

## DAFTAR PUSTAKA

- Abassi, M. M., Sassi, S., El Ati, J., Ben Gharbia, H., Delpeuch, F., & Traissac, P. (2019). Gender inequalities in diet quality and their socioeconomic patterning in a nutrition transition context in the Middle East and North Africa: A cross-sectional study in Tunisia. *Nutrition Journal*, 18(1). <https://doi.org/10.1186/s12937-019-0442-6>
- Adiputra, I. M. S., Trisnadewi, N. W., Oktaviani, N. P. W., & Munthe, S. A. (2021). *Metodologi Penelitian Kesehatan*.
- Agustina, R., Rianda, D., & Setiawan, E. A. (2022). Relationships of Child-, Parents-, and Environment-Associated Determinants with Diet Quality, Physical Activity, and Smoking Habits Among Indonesian Urban Adolescents. *Food and Nutrition Bulletin*, 43(1). <https://doi.org/10.1177/037957212111046145>
- Akkartal, Ş., & Gezer, C. (2020). Is Nutrition Knowledge Related to Diet Quality and Obesity? *Ecology of Food and Nutrition*, 59(2). <https://doi.org/10.1080/03670244.2019.1675654>
- Allarakha, S., & Suyog Uttekar, P. (2017). What Foods Are High in Fat? High-Fat Foods to Avoid. In *Melissa Conrad Stoppler*. [http://www.medicinenet.com/plague\\_facts/article.htm](http://www.medicinenet.com/plague_facts/article.htm)
- American Heart Association. (2016). *Sodium and kids*. <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/sodium/sodium-and-kids>
- Aria, P. (2021). *Survei KIC: Generasi Z Makin Banyak Adopsi Layanan Digital Kala Pandemi*. Katadata. <https://katadata.co.id/pingitaria/digital/60b77e0be885b/survei-kicgenerasi-z-makin-banyak-adopsi-layanan-digital-kala-pandemi>
- Asmiranti, St.Masithah, Suherman, & Nurcahyani, I. dian. (2021). Penerapan Gizi Seimbang Selama Masa New Normal Covid-19 Di Ma Ddi Alliritengae Maros. *PREPOTIF Jurnal Kesehatan Masyarakat*, 5(April).
- Aulia, N. R. (2021). *Peran Pengetahuan Gizi Terhadap Asupan Energi , Status Gizi Dan Sikap Tentang Gizi Remaja*. 02(02), 31–35.
- Avelino, D. C., Duffy, V. B., Puglisi, M., Ray, S., Lituma-Solis, B., Nosal, B. M., Madore, M., & Chun, O. K. (2023). Can Ordering Groceries Online Support Diet Quality in Adults Who Live in Low Food Access and Low-Income Environments? *Nutrients*, 15(4). <https://doi.org/10.3390/nu15040862>

- Ayu Kristiningrum. (2023). *Hubungan antara Frekuensi Konsumsi Makanan yang Disiapkan dari Luar Rumah dan Kualitas Diet pada Pekerja Kantor di Jakarta Selama Pandemi Covid-19 = Association between Consumption Frequency of Food Away From Home and Diet Quality among Office Workers in Jakarta During Covid-19 Pandemic*. Universitas Indonesia.
- Ayu, T. P., Simanungkalit, S. F., Immatul Fauziyah, A. ', & Wahyuningsih, U. (2023). Hubungan Asupan Serat, Kebiasaan Konsumsi Junk Food, dan Durasi Tidur dengan Gizi Lebih pada Remaja Associations of Fiber Intake, Junk Food Consumption Habits, and Sleep Duration with Overweight in Adolescents. *Jurnal Kesehatan*, 14(3), 432–440. <http://ejurnal.poltekkes-tjk.ac.id/index.php/JK>
- Badan Pusat Statistik Indonesia. (2023). Statistik Indonesia 2023. *Statistik Indonesia 2023*, 1101001, 830. <https://www.bps.go.id/publication/2020/04/29/e9011b3155d45d70823c141f/statistik-indonesia-2020.html>
- Bahadoran, Z., Mirmiran, P., & Azizi, F. (2015). Fast Food Pattern and Cardiometabolic Disorders: A Review of Current Studies. *Health Promotion Perspectives*, 5(4), 231–240. <https://doi.org/10.15171/hpp.2015.028>
- Briawan, D., Khomsan, A., Alfiah, E., Nasution, Z., & Putri, P. (2022). Edukasi Gizi Remaja Saat Terjadi Pergeseran Konsumsi Makanan Tradisional dan Fast Food di Indonesia. *Policy Brief Pertanian, Kelautan Dan Biosains Tropika*, 4(2). <https://doi.org/10.29244/agro-maritim.v4.i2.1>
- Briawan, D., Khomsan, A., Alfiah, E., Nasution, Z., & Putri, P. A. (2023). Preference for and consumption of traditional and fast foods among adolescents in Indonesia. *Food Research*, 7(4). [https://doi.org/10.26656/fr.2017.7\(4\).156](https://doi.org/10.26656/fr.2017.7(4).156)
- Brown, R., Seabrook, J. A., Stranges, S., Clark, A. F., Haines, J., O'connor, C., Doherty, S., & Gilliland, J. A. (2021). Examining the correlates of adolescent food and nutrition knowledge. *Nutrients*, 13(6), 1–13. <https://doi.org/10.3390/nu13062044>
- Browne, S., Barron, C., Staines, A., & Sweeney, M. R. (2020). We know what we should eat but we don't a qualitative study in Irish secondary schools. *Health Promotion International*, 35(5). <https://doi.org/10.1093/heapro/daz087>
- Calvert, S., Dempsey, R. C., & Povey, R. (2020). A qualitative study investigating food choices and perceived psychosocial influences on eating behaviours in secondary school students. *British Food Journal*, 122(4). <https://doi.org/10.1108/BFJ-07-2019-0575>

