

Figure 1. Epigenetics in intestinal health and disease: Jenke and Zilbauer, 2013

Mediterranean Diet Pyramid

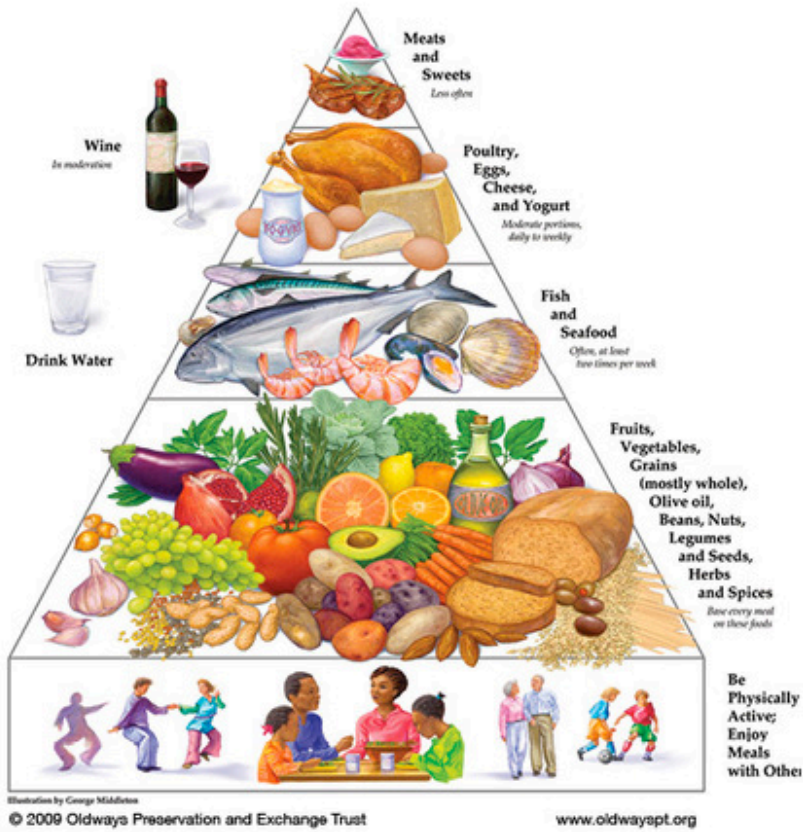


Figure 2. OLDWAYS – Health Through Heritage – Mediterranean Diet Pyramid

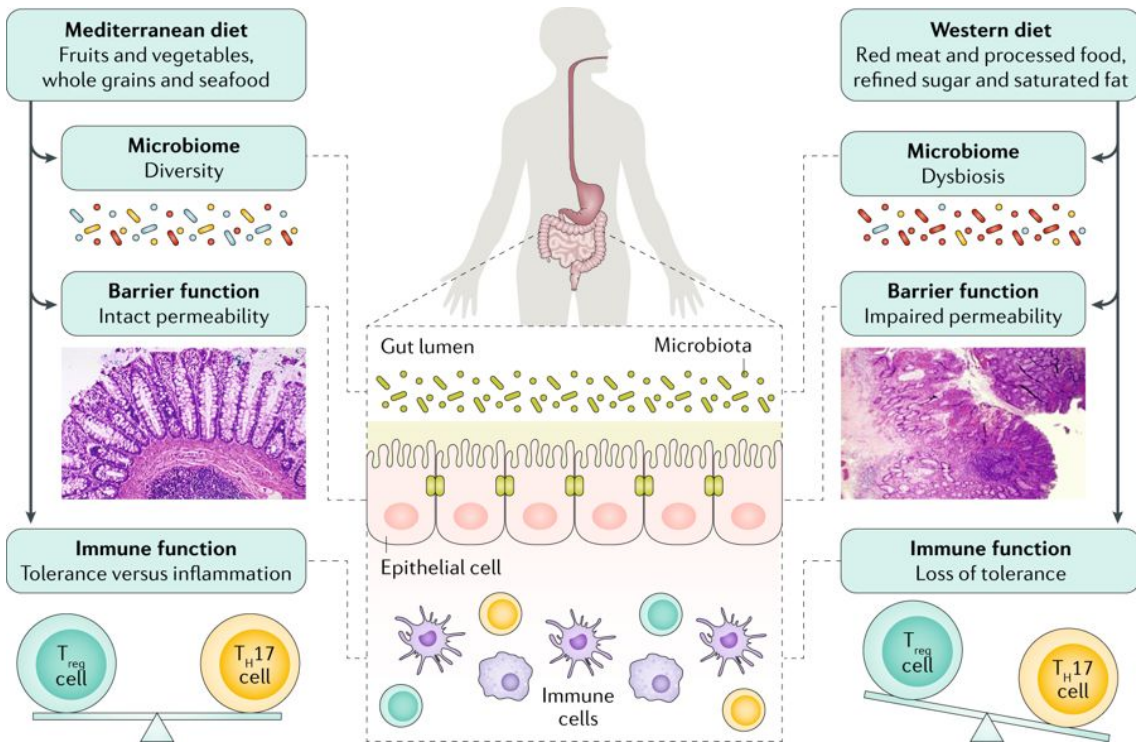


Figure 3. Khalili et al. The role of diet in the aetiopathogenesis of inflammatory bowel disease, *Nature Reviews Gastroenterology & Hepatology*, 15: 525–535, 2018