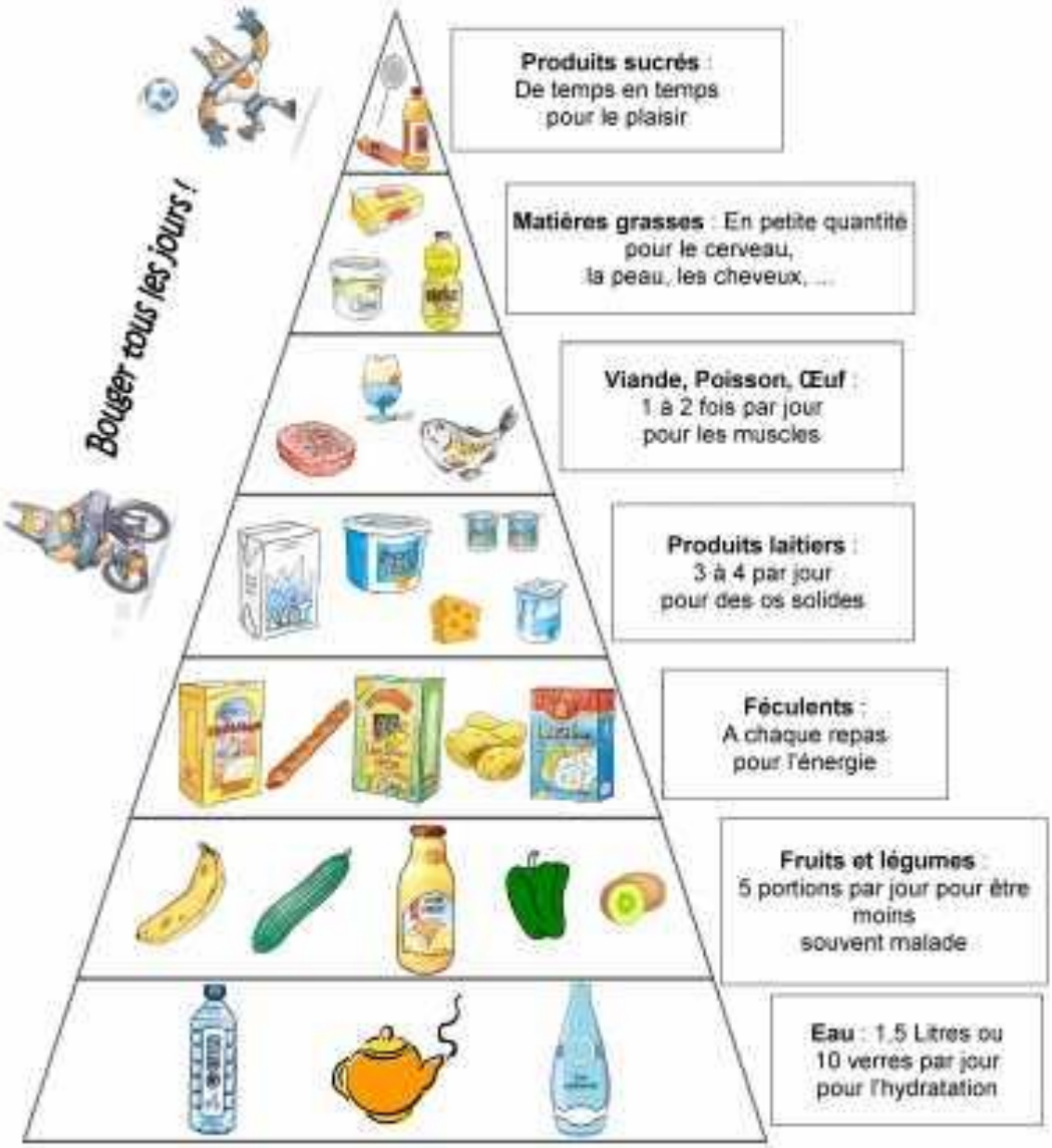La pyramide alimentaire