- Carbonneau, E. (n.d.). *Liking for foods high in salt and fat is associated with a lower diet quality but liking for foods high in sugar is not – Results from the PREDISE study*.  
<https://www.sciencedirect.com/science/article/abs/pii/S0950329320303426#preview-section-abstract>
- Carbonneau, E., Lamarche, B., Provencher, V., Desroches, S., Robitaille, J., Vohl, M. C., Bégin, C., Bélanger, M., Couillard, C., Pelletier, L., Bouchard, L., Houle, J., Langlois, M. F., Corneau, L., & Lemieux, S. (2021). Associations Between Nutrition Knowledge and Overall Diet Quality: The Moderating Role of Sociodemographic Characteristics—Results From the PREDISE Study. *American Journal of Health Promotion*, 35(1), 38–47.  
<https://doi.org/10.1177/0890117120928877>
- Carbonneau, E., Lamarche, B., Provencher, V., Desroches, S., Robitaille, J., Vohl, M. C., Bégin, C., Bélanger, M., Couillard, C., Pelletier, L., Houle, J., Langlois, M. F., Rabasa-Lhoret, R., Corneau, L., & Lemieux, S. (2021). Liking for foods high in salt and fat is associated with a lower diet quality but liking for foods high in sugar is not – Results from the PREDISE study. *Food Quality and Preference*, 88(July 2020), 104073.  
<https://doi.org/10.1016/j.foodqual.2020.104073>
- Centers for Disease Control and Prevention. (2022). *Get the Facts: Sugar-Sweetened Beverages and Consumption*. <https://www.cdc.gov/nutrition/data-statistics/sugar-sweetened-beverages-intake.html>
- Colillas-malet, E., Bosque-prous, M., Esquiús, L., Gonz, H., Lafon-guasch, A., Fortes-muñoz, P., Espelt, A., & Aguilar-mart, A. (2024). *Relationship between Diet Quality and Socioeconomic and Health-Related Factors in Adolescents by Gender*. 1–16.
- Dai, X., Wu, L., & Hu, W. (2022). Nutritional quality and consumer health perception of online delivery food in the context of China. *BMC Public Health*, 22(1), 1–12. <https://doi.org/10.1186/s12889-022-14593-9>
- Dalimoenthe, I. (2020). *Sosiologi Gender* (1st ed.). Bumi Aksara.
- Dalwood, P., Marshall, S., Burrows, T. L., McIntosh, A., & Collins, C. E. (2020). Diet quality indices and their associations with health-related outcomes in children and adolescents: an updated systematic review. In *Nutrition Journal* (Vol. 19, Issue 1). Nutrition Journal. <https://doi.org/10.1186/s12937-020-00632-x>
- Damayanti, D., Pritasari, & Nugraheni. (2017). *Gizi Dalam Daur Kehidupan*.
- Devine, L. D., Gallagher, A. M., Briggs, S., & Hill, A. J. (2023). Factors that influence food choices in secondary school canteens: a qualitative study of pupil and staff perspectives. *Frontiers in Public Health*, 11. <https://doi.org/10.3389/fpubh.2023.1227075>

**Zahra Fadhlina Hidayat, 2024**

**HUBUNGAN FREKUENSI PENGGUNAAN LAYANAN PESAN ANTAR MAKANAN, KEBIASAAN KONSUMSI MAKANAN BERISIKO, DAN PENGETAHUAN GIZI DENGAN KUALITAS DIET PADA REMAJA DI SMA YADIKA 12 DEPOK**

UPN “Veteran” Jakarta, Fakultas Ilmu Kesehatan, Program Studi Gizi Program Sarjana  
[www.upnvj.ac.id](http://www.upnvj.ac.id) – [www.library.upnvj.ac.id](http://www.library.upnvj.ac.id) – [www.repository.upnvj.ac.id](http://www.repository.upnvj.ac.id)

