

เอกสารอ้างอิง

- คณะกรรมการจัดทำข้อปฏิบัติการกินอาหารเพื่อสุขภาพที่ดีของคนไทย. (2541). ข้อปฏิบัติการกินอาหารเพื่อสุขภาพที่ดีของคนไทย. นนทบุรี: กองโภชนาการ กรมอนามัย.
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- วรรณพิໄโล ศรีอาการ, ไพบูลย์ ตุ่นคำ, มัลลิกา พรมหมูดี, สุปรานี ฟุสุวรรณ, และอนุรักษ์ ต่อชาติ. (2551). ความรู้ทางโภชนาการ ทักษะคิดเกี่ยวกับอาหาร พฤติกรรมการรับประทานอาหาร และภาวะโภชนาการของสตรีวัยเจริญพันธุ์ ตำบลหนองผึ้ง อำเภอสารภี จังหวัดเชียงใหม่. เชียงใหม่: คณะพยาบาลศาสตร์ มหาวิทยาลัยเชียงใหม่.
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