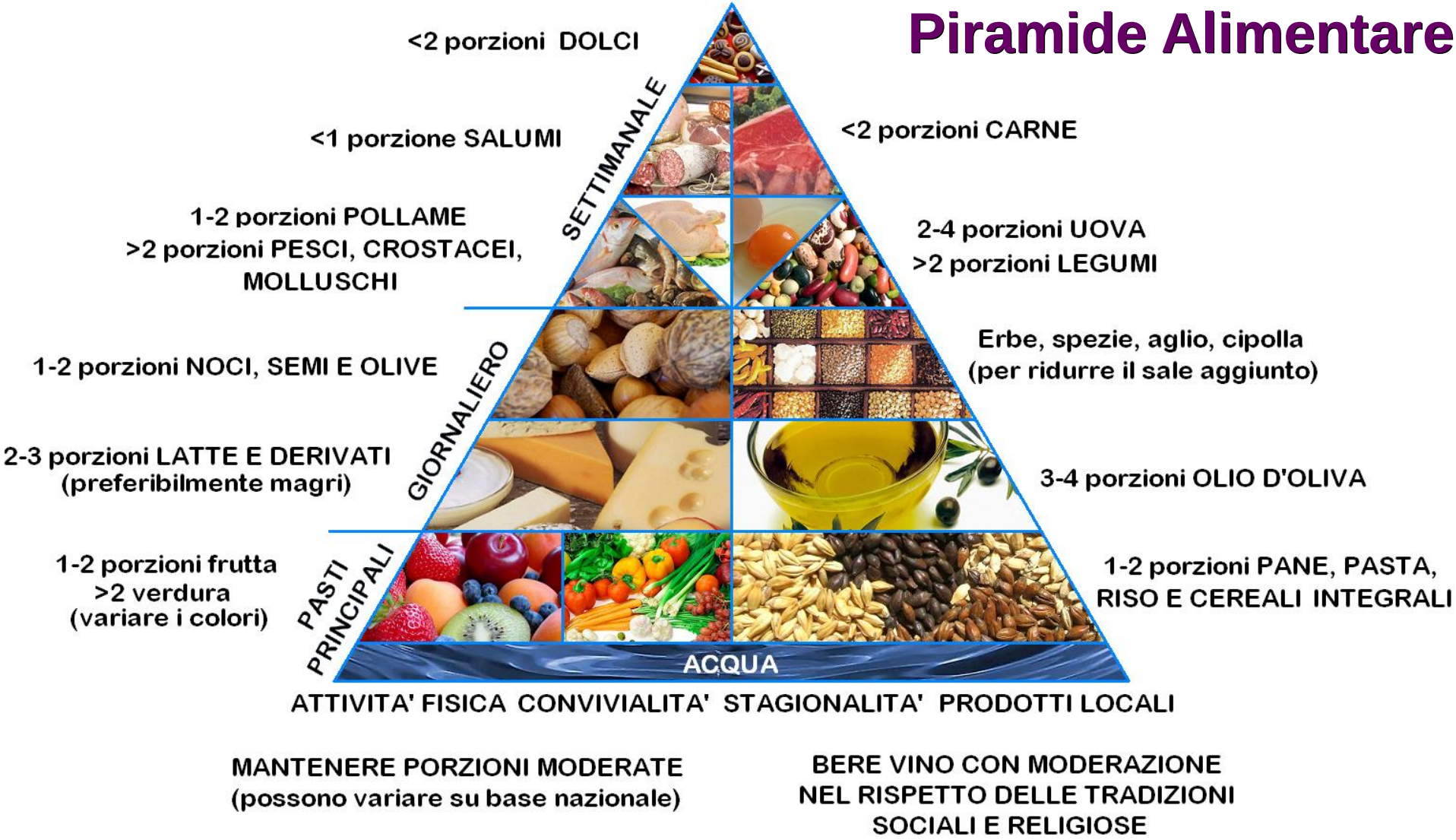Piramide Alimentare