- Dewi, U. P., & Dieny, F. F. (2013). Hubungan Antara Densitas Energi Dan Kualitas Diet Dengan Indeks Massa Tubuh (IMT) Pada Remaja. *Journal of Nutrition College*, 2(4), 447–457. <https://doi.org/10.14710/jnc.v2i4.3726>
- Dianisa, S., Hadi, P., Soeyono, R. D., Sutiadiningsih, A., & Miranti, M. G. (2023). The Influence of Nutrition Knowledge and Food Choosing Attitude on Adolescent Eating Behavior in Kediri District. *Media Pendidikan Gizi Dan Kuliner*, 12(April).
- Dinesh, T. (2023). *Food away from home Market by Delivery Model (Dine in, Take Away, Home Delivery), by Application (Restaurants, Schools and Colleges, Hotels and Motels, Retail Stores and Vending, Others), by Type of Occasion (Entertainment, Travel, Retail, Freestanding),.* <https://www.alliedmarketresearch.com/food-away-from-home-market-A31829>
- Doherty, A. M., Lacko, A. M., & Popkin, B. M. (2021). Sugar-sweetened beverage (SSB) consumption is associated with lower quality of the non-SSB diet in US adolescents and young adults. *American Journal of Clinical Nutrition*, 113(3), 657–664. <https://doi.org/10.1093/ajcn/nqaa342>
- Emirfan TM, & Chrisna Farmadiani. (2011). *Healthy Habits You Must Know* (Cetakan 1). PT.Buku Kita.
- Fadila, R. N., Puspita, A. E., & Nurjannah, S. (2022). Persepsi Mahasiswa Universitas Siliwangi Angkatan Tahun 2019 Pada Penggunaan Online Food Selama Pandemi Covid-19. *Jurnal SITECH : Sistem Informasi Dan Teknologi*, 5(1). <https://doi.org/10.24176/sitech.v5i1.7960>
- Februhartanty, J., Ermayani, E., Rachman, P. H., Dianawati, H., & Harsian, H. (2019). *Gizi dan Kesehatan Remaja*.
- Fontes, A. S., Pallottini, A. C., Vieira, D. A. dos S., Batista, L. D., Fontanelli, M. de M., & Fisberg, R. M. (2019). Increased sugar-sweetened beverage consumption is associated with poorer dietary quality: A cross-sectional population-based study. *Revista de Nutricao*, 32. <https://doi.org/10.1590/1678-9865201932e180121>
- Ghaffar, S. A., Talib, R. A., Karim, N. A., Malaysia, K., Raja, J., Aziz, M. A., Lumpur, K., & Persekutuan, W. (2019). Food Choices and Diet Quality in the School Food Environment: A Qualitative Insight from the Perspective of Adolescents. *Malaysian Journal of Medicine and Health Sciences*, 15(SP1), 2636–9346.
- Gibson, R. S. (2022). *Principles of Nutritional Assessment: 3rd Edition* (3rd ed.). <https://nutritionalassessment.org/>

- Gil, Á., de Victoria, E. M., & Olza, J. (2015). Indicators for the evaluation of diet quality. *Nutricion Hospitalaria*, 31, 128–144. <https://doi.org/10.3305/nh.2015.31.sup3.8761>
- Gómez, G., Kovalskys, I., Leme, A. C. B., Quesada, D., Rigotti, A., Cortés Sanabria, L. Y., Yépez García, M. C., Liria-Domínguez, M. R., Herrera-Cuenca, M., Fisberg, R. M., Previdelli, A. N., Guajardo, V., Ferrari, G., Fisberg, M., & Brenes, J. C. (2021). Socioeconomic status impact on diet quality and body mass index in eight Latin American countries: ELANS study results. *Nutrients*, 13(7), 1–16. <https://doi.org/10.3390/nu13072404>
- Green, R., Sutherland, J., Dangour, A. D., Shankar, B., & Webb, P. (2016). Global dietary quality, undernutrition and non-communicable disease: A longitudinal modelling study. *BMJ Open*, 6(1), 1–9. <https://doi.org/10.1136/bmjopen-2015-009331>
- Guerrero, M. L. P., & Pérez-Rodríguez, F. (2017). Diet Quality Indices for Nutrition Assessment: Types and Applications. *Functional Food - Improve Health through Adequate Food*. <https://doi.org/10.5772/intechopen.69807>
- Hadya Jayani, D. (2019). *Pemesanan Makanan secara Online Makin Digemari*. Databoks. <https://databoks.katadata.co.id/datapublish/2019/09/26/pemesanan-makanan-secara-online-makin-digemari>
- Harahap, L. (2019). *Hubungan Kecukupan Gizi, Pemesanan Makanan Online dan Aktivitas Fisik dengan Obesitas pada Mahasiswa Universitas Medan Area Tahun 2018*.
- Harmadi, A., Patriya, E., Purnamasari, W., Handayani, W., & Diah Kusumawati, R. (2023). Factors Affecting on Usage Decision of Online Food Delivery Services. *International Journal of Business and Economics Research*, 12(4), 129–133. <https://doi.org/10.11648/j.ijber.20231204.11>
- Hartanto, D., Matahari, R., & Nurfitra, D. (2020). Modul Edukasi Remaja Generasi Milenial Bergizi. In *Eprints.Uad.Ac.Id*. [http://eprints.uad.ac.id/32544/1/doc\\_0211211011\\_85 %281%29.pdf](http://eprints.uad.ac.id/32544/1/doc_0211211011_85%20%29.pdf)
- Haryani, W., & Setiyobroto, I. S. I. (2022). Modul Etika Penelitian. In *Modul Etika Penelitian, Jakarta selatan*.
- Herforth, A. W., Wiesmann, D., Martínez-Steele, E., Andrade, G., & Monteiro, C. A. (2020). Introducing a suite of low-burden diet quality indicators that reflect healthy diet patterns at population level. *Current Developments in Nutrition*, 4(12), 1–14. <https://doi.org/10.1093/cdn/nzaa168>

