**Documentos consultados:**

[**https://alimentacaosaudavel.dgs.pt/activeapp2020/wp-content/uploads/2020/01/Os-10-princ%C3%ADpios-da-Dieta-Mediterr%C3%A2nica-em-Portugal.pdf**](https://alimentacaosaudavel.dgs.pt/activeapp2020/wp-content/uploads/2020/01/Os-10-princ%C3%ADpios-da-Dieta-Mediterr%C3%A2nica-em-Portugal.pdf)

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