

## DAFTAR PUSTAKA

- Adiputra, S., Oktaviani, W., Asnawati, S., Budiautik, I., dkk. (2021). *Metodologi Penelitian Kesehatan*. Denpasar: Yayasan Kita Menulis.
- ALjaraedah, T. Y., Takruri, H. R., & Tayyem, R. F. (2019). Dietary practices and nutrient intake among adolescents: A general review. In *Obesity Medicine* (Vol. 16). Elsevier Ltd. <https://doi.org/10.1016/j.obmed.2019.100145>
- Annan, R. A., Apprey, C., Agyemang, G. O., Tuekpe, D. M., et al. (2021). Nutrition education improves knowledge and bmi-for-age in ghanaian school-aged children. *African Health Sciences*, 21(2), 927–941. <https://doi.org/10.4314/ahs.v21i2.55>
- Asakura, K., Todoriki, H., & Sasaki, S. (2017). Relationship between nutrition knowledge and dietary intake among primary school children in Japan: Combined effect of children's and their guardians' knowledge. *Journal of Epidemiology*, 27(10), 483–491. <https://doi.org/10.1016/j.je.2016.09.014>
- Aulia, Ninda. (2019). Peran Pengetahuan Gizi Terhadap Asupan Energi, Status Gizi dan Sikap Tentang Gizi Remaja. *Jurnal Ilmiah Gizi dan Kesehatan (JIGK)*, 02(02), 31-35.
- Bailey, R. L. (2021). Overview of dietary assessment methods for measuring intakes of foods, beverages, and dietary supplements in research studies. In *Current Opinion in Biotechnology* (Vol. 70, pp. 91–96). Elsevier Ltd. <https://doi.org/10.1016/j.copbio.2021.02.007>
- Berdanier, C. D., Berdanier, L. A. (2015). *Advanced Nutrition: Macronutrients, Micronutrients, and Metabolism (Second Edition)*. USA: CRS Press Taylor and Franciss Group.
- Bolisani, E., & Bratianu, C. (2018). The Elusive Definition of Knowledge. In *Knowledge Management and Organizational Learning* (Vol. 4, pp. 1–22). Springer Nature. [https://doi.org/10.1007/978-3-319-60657-6\\_1](https://doi.org/10.1007/978-3-319-60657-6_1)
- Brown, R., Seabrook, J. A., Stranges, S., Clark, A. F., et al. (2021). Examining the correlates of adolescent food and nutrition knowledge. *Nutrients*, 13(6). <https://doi.org/10.3390/nu13062044>
- Cahyono, Agus. (2019). Pengetahuan: Artikel Review. *Jurnal Keperawatan*, 12(1), 95–107.
- Canella, D. S., Duran, A. C., & Claro, R. M. (2020). Malnutrition in all its forms and social inequalities in Brazil. *Public Health Nutrition*, 23(S1), S29–S38. <https://doi.org/10.1017/S136898001900274X>
- Christian, P., & Smith, E. R. (2018). Adolescent Undernutrition: Global Burden, Physiology, and Nutritional Risks. In *Annals of Nutrition and Metabolism*, 72( 4), 316–328. S. Karger . <https://doi.org/10.1159/000488865>
- Chulani, V. L., & Gordon, L. P. (2014). Adolescent Growth and Development. In *Primary Care - Clinics in Office Practice*, 41(3), 465–487. W.B. Saunders. <https://doi.org/10.1016/j.pop.2014.05.002>

- Chung, L. M. Y., & Fong, S. S. M. (2018). Role of behavioural feedback in nutrition education for enhancing nutrition knowledge and improving nutritional behaviour among adolescents. *Asia Pacific Journal of Clinical Nutrition*, 27(2), 466–472. <https://doi.org/10.6133/apjcn.042017.03>
- Ciampo, Del. (2020). Adolescent Nutrition. *Austin Pediatr*, 7(1), 1077.
- Dahlan, M. S. (2016). *Langkah Langkah Membuat Proposal Penelitian Bidang Kedokteran dan Kesehatan*. Jakarta: Sagung Seto.
