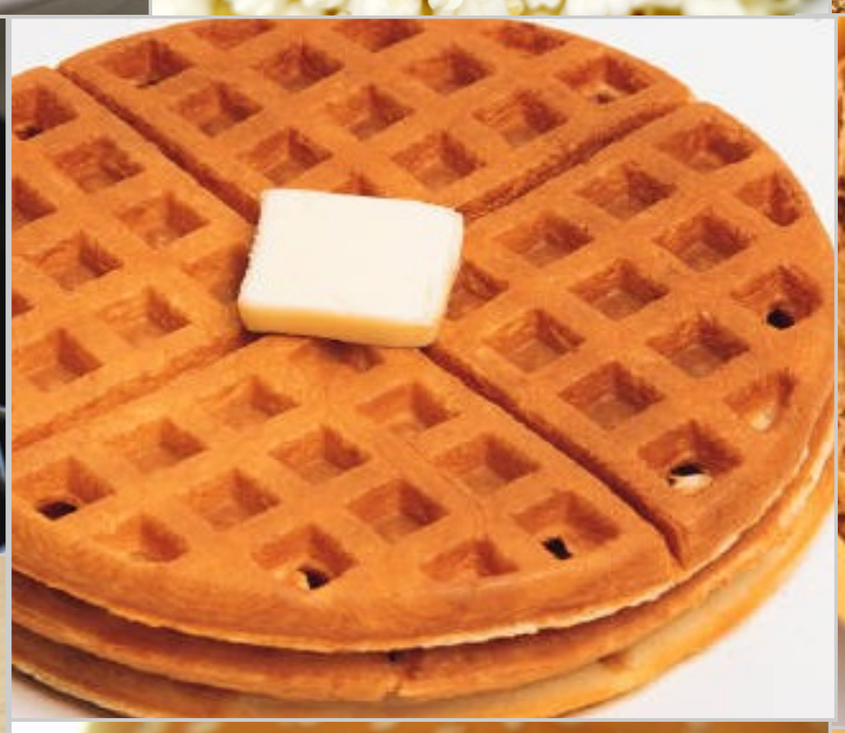GRAINS