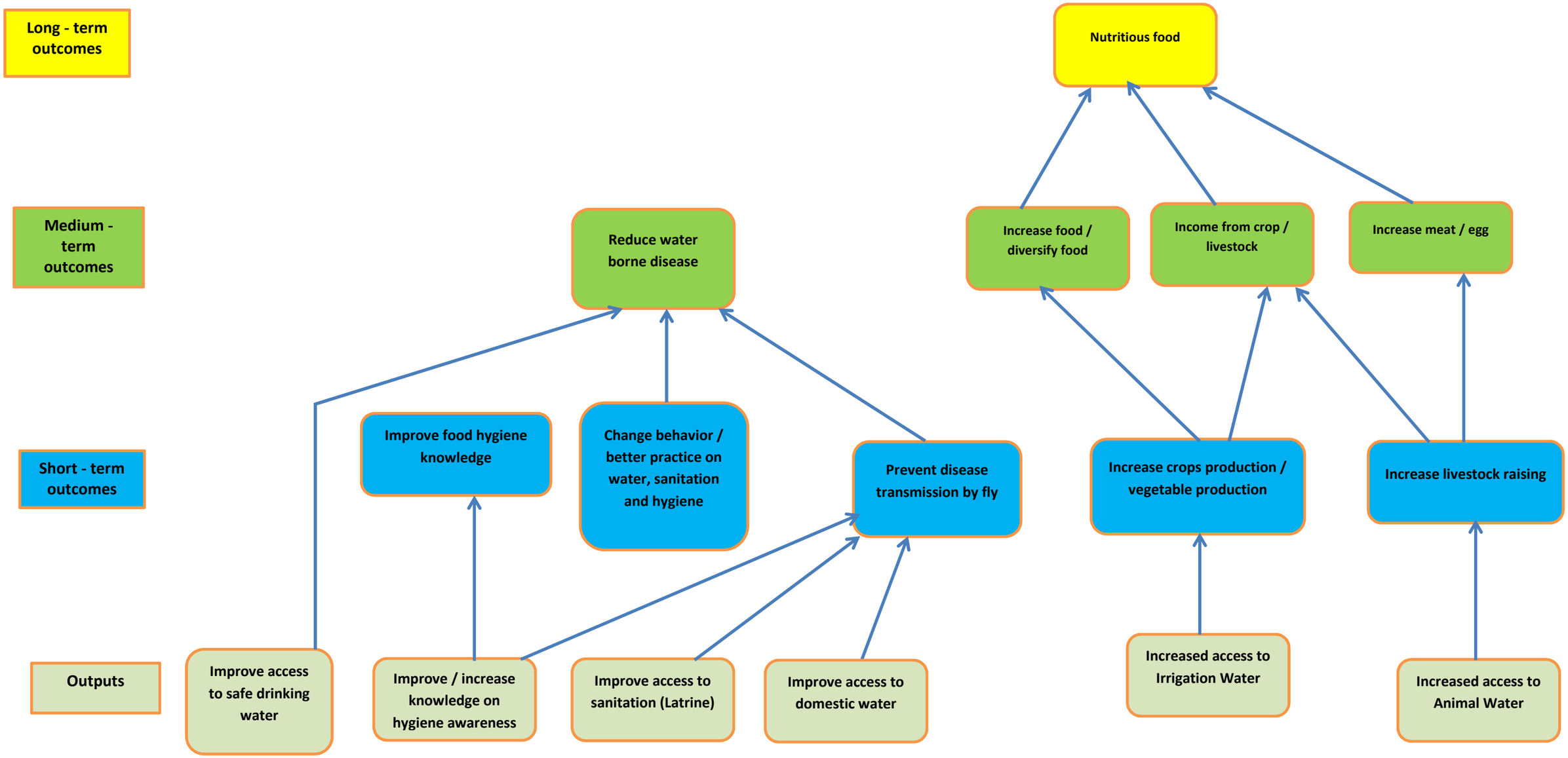NUTRITION FOR WOMEN, MEN AND CHILDREN