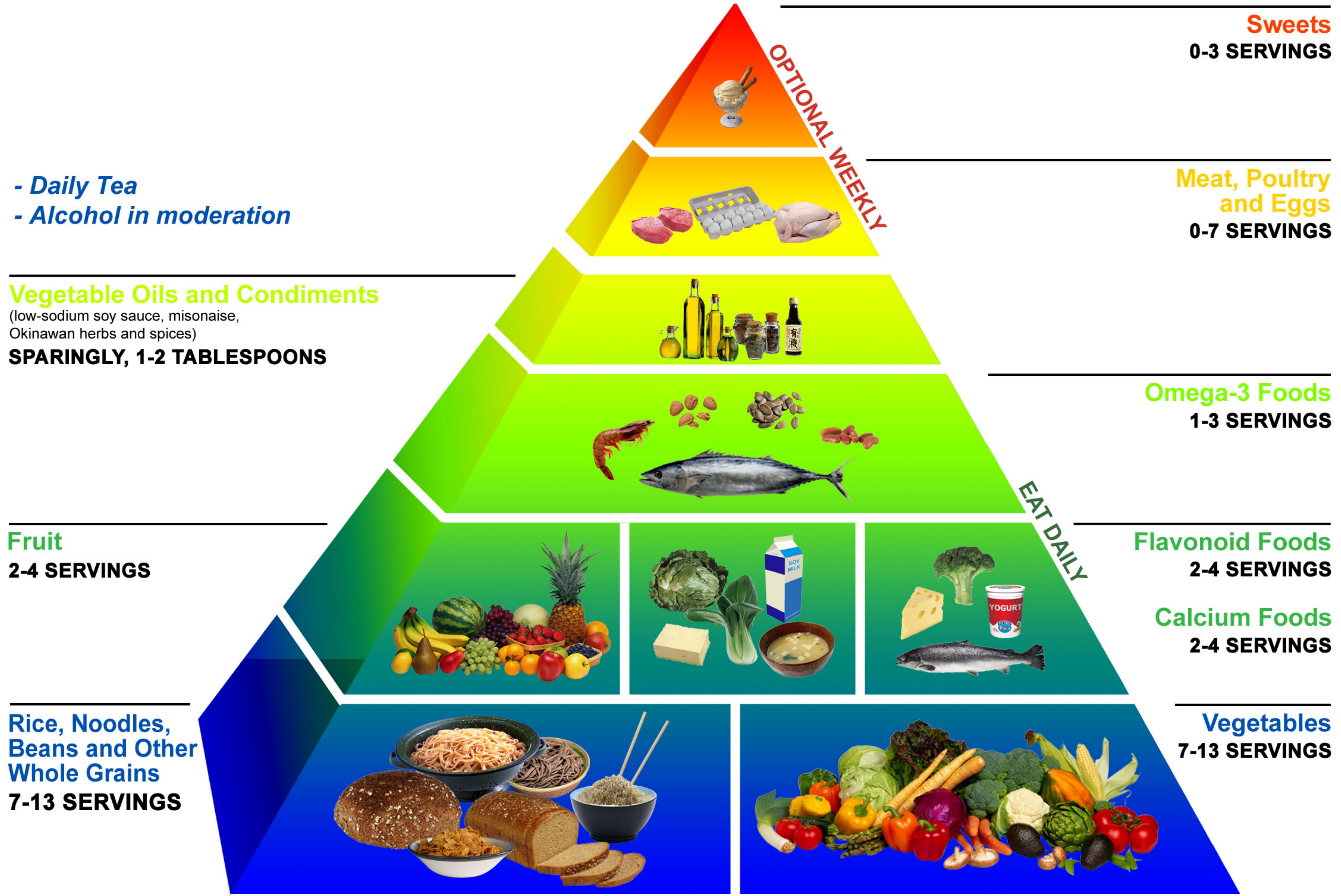


The Okinawa Diet™ Food Pyramid

A Guide to Daily Food Choices



- Daily Tea
- Alcohol in moderation