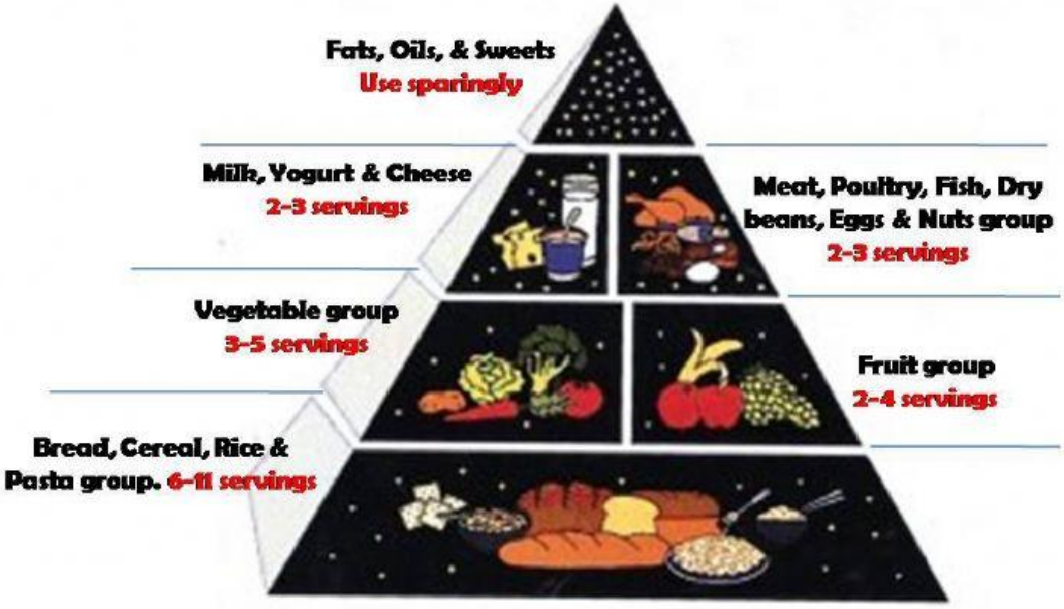Food PYRAMID