- Damara Utami, H., Siregar, A. (2020). Hubungan Pola Makan, Tingkat Kecukupan Energi, dan Protein dengan Status Gizi pada Remaja. In *Jurnal Kesehatan* (Vol. 11, Issue 2). Online. <http://ejurnal.poltekkes-tjk.ac.id/index.php/JK>
- Darfour-Oduro, S. A., Buchner, D. M., Andrade, J. E., & Grigsby-Toussaint, D. S. (2018). A comparative study of fruit and vegetable consumption and physical activity among adolescents in 49 Low-and-Middle-Income Countries. *Scientific Reports*, 8(1). <https://doi.org/10.1038/s41598-018-19956-0>
- Darling, C. A., Rehm, M., Coccia, C., & Cui, M. (2015). Adolescent eating behavior: The role of indulgent parenting. *Families in Society*, 96(4), 257–267. <https://doi.org/10.1606/1044-3894.2015.96.37>
- Das, J. K., Salam, R. A., Thornburg, K. L., Prentice, A. M, et al. (2017). Nutrition in adolescents: physiology, metabolism, and nutritional needs. In *Annals of the New York Academy of Sciences* (Vol. 1393, Issue 1, pp. 21–33). Blackwell Publishing Inc. <https://doi.org/10.1111/nyas.13330>
- Del Mar Bibiloni, M., Pich, J., Pons, A., & Tur, J. A. (2013). *Body image and eating patterns among adolescents*. <http://www.biomedcentral.com/1471-2458/13/1104>
- De Sanctis, V., Soliman, A. T., Fiscina, B., Elsedfy, H., Elalaily, R. (2014). Endocrine check-up in adolescents and indications for referral: A guide for health care providers. *Indian journal of endocrinology and metabolism*, 18(Suppl 1), S26–S38. <https://doi.org/10.4103/2230-8210.145055>
- Noviyanti, D. R., Marfuah, D. (2017). Hubungan Pengetahuan Gizi, Aktivitas Fisik, dan Pola Makan Terhadap Status Gizi Remaja Di Kelurahan Purwosari Laweyan Surakarta. *The 6<sup>th</sup> University Research Colloquium 2017 Universitas Muhammadiyah Magelang*.
- Diethelm, K., Huybrechts, I., Moreno, L., De Henauw, S, et al. (2014). Nutrient intake of European adolescents: Results of the HELENA (Healthy Lifestyle in Europe by Nutrition in Adolescence) Study. *Public Health Nutrition*, 17(3), 486–497. <https://doi.org/10.1017/S1368980013000463>
- Dinas Kesehatan Provinsi Jawa Barat. (2020). *Profil Kesehatan Jawa Barat Tahun 2019*. Bandung: Dinas Kesehatan Jawa Barat.
- Dwiriani, M., Rimbawan, Hardinsyah, Riyadi, H., Martianto, D. (2014). *Pengetahuan, Sikap, Dan Praktik Gizi Remaja Putri Di Pedesaan Bogor*. Widyakarya Nasional Pangan dan Gizi X: Presentasi dan Poster. Jakarta: LIPI Press. Hal 791-809.

- Doustmohammadian, A. (2013). Nutritional status and dietary intake among adolescent girls. *Journal of Paramedical Sciences (JPS)*, Volume 4 (Winter 2013).
- Elsa, Adelina. (2016). *Hubungan Citra Tubuh, Aktivitas Fisik, dan Pengetahuan Gizi Seimbang Dengan Status Gizi Remaja Putri*. (Skripsi thesis, Universitas Airlangga).
- Querol, S. E., Gill, P., Iqbal, R., Kletter, M, et al. (2022). Adolescent undernutrition in South Asia: A scoping review. In *Nutrition Research Reviews* (Vol. 35, Issue 1, pp. 39–49). Cambridge University Press.  
<https://doi.org/10.1017/S0954422421000068>
- Fatikasari, R., Wahyani, D., Masrikhiyah, R. (2022). Hubungan Asupan Makan dan Aktivitas Fisik Terhadap Status Gizi Siswa SMKN 1 Kota Tegal. *Jurnal Riset Rumpun Kesehatan*, 1(1), 59-65.
- Februhartanty, J., Rachman, P. H., Ermayani, E., Dianawati, H., Harsian, H. (2016). *Buku Pedoman dan Kumpulan Rencana Ajar untuk Guru Sekolah Menengah Pertama dan Yang Sederajat*. Jakarta: Southeast Asian Ministers of Education Organization Regional Centre for Food and Nutrition (SEAMEO RECFON), Kementerian Pendidikan dan Kebudayaan Republik Indonesia.
