

DAFTAR PUSTAKA

- Academy of Nutrition and Dietetics 2017, *Smart Snacking for Adults and Teens*.
- Adriani, M. and Wirjatmadi, B 2016, *Peranan gizi dalam siklus kehidupan*. 1st edn. Jakarta: Prenadamedia Group.
- Afshin, A. *et al.* 2017, ‘Health effects of overweight and obesity in 195 countries over 25 years’, *New England Journal of Medicine*, 377(1), pp. 13–27.
- Ahmad, H. *et al.* 2009, ‘Assessment of nutritional status of adolescents versus eating practices in Islamabad City’, *Pakistan Journal of Nutrition*, 8(8), pp. 1304–1308.
- Al-hazzaa, H. M. *et al.* 2019, ‘Insufficient Sleep Duration And Its Association With Breakfast Intake , Overweight / Obesity , Socio-Demographics And Selected Lifestyle Behaviors Among Saudi School Children’, pp. 253–263.
- Anzarkusuma, I. S. *et al.* 2014, ‘Status gizi berdasarkan pola makan anak sekolah dasar di kecamatan Rajeg Tangerang’, *Indonesian Journal of Human Nutrition*, 1(2), pp. 135 – 148.
- Arisman 2014, *Gizi dalam Daur Kehidupan : Buku Ajar Ilmu Gizi*. 2nd edn. Edited by Suryani. Penerbit Buku Kedokteran EGC.
- Badan Litbangkes Kementerian Kesehatan RI 2015, *Perilaku Berisiko Kesehatan pada Pelajar SMP dan SMA di Indonesia*, Kementerian Kesehatan.
- Bellisle, F. 2014, ‘Physiology & Behavior Meals and snacking , diet quality and energy balance’, *Physiology & Behavior*. Elsevier Inc., pp. 1–6.
- Boon, T. and Sedek, R 2012, ‘Association between snacking patterns, energy and nutrient intakes, and body mass index among school adolescents in Kuala Lumpur’, *American Journal of Food and Nutrition*, 2(3), pp. 69–77.
- Chaplin, K. and Smith, A. P 2011, ‘Definitions and perceptions of snacking’, *Current Topics in Nutraceutical Research*, 9(1-2), pp. 53–60.
- Dieny, F. F 2014, *Permasalahan Gizi pada Remaja Putri*. 1st edn. Yogyakarta.
- Dubois, L. *et al.* 2008, ‘Breakfast skipping is associated with differences in meal patterns, macronutrient intakes and overweight among pre-school children’, *Public Health Nutrition*, 12(1), pp. 19–28.

- Dubois, L. et al. 2014, 'Breakfast skipping is associated with differences in meal patterns , macronutrient intakes and overweight among pre-school children.'
- Edelstein, S 2011, *Nutrition in Public Health : A Handbook for Developing Programs and Services*. 3rd edn. Edited by S. Edelstein. Jones and Bartlett Learning.
- Ferranti, R. et al. 2016, 'Sleep quality and duration is related with diet and obesity in young adolescent living in Sicily , Southern Italy', *Sleep Science*. Elsevier, 9(2), pp. 117–122.
- Fikawati, S., Syafiq, A. and Veratamala, A 2017, *Gizi Anak dan Remaja*. 1st edn. Depok: PT RajaGrafindo Persada.
- Food and Agriculture Organization 2013, *Eating Well for Good Health : Lessons on Nutrition and Healthy Diets*.
- Food and Agriculture Organization 2013, *How to eat well for good health*. United Nations Rome.
- Food Surveys Research Group 2010, *Snacking Patterns of U.S. Adolescents*. America.
- Garg, M., Rajesh, V. and Kumar, P 2014, 'Effect of Breakfast Skipping on Nutritional Status and School Performance of 10-16 Years Old Children of Udupi District', 37, pp. 98–117.
- Gizi, A. K 2013, 'Buletin Anak Gizi', p. 8.
- Hardinsyah and Aries, M 2012, 'Jenis Pangan Sarapan dan Perannya dalam Asupan Gizi Harian Anak Usia 6 - 12 tahun di Indonesia', *Jurnal Gizi dan Pangan*, 7(2), pp. 89–96.
- Harjatmo, T. P., Pari'i, H. M. and Wiyono, S 2017, *Penilaian Status Gizi*.
- Hess, J. M., Jonnalagadda, S. S. and Slavin, J. L 2016, 'What Is a Snack, Why Do We Snack, and How Can We Choose Better Snacks? A', *American Society for Nutrition*, 7(22), pp. 466–475.
- Holtzman, N. S 2010, *To skip or Not to Skip? Varying Definitions of Breakfast Skipping and Association with disordered eating behavior, obesity, and depression*. Wesleyan University.
- Humber River Hospital 2005, *All About Snacks*.
- Ingrid Perlisa Lomanjaya, E. A. S 2014, 'Studi Deskriptif Perilaku Makan Mahasiswa Universitas Kristen Petra Surabaya', pp. 242–255.

