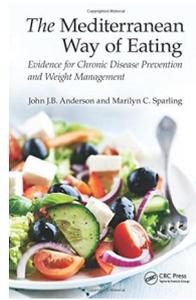


## The Mediterranean Way of Eating: Evidence for Chronic Disease Prevention and Weight Management



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