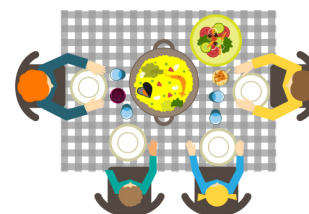


# New Pictorial Proposal for an Environmental, Sustainable Mediterranean Diet



p=portion Serving or portion size based on frugality and local habits

Regular physical activity  
Adequate rest  
Conviviality  
Wine (and other alcoholic fermented beverages) in moderation and respecting social beliefs



Biodiversity and seasonality  
Traditional, local and eco-friendly products  
Culinary activities



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