- Fitzgerald, A., Heary, C., Kelly, C., Nixon, E., & Shevlin, M. (2013). Self-efficacy for healthy eating and peer support for unhealthy eating are associated with adolescents' food intake patterns. *Appetite*, 63, 48–58.  
<https://doi.org/10.1016/j.appet.2012.12.011>
- Frederick, C. B., Snellman, K., & Putnam, R. D. (2014). Increasing socioeconomic disparities in adolescent obesity. *Proceedings of the National Academy of Sciences of the United States of America*, 111(4), 1338–1342.  
<https://doi.org/10.1073/pnas.1321355110>
- Getahun, G. K., Assfaw, A., Muhammad, E. A., & Shitemaw, T. (2023). Prevalence and correlates of stunting and thinness among adolescent students in Lideta subcity, Addis Ababa, Ethiopia: a cross-sectional study. *BMJ Open*, 13(5), e065347.  
<https://doi.org/10.1136/bmjopen-2022-065347>
- Grosso, G., Mistretta, A., Turconi, G., Cena, et al. (2013). Nutrition knowledge and other determinants of food intake and lifestyle habits in children and young adolescents living in a rural area of Sicily, South Italy. *Public Health Nutrition*, 16(10), 1827–1836. <https://doi.org/10.1017/S1368980012003965>
- Hapsari, P. W., Khusun, H., Februhartanty, J. (2018). *Pesan Gizi Seimbang Pada Buku Ajar*. Jakarta: SEAMEO RECFON.
- Hastono, S. P. (2016). *Analisis Data Pada Bidang Kesehatan*. Depok: Rajawali Pers.
- He, Y., Wang, B., Wen, L., Wang, F, et al. (2022). Effects of dietary fiber on human health. *Food Science and Human Wellness*, 11(1).  
<https://doi.org/10.1016/j.fshw.2021.07.001>.

- Huang, Z., Huang, B., & Huang, J. (2021). The relationship between nutrition knowledge and nutrition facts table use in china: A structural equation model. *International Journal of Environmental Research and Public Health*, 18(12). <https://doi.org/10.3390/ijerph18126307>
- Inge, T. H., King, W. C., Jenkins, T. M., Courcoulas, A. P, et al. (2013). The effect of obesity in adolescence on adult health status. *Pediatrics*, 132(6), 1098–1104. <https://doi.org/10.1542/peds.2013-2185>
- Intan, S. E. N., Palupi, N. S., & Prangdimurti, E. (2022). Tingkat Asupan Makronutrien dan Gaya Hidup terhadap Risiko terjadinya Obesitas di Lima Provinsi di Indonesia. *Jurnal Mutu Pangan : Indonesian Journal of Food Quality*, 8(2), 88–96. <https://doi.org/10.29244/jmp.2021.8.2.88>
- Damayanti, R. S., Nasar, S. S., Yoga, D., Tanjung., C. F. (2011). *Asuhan Nutrisi Pediatrik*. Jakarta: Ikatan Dokter Anak Indonesia.
- Ikatan Dokter Anak Indonesia. (2013, 17 Februari). *Kurva Pertumbuhan CDC-2000 Lengkap*. <https://www.idai.or.id/professional-resources/kurva-pertumbuhan/cdc-modified-21-april-2001>
- Jayanti, Y. D., & Novananda, N. E. (2017). Hubungan Pengetahuan Tentang Gizi Seimbang dengan Status Gizi pada Remaja Putri Kelas Xi Akuntansi 2 (Di SMK PGRI 2 Kota Kediri. *Jurnal Kebidanan Dharma Husada* (Vol. 6, Issue 2).
- Irmawartini, Nurhaedah. (2017). *Metodologi Penelitian*. Jakarta: Kementerian Kesehatan Republik Indonesia.
- Kamila, Zulfa. (2016). *Kesehatan Masyarakat Gizi dan Makanan*. Surakarta: PT Borobudur Inspira Nusantara.
