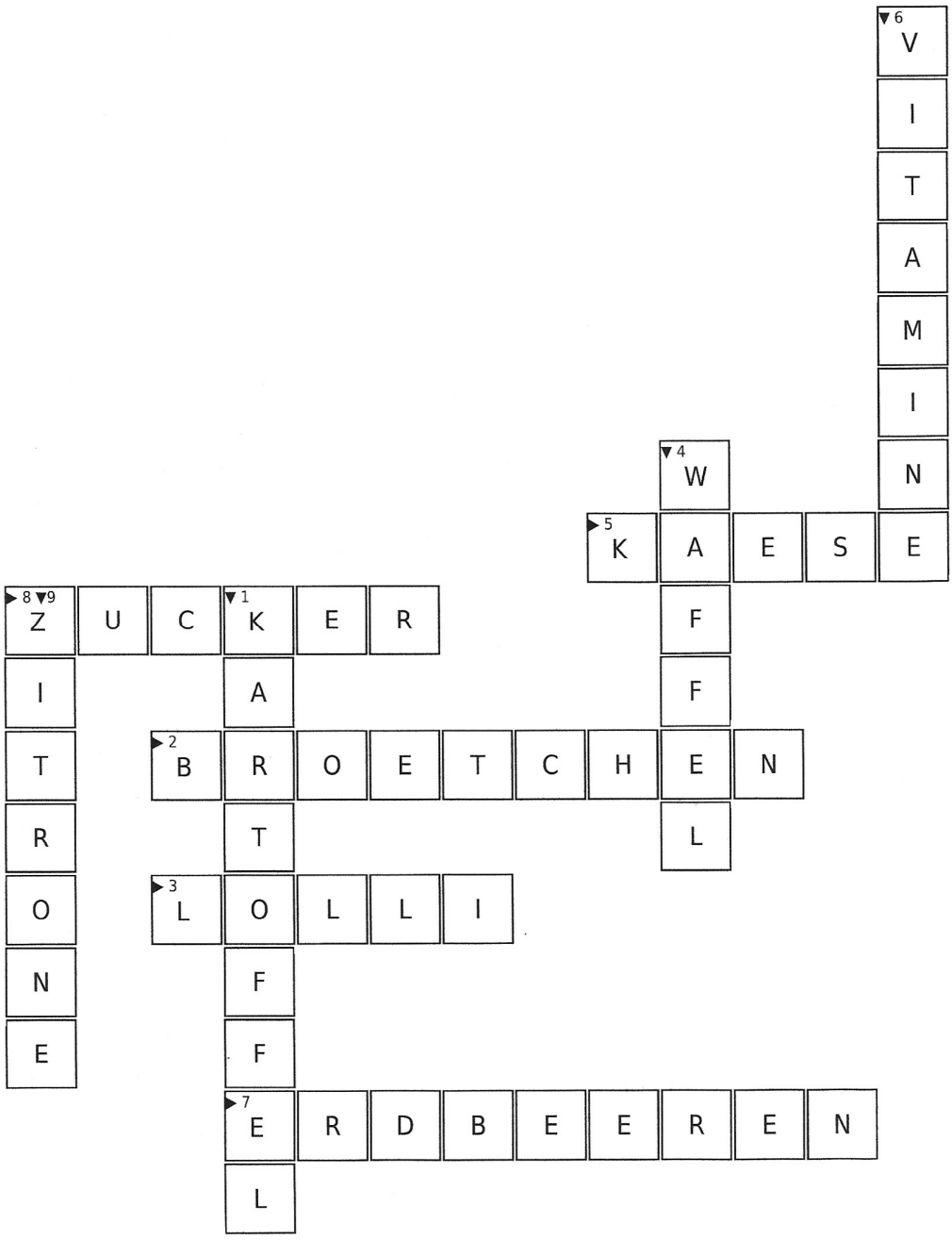Ernährung
- LÖSUNG -