

Latin American Diet

La Dieta Latinoamericana

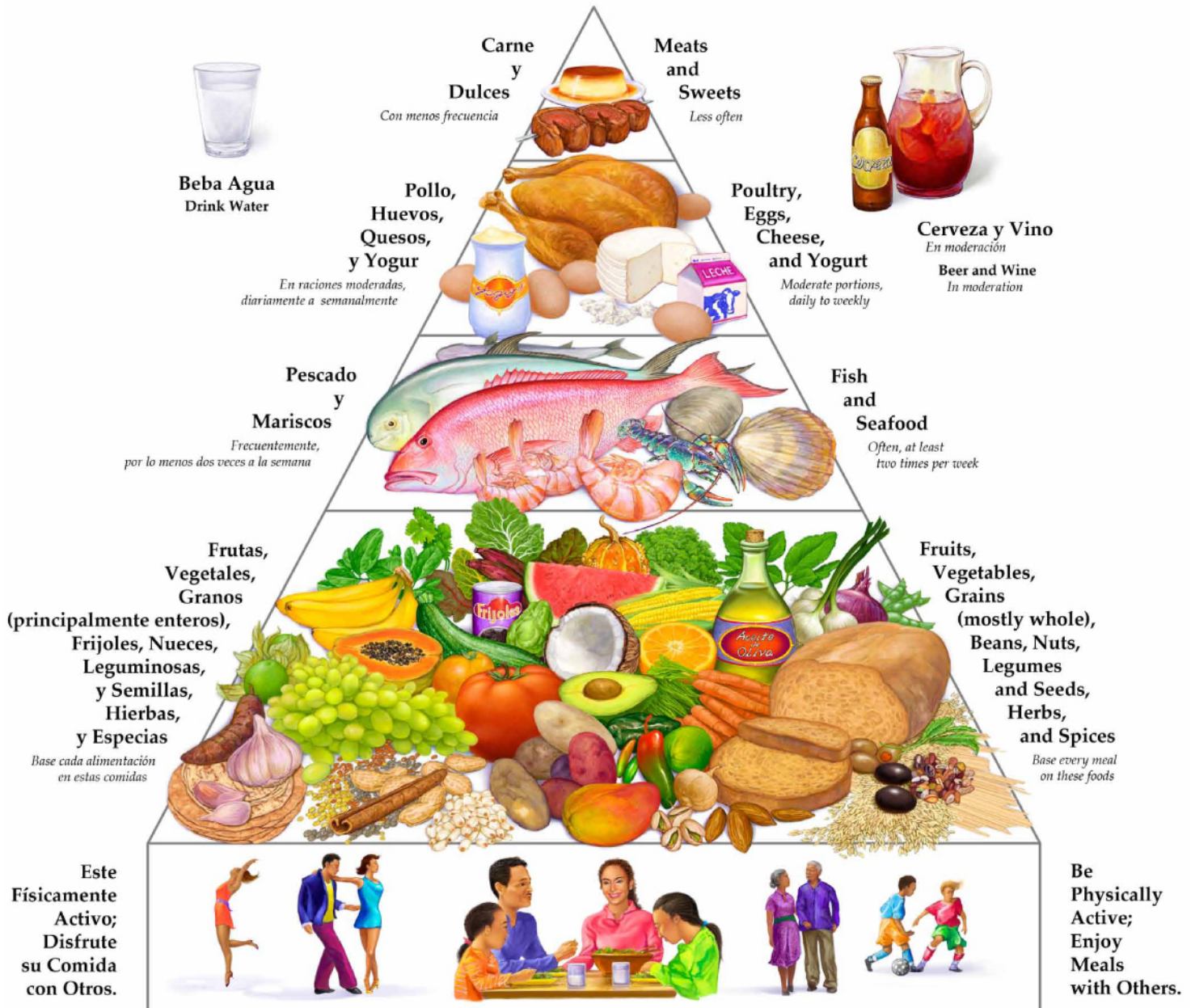


Illustration by George Middleton

© 2009 Oldways Preservation and Exchange Trust

www.oldwayspt.org



HEALTH THROUGH HERITAGE