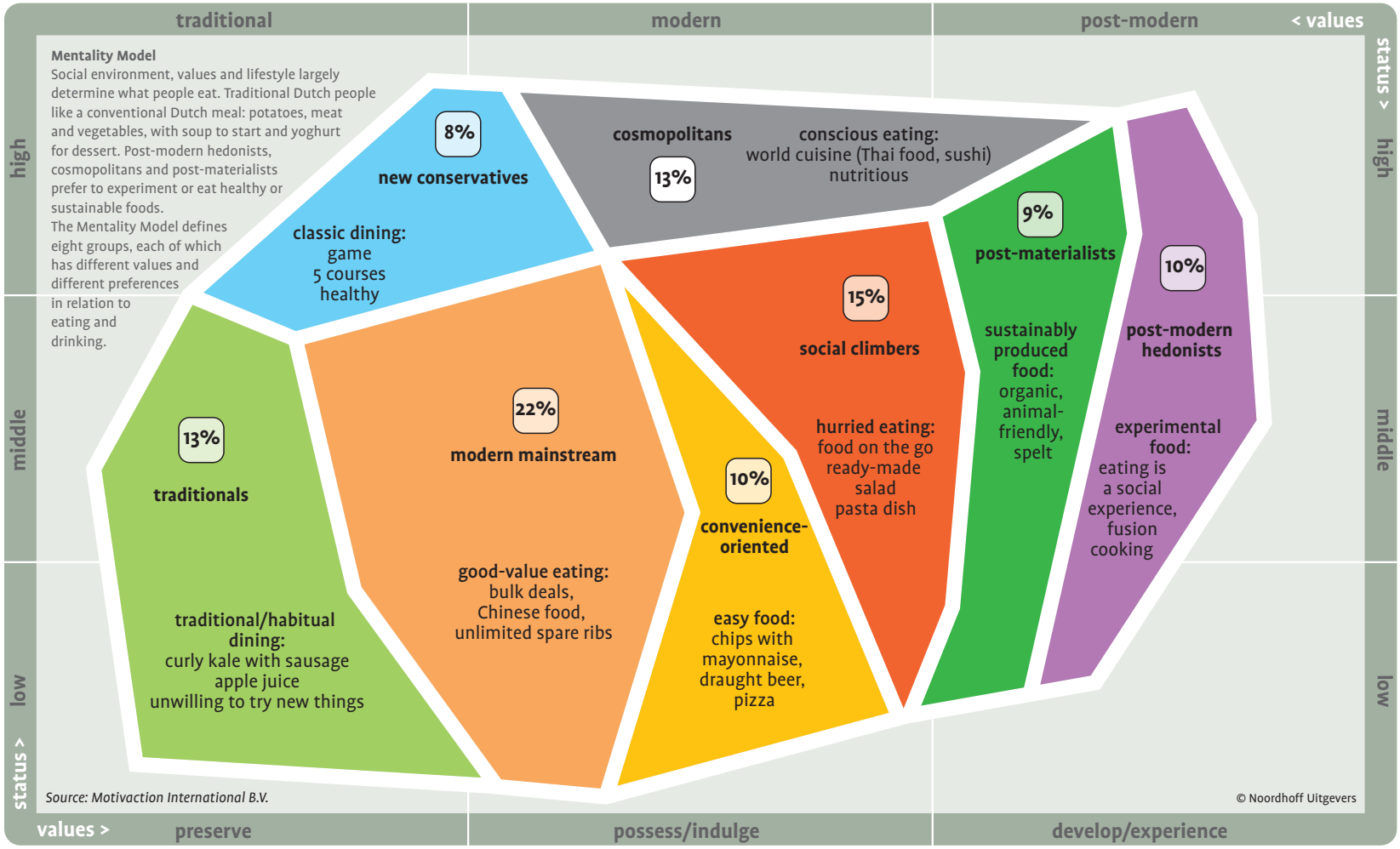❸ Eating patterns and lifestyles