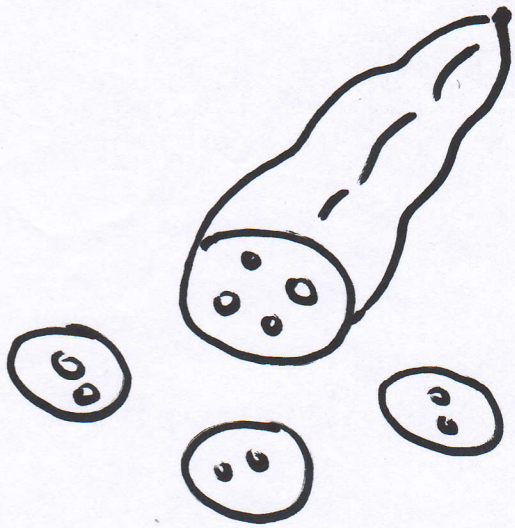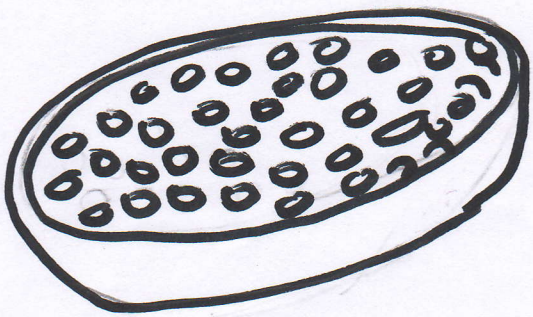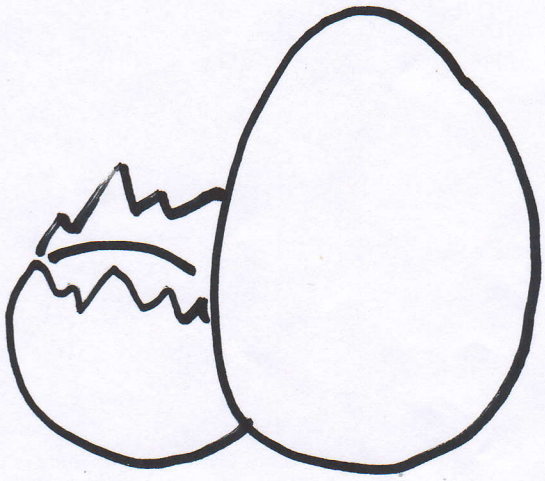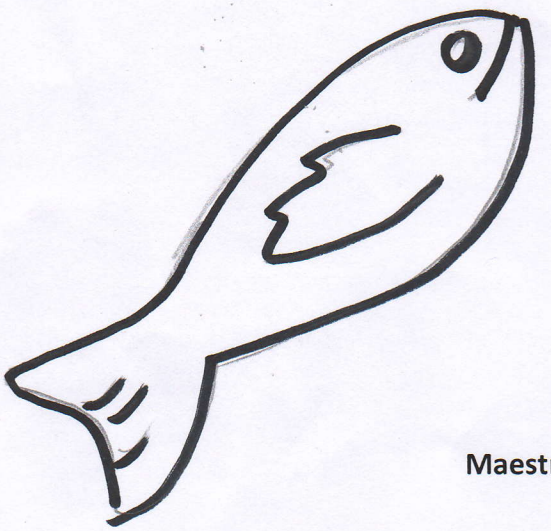CARNE,PESCE,UOVA,LEGUMI