- Kant, A. K., & Graubard, B. I. (2013). Family income and education were related with 30-year time trends in dietary and meal behaviors of american children and adolescents. *Journal of Nutrition*, 143(5), 690–700. <https://doi.org/10.3945/jn.112.165258>
- Kelishadi, R., Mozafarian, N., Qorbani, M. et al. Is snack consumption associated with meal skipping in children and adolescents? The CASPIAN-IV study. *Eat Weight Disord* 22, 321–328 (2017). <https://doi.org/10.1007/s40519-017-0370-4>
- Kesari, A., Noel, JY. (2023, 10 April). *Nutritional Assessment*. Treasure Island (FL): StatPearls Publishing. <https://www.ncbi.nlm.nih.gov/books/NBK580496/>
- Khan, D. S. A., Das, J. K., Zareen, S., Lassi, et al. (2022). Nutritional Status and Dietary Intake of School-Age Children and Early Adolescents: Systematic Review in a Developing Country and Lessons for the Global Perspective. In *Frontiers in Nutrition* (Vol. 8). Frontiers Media S.A. <https://doi.org/10.3389/fnut.2021.739447>
- Khomsan, Ali. (2021). *Teknik Pengukuran Pengetahuan Gizi*. Bogor: PT Penerbit IPB Press.
- Khoerunisa, D., & Istianah, I. (2021). Hubungan Asupan Zat Gizi Makro dan Aktivitas Fisik dengan Status Gizi Pada Remaja. *Jurnal Pangan Kesehatan dan Gizi* (Vol. 2021, Issue 1).

- Kigaru, D. M. D., Loechl, C., Moleah, T., Macharia-Mutie, C. W., & Ndungu, Z. W. (2015). Nutrition knowledge, attitude and practices among urban primary school children in Nairobi City, Kenya: A KAP study. *BMC Nutrition*, 1(1). <https://doi.org/10.1186/s40795-015-0040-8>
- Kliegman, R. M., Geme, J. W. S., Stanton, B. F. (2015). *Nelson Textbook of Pediatrics 21 Edition*. Netherlands: Elsevier.
- Koletzko, E. B., Bhatia, J., Bhutta, Z. A., Cooper, P., et al. (2015). *Pediatric Nutrition in Practice 2nd, revised edition*. Germany: Karger.
- KT, R., & M, A. (2016). Nutritional Status and Its Associated Factors among School Adolescent Girls in Adama City, Central Ethiopia. *Journal of Nutrition & Food Sciences*, 06(03). <https://doi.org/10.4172/2155-9600.1000493>
- Kumar, A., Goyal, A., Verma, N., & Mahesh, A. (2018). Study of anemia among adolescent school girls and young adults. *International Journal of Advances in Medicine*, 5(4), 877. <https://doi.org/10.18203/2349-3933.ijam20182753>
- Kundu, S., Khan, M. S. I., Bakchi, J., Sayeed, et al. (2020). Sources of nutrition information and nutritional knowledge among school-going adolescents in Bangladesh. *Public Health in Practice*, 1. <https://doi.org/10.1016/j.puhip.2020.100030>
- Latief, A., Tumbelaka, Alan R., Matondang, Cory S, dkk. (2014). *Pemeriksaan Klinis pada Bayi dan Anak*. Jakarta: CV Sagung Seto.
- Lee, E. Y., Shih, A. C., Collins, M., Kim, Y. B., et al. (2023). Report card grades on physical activity for children and adolescents from 18 Asian countries: Patterns, trends, gaps, and future recommendations. *Journal of Exercise Science and Fitness*, 21(1), 34–44. <https://doi.org/10.1016/j.jesf.2022.10.008>
- Lestari, P. (2020). Hubungan Pengetahuan Gizi, Asupan Makanan dengan Status Gizi Siswi MTs Darul Ulum. *Sport and Nutrition Journal*, 2(2), 73-80. <https://doi.org/10.15294/spnj.v2i2.39761>
- Lina, P., Dewi, P., & Kartini, A. (2017). Lemak dengan Kejadian Obesitas pada Remaja Sekolah Menengah Pertama. *Journal of Nutrition College*, 6(3). <http://ejournal-s1.undip.ac.id/index.php/jnc>
- Madtha, L. J., Joseph, J., Joy, M. M., Reji, M. P., et al. (2023). Peer Influence on Lifestyle Behaviors among Undergraduate Students of Professional Colleges. *Journal of Health and Allied Sciences NU*, 13(03), 389–394. <https://doi.org/10.1055/s-0042-1757444>
- Maehara, M., Rah, J. H., Roshita, A., Suryantan, J., et al. (2019). Patterns and risk factors of double burden of malnutrition among adolescent girls and boys in Indonesia. *PLoS ONE*, 14(8). <https://doi.org/10.1371/journal.pone.0221273>
- Majid, H. A., Ramli, L., Ying, S. P., Su, T. T., & Jalaludin, M. Y. (2016). Dietary intake among adolescents in a middle-income country: An outcome from the Malaysian health and adolescents longitudinal research team study (the myhearts study). *PLoS ONE*, 11(5). <https://doi.org/10.1371/journal.pone.0155447>

- Mardhatillah. (2008). *Hubungan Kebiasaan Konsumsi Makanan Siap Saji Modern (Fast Food), Aktivitas Fisik, dan Faktor Lainnya Dengan Kejadian Gizi Lebih pada Remaja SMA Islam Pb. Soedirman di Jakarta Timur Tahun 2008.* (Skripsi thesis, Fakultas Kesehatan Masyarakat Universitas Indonesia).
