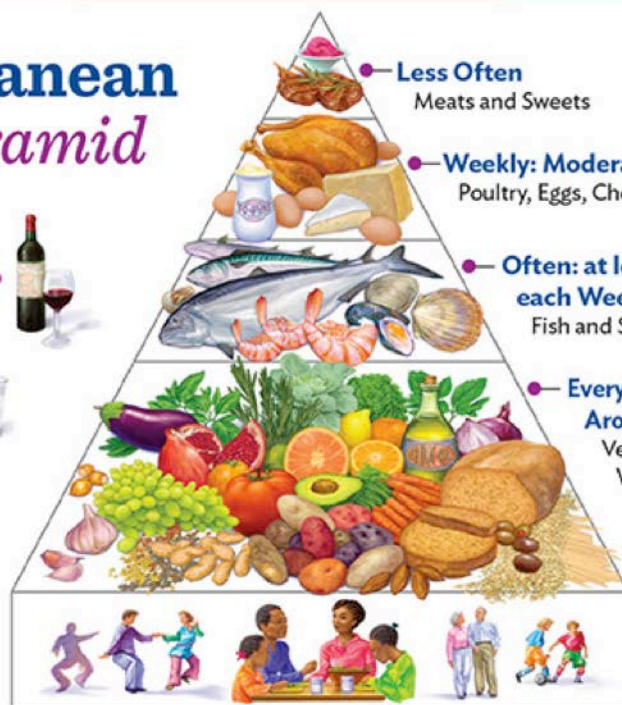


# Mediterranean Diet Pyramid

In Moderation  
Wine



Every Day  
Water



Less Often  
Meats and Sweets

Weekly: Moderate Portions  
Poultry, Eggs, Cheese and Yogurt

Often: at least Twice  
each Week  
Fish and Seafood

Every Day: Base Each Meal  
Around these Foods  
Vegetables, Fruits, Whole  
Wheat Grains, Olive Oil,  
Beans, Nuts, Legumes  
and Seeds, Herbs  
and Spices

Every Day  
Be Physically Active;  
Enjoy Meals with  
Others

Illustration by George M. H. Jones

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