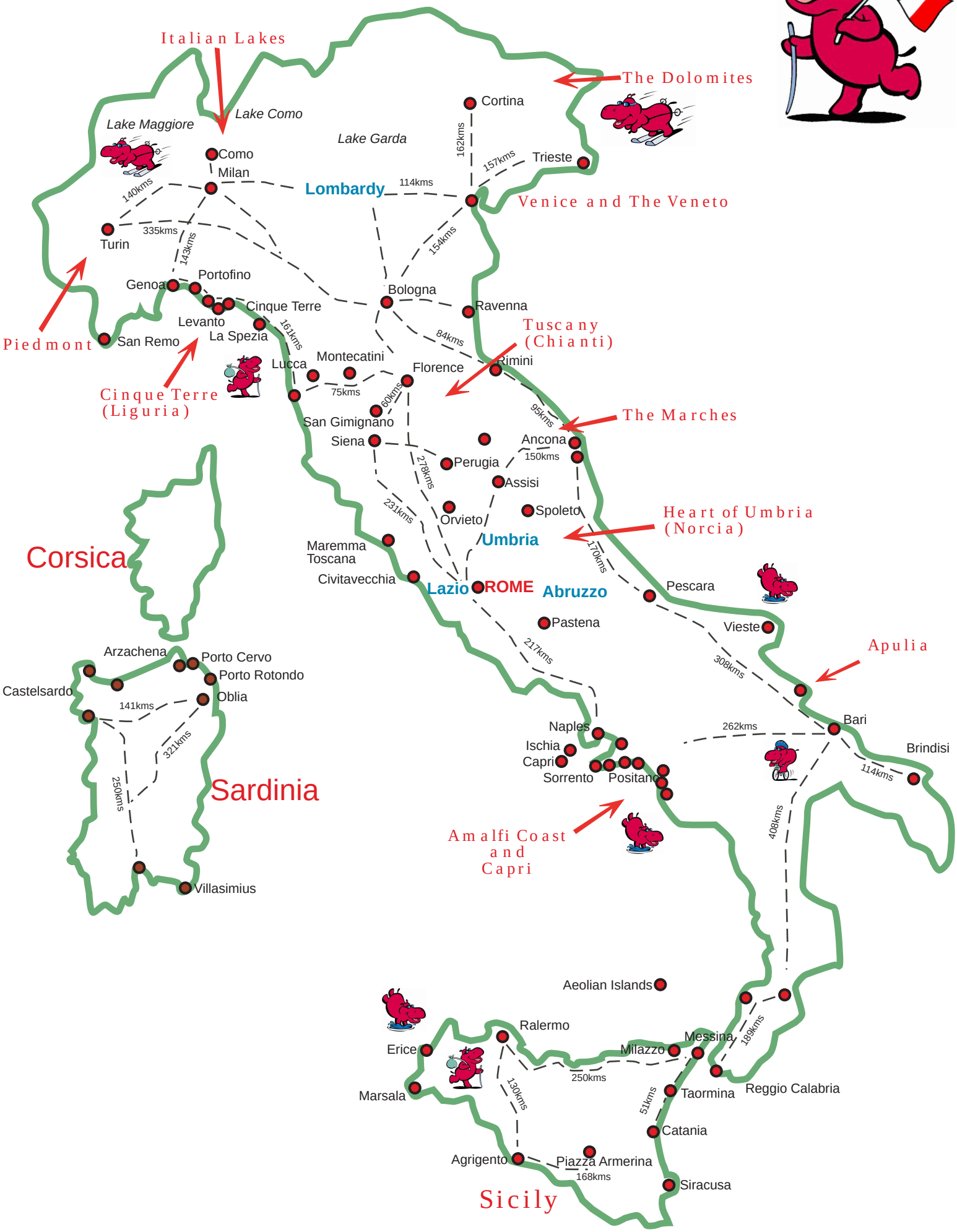the active gourmet in Italy