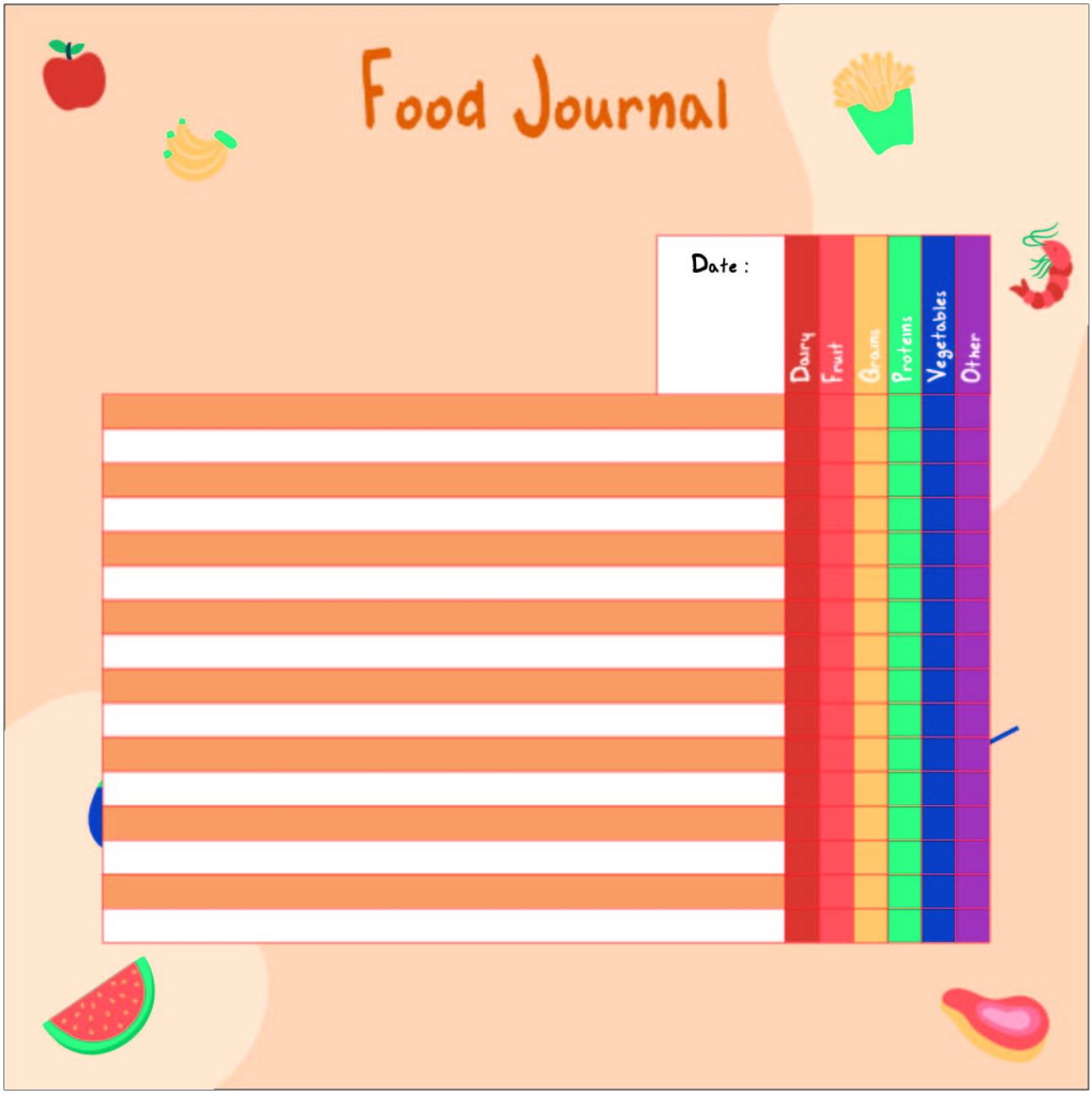Food Journal