

# Mediterranean Diet Resources for Better Health

Physician endorsed... from Oldways, creators of the Mediterranean Diet Pyramid

Our resources are attractive, nutritionally-sound, and make healthy eating easy to understand. Non-profit nutrition education organization Oldways has exactly what you need!



## Welcome to the Mediterranean Diet

We call this our "Med 101" trifold, because it contains all the basics of the Mediterranean Diet in an easy-to-read format with appetizing graphics. Can be co-branded with your logo.\*

Med Trifold brochure, 3.6" x 8.5", 75 per bundle

1-3 bundles	\$22.00 per bundle
4-6 bundles	\$18.00 per bundle
7+ bundles	\$16.00 per bundle

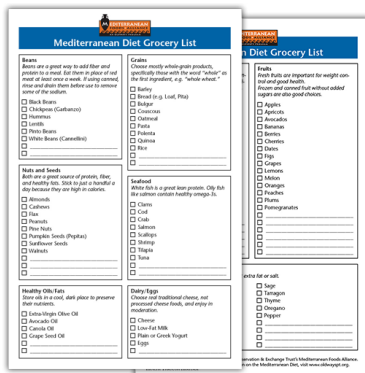


## Oldways 4-Week Mediterranean Diet Menu Plan

Comprehensive yet completely approachable, this book includes an overview of the Mediterranean Diet plus 28 days of simple Mediterranean meals with easy recipes anyone can cook. Can be co-branded with your logo.\*

Med 4-Week Menu Plan, 5.5" x 8.5"

1-24 books	\$10.00 each
25-49 books	\$8.00 each
50-69 books	\$7.00 each
70+ books	\$6.75 each

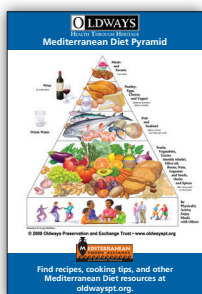


## Mediterranean Diet Grocery List Pad

Hand out a whole pad or tear off one of 50 weekly double-sided sheets to help remind others of healthier Mediterranean foods every time they go grocery shopping.

Med Grocery List, 5.5" x 8.5", 50 sheets per pad

1-24 pads	\$5.00 each
25-99 pads	\$2.20 each
100+ pads	\$1.75 each

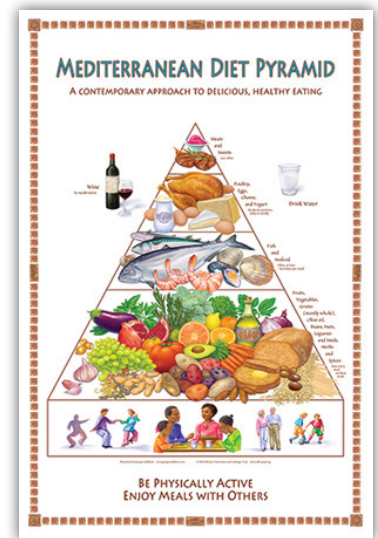


## Mediterranean Diet Refrigerator Magnet

Our colorful Mediterranean Pyramid magnet is a reminder of what a healthy balanced diet looks like, every time we open the fridge. Can be co-branded with your logo.\*

Med Pyramid Magnet, 4" x 6"

1-24 magnets	\$5.00 each
25-79 magnets	\$1.20 each
80+ magnets	\$0.65 each

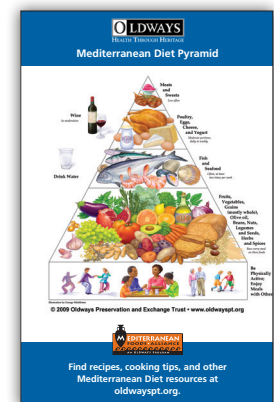


## Mediterranean Diet Pyramid Poster

Hang this appealing and colorful poster to inspire healthy eating in everyone.

