





The Mediterranean Diet's Most Essential Ingredient

 LOUMIDIS
FOODS

MATTHEW KALAMIDAS

What is Food?



memory



health



social

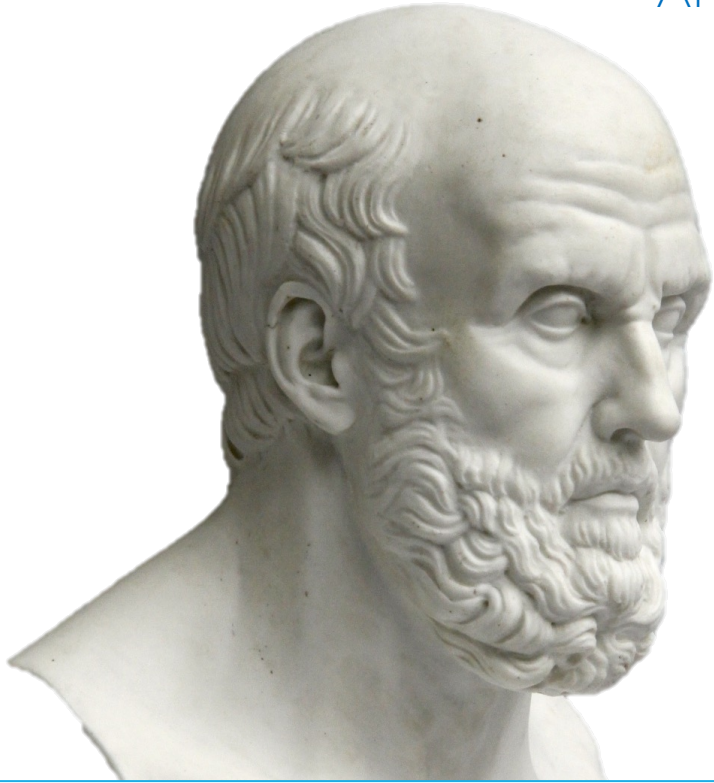
- **Extra Virgin Olive Oil**
- **Legumes**
- **Unrefined Grains**
- **Fruits & Vegetables**
- **Moderate Dairy
(cheese/yogurt)**
- **Fresh Fish**
- **Low Consumption of Meat**
- **Moderate Wine**

Mediterranean Diet

δίαιτα
way of life

διατροφή
regarding food
or nutrition

ANCIENT WISDOM



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

—HIPPOCRATES



Authentically Greek. Absolutely Great!





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.



Authenticity



Authentically Greek. Absolutely Great!

Authentic Sourcing

Extra Virgin Olive Oil SPARTA

PDO Feta TRIKALA

Legumes KASTORIA

Honey CRETE

Olives PELOPONNESE



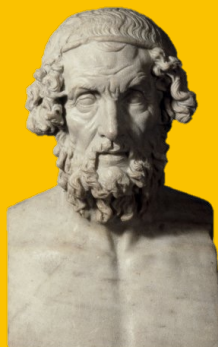
Feta is Feta. **Right? Wrong.**

Feta is legally produced
in only these areas:

THRACE
MACEDONIA
EPIRUS
THESSALY
STEREA HELLAS
PELOPONNESE
LESVOS

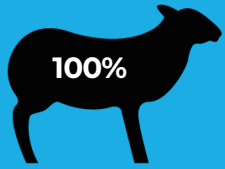
**Over 2500
years old!**

*First
mentioned
in Homer's
epic
"Odyssey"*



Authentically Greek. Absolutely Great!

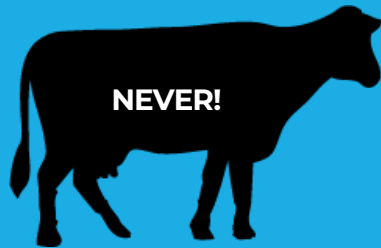
So, it's just a matter of name?



