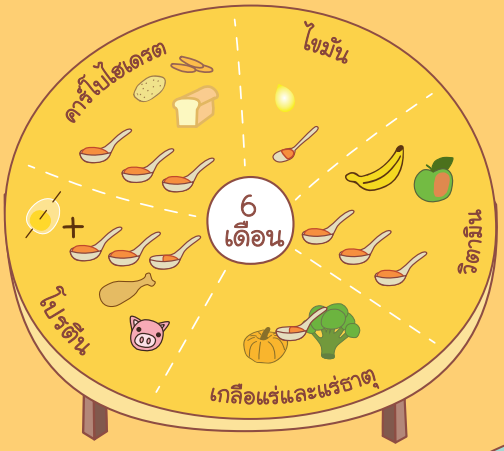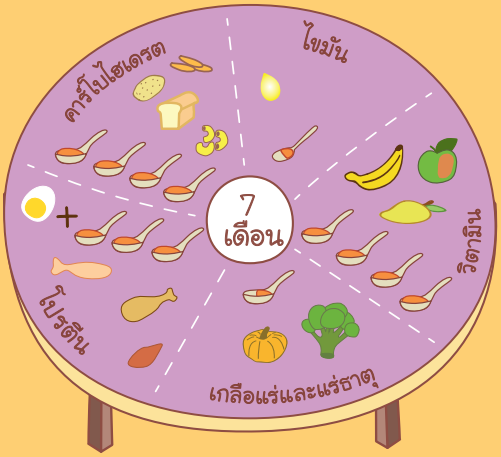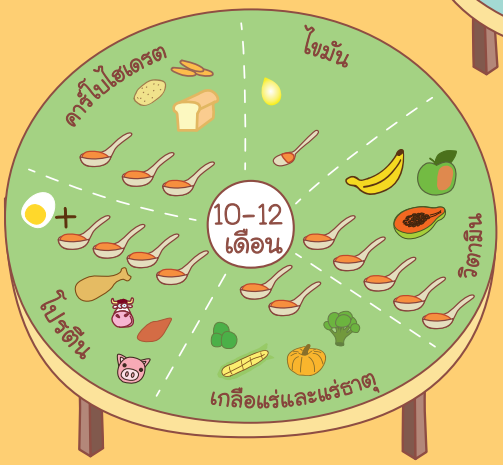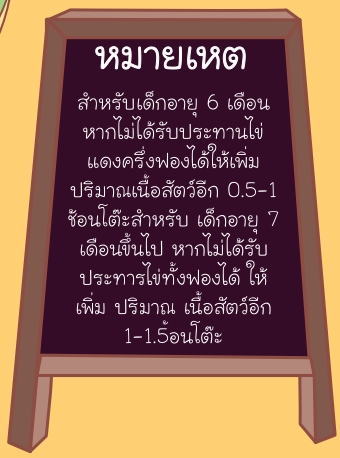สัดส่วนอาหาร 5 หมู่ที่ลูกควรได้รับต่อวัน