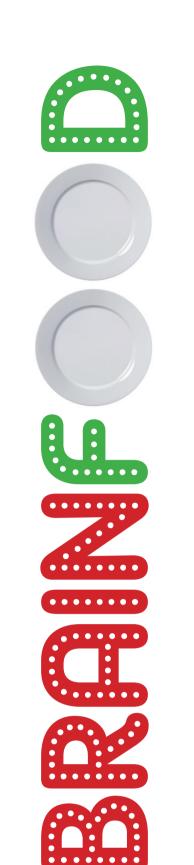
BRAINFOOD



The Mediterranean Diet Pyramid

A contemporary approach to delicious healthy eating

Call Anna Betz on 07731 584 358 for more info about our Virtual workshops

Meats
and Sweets
Less often

Poultry, Eggs,
Cheese, and
Yogurt
Moderate portions,
daily to weekly

Wine In moderation



Drink Water



Fish and Seafood

Often, at least two times per week

Fruits, Nuts, Vegetables, Grains (mostly whole), Olive Oil, Beans, Legumes and Seeds, Herbs and Spices

Base every meal on these foods





Trinity Medical Centre
Charter Medical Centre
Brighton Health & Wellbeing Centre



Be Physically Active; Enjoy Meals with Others