

UNIVERSAL PYRAMID OF THE MEDITERRANEAN DIET

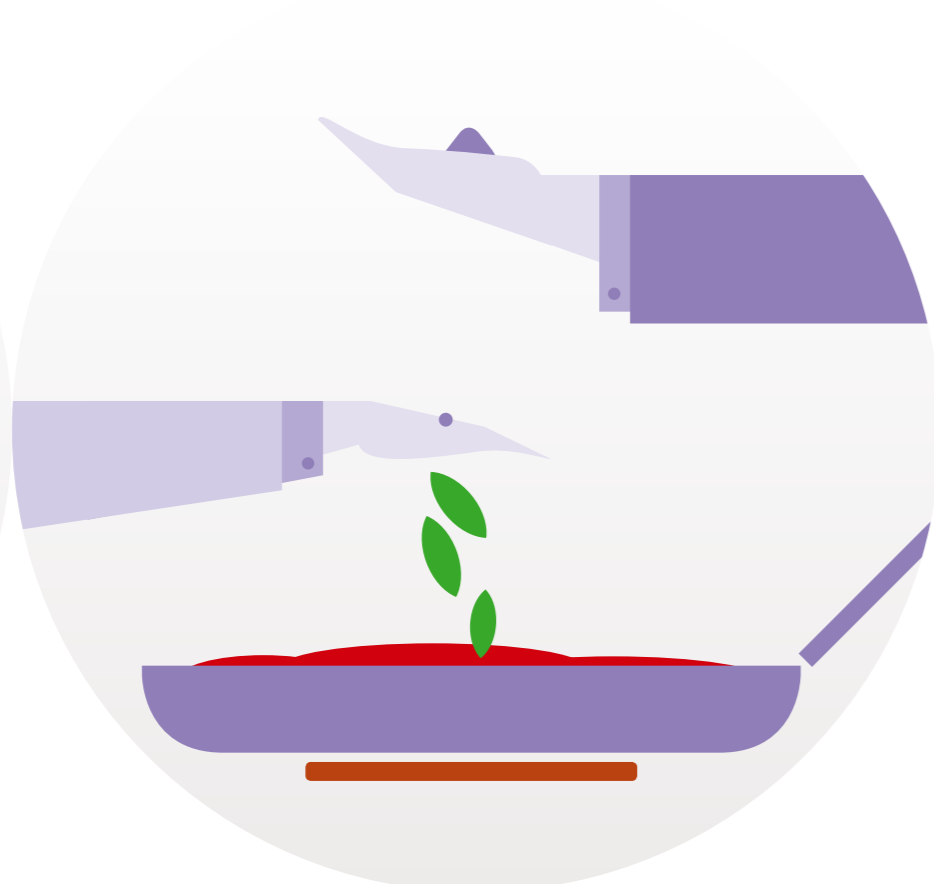
UNIVERSITÀ DEGLI STUDI
SUOR ORSOLA
BENINCASA



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FEASTING



TOGETHER



TEACHING



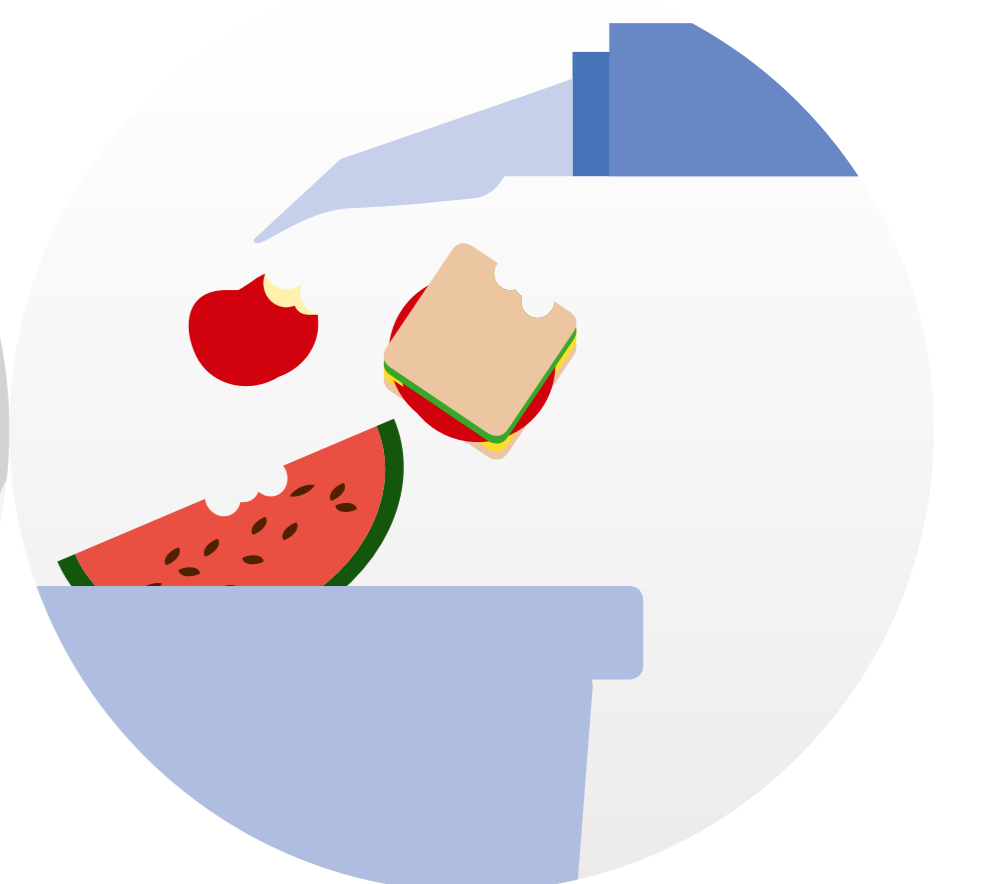
PHYSICAL ACTIVITY



TRADITION



SEASONALITY



NO WASTING