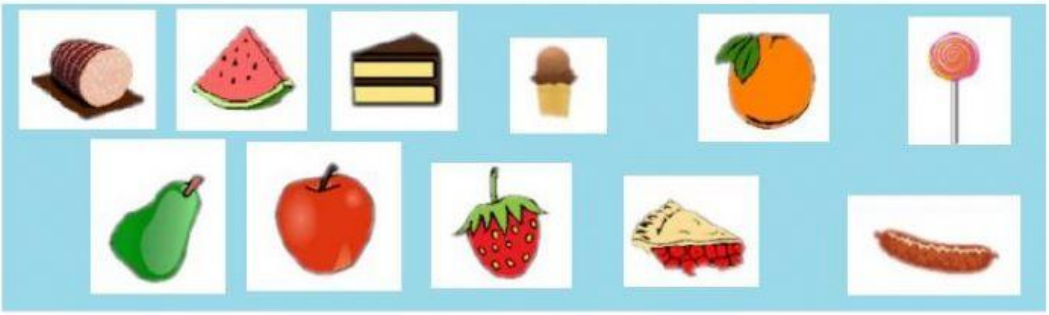EAT MORE	EAT LESS