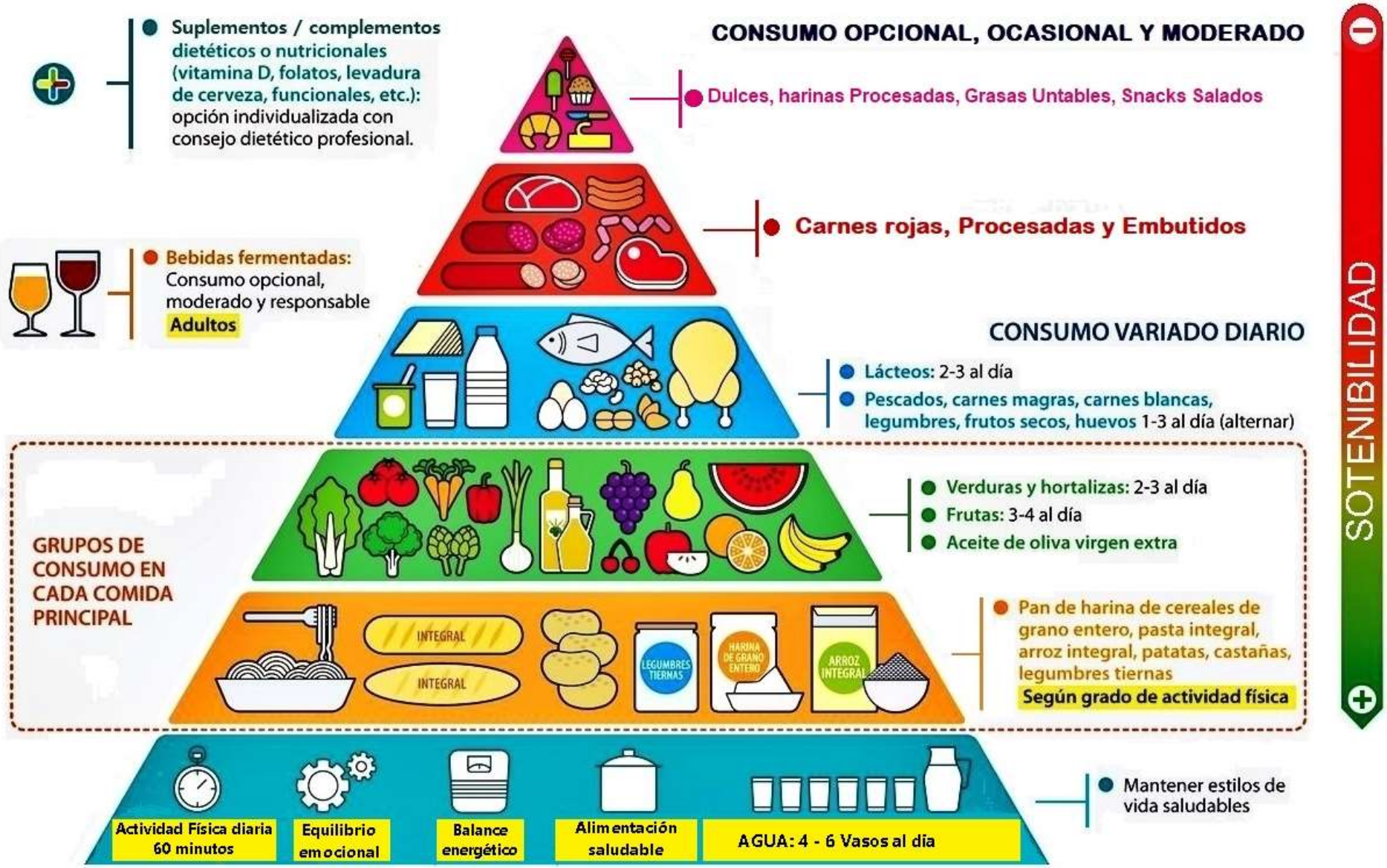PIRÁMIDE DE LA ALIMENTACIÓN SALUDABLE