- Iqbal, M. and Puspaningtyas, D. E 2019, *Penilaian Status Gizi : A B C D*. Edited by T. Utama. Jakarta: Salemba Medika.
- Joy, K. H 2018, *A survey on breakfast habit and skipping breakfast among university going students, East West University*.
- Kahleova, H. *et al.* 2017, ‘Meal Frequency and Timing Are Associated with Changes in Body Mass Index in Adventist Health Study 2’, *The Journal of Nutrition*, (8).
- Kang, Y. W. and Park, J. H 2016, ‘Does Skipping Breakfast and Being Overweight Influence Academic Achievement Among Korean Adolescents?’, *Osong Public Health and Research Perspectives*. Elsevier Korea LLC, 7(4), pp. 220–227.
- Kelishadi, R. *et al.* 2016, ‘Association of eating frequency with anthropometric indices and blood pressure in children and adolescents : the CASPIAN-IV Study’, *Jornal de Pediatria*. Elsevier Inc, 92(2), pp. 156–167.
- Kementerian Kesehatan RI 2014, *Pedoman Gizi Seimbang, Pedoman Gizi Seimbang*.
- Kementerian Kesehatan RI 2017, *Buku saku pemantauan status gizi*.
- Kementerian Kesehatan RI 2018, *Riset Kesehatan Dasar*. Jakarta.
- Kementrian Kesehatan Republik Indonesia 2017, ‘Panduan Pelaksanaan Gerakan Nusantara Tekan Angka Obesitas’, p. 32.
- Kerver, J. M. *et al.* 2006, ‘Meal and snack patterns are associated with dietary intake of energy and nutrients in US adults’, *Journal of the American Dietetic Association*, 106(1), pp. 46–53.
- Khisa’an, R. K., Sari, T. and Hidayat, N 2016, ‘Kajian Kesesuaian Standar Porsi pada Menu Makan Siang Lauk Hewani, Lauk Nabati, dan Sayur di SD Unggulan Aisyiyah Bantul’, *Politeknik Kesehatan Kementerian Kesehatan*.
- Kim, H. Y. *et al.* 2012, ‘Meal skipping relates to food choice, understanding of nutrition labeling, and prevalence of obesity in Korean fifth grade children’, *Nutrition Research and Practice*, 6(4), pp. 328–333.
- Kotecha, P. V *et al.* 2013, ‘Dietary pattern of schoolgoing adolescents in Urban Baroda, India’, *Journal of Health, Population and Nutrition*, 31(4), pp. 490–496.
- Kumari, S., Prasad, R. and Verma, A 2019, ‘Effect of meal skipping on nutritional status of college students of Prayagraj’, 8(10), pp. 135–139.

Kuppersmith, N. and Kennedy, C 2005, *Perils of Skipping Meals*, University of Louisville Research Foundation.

Kusumawati, D. *et al.* 2019, ‘Pengaruh Program Makan Siang terhadap Asupan Makanan , Status Anemia dan Perilaku Gizi Santri Perempuan Effect of Lunch Program on Food Intake , Anemia Status and Nutritional Behavior in Female Students’, 15(1), pp. 7–17.

Leech, R. M. *et al.* 2015. ‘Understanding meal patterns: Definitions, methodology and impact on nutrient intake and diet quality’, *Nutrition Research Reviews*, 28(1), pp. 1–21.

Lehto, R. *et al.* 2010, ‘Meal pattern and BMI in 9 – 11-year-old children in Finland’, 14(7), pp. 1245–1250.

Leidy, H. J. and Campbell, W. W 2011, ‘The Effect of Eating Frequency on Appetite Control and Food Intake: Brief Synopsis of Controlled Feeding Studies’, *The Journal of Nutrition*, 141(1), pp. 154–157.

Levin, K. A., Kirby, J. and Currie, C 2012, ‘Family structure and breakfast consumption of 11-15 year old boys and girls in Scotland , 1994- 2010 : a repeated cross-sectional study’, *BMC Public Health*. BioMed Central Ltd, 12(1), p. 228.

Lote - Oke, R., Khadilkar, A. and Chiplonkar, S 2019, ‘Meal Frequency and Time - Restricted Feeding as Strategies for Reducing Metabolic Risk : a Review’, *Science Publishing Group*, p. 18.

Ma, X. *et al.* 2020, ‘Obesity Research & Clinical Practice Skipping breakfast is associated with overweight and obesity : A systematic review and meta-analysis’, *Obesity Research & Clinical Practice*. Asia Oceania Assoc. for the Study of Obesity, 14(1), pp. 1–8.

Mahan, L. K. and Escott-Stump, S 2008, *Krause’s Food and Nutrition Therapy International Edition*. 12th edn, *Journal of Food Science and Nutrition Research*. 12th edn.

Mohiuddin, A 2019, ‘Skipping Breakfast Everyday Keeps Well-being Away’, *Global Journal of Pharmacy and Pharmaceutical Sciences*, 7(1), pp. 1–7.

