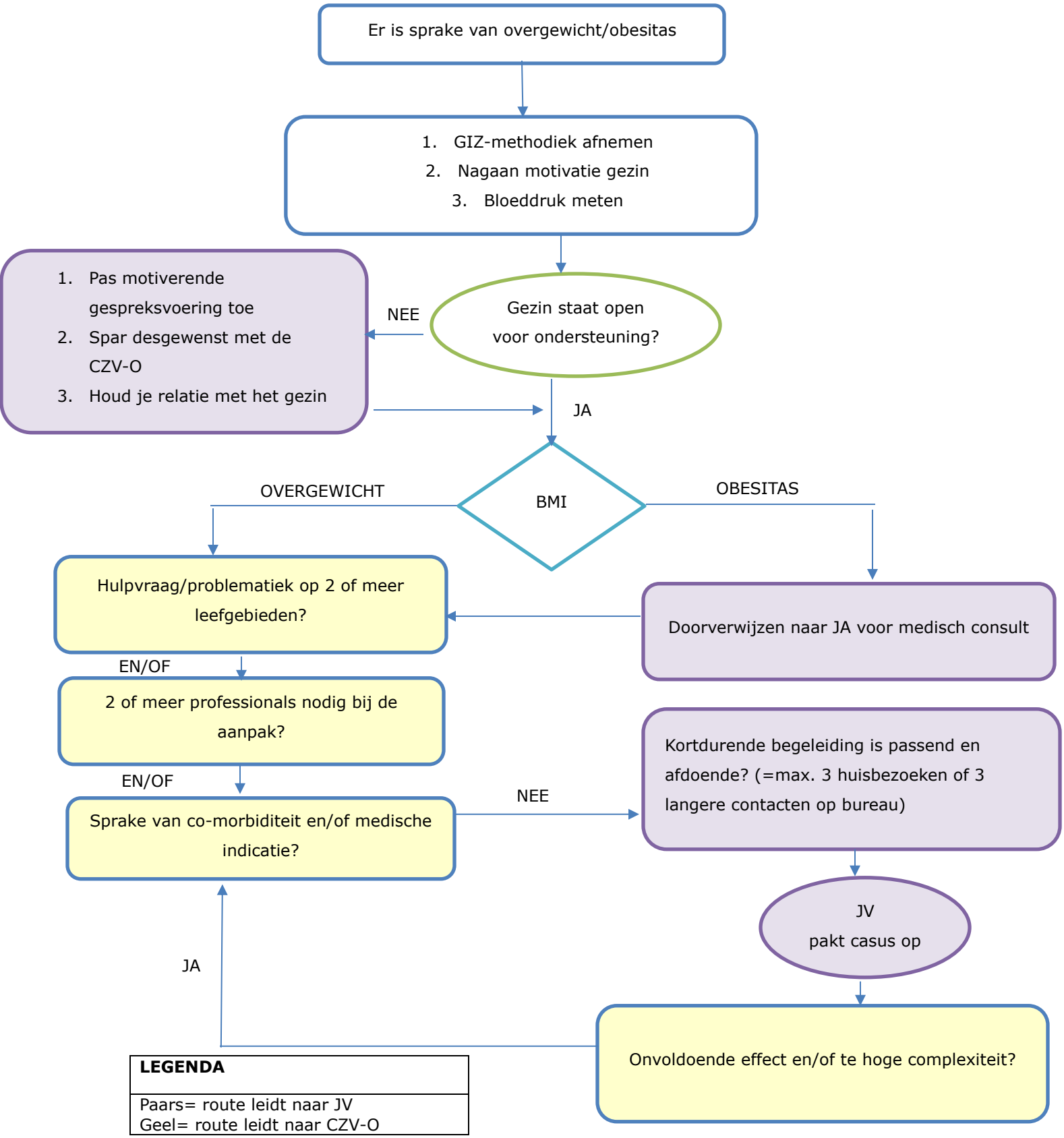Stroomschema route aanpak Kind naar Gezonder Gewicht