- Hesketh, K., Crawford, D., Salmon, J., Jackson, M., & Campbell, K. (2007). Associations between family circumstance and weight status of Australian children. *International Journal of Pediatric Obesity: IJPO: An Official Journal of the International Association for the Study of Obesity*, 2(2), 86–96. <https://doi.org/10.1080/17477160601148554>
- Hidayat, A. A. (2021). Menyusun Instrumen Penelitian & Uji Validitas-Reliabilitas. In *Health Books Publishing*.
- International Atomic Energy Agency. (2013). *Diet Quality*. Diet Quality. <https://doi.org/10.1007/978-1-4614-7339-8>
- International Dietary Data Expansion Project. (2020). Quality: what is a quality diet and is it the same everywhere? *International Dietary Data Expansion Project*, 1–7. <https://index.nutrition.tufts.edu/data4diets/illustrative-question/quality-what-quality-diet-and-it-same-everywhere>
- Islamiyati, A. N. (2014). Pengetahuan, Sikap, Tindakan Konsumsi Makanan dan Minuman Instan Pada Siswa Kelas XI Program Keahlian Jasa Boga Sekolah Menengah Kejuruan Negeri 6 Yogyakarta. *Universitas Negeri Yogyakarta*.
- Jahja Yudrik. (2011). Psikologi Perkembangan Edisi Pertama. In *Kencana* (Vol. 1, Issue 2).
- Jajak Pendapat. (2022). The Habit of Online Food Delivery. In *Jakpat Survey Report*. <https://www.statista.com/outlook/dmo/online-food-delivery/worldwide?currency=usd#users>
- Jannah, M. (2022). *HUBUNGAN PENGGUNAAN MEDIA SOSIAL DAN LAYANAN PESAN ANTAR MAKANAN ONLINE DENGAN KUALITAS DIET MAHASISWA*. UNIVERSITAS ISLAM NEGERI WALISONGO.
- Jezewska-Zychowicz, M., & Plichta, M. (2022). Diet Quality, Dieting, Attitudes and Nutrition Knowledge: Their Relationship in Polish Young Adults—A Cross-Sectional Study. *International Journal of Environmental Research and Public Health*, 19(11). <https://doi.org/10.3390/ijerph19116533>
- Jindarattanaporn, N., Suya, I., Lorenzetti, L., Kantachuvesiri, S., & Thamarangsi, T. (2023). Nutritional Content of Popular Menu Items from Online Food Delivery Applications in Bangkok, Thailand: Are They Healthy? *International Journal of Environmental Research and Public Health*, 20(5). <https://doi.org/10.3390/ijerph20053992>
- Jun, K., Yoon, B., Lee, S., & Lee, D. S. (2022). Factors influencing customer decisions to use online food delivery service during the covid-19 pandemic. *Foods*, 11(1), 1–15. <https://doi.org/10.3390/foods11010064>

- Karimi, E., Haghghatdoost, F., Mohammadifard, N., Najafi, F., Farshidi, H., Kazemi, T., Solati, K., Shahdadian, F., Arab, A., Sarrafzadegan, N., & Mansourian, M. (2023). The influential role of parents' socioeconomic status and diet quality on their children's dietary behavior: results from the LIPOKAP study among the Iranian population. *BMC Pediatrics*, 23(1). <https://doi.org/10.1186/s12887-023-04000-6>
- Keeble, M., Adams, J., Bishop, T. R. P., & Burgoine, T. (2021). Socioeconomic inequalities in food outlet access through an online food delivery service in England: A cross-sectional descriptive analysis. *Applied Geography*, 133(June), 102498. <https://doi.org/10.1016/j.apgeog.2021.102498>
- Kemendikbud. (2016). *Kamus Besar Bahasa Indonesia*. <https://kbbi.kemdikbud.go.id/>
- Kementerian Kesehatan. (2014a). Peraturan Menteri Kesehatan Nomor 41 tahun 2014. In *Peraturan Menteri Kesehatan Nomor 41 tahun 2014: Vol. Nomor 41*.
- Kementerian Kesehatan. (2014b). *Peraturan Menteri Kesehatan Republik Indonesia Nomor 25 Tahun 2014* (Vol. 17, Issue 3).
- Kementerian Kesehatan. (2018a). Laporan Provinsi Jawa Barat. In *Badan Penelitian dan Pengembangan Kesehatan*.
- Kementerian Kesehatan. (2018b). *Laporan Riset Kesehatan Dasar (Riskesdas) 2018*.
- Kementerian Kesehatan. (2022, October). *5 Pola Makan Penyebab Obesitas*. Kementerian Kesehatan.
- Kementerian Pendidikan dan Kebudayaan. (2020). *Kantin Sehat SMA di Masa Kebiasaan Baru*.
- Khalida Fauzia. (2019). *Pengaruh Melewatkan Makan terhadap Kualitas Diet dan Status Gizi Siswa Sekolah Menengah Atas di Depok, Jawa Barat*. Universitas Indonesia.
- Khomsan, A. (2021). *Teknik pengukuran pengetahuan gizi* (Vol. 1). PT Penerbit IPB Press.
- Kim, S., Haines, P. S., Siega-Riz, A. M., & Popkin, B. M. (2003). The Diet Quality Index-International (DQI-I) Provides an Effective Tool for Cross-National Comparison of Diet Quality as Illustrated by China and the United States. *Journal of Nutrition*, 133(11), 3476–3484. <https://doi.org/10.1093/jn/133.11.3476>
- Koch, F., Hoffmann, I., & Claupein, E. (2021). Types of Nutrition Knowledge, Their Socio-Demographic Determinants and Their Association With Food

