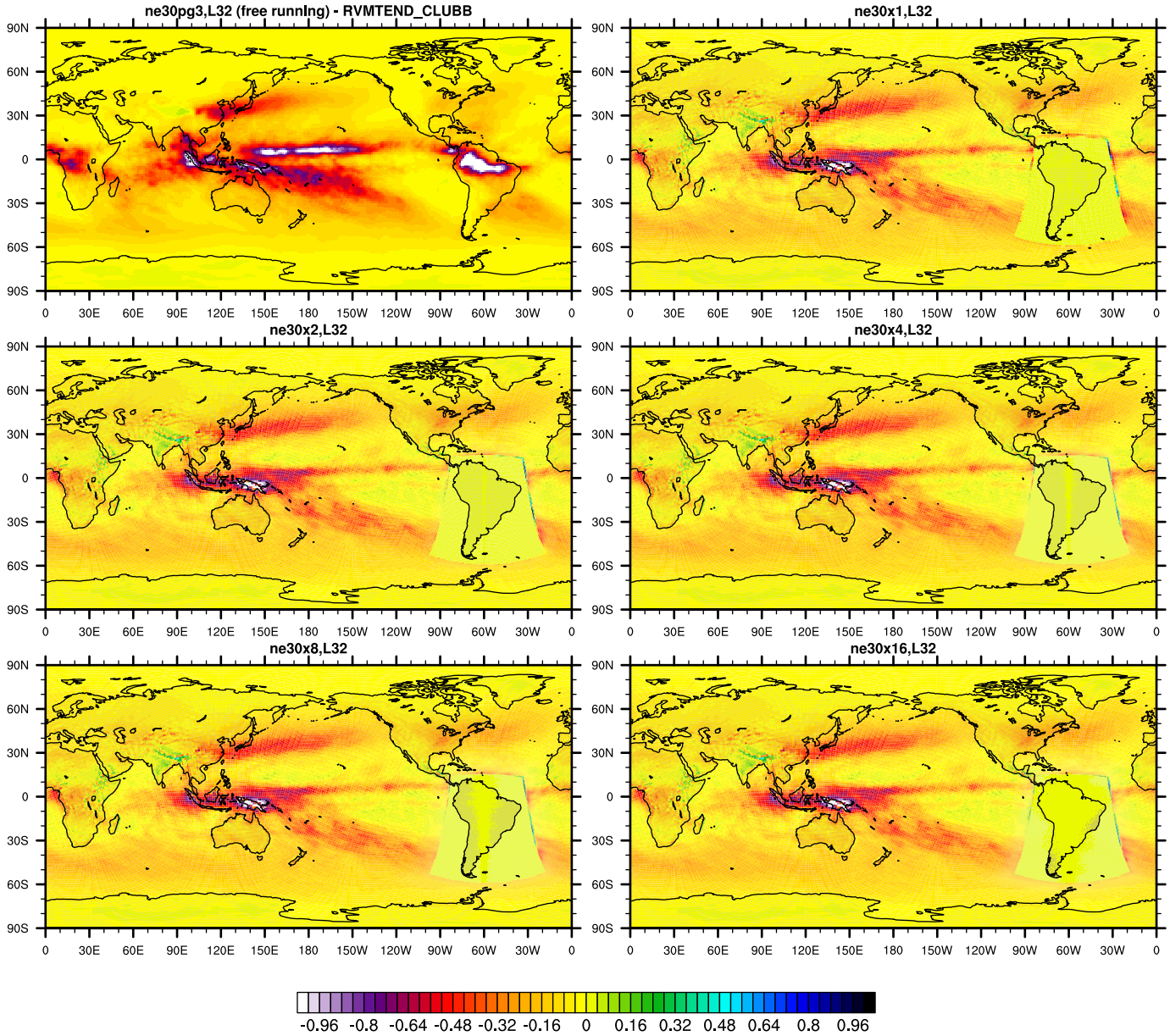Nudge_Q, k=19 (g/kg/day), MAM (2011,2016,2019)