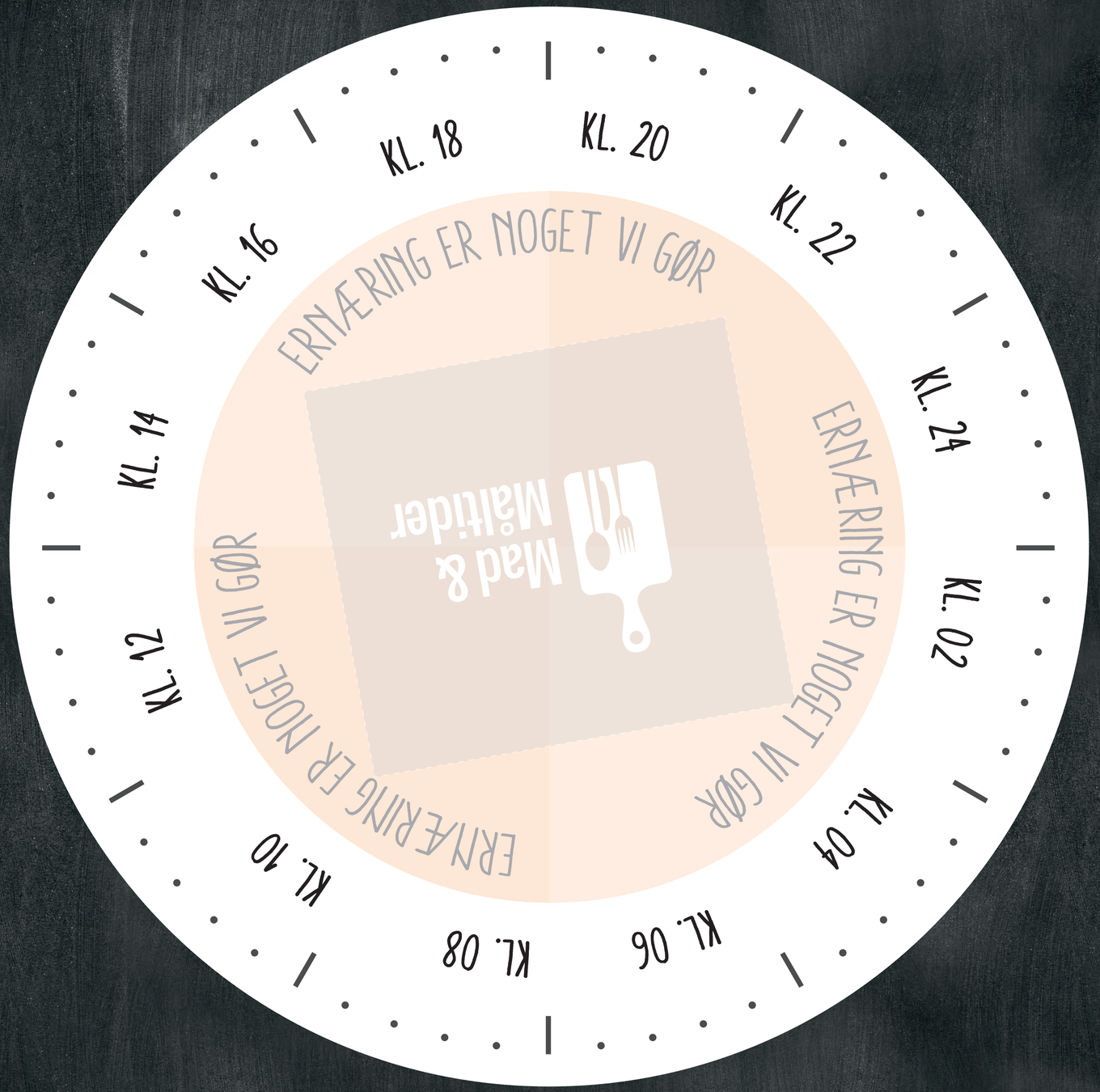ERNÆRING ER NOGET VI GØR