- Consumption: Results of the NEMONIT Study. *Frontiers in Nutrition*, 8(February), 1–11. <https://doi.org/10.3389/fnut.2021.630014>
- Krebs-Smith, S. M., Pannucci, T. E., Subar, A. F., Kirkpatrick, S. I., Lerman, J. L., Tooze, J. A., Wilson, M. M., & Reedy, J. (2018). Update of the Healthy Eating Index: HEI-2015. *Journal of the Academy of Nutrition and Dietetics*, 118(9), 1591–1602. <https://doi.org/10.1016/j.jand.2018.05.021>
- Landais, E., Miotto-Plessis, M., Bene, C., Maitre d'Hotel, E., Truong, M. T., Somé, J. W., & Verger, E. O. (2023). Consumption of food away from home in low- and middle-income countries: a systematic scoping review. *Nutrition Reviews*, 81(6), 727–754. <https://doi.org/10.1093/nutrit/nuac085>
- Layalia, N., & Stefani, M. (2023). Hubungan Penggunaan Aplikasi Pesan Antar Makanan Terhadap Risiko Obesitas Pada Mahasiswa Di Daerah Jabodetabek. *Amerta Nutrition*, 7(2SP). <https://doi.org/10.20473/amnt.v7i2sp.2023.155-163>
- Ledikwe, J. H., Blanck, H. M., Khan, L. K., Serdula, M. K., Seymour, J. D., Tohill, B. C., & Rolls, B. J. (2006). Dietary energy density is associated with energy intake and weight status in US adults. In *American Journal of Clinical Nutrition* (Vol. 83, Issue 6). <https://doi.org/10.1093/ajcn/83.6.1362>
- Lestari, A., Fakhira, A., Ismiana, A., & Annisaa, A. (2021). Fast Food Consumption Behavior in Adolescents. *Muhammadiyah International Public Health and Medicine Proceeding*, 1(1). <https://doi.org/10.53947/miphmp.v1i1.107>
- Lestari, P. Y., Tambunan, L. N., & Lestari, R. M. (2022). Hubungan Pengetahuan tentang Gizi terhadap Status Gizi Remaja. *Jurnal Surya Medika*, 8(1). <https://doi.org/10.33084/jsm.v8i1.3439>
- Leyna, G. H., Mmbaga, E. J., Mnyika, K. S., Hussain, A., & Klepp, K. I. (2010). Food insecurity is associated with food consumption patterns and anthropometric measures but not serum micronutrient levels in adults in rural Tanzania. *Public Health Nutrition*, 13(9). <https://doi.org/10.1017/S1368980010000327>
- Liu, J., Steele, E. M., Li, Y., Karageorgou, D., Micha, R., Monteiro, C. A., & Mozaffarian, D. (2022). Consumption of Ultraprocessed Foods and Diet Quality Among U.S. Children and Adults. *American Journal of Preventive Medicine*, 62(2), 252–264. <https://doi.org/10.1016/j.amepre.2021.08.014>
- Maretha, F. Y., Margawati, A., Wijayanti, H. S., & Dieny, F. F. (2020). HUBUNGAN PENGGUNAAN APLIKASI PESAN ANTAR MAKANAN ONLINE DENGAN FREKUENSI MAKAN DAN KUALITAS DIET MAHASISWA. *Journal of Nutrition College*, 9(3). <https://doi.org/10.14710/jnc.v9i3.26692>

- Marjan, A. Q., Simanungkalit, S. F., Malkan, I., & Ilmi, B. (2023). *Aksi Bergizi untuk Mewujudkan Remaja Bebas Anemia dan Stunting di Kota Depok*. 12(3), 1150–1160.
- Martha, E., Ayubi, D., Rahmawati, N. D., Mayangsari, A. P., Astari, M., & Zulfa, R. S. (2021). Online Food Delivery Services Among Young Adults in Depok: Factors Affecting the Frequency of Online Food Ordering and Consumption of High-risk Food. *Research Square*, 1–11. <https://doi.org/10.21203/rs.3.rs-1103144/v1>
- Masturoh, I., & Anggita T, N. (2018). Metodologi Penelitian Kesehatan. *Syria Studies*, 7(1).
- McHugh, C. A., Anderson, L., Lloyd, J., Logan, S., & Wyatt, K. (2019). Influences on diet and physical activity choices of 11–13-year-olds in a school setting. *Health Education Journal*, 78(5). <https://doi.org/10.1177/0017896919826606>
- Meha, J. F. (2022). Indonesian Journal of Public Health and Nutrition Profil Status Gizi, Kualitas Diet, Aktivitas Fisik Mahasiswa UNNES Sebelum dan Selama Masa Pandemi COVID-19 Article Info. *Indonesian Journal of Public Health and Nutrition*, 2(3), 348–356. <http://journal.unnes.ac.id/sju/index.php/IJPHN>
- Miskiyah, A., & Briawan, D. (2022). Kualitas Diet, Aktivitas Fisik, dan Status Gizi Remaja Selama Masa Pandemi Covid-19 di Kota Bogor. *Jurnal Ilmu Gizi Dan Dietetik*, 1(1). <https://doi.org/10.25182/jjgd.2022.1.1.8-15>
- Mkumbo, D. R., & Mbise, K. S. (2022). The Influence of Social Media Advertisements on Fast-Food Consumption. *The Journal of Informatics*, 2(1). <https://doi.org/10.59645/tji.v2i1.62>
- Mumena, W. A., Ateek, A. A., Alamri, R. K., Alobaid, S. A., Alshallali, S. H., Afifi, S. Y., Aljohani, G. A., & Kutbi, H. A. (2022). Fast-Food Consumption, Dietary Quality, and Dietary Intake of Adolescents in Saudi Arabia. *International Journal of Environmental Research and Public Health*, 19(22). <https://doi.org/10.3390/ijerph192215083>
- National Health Service. (2023). *Fat: The Facts*. <https://www.nhs.uk/live-well/eat-well/food-types/different-fats-nutrition/#:~:text=Eating>
- Nielsen. (2019). *Understanding Indonesia's online food delivery market*.
- Notoatmodjo. (2010). Notoatmodjo S. Metodologi Penelitian Kesehatan. Jakarta: Rineka Cipta; 2010. In *Biomass Chem Eng*.
- Nurfatin, S. F. (2020). *Hubungan Besar Uang Saku, Pendapatan Orang Tua Serta Pengetahuan Label Gizi Terhadap Perilaku Membaca Label Gizi Dalam Pemilihan Jajanan Kemasan di SMAN 1 Kota Serang Tahun 2020*. Universitas Pembangunan Nasional “Veteran” Jakarta.