- Mentari, B. D.(2016) *Hubungan Antara Tingkat Pengetahuan Gizi, Pola Makan, Aktivitas Fisik, Terhadap Status Gizi Siswa SMKN 1 Buahdua Di Wilayah Kecamatan Buahdua Kabupaten Sumedang Tahun 2016.* (Skripsi thesis, Universitas Pembangunan Nasional Veteran Jakarta).
- Mokoginta, F. S., Budiarto, F., & Manampiring, A. E. (2016). Gambaran pola asupan makanan pada remaja di Kabupaten Bolaang Mongondow Utara. In *Jurnal e-Biomedik (eBm)* (Vol. 4, Issue 2).
- Murakami, K., & Livingstone, M. B. E. (2016). Prevalence and characteristics of misreporting of energy intake in US children and adolescents: National Health and Nutrition Examination Survey (NHANES) 2003-2012. In *British Journal of Nutrition* (Vol. 115, Issue 2, pp. 294–304). Cambridge University Press.  
<https://doi.org/10.1017/S0007114515004304>
- Naeeni, M. M., Jafari, S., Fouladgar, M., Heidari, K., et al. (2014). Nutritional Knowledge, Practice, and Dietary Habits among School Children and Adolescents. In *S171 International Journal of Preventive Medicine* (Issue 2). www.ijpm.ir
- Nuryani. (2019). Validitas Dan Reliabilitas Kuesioner Pengetahuan, Sikap Dan Perilaku Gizi Seimbang Pada Remaja. *Ghidza: Jurnal Gizi dan Kesehatan*, 3 (2), 37-46.
- Ochola, S., & Masibo, P. K. (2014). Dietary intake of schoolchildren and adolescents in developing countries. In *Annals of nutrition & metabolism* (Vol. 64, pp. 24–40).  
<https://doi.org/10.1159/000365125>
- Ozdemir, A. 2016. Macronutrients in Adolescence. In *International Journal of Caring Sciences*, 9(1), 1162. [www.internationaljournalofcaringsciences.org](http://www.internationaljournalofcaringsciences.org)
- Patel, R.(2021). Body mass index and chronic energy deficiency among the Jaunsari boys and girls of Jaunsar-Bawar, Uttarakhand: An anthropological study. *International Journal of Advanced Scientific Research*, 6(4), pp. 24-28.
- Paul, V. K., Bagga, A. 2013. *Ghai Essential Pediatrics*. India: CBS Publishers & Distributors Pvt Ltd.
- Pearson, N., Griffiths, P., Biddle, S. J. H., Johnston, J. P., & Haycraft, E. (2017). Individual, behavioural and home environmental factors associated with eating behaviours in young adolescents. *Appetite*, 112, 35–43.  
<https://doi.org/10.1016/j.appet.2017.01.001>
- Peraturan Menteri Kesehatan Republik Indonesia Nomor 28 Tahun 2019 Tentang Angka Kecukupan Gizi Yang Dianjurkan Untuk Masyarakat Indonesia
- Peraturan Menteri Kesehatan Republik Indonesia Nomor 41 Tahun 2014 Tentang Pedoman Gizi Seimbang.

