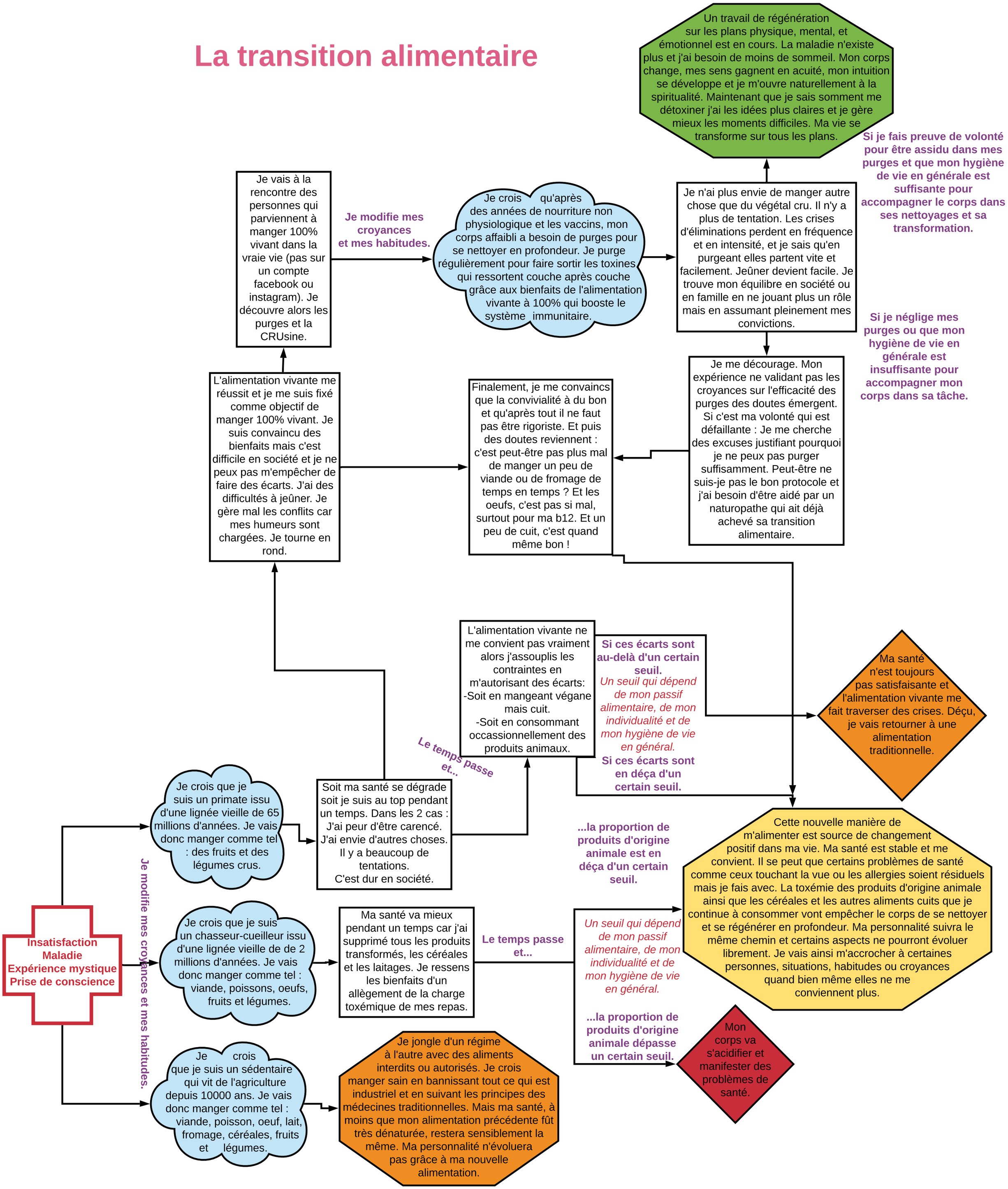La transition alimentaire