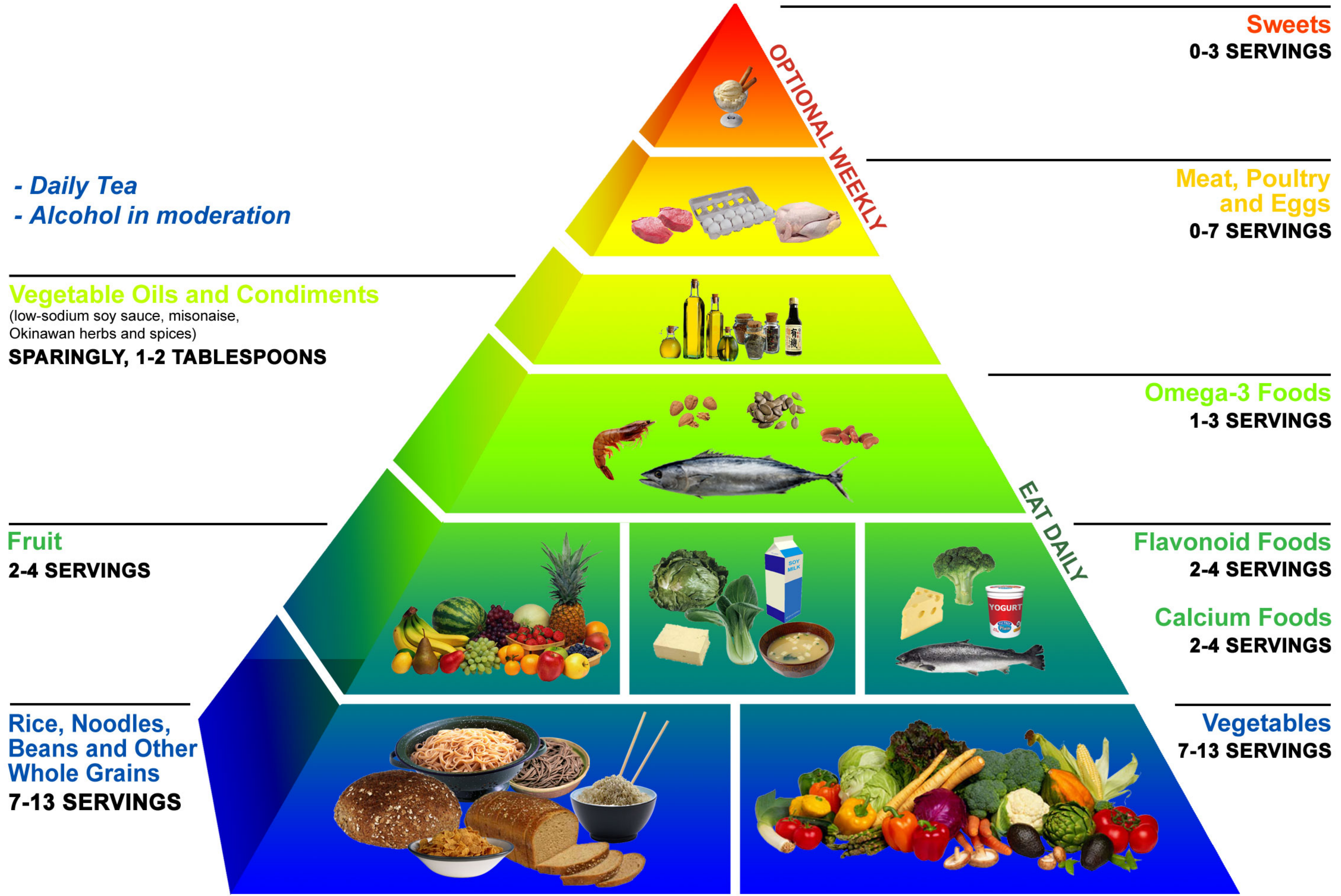


# The Okinawa Diet™ Food Pyramid

## A Guide to Daily Food Choices



- Daily Tea  
- Alcohol in moderation