SHEEP



GOAT



COW



**Up for a
challenge?**

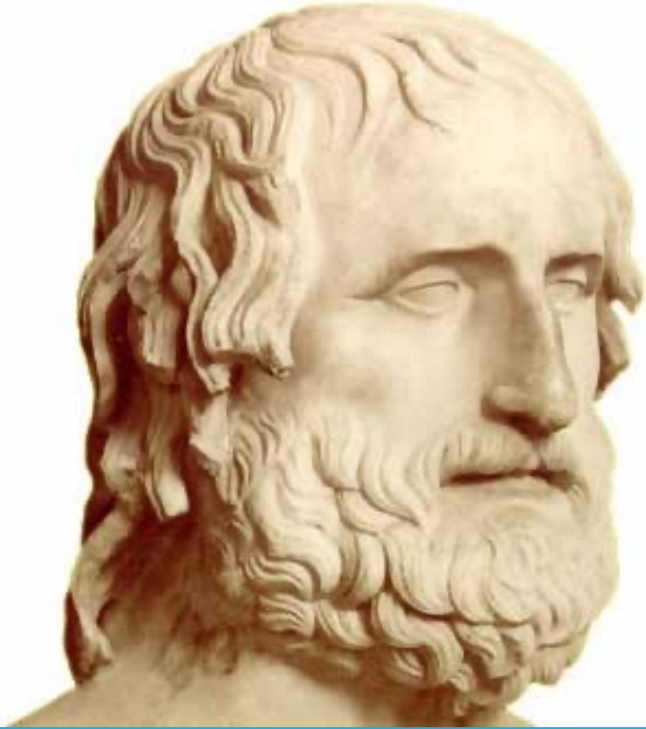
FETA
Cheese Challenge

**CAN YOU SPOT
THE GENUINE ARTICLE?**



Authentically Greek. Absolutely Great!

ANCIENT WISDOM



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

—ARISTOTLE



Authentically Greek. Absolutely Great!



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 ATHANASIOSADENDRO THESSALONIKIS
 GKARELI MARIAKLEIDI IMATHIAS
 PSAROPOYLOS IOSIFKLEIDI IMATHIAS
 PSAROPOYLOS MIXAILKLEIDI IMATHIAS
 PSAROPOYLOY MARIAKLEIDI IMATHIAS
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 TSOLAKI XRYSANTHIMALGARA THESSALONIKIS
 GKARELI ANTONIAKLEIDI IMATHIAS
 TEGOY XRYSOYLAKLEIDI IMATHIAS
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 TRIMERIDIS IORDANISADENDRO THESSALONIKIS
 KOYKLA PARASKEYADENDRO THESSALONIKIS
 MARKOYLIS GEORGIOSADENDRO THESSALONIKIS
 TZIMA SYRMOYLAADENDRO THESSALONIKIS
 PEROYTZIS EYAGGELOSADENDRO THESSALONIKIS
 PASALI MARGARITAADENDRO THESSALONIKIS
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 PALAMIDA AIKATERINIADENDRO THESSALONIKIS
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 TSAKIRI EYAGGELIAADENDRO THESSALONIKIS
 PALIOGIANNIS XRISTOSADENDRO THESSALONIKIS
 KOSTOYDI PAXALIAADENDRO THESSALONIKIS
 PAPANIKOLAIOS AXILLEASADENDRO THESSALONIKIS
 MYLONAS EYTHYMOSADENDRO THESSALONIKIS
 PATAZOY ERSIBALTOXORI THESSALONIKIS
 PATAZOS PERIKLISBALTOXORI THESSALONIKIS
 KEXAGIA FANIADENDRO THESSALONIKIS
 TSIGKRAKI STAYROYLAKOYMARIA SERRON
 XANTZIAN BALIAKOYMARIA SERRON
 ZOGKA KALLIOPIKOYMARIA SERRON
 PAPAESTRATIOY MARIKAKOYMARIA SERRON
 PAPAESTRATIOY XRISTOSKOYMARIA SERRON
 PAPAESTRATIOY NIKOSKOYMARIA SERRON
 DOMBRONAIYOY BASILIKOYMARIA 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 THESSALONIKIS

Traceability



Tradition



Authentically Greek. Absolutely Great!



