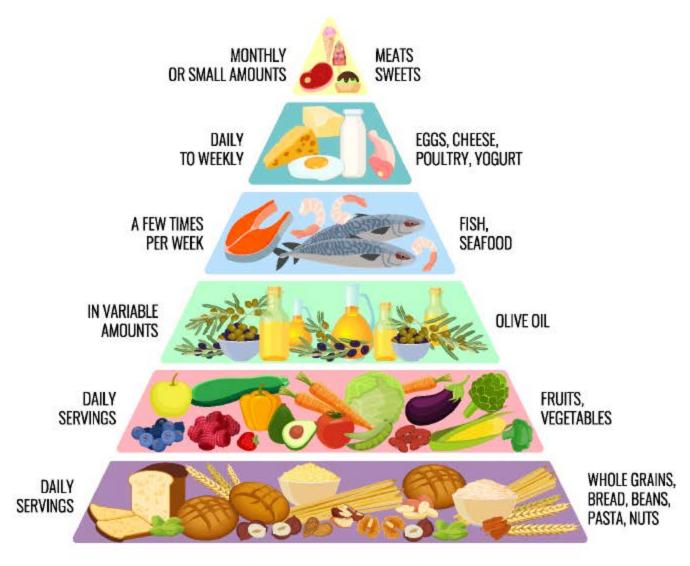


MEDITERRANEAN DIET



DAILY PHYSICAL ACTIVITY AND WALKING

What's in your diet?