



The Mediterranean Diet's Most Essential Ingredient

LOUMIDIS FOODS

MATTHEW KALAMIDAS

What is Food?







memory **health** **social**

LOUMIDIS FOODS

Authentically Greek. Absolutely Great!

- Extra Virgin Olive Oil
- Legumes
- Unrefined Grains
- Fruits & Vegetables
- Moderate Dairy (cheese/yogurt)
- Fresh Fish
- Low Consumption of Meat
- Moderate Wine

Mediterranean Diet

δίαιτα

way of life

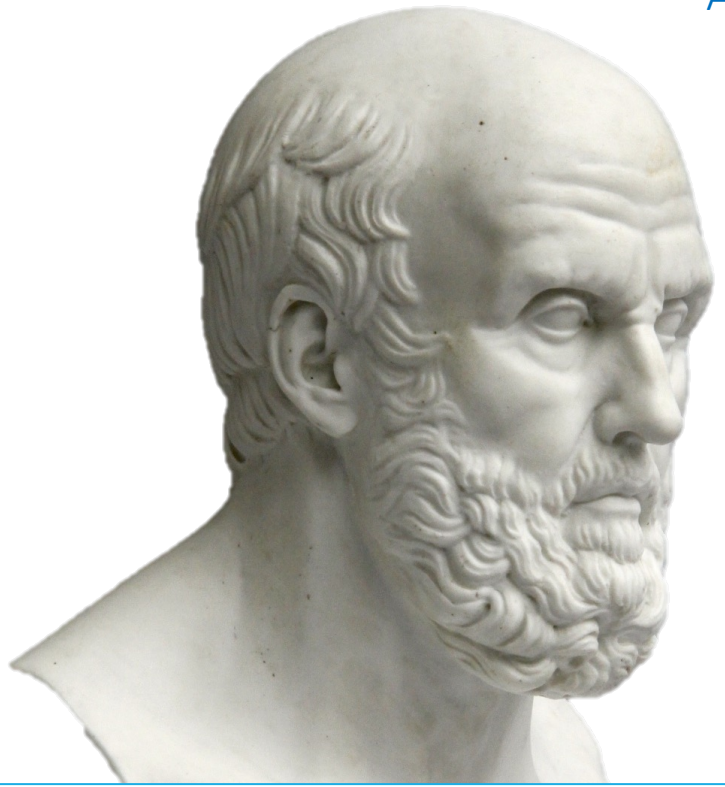
διατροφή

regarding food or nutrition

LOUMIDIS FOODS

Authentically Greek. Absolutely Great!

ANCIENT WISDOM



“Let food be thy medicine and medicine be they food.”

—HIPPOCRATES

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Blue Zones

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Mediterranean Diet vs Blue Zones

While both concepts can benefit one's health, only one is concentrated on diet and nutrition. Without physically living in a Blue Zone region, you cannot reap its benefits. But you can pluck high-quality Mediterranean ingredients from the region and apply them wherever you are on the planet.



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Authentic Sourcing

- Extra Virgin Olive Oil SPARTA
- PDO Feta TRIKALA
- Legumes KASTORIA
- Honey CRETE
- Olives PELOPONNESE



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Feta is Feta.

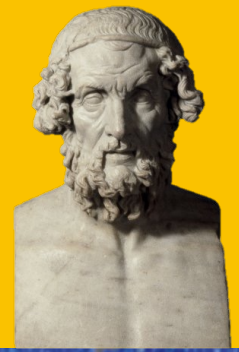
Right? Wrong.

Feta is legally produced in only these areas:

- THRACE
- MACEDONIA
- EPIRUS
- THESSALY
- STEREA HELLAS
- PELOPONNESE
- LESVOS

Over 2500 years old!

First mentioned in Homer's epic "Odyssey"





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So, it’s just a matter of name?



SHEEP	GOAT	COW
✓	✓	✗



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Up for a challenge?

