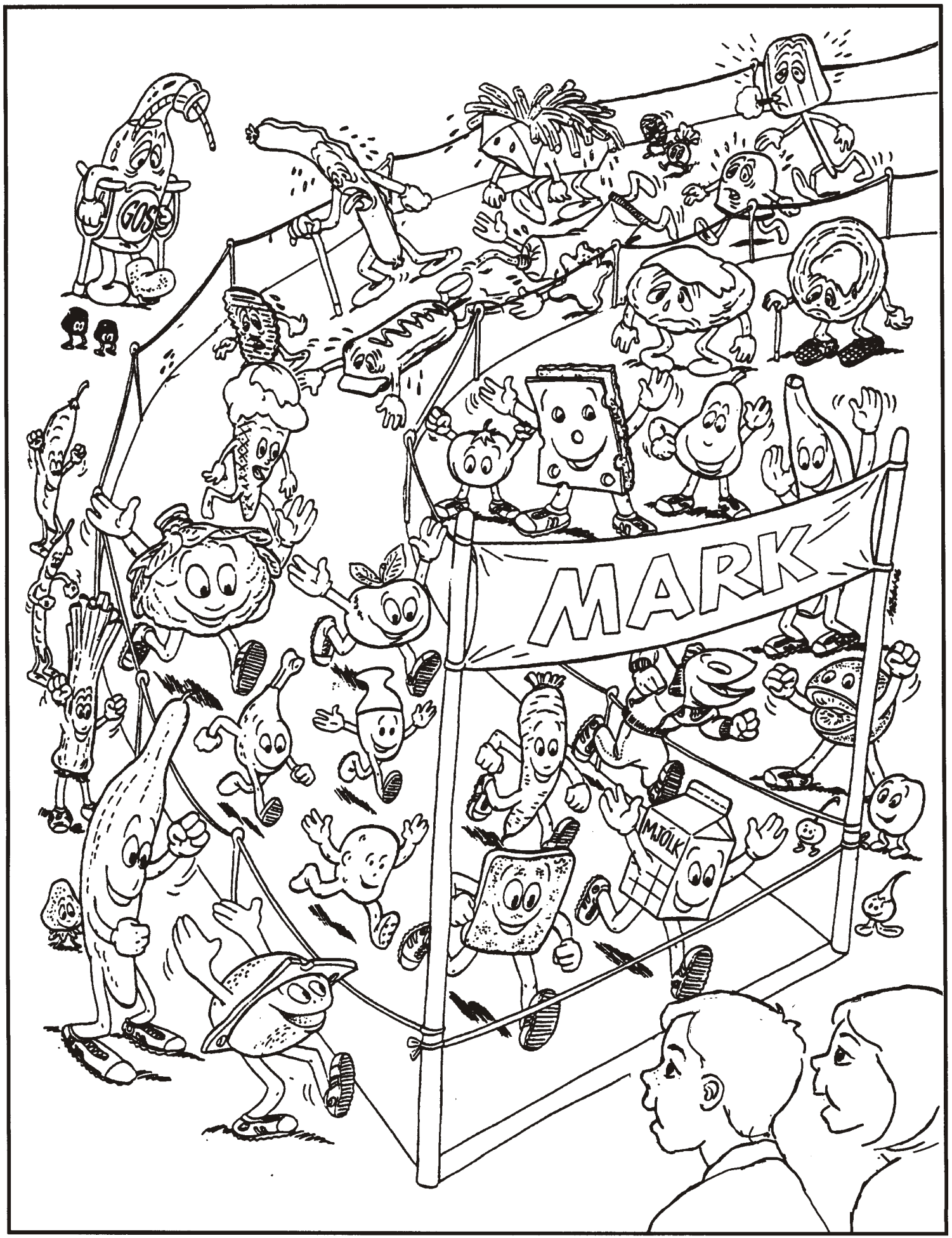Þú ert það sem þú borðar!