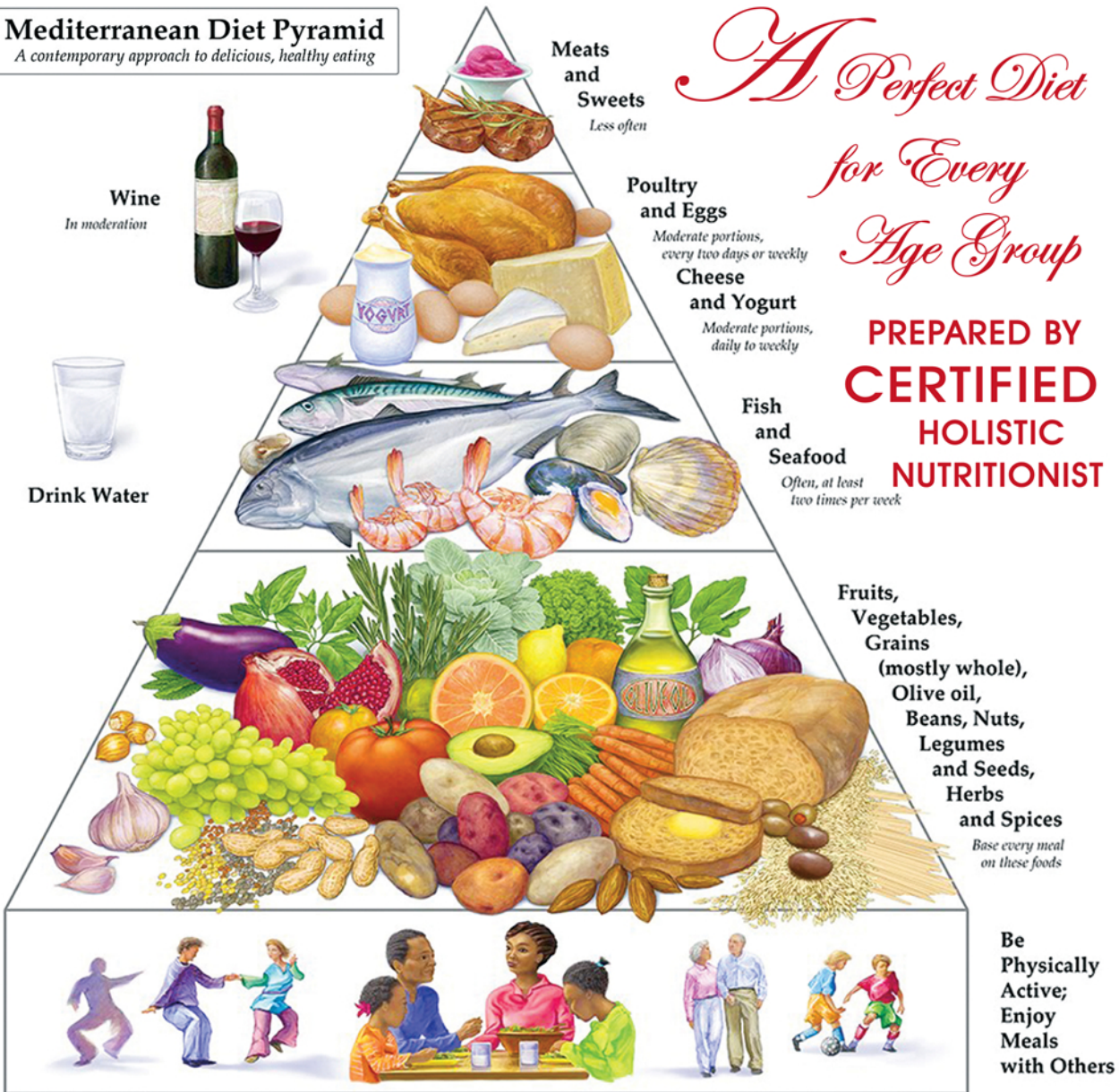


Mediterranean Diet Pyramid

A contemporary approach to delicious, healthy eating



A Perfect Diet

for Every

Age Group

PREPARED BY

CERTIFIED

HOLISTIC

NUTRITIONIST

**Fruits,
Vegetables,
Grains
(mostly whole),
Olive oil,
Beans, Nuts,
Legumes
and Seeds,
Herbs
and Spices**
*Base every meal
on these foods*

**Be
Physically
Active;
Enjoy
Meals
with Others**

*Personal
Diet Plan
made by
Holistic
Nutritionist*

**“Let food be thy medicine
and
medicine be thy food”
Hippocrates.**

Holistic health is a concept in medical practice upholding that all aspects of people's needs, psychological, physical and social should be taken into account and seen as a whole.

Disease is a result of physical, emotional, spiritual, social and environmental imbalance.

*Diabetic
High Blood
Pressure
High
Cholesterol
Senior, Child,
Youth
Pregnancy
Skin diseases
High Protein
Active-Sport
Diet
Osteoporosis
& etc.*

FREE CONSULTATION nutrition_4life@hotmail.com