- Permatasari, T., Sandy, Y. D., Pratiwi, C., Damanik, K., et al. (2022) Kebiasaan Sarapan, Asupan Zat Gizi Makro dan Status Gizi pada Remaja di Kota Medan. *Jurnal Pendidikan dan Konseling*, 4(6).
- Veronika, A. P., Puspitawati, T., & Fitriani, A. (2021). Associations between nutrition knowledge, protein-energy intake and nutritional status of adolescents. In *Journal of Public Health Research* (Vol. 10).
- Rabasa, C., & Dickson, S. L. (2016). Impact of stress on metabolism and energy balance. In *Current Opinion in Behavioral Sciences* (Vol. 9, pp. 71–77). Elsevier Ltd. <https://doi.org/10.1016/j.cobeha.2016.01.011>
- Rachmayani, S. A., Kuswari, M., & Melani, V. (2018). Hubungan Asupan Zat Gizi dan Status Gizi Remaja Putri di SMK Ciawi Bogor. *Indonesian Journal of Human Nutrition*, 5(2), 125–130. <https://doi.org/10.21776/ub.ijhn.2018.005.02.6>
- Rahayu, P. S., Suparman, S., Dewi, M., Agung, F., & Hastuti, W. (2022). Asupan Energi, Asupan Protein, Aktifitas Fisik dan Status Gizi Pada Remaja Putri di Pondok Pesantren. *Jurnal Kesehatan Siliwangi*, 2(3), 995–1003. <https://doi.org/10.34011/jks.v2i3.888>
- Raniya Suha, G., Rosyada, A. (2022). Faktor-faktor yang berhubungan dengan kejadian obesitas pada remaja umur 13–15 tahun di Indonesia (analisis lanjut data Riskesdas 2018). *Ilmu Gizi Indonesia*, 6(1), 43-56.
- Rastmanesh, R. (2017). Biochemical Functions of Micronutrients. *Advances in Obesity, Weight Management & Control*, 6(2). <https://doi.org/10.15406/aowmc.2017.06.00147>
- Restuti, A. N., Susindra, Y. (2016) . Hubungan Antara Asupan Zat Gizi Dan Status Gizi Dengan Kejadian Anemia Pada Remaja Putri. In *Jurnal Ilmiah INOVASI* (Vol. 1, Issue 2).
- Rodrigues, P. R. M., Luiz, R. R., Monteiro, L. S., Ferreira, et al. (2017). Adolescents' unhealthy eating habits are associated with meal skipping. *Nutrition*, 42, 114-120.e1. <https://doi.org/10.1016/j.nut.2017.03.011>
- Rohmah, H. M. (2019). *Hubungan Kebiasaan Sarapan dan Jajan dengan Status Gizi Remaja di SMP Negeri 14 Jember*. (Skripsi thesis, Fakultas Kesehatan Masyarakat Universitas Jember).
- Ross, A. Catherine, Caballero, B., Cousins, Robert J., et al. (2012). Modern Nutrition in Health and Disease. USA: Lippincott Williams & Wilkins, a Wolters Kluwer Business.
- Savarino, G., Corsello, A., & Corsello, G. (2021). Macronutrient balance and micronutrient amounts through growth and development. In *Italian Journal of Pediatrics* (Vol. 47, Issue 1). BioMed Central Ltd. <https://doi.org/10.1186/s13052-021-01061-0>
- Sharma, S., Akhtar, F., Singh, R., & Mehra, S. (2019). Relationships between nutrition-related knowledge, attitude, and self-efficacy among adolescents: A community-

- based survey. *Journal of Family Medicine and Primary Care*, 8(6), 2012. [https://doi.org/10.4103/jfmpc.jfmpc\\_217\\_19](https://doi.org/10.4103/jfmpc.jfmpc_217_19)
- Sirajuddin, Sumirta, Astuti, T. (2018). *Survey Konsumsi Pangan*. Jakarta: Kementerian Kesehatan Republik Indonesia.
- Siswanto, et al. (2014). *Buku Survei Konsumsi Makanan Individu dalam Studi Diet Total 2014*. Jakarta: Badan Penelitian dan Pengembangan Kesehatan Kemenkes RI.
