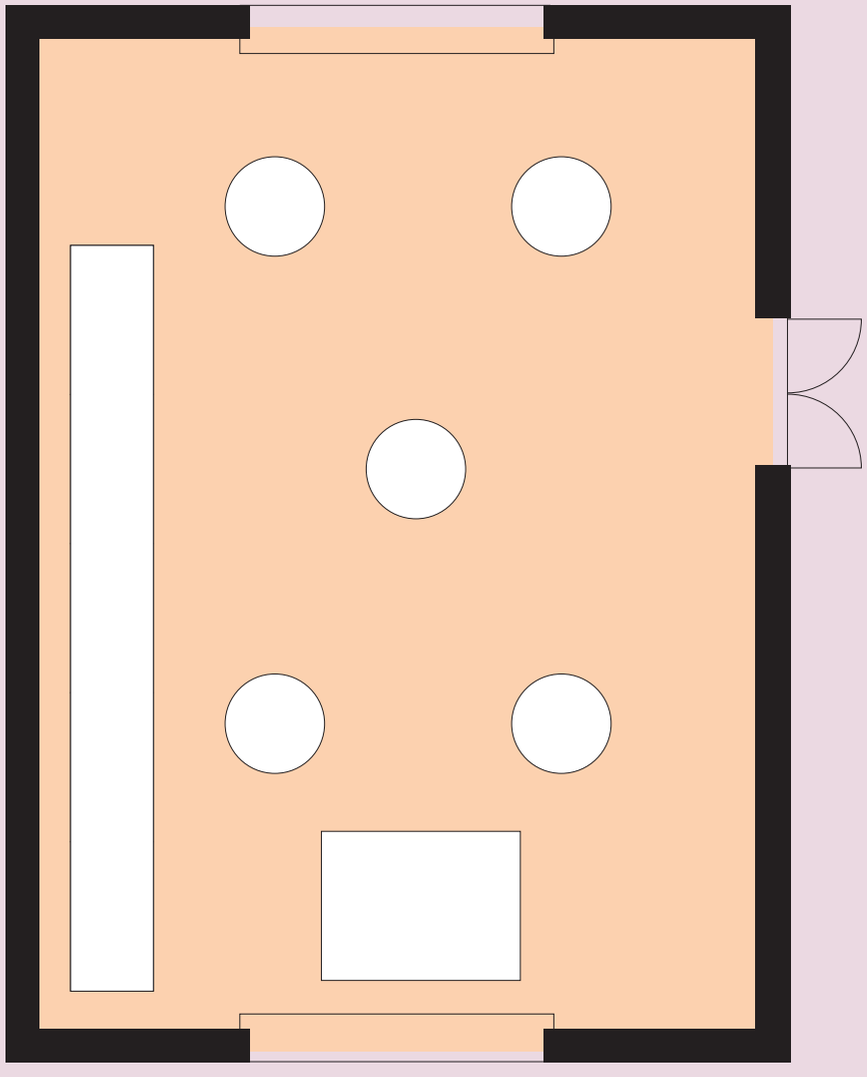立食