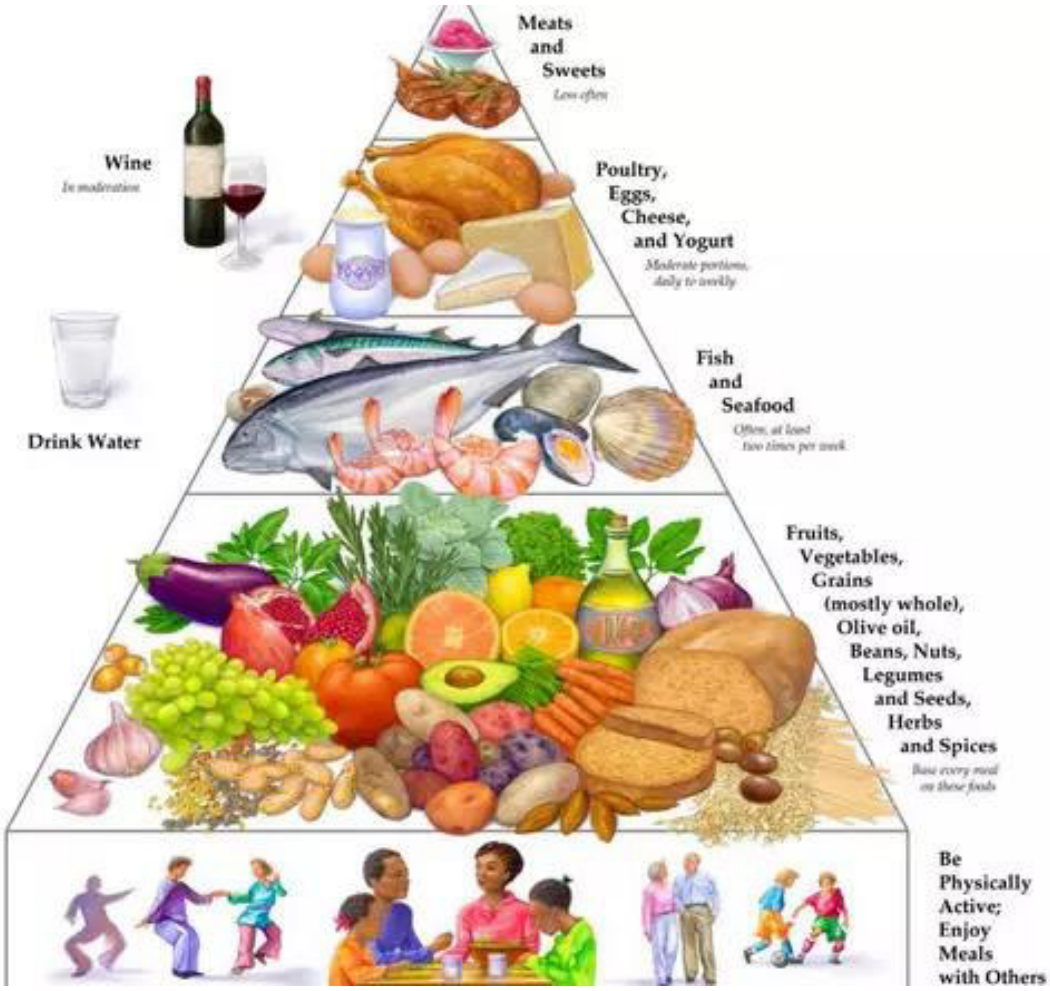Die mediterrane Ernährung