FETA
Cheese Challenge

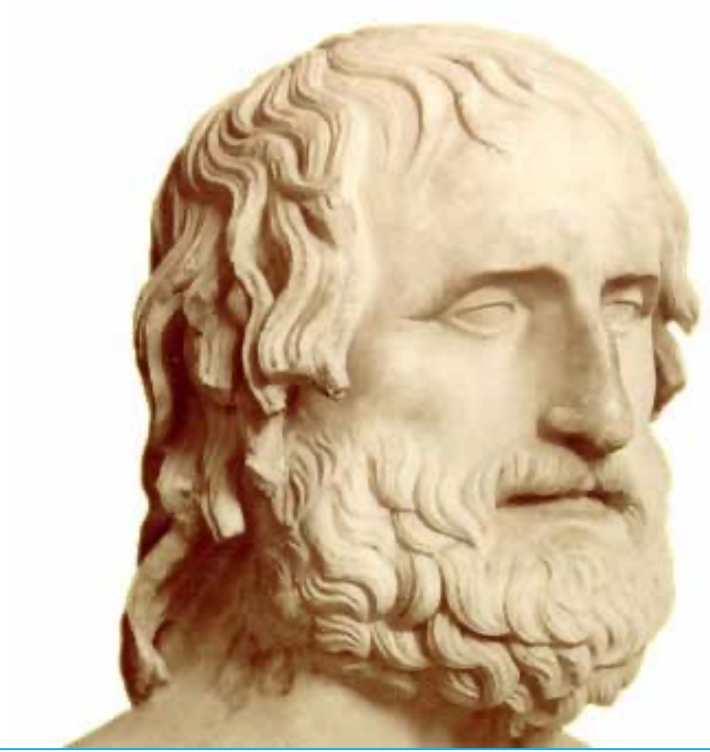
CAN YOU SPOT
THE GENUINE ARTICLE?



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ANCIENT WISDOM



“Quality is not an act, It is a habit.”

—ARISTOTLE

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Traceability

PRINIS STAYROSNEA TYROLOI SERRON
MILIOS NIKOSANTHILI LAMIAS
EYAGGELIOY DIMITRIOSANTHILI LAMIAS
AKRIBOS THEODOROSANTHILI LAMIAS
GKAMALETSOY ASIMINAANTHILI LAMIAS
KOYIDOYRMATZIS IOANNISMALGARA THESSALONIKIS
EYGENIDIS PARASKEYASMALGARA THESSALONIKIS
PAGONIS GEORGIOSADENDRO THESSALONIKIS
TSOLAKI MARIAMALGARA THESSALONIKIS
DOYLGERIS IOANNISMALGARA THESSALONIKIS
LIOLIOS KONSTANTINOSAIGINIO PIERIAS
LIOLIOS GEORGIOSAIGINIO PIERIAS
PAGONIS ATHIANASIOSADENDRO THESSALONIKIS
GKARELI MARIAKLEIDI IMATHIAS
PSAROPOYLOS IOSIFKLEIDI IMATHIAS
PSAROPOYLOS MIXAILKLEIDI IMATHIAS
PSAROPOYLOY MARIAKLEIDI IMATHIAS
TEGOY ANTIGONIKLEIDI IMATHIAS
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TEGOS BASILEIOSKLEIDI IMATHIAS
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GKARELI ANTONIAKLEIDI IMATHIAS
TEGOY XRYSOYLAKLEIDI IMATHIAS
EYGENIDIS SABBASMALGARA THESSALONIKIS
ZABBA ATHINAKALOXORI THESSALONIKIS

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EYGENIDOY ANASTASIAMALGARA THESSALONIKIS
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GKERTSI ANNAADENDRO THESSALONIKIS
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MARKOYLIS GEORGIOSADENDRO THESSALONIKIS
TZIMA SYRMOYLAADENDRO THESSALONIKIS
PEROYTZIS EYAGGELOSADENDRO THESSALONIKIS
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TZIMAS NIKOSADENDRO THESSALONIKIS
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TZIMAS STERGIOSADENDRO THESSALONIKIS
PAPATZIMA MARIAADENDRO THESSALONIKIS
TZIMAS GEORGIOS ADENDRO THESSALONIKIS
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MIRAZIS BASILEIOSADENDRO THESSALONIKIS
KOKOY DESPOINAADENDRO THESSALONIKIS
TSOYGLINIS THOMASADENDRO THESSALONIKIS
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KOKKOS IOANNISADENDRO THESSALONIKIS
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TROYSIS GEORGIOSADENDRO THESSALONIKIS
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MYLONAS EYTHYMIOSADENDRO THESSALONIKIS
PATAZOY ERSIBALTOXORI THESSALONIKIS
PATAZOS PERIKLISBALTOXORI THESSALONIKIS
KEXAGIA FANIADENDRO THESSALONIKIS
TSIGKRAKI STAYROYLAKOYMARIA SERRON
XANTZIAN BALIAKOYMARIA SERRON
ZOGKA KALLIOPIKOYMARIA SERRON
PAPAEYSTRATIOY MARIKAKOYMARIA SERRON
PAPAEYSTRATIOY XRISTOSKOYMARIA SERRON
PAPAEYSTRATIOY NIKOSKOYMARIA SERRON
DOMBRONAIOY BASILIKIKOYMARIA SERRON
KATRAKOYLI ELENINEA TYROLOI SERRON
KATRAKOYLIS KONSTANTINOSNEA TYROLOI SERRON
KRITOMANIS ATHANASIOSKOYMARIA SERRON
GIANGKOS DIAMANTISKOYMARIA SERRON
TZIMTSIAKERIDIS IOANNISKOYMARIA SERRON
MAKRIDOY SOFIANEA TYROLOI SERRON
KYBERTSIKIDIS IOANNISNEA TYROLOI SERRON
FERMANTZIS PETROSNEA TYROLOI SERRON
SYBRIS NIKOSMALGARA THESSALONIKIS
SIVRIS NIKOSMALGARA THESSALONIKI

