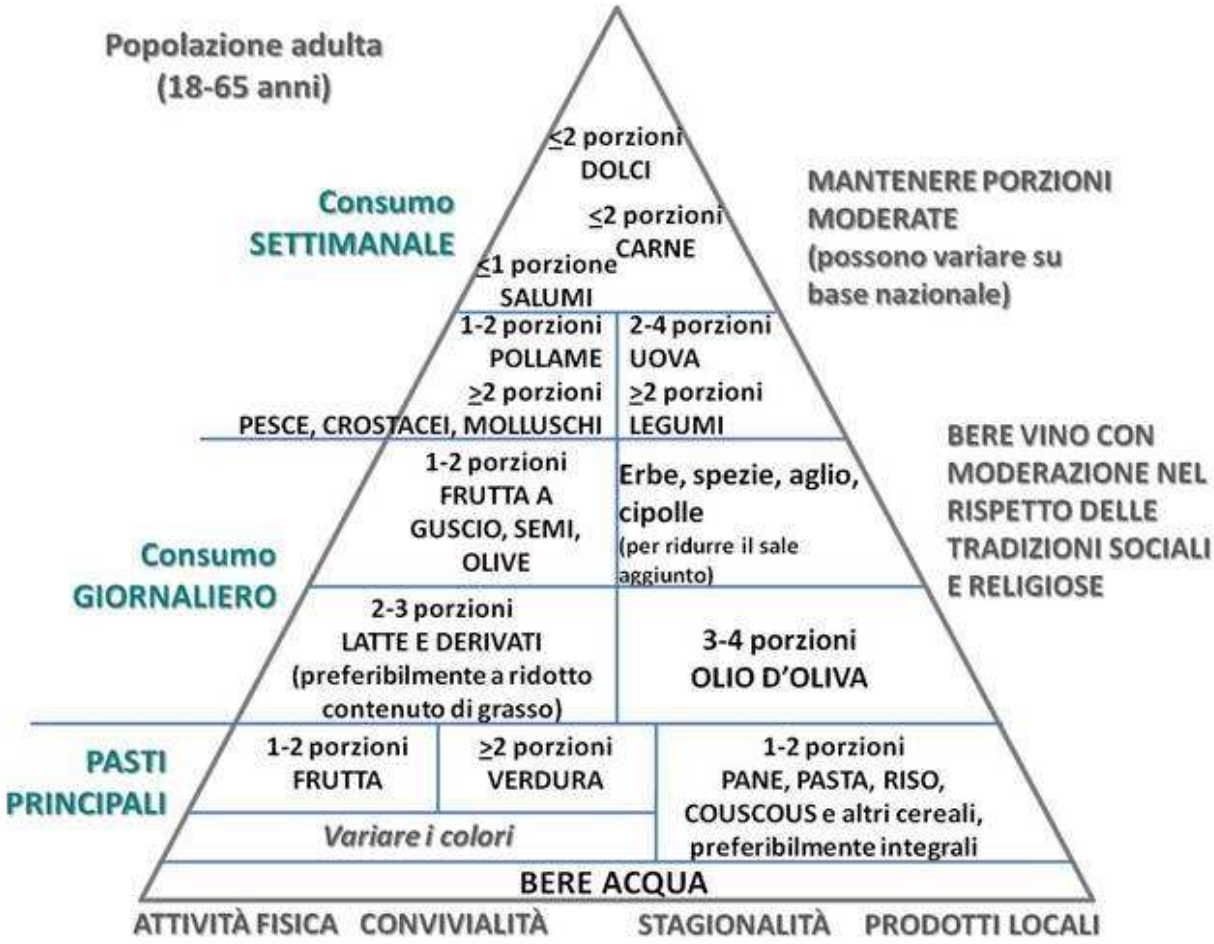PIRAMIDE DELLA DIETA MEDITERRANEA MODERNA