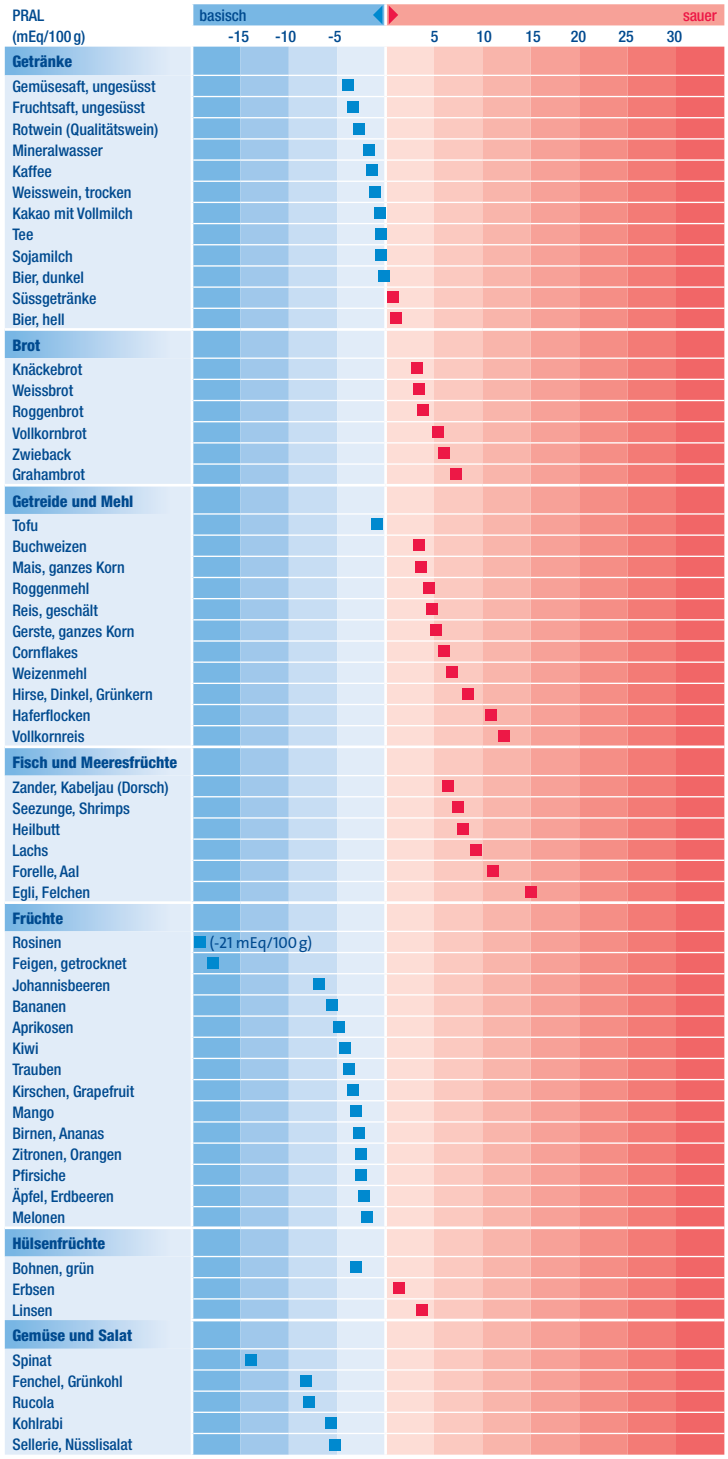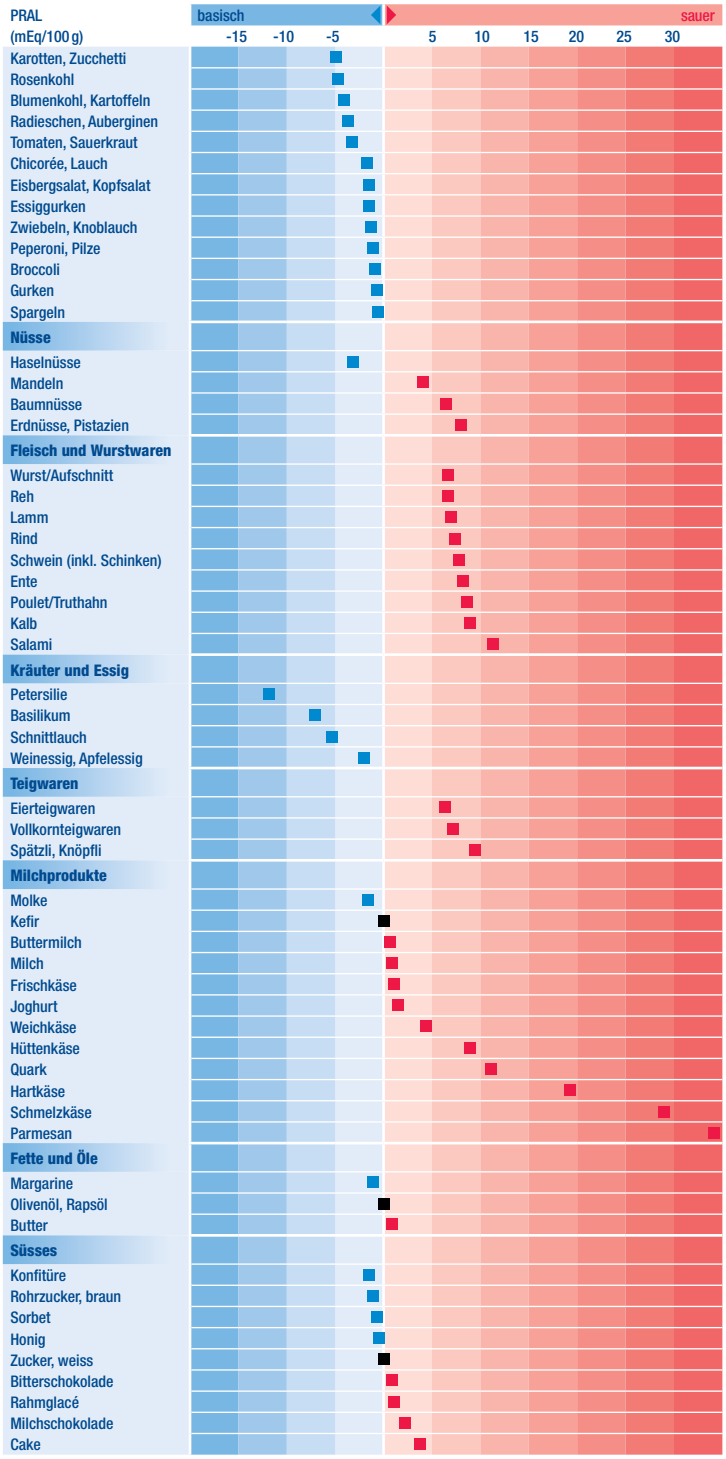Nahrungsmitteltabelle