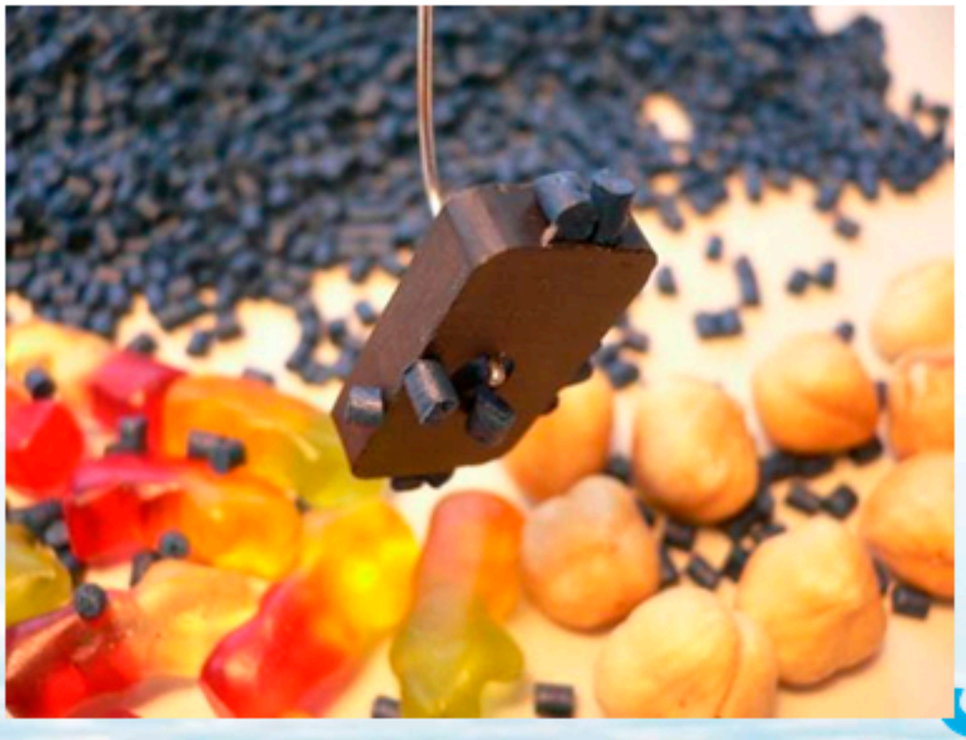Alimentación