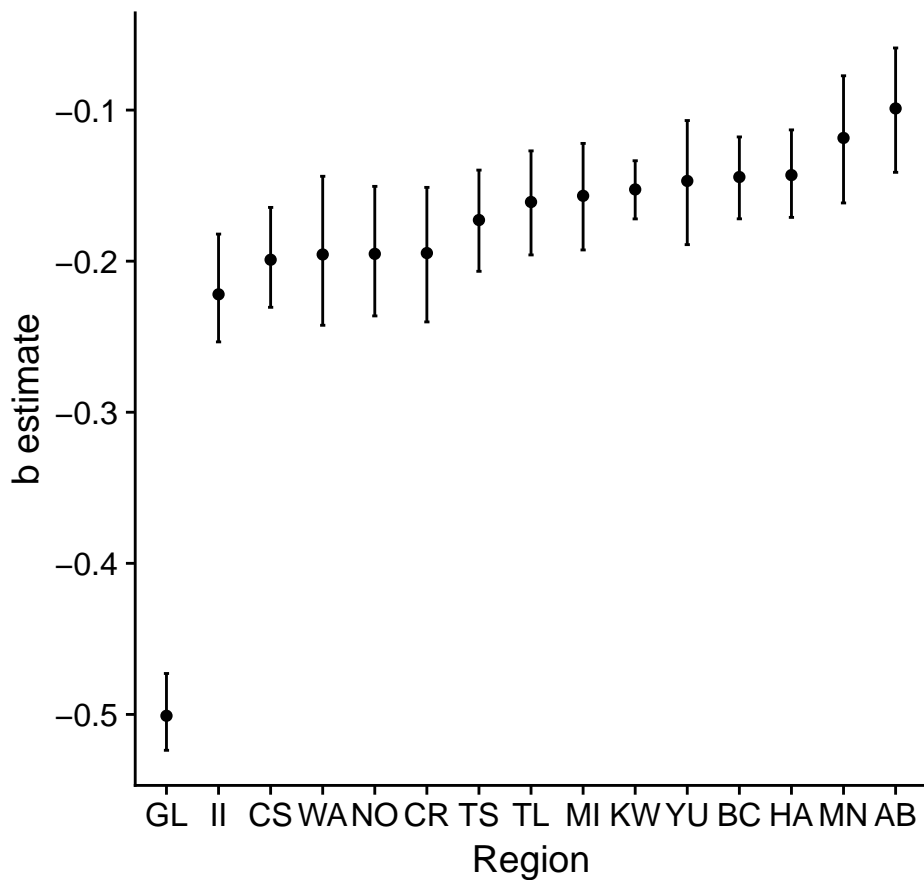


**A) Nutritional efficiency**



**B) Nutritional diversity**