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Tradition

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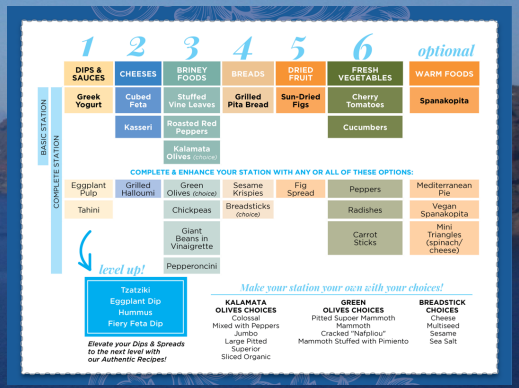
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mediterranean nation™

MEZZE

AUTHENTIC CULINARY SOLUTIONS



Authentic Culinary Concepts

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It all began with a great cup of Greek coffee…



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Now, we have every essential culinary category covered.



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EXCLUSIVE DISTRIBUTION

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askada farm ORGANIC FIG CULTURE
MASTIHO
elviart kaloidas
ORINO
nounós creamery
LOUX Natural Greek Pleasure
SPARTA GOLD
TRIPOLI
Όλυμπος Από το 1949

PROUD REPRESENTATIVES OF

Megas Yeeros
RODOULA DOUGH & DESSERT PRODUCTS
MISKO
CHION
mega meatless
OTHRYS FARMS
TSANOS A BITE OF TRADITION BAKERY
loukoumiland Pure Greek Delights
Kriton Artos
Mari SINCE 1966

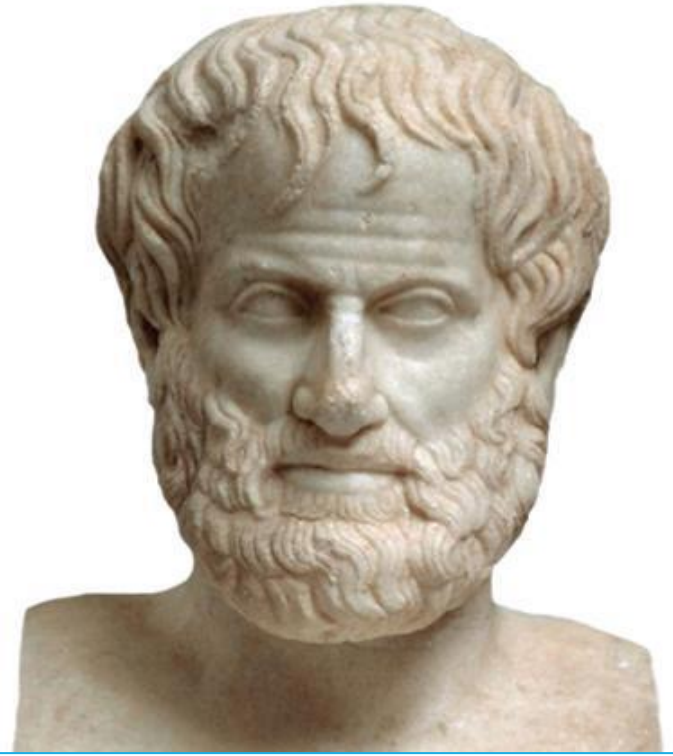
LOUMIDIS FOODS TRADEMARK BRANDS

MY FAVORITE GYRO
LOUMIDIS
my favorite GREEK yogurt
MEDITERRANEAN NATION

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ANCIENT WISDOM



“When a man’s stomach is full, it makes no difference whether he is rich or poor.”

—EURIPIDES

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