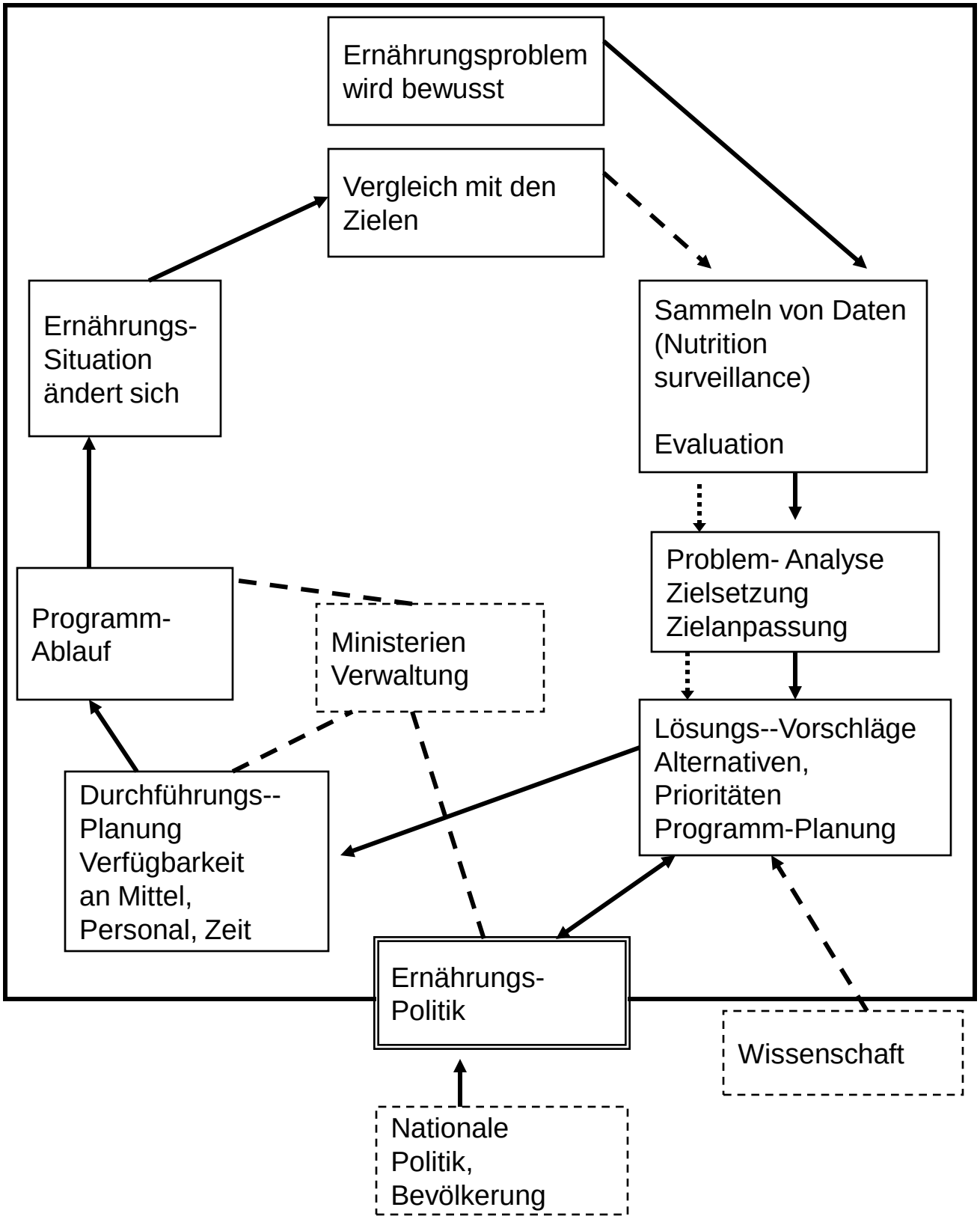ZYKLUS DER ERNÄHRUNGS-PLANUNG