Mozaffari-khosravi, H 2019, ‘The relationship between nutritional habits and sleep quality in adolescents of Yazd , Iran’, pp. 1–18.

Nas, A. *et al.* 2017, ‘Impact of breakfast skipping compared with dinner skipping on regulation of energy balance and metabolic risk’, *American Journal of Clinical Nutrition*, 105(6), pp. 1351–1361.

- Ningrum, D. *et al.* 2019, 'The Relationship among Breakfast Habits, Calorie Intake and Nutritional Status of Sumedang Government's Nursing Academy Students', in *KnE Life Sciences*, pp. 824–836.
- Notoatmodjo, S 2010, *Metodologi Penelitian Kesehatan*. Revisi. Jakarta: Rineka Cipta.
- Okada, C. *et al.* 2019, 'The Association of Having a Late Dinner or Bedtime Snack and Skipping Breakfast with Overweight in Japanese Women', *Journal of Obesity*, 2019.
- Ovaskainen, M. *et al.* 2006, 'Snacks as an Element of Energy Intake and Food Consumption', *European Journal of Clinical Nutrition*, 60, pp. 494 – 501.
- Pakar Gizi Indonesia 2016, *Ilmu Gizi : Teori dan Aplikasi*. Edited by Hardinsyah and I. D. N. Supariasa. Penerbit Buku Kedokteran EGC.
- Paoli, A., Tinsley, G. and Bianco, A 2019, 'The Influence of Meal Frequency and Timing on Health in Humans : The Role of Fasting', *Nutrients*, 11(7), pp. 1–19.
- Pearson, N. *et al.* 2012, 'Maternal and best friends' influences on meal-skipping behaviours', *British Journal of Nutrition*, 108(5), pp. 932–938.
- Pendergast, F. J. *et al.* 2016, 'Correlates of meal skipping in young adults: A systematic review', *International Journal of Behavioral Nutrition and Physical Activity*. International Journal of Behavioral Nutrition and Physical Activity, p. 15.
- Pendergast, F. J. *et al.* 2019, 'Examining the correlates of meal skipping in Australian young adults', *Nutrition Journal*. Nutrition Journal, 18(1), pp. 1–10.
- Pinontoan, O. R., Sumampouw, O. J. and Nelwan, J. E. 2019, *Epidemiologi Kesehatan Lingkungan*. Penerbit Deepublsh.
- Rampersaud, G. C. *et al.* 2005, 'Breakfast habits, nutritional status, body weight, and academic performance in children and adolescents', *Journal of the American Dietetic Association*, 105(5), pp. 743–760.
- Raulio, S 2011, *Lunch eating patterns during working hours and their social and work-related determinants*, National Institute for Health and Welfare.
- Reicks, M. *et al.* 2015, 'Influence of Parenting Practices on Eating Behaviors of Early Adolescents during Independent Eating Occasions : Implications for Obesity Prevention', pp. 8783–8801.

- Rolfes, S. R. and Pinna, K 2009, *Understanding Normal and Clinical Nutrition, eighth edition.*
- Sastroasmoro, S. and Ismael, S 2014, *Dasar-dasar metodologi penelitian klinis.* 5th edn. Jakarta: Sagung Seto.
- Savige, G. et al. 2007, ‘Snacking behaviours of adolescents and their association with skipping meals’, *International Journal of Behavioral Nutrition and Physical Activity*, 4(36), pp. 61–71.
- Sebastian, R. S., Cleveland, L. E. and Goldman, J. D 2008, ‘Effect of Snacking Frequency on Adolescents’ Dietary Intakes and Meeting National Recommendations’, *Journal of Adolescents Health*, 42, pp. 503–511.
- Silva, F. A. et al. 2017, ‘Daily meal frequency and associated variables in children and adolescents’, *Jornal de Pediatria. Sociedade Brasileira de Pediatria*, 93(1), pp. 79–86.
- Sirajuddin et al. 2017, *Survei Konsumsi Pangan*. Penerbit Buku Kedokteran EGC.
- Sofar, S. M. and El Hafeez, N. A. A. 2019, ‘Relations between skipping breakfast, academic performance and body mass index among undergraduate university nursing students’, *Journal of Nursing and Health Science*, 8(4), pp. 32–42.
- St-Onge, M. P. et al. 2017, *Meal Timing and Frequency: Implications for Cardiovascular Disease Prevention: A Scientific Statement from the American Heart Association, AHA Scientific Statement.*
- Sundaram, D., Ghazi, H. F. and Elnajeh, M. 2018, ‘Breakfast, food consumption pattern and nutritional status among private university students in Shah Alam, Malaysia’, *International Journal of Advanced Community Medicine*, 1(1), pp. 19–22.
- Supariasa, I. D. N., Bakri, B. and Fajar, I 2016, *Penilaian Status Gizi*. 2nd edn. