



## **MEDITERRANEAN DIET TWEETS**

**The Mediterranean Diet celebrates the amazing  
benefits of this delicious and healthy lifestyle!**

*<http://www.oldwayspt.org/resources/heritage-pyramids/mediterranean-pyramid/overview>*

**For Mediterranean inspired recipes, health  
information and tips for stocking a Med pantry.**

*<http://www.oldwayspt.org/recipes>*

**Baffled by Baba Ghannouge? Mystified by Moudammas?  
This Mediterranean Glossary can help!**

*<http://www.oldwayspt.org/resources/heritage-pyramids/mediterranean-diet-pyramid/med-diet-food-glossary>*

**Celebrate the versatility of Mediterranean ingredients with  
“12 Great Ways to Use” Hummus, Greek Yogurt and more!**

*<http://www.oldwayspt.org/resources/good-food/12-great-ways-use>*

**Scientific studies support the health benefits of the  
Mediterranean Diet today, tomorrow, and the rest of your life.**

*<http://www.oldwayspt.org/resources/heritage-pyramids/mediterranean-diet-pyramid/med-diet-health>*

**Oldways and the Mediterranean Foods Alliance invite you  
to celebrate National Mediterranean Diet Month.**

*<http://www.oldwayspt.org/get-started-go-med>*

**Get started with your own healthy Mediterranean lifestyle  
with the help of this Med 101 brochure.**

*<http://www.oldwayspt.org/resources/heritage-pyramids/get-started-go-med>*

**The Mediterranean Diet Pyramid, your guide to a healthy and delicious lifestyle.**

*<http://www.oldwayspt.org/resources/heritage-pyramids/mediterranean-diet-pyramid>*