- Onyenweaku, E., Fila, W., Akpanukoh, A., Kalu, M., Tchuenchieu Kamgain, A., & Kesa, H. (2023). The role of nutrition knowledge in dietary adjustments during COVID-19 pandemic. *Heliyon*, 9(4), e15044. <https://doi.org/10.1016/j.heliyon.2023.e15044>
- Osaili, T. M., Al-Nabulsi, A. A., Taybeh, A. O., Ismail, L. C., & Saleh, S. T. (2023). Healthy food and determinants of food choice on online food delivery applications. *PLoS ONE*, 18(10 October). <https://doi.org/10.1371/journal.pone.0293004>
- Özcan, B. A., Yeşilkay, B., Yaldiz, N., & Pehliva, M. (2020). Factors affecting diet quality in adolescents: The effect of sociodemographic characteristics and meal consumption. *Progress in Nutrition*, 22(4), 1–8. <https://doi.org/10.23751/pn.v22i4.10927>
- Pan, A., & Hu, F. B. (2011). Effects of carbohydrates on satiety: Differences between liquid and solid food. *Current Opinion in Clinical Nutrition and Metabolic Care*, 14(4), 385–390. <https://doi.org/10.1097/MCO.0b013e328346df36>
- Parapat, R. G. D. V., Melani, V., Wahyuni, Y., Nuzrina, R., & Sitoayu, L. (2021). PERBEDAAN PENGETAHUAN GIZI, SIKAP DAN PERILAKU TENTANG VISUAL GIZI SEIMBANG ANTARA DUA GENERASI DI GEREJA GSKI REHOBOT KEBON JERUK JAKARTA. *Journal of Nutrition College*, 10(2). <https://doi.org/10.14710/jnc.v10i2.29140>
- Petersen, K. S., & Kris-Etherton, P. M. (2021). Diet quality assessment and the relationship between diet quality and cardiovascular disease risk. *Nutrients*, 13(12), 1–12. <https://doi.org/10.3390/nu13124305>
- Poon, W. C., & Tung, S. E. H. (2022). The rise of online food delivery culture during the COVID-19 pandemic: an analysis of intention and its associated risk. *European Journal of Management and Business Economics*. <https://doi.org/10.1108/EJMBE-04-2021-0128>
- Pusdatin Kemenkes RI, 2017. (2017). Pusdatin Kemenkes. *Journal of Chemical Information and Modeling*, 53(9).
- Puspasari, H., & Puspita, W. (2022). Uji Validitas dan Reliabilitas Instrumen Penelitian Tingkat Pengetahuan dan Sikap Mahasiswa terhadap Pemilihan Suplemen Kesehatan dalam Menghadapi Covid-19. *Jurnal Kesehatan*, 13(1). <https://doi.org/10.26630/jk.v13i1.2814>
- Putri, A. E. (2020). *Hubungan Body Image, Frekuensi Pemesanan Makanan Online dan Perilaku Makan dengan Status Gizi Remaja Putri Usia 15-18 Tahun di Kelurahan Karet*. Universitas Pembangunan Nasional “Veteran” Jakarta.