mediterranean nation™

M E Z Z E

AUTHENTIC CULINARY SOLUTIONS

	1	2	3	4	5	6	optional
BASIC STATION	DIPS & SAUCES Greek Yogurt	CHEESES Cubed Feta Kasseri	BRINY FOODS Stuffed Vine Leaves Roasted Red Peppers Kalamata Olives (optional)	BREADS Grilled Pita Bread	DRIED FRUIT Sun-Dried Figs	FRESH VEGETABLES Cherry Tomatoes Cucumbers	WARM FOODS Spanakopita
	COMPLETE & ENHANCE YOUR STATION WITH ANY OR ALL OF THESE OPTIONS:						
COMPLETE STATION	Eggplant Pulp Tahini	Grilled Halloumi Chickpeas Giant Beans in Vinaigrette Pepperoncini	Green Olives (optional) Sesame Krispies Breadsticks (optional)	Fig Spread	Peppers Radishes Carrot Sticks	Mediterranean Pie Vegan Spanakopita Mini Triangles (spinach/cheese)	
	<p><i>level up!</i></p> <p>Tzatziki Eggplant Dip Hummus Fiery Feta Dip</p> <p><i>Make your station your own with your choices!</i></p> <p>KALAMATA OLIVES CHOICES California Mixed with Peppers Large Pitted Tuscan Sliced Organic</p> <p>GREEN OLIVES CHOICES Pitted Supper Hammoth Hammoth Cracked "Natalou" Hammoth Stuffed with Pimento</p> <p>BREADSTICK CHOICES Cheese Multiseed Sesame Sea Salt</p> <p><i>Elevate your Dips & Spreads to the next level with our Authentic Recipes!</i></p>						

Authentic Culinary Concepts

Authentically Greek. Absolutely Great!



**It all began
with a great cup
of Greek coffee...**



Now, we have
every essential
culinary category
covered.



BAKED GOODS



BEVERAGES



COFFEE & TEA



DAIRY



DESSERTS



DRY FRUIT
& PRESERVES



GREEK YOGURT



HALVAH & TAHINI



HONEY



MEAT & POULTRY



OLIVE OIL



OLIVES



PASTA



PEPPERS



READY MEALS



RICE & LEGUMES



SAUCES &
SEASONINGS



SAVORY PIES



SEAFOOD



VINEGARS

EXCLUSIVE DISTRIBUTION



PROUD REPRESENTATIVES OF

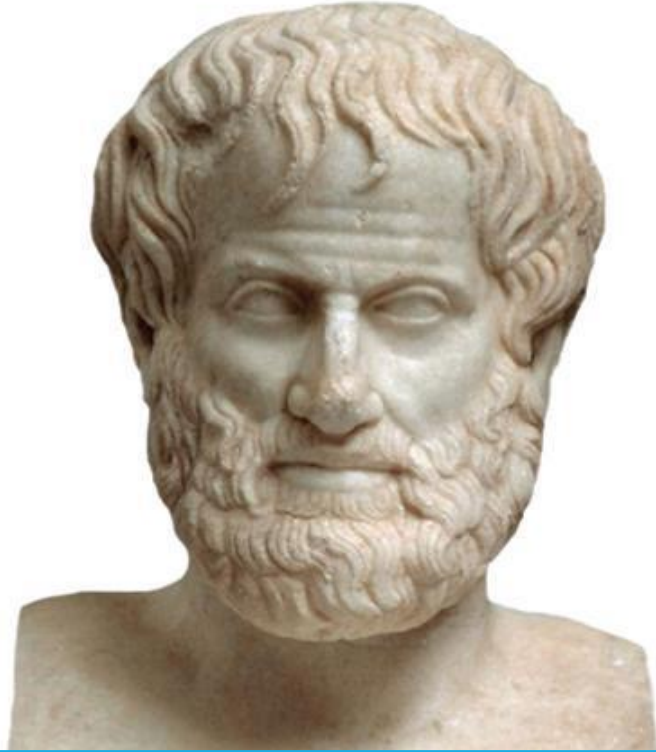


LOUMIDIS FOODS TRADEMARK BRANDS



Authentically Greek. Absolutely Great!

ANCIENT WISDOM



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

—EURIPIDES



LOUMIDIS FOODS