Med Pyramid Poster, 24" x 36"

1-9 posters	\$10.00 each
10-24 posters	\$5.00 each
25+ posters	\$3.60 each



## Mediterranean Diet Pyramid Tear Pad

This handy pad of 100 sheets is an easy and cost-effective way to explain the key food choices in the Mediterranean Diet. Can be co-branded with your logo.\*

Med Pyramid Pad, 5.5" x 8.5"

100 sheets per pad	
1-9 pads	\$7.50 each
10-24 pads	\$5.00 each
25+ pads	\$3.40 each

\* Ask us about co-branding! See reverse side for details.

# Other Traditional Diet Resources

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**Welcome to the African Heritage Diet**  
**Welcome to the Vegetarian/Vegan Diet**  
**Welcome to the Latin American Diet**  
**Welcome to Whole Grains**  
**The Oldways Cart: A Simple Guide to Eating Well**  
 Similar in size and scope to our Med Diet brochure, we offer these five additional trifolds. Can be co-branded with your logo.\*

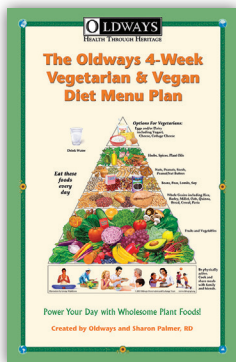
*Oldways Trifold brochures, 8.5" x 3.6", 75 per bundle*

1-3 bundles	\$22.00 per bundle
4-6 bundles	\$18.00 per bundle
7+ bundles	\$16.00 per bundle

**Oldways 4-Week Vegetarian Diet Menu Plan**  
 Vegetarian and even vegan diets can be balanced and delicious – with the right guide. Oldways' commonsense approach and 28 days of simple vegetarian menus and recipes make it easy. Can be co-branded with your logo.\*

*Vegetarian 4-Week Menu Plan, 8.5" x 5.5"*

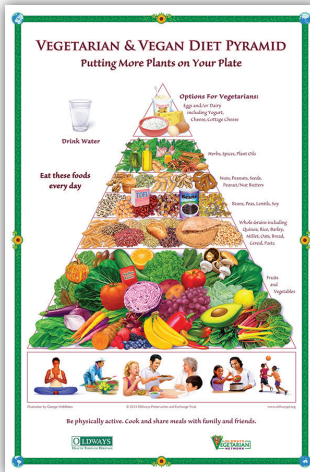
1-24 books	\$10.00 each
25-49 books	\$8.00 each
50-69 books	\$7.00 each
70+ books	\$6.75 each



**Latin American Diet Pyramid Poster**  
 Labeled in both English and Spanish, this poster encourages healthy eating and activity.

*Latino Poster, 24" x 36"*

1-9 posters	\$10.00 each
10-24 posters	\$5.00 each
25+ posters	\$3.60 each



**Vegetarian/Vegan Diet Pyramid Poster**  
 Skip the top section of our Vegetarian pyramid and it becomes a Vegan pyramid.

*Vegetarian Poster, 24" x 36"*

1-9 posters	\$10.00 each
10-24 posters	\$5.00 each
25+ posters	\$3.60 each



**African Heritage Diet Pyramid Poster**  
 Based on culinary traditions of the African diaspora, this poster motivates good health through heritage.

*African Poster, 19" x 27"*

1-9 posters	\$10.00 each
10-24 posters	\$5.00 each
25+ posters	\$3.60 each

## How to Order

All prices include standard ground shipping.

Call or email **Lara Bertoia** with your order.  
[lara@oldwayspt.org](mailto:lara@oldwayspt.org)  
 or 617-896-4880

Specify item(s) and quantity and we'll do the rest. Payment by check or credit card.

We can add your name and/or logo to almost any of our items for a small additional price. Call for a quote.



[www.oldwayswebstore.org](http://www.oldwayswebstore.org)

**More Resources at Oldways**  
 We have many more great nutrition education materials on our website, including many free PDF handouts. We invite you to visit us and learn more.

[www.oldwayspt.org](http://www.oldwayspt.org)

