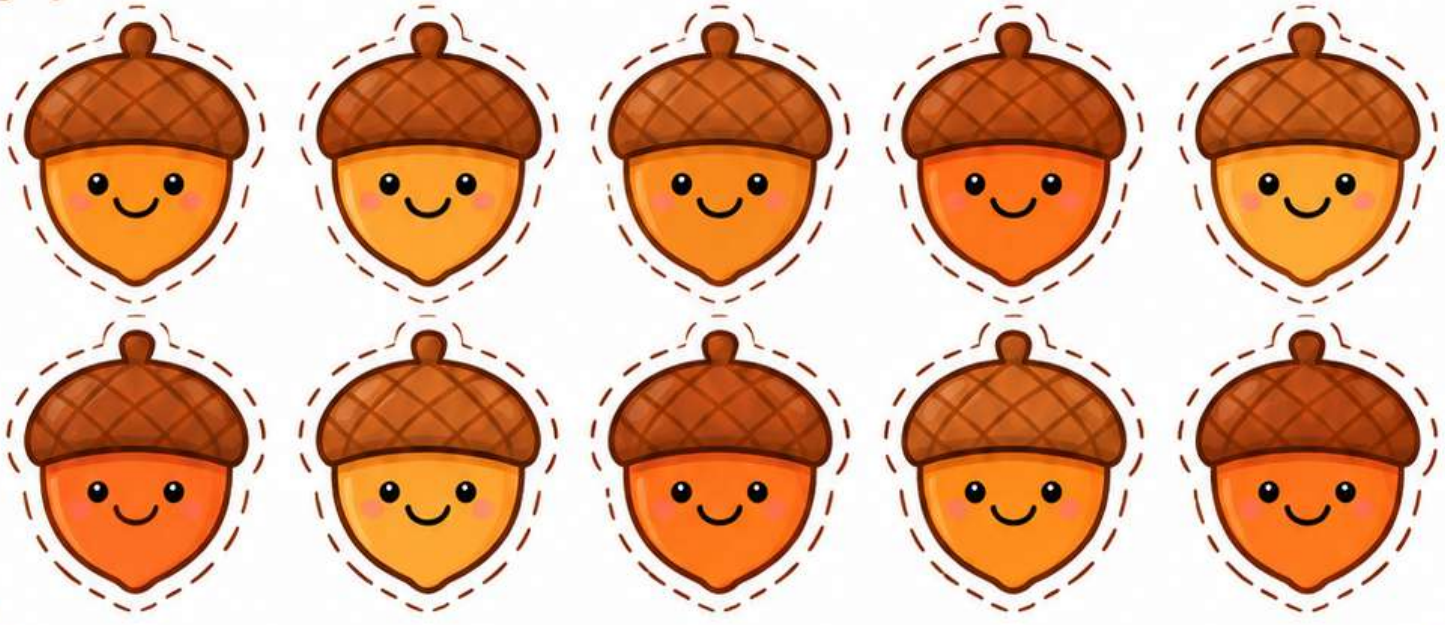NUTRI LO SCOIATTOLO!