- Putri, T. P., Sitorus, R. J., & Rahmiwati, A. (2023). Hubungan Pengetahuan tentang Gizi Seimbang dengan Status Gizi pada Remaja di Kabupaten Musi Rawas. *Jurnal Ners*, 7(2). <https://doi.org/10.31004/jn.v7i2.15646>
- Rachmi, C. N., Jusril, H., Ariawan, I., Beal, T., & Sutrisna, A. (2021). Eating behaviour of Indonesian adolescents: a systematic review of the literature. *Public Health Nutrition*, 24(Lmic), S84–S97. <https://doi.org/10.1017/S1368980020002876>
- Rahma, S. A., & Noerfitri. (2022). Hubungan antara Pengetahuan Gizi dan Uang Saku dengan Sikap dalam Memilih Makanan oleh Siswa SMA Islam PB Soedirman Selama Masa Pandemi Covid-19. *Jurnal Penelitian Kesehatan "SUARA FORIKES" (Journal of Health Research "Forikes Voice")*, 13(1).
- Ramón Arbués, E., Granada López, J. M., Martínez Abadía, B., Echániz Serrano, E., Antón Solanas, I., & Jerue, B. A. (2021). Factors related to diet quality: A cross-sectional study of 1055 university students. *Nutrients*, 13(10), 1–15. <https://doi.org/10.3390/nu13103512>
- Ranjit, N., Macias, S., & Hoelscher, D. (2020). Factors related to poor diet quality in food insecure populations. *Translational Behavioral Medicine*, 10(6), 1297–1305. <https://doi.org/10.1093/tbm/ibaa028>
- Rathi, N., Riddell, L., & Worsley, A. (2016). What influences urban Indian secondary school students' food consumption? – A qualitative study. *Appetite*, 105. <https://doi.org/10.1016/j.appet.2016.07.018>
- Raut, S., KC, D., Singh, D. R., Dhungana, R. R., Pradhan, P. M. S., & Sunuwar, D. R. (2024). Effect of nutrition education intervention on nutrition knowledge, attitude, and diet quality among school-going adolescents: a quasi-experimental study. *BMC Nutrition*, 10(1). <https://doi.org/10.1186/s40795-024-00850-0>
- Rizaty, M. A. (2021). Jumlah E-Commerce di Jawa Barat Terbanyak Nasional. *Databoks*, 1–1.
- Ronitawati, P., Gifari, N., Sitoayu, L., & Nurhasanah, P. (2022). Porsen lemak tubuh, aktivitas fisik, body image, asupan energi, asupan karbohidrat berkorelasi dengan keragaman makanan pada remaja di perkotaan. *Action: Aceh Nutrition Journal*, 7(2). <https://doi.org/10.30867/action.v7i2.489>
- Ronto, R., Carins, J., Ball, L., Pendergast, D., & Harris, N. (2021). Adolescents' views on high school food environments. *Health Promotion Journal of Australia*, 32(3). <https://doi.org/10.1002/hpja.384>
- Safitri, D. E., Yuliana, I., & Jannah, M. (2019). Analisis Kualitas Diet Anak Sekolah Di Indonesia Berdasarkan Dietary Quality Index-International (DQI-I). *Universitas Muhammadiyah Prof. Dr. Hamka Jakarta*, 1–9.

Zahra Fadhlina Hidayat, 2024

**HUBUNGAN FREKUENSI PENGGUNAAN LAYANAN PESAN ANTAR MAKANAN, KEBIASAAN KONSUMSI MAKANAN BERISIKO, DAN PENGETAHUAN GIZI DENGAN KUALITAS DIET PADA REMAJA DI SMA YADIKA 12 DEPOK**

UPN "Veteran" Jakarta, Fakultas Ilmu Kesehatan, Program Studi Gizi Program Sarjana  
[[www.upnvj.ac.id](http://www.upnvj.ac.id) – [www.library.upnvj.ac.id](http://www.library.upnvj.ac.id) – [www.repository.upnvj.ac.id](http://www.repository.upnvj.ac.id)]

- Salsabilla, N. (2022). *Hubungan Frekuensi Pembelian Makanan Online, Konsumsi Fast Food, dan Sedentary Lifestyle dengan Status Gizi Pada Mahasiswa Program Studi Gizi UPNVJ*. Universitas Pembangunan Nasional “Veteran” Jakarta.
- Scalvedi, M. L., Gennaro, L., Saba, A., & Rossi, L. (2021). Relationship Between Nutrition Knowledge and Dietary Intake: An Assessment Among a Sample of Italian Adults. *Frontiers in Nutrition*, 8(September), 1–13. <https://doi.org/10.3389/fnut.2021.714493>
- Shams-White, M. M., Pannucci, T. R. E., Lerman, J. L., Herrick, K. A., Zimmer, M., Meyers Mathieu, K., Stody, E. E., & Reedy, J. (2023). Healthy Eating Index-2020: Review and Update Process to Reflect the Dietary Guidelines for Americans, 2020-2025. *Journal of the Academy of Nutrition and Dietetics*, 123(9), 1280–1288. <https://doi.org/10.1016/j.jand.2023.05.015>
- Sirajuddin, Surmita, & Trina Astuti. (2018). Survey Konsumsi Pangan. In *Kementerian Kesehatan Republik Indonesia* (Vol. 6, Issue August).
- Soeroso, S. (2016). Masalah Kesehatan Remaja. *Sari Pediatri*, 3(3), 189. <https://doi.org/10.14238/sp3.3.2001.189-97>
- Stephen, C. (2023). *Food Delivery Platforms GMV in Southeast Asia grew to US\$16.3 billion*. Momentum Works; Momentum Works. <https://thelowdown.momentum.asia/new-report-food-delivery-platforms-gmv-in-southeast-asia-grew-to-us16-3-billion/>
- Syapitri, H., Amalia, & Aritonang, J. (2021). *Buku Ajar Metodologi Penelitian* (A. H. Nadana, Ed.; Cetakan 1). Ahlimedia Press. [www.ahlimediapress.com](http://www.ahlimediapress.com)
- Taylor, M. K., Sullivan, D. K., Ellerbeck, E. F., Gajewski, B. J., & Gibbs, H. D. (2019). Nutrition literacy predicts adherence to healthy/unhealthy diet patterns in adults with a nutrition-related chronic condition. *Public Health Nutrition*, 22(12), 2157–2169. <https://doi.org/10.1017/S1368980019001289>
- Trübswasser, U., Talsma, E. F., Ekubay, S., Poelman, M. P., Holdsworth, M., Feskens, E. J. M., & Baye, K. (2022). Factors Influencing Adolescents’ Dietary Behaviors in the School and Home Environment in Addis Ababa, Ethiopia. *Frontiers in Public Health*, 10(April), 1–10. <https://doi.org/10.3389/fpubh.2022.861463>
- UNICEF. (2021). Meningkatkan Gizi Remaja Di Indonesia. In *UNICEF Indonesia*. [https://www.unicef.org/indonesia/media/9251/file/Ringkasan Eksekutif Strategi Komunikasi.pdf](https://www.unicef.org/indonesia/media/9251/file/Ringkasan_Eksekutif_Strategi_Komunikasi.pdf)
- Usmi, A. (2022). Consumer Preferences for Online Food Delivery Order Services in Dki Jakarta (Case Study of Go-Food and Grabfood). *Sharia Agribusiness Journal*, 2(2), 179–210. <https://doi.org/10.15408/saj.v2i2.29932>