- Steinbeck, K. S., Lister, N. B., Gow, M. L., & Baur, L. A. (2018). Treatment of adolescent obesity. In *Nature Reviews Endocrinology* (Vol. 14, Issue 6, pp. 331–344). Nature Publishing Group. <https://doi.org/10.1038/s41574-018-0002-8>
- Stok, F. M., Renner, B., Allan, J., Boeing, et al. (2018). Dietary behavior: An interdisciplinary conceptual analysis and taxonomy. *Frontiers in Psychology*, 9(SEP). <https://doi.org/10.3389/fpsyg.2018.01689>
- Surya Rakasiwi & Achmad Kautsar, L.. (2021). *Pengaruh Faktor Demografi dan Sosial Ekonomi terhadap Status Kesehatan Individu di Indonesia*. Kajian Ekonomi & Keuangan, 5(2). <https://doi.org/10.31685/kek.V5.2.1008>
- Syafitri, H., Amila, Aritonang, J. (2021). *Metodologi Penelitian Kesehatan*. Malang: Ahlimedia Press.
- United Nations Children's Fund (UNICEF). (2021). *Programming Guidance: Nutrition in Middle Childhood and Adolescence*. New York: UNICEF
- UNICEF Indonesia. (2021). *Social and Behaviour Change Communication Strategy: Improving Adolescent Nutrition in Indonesia*. Jakarta: UNICEF Indonesia. 111 hal.
- Usep, S. I. (2010). *Gambaran Tingkat Pengetahuan Santri Remaja Terhadap Gizi di Pondok Pesantren Al Hasan Ciamin pada Tahun 2010*. (Skripsi thesis, Fakultas Kedokteran dan Ilmu Kesehatan Universitas Islam Negeri Syarif Hidayatullah Jakarta).
- Utkualp, N., & Ercan, I. (2015). Anthropometric measurements usage in medical sciences. In *BioMed Research International* (Vol. 2015). Hindawi Publishing Corporation. <https://doi.org/10.1155/2015/404261>
- Valeria Da Veiga, G., Salles Da Costa, R., De Moura, A., Ii, S., Alves Pereira, R., & Veiga, G. V. (n.d.). *Rev Saúde Pública* 2013;47(1) Original Articles *Marina Campos Araújo II Ilana Nogueira Bezerra II Flávia dos Santos Barbosa III Rosely Sichier IV Inadequate nutrient intake in Brazilian adolescents*. [http://www.unicamp.br/nepa/taco/contar/taco\\_versao2.pdf](http://www.unicamp.br/nepa/taco/contar/taco_versao2.pdf)
- Van Sluijs, E. M. F., Ekelund, U., Crochemore-Silva, I., Guthold, R., et al. (2021). Physical activity behaviours in adolescence: current evidence and opportunities for intervention. In *The Lancet* (Vol. 398, Issue 10298, pp. 429–442). Elsevier B.V. [https://doi.org/10.1016/S0140-6736\(21\)01259-9](https://doi.org/10.1016/S0140-6736(21)01259-9)

- Widjanarko, B., & Margawati, A. (2015). Pengaruh Intervensi Pendidikan Gizi Terhadap Peningkatan Pengetahuan Gizi, Perubahan Asupan Zat Gizi Dan Indeks Massa Tubuh Remaja Kelebihan Berat Badan. *Jurnal Gizi Indonesia*, 4(1), 38-47.
- Wu, X. Y., Han, L. H., Zhang, J. H., Luo, S., Hu, J. W., & Sun, K. (2017). The influence of physical activity, sedentary behavior on health-related quality of life among the general population of children and adolescents: A systematic review. *PLoS ONE*, 12(11). <https://doi.org/10.1371/journal.pone.0187668>
- You, J., & Choo, J. (2016). Adolescent overweight and obesity: Links to socioeconomic status and fruit and vegetable intakes. *International Journal of Environmental Research and Public Health*, 13(3). <https://doi.org/10.3390/ijerph13030307>
- Zahra, S., & Muhlisin, M. (2020). Nutrisi Bagi Atlet Remaja. *Jurnal Terapan Ilmu Keolahragaan*, 5(1), 81–89. <https://doi.org/10.17509/jtikor.v5i1.25097>
- Zemene, M.A., Engidaw, M.T., Gebremariam, A.D., Asnakew, D.T. and Tiruneh, S.A. (2019). Nutritional status and associated factors among high school adolescents in Debre Tabor Town, South Gondar Zone, Northcentral Ethiopia. *BMC Nutrition* 5(1). FIT