**Zahra Fadhlina Hidayat, 2024**

**HUBUNGAN FREKUENSI PENGGUNAAN LAYANAN PESAN ANTAR MAKANAN, KEBIASAAN KONSUMSI MAKANAN BERISIKO, DAN PENGETAHUAN GIZI DENGAN KUALITAS DIET PADA REMAJA DI SMA YADIKA 12 DEPOK**

UPN “Veteran” Jakarta, Fakultas Ilmu Kesehatan, Program Studi Gizi Program Sarjana  
[[www.upnvj.ac.id](http://www.upnvj.ac.id) – [www.library.upnvj.ac.id](http://www.library.upnvj.ac.id)– [www.repository.upnvj.ac.id](http://www.repository.upnvj.ac.id)]

- Veronika, A. P., Puspitawati, T., & Fitriani, A. (2021). Associations between nutrition knowledge, protein-energy intake and nutritional status of adolescents. *Journal of Public Health Research*, *10*(2), 385–389. <https://doi.org/10.4081/jphr.2021.2239>
- Vidyarani, A. (2022). Skor Diet Quality Index for Adolescent Remaja Usia 15 – 18 Tahun Di Jakarta. *Pontianak Nutrition Journal*, *5*(1), 177–182.
- Vyncke, K., Cruz Fernandez, E., Fajó-Pascual, M., Cuenca-García, M., De Keyzer, W., Gonzalez-Gross, M., Moreno, L. A., Beghin, L., Breidenassel, C., Kersting, M., Albers, U., Diethelm, K., Mouratidou, T., Grammatikaki, E., De Vriendt, T., Marcos, A., Bammann, K., Börnhorst, C., Leclercq, C., ... Huybrechts, I. (2013). Validation of the Diet Quality Index for Adolescents by comparison with biomarkers, nutrient and food intakes: The HELENA study. *British Journal of Nutrition*, *109*(11), 2067–2078. <https://doi.org/10.1017/S000711451200414X>
- Whatnall, M., Clarke, E. D., Adam, M. T. P., Ashton, L. M., Burrows, T., Hutchesson, M., & Collins, C. E. (2022). Diet Quality of Adolescents and Adults Who Completed the Australian Healthy Eating Quiz: An Analysis of Data over Six Years (2016–2022). *Nutrients*, *14*(19). <https://doi.org/10.3390/nu14194072>
- WHO. (2016). *Adolescent-Health*. [https://www.who.int/es/health-topics/adolescent-health#tab=tab\\_1](https://www.who.int/es/health-topics/adolescent-health#tab=tab_1)
- Widyawati. (2020). *Gizi Optimal Untuk Generasi Milenial*. Kementerian Kesehatan. <https://www.kemkes.go.id/id/rilis-kesehatan/gizi-optimal-generasi-milenial>
- Wikara, B. P. S., & Hidayati, U. (2023). Motif dan Pola Penggunaan Aplikasi Layanan Pesan Antar Makanan di Kalangan Mahasiswa Di Yogyakarta. *Lektur, Jurnal Ilmu Komunikasi*, *6*(1), 1–11. <https://journal.student.uny.ac.id/index.php/ilkom/article/view/19244>
- Wirt, A., & Collins, C. E. (2009). Diet quality - What is it and does it matter? *Public Health Nutrition*, *12*(12), 2473–2492. <https://doi.org/10.1017/S136898000900531X>
- Yuliati, E., Prasetyaningrum, Y. I., Sarinande, A. F., & Ningsih, N. L. R. A. (2024). PERBEDAAN KERAGAMAN KONSUMSI PANGAN REMAJA DI KOTA YOGYAKARTA SAAT HARI SEKOLAH DAN HARI LIBUR. *Medika Respati : Jurnal Ilmiah Kesehatan*, *18*(4). <https://doi.org/10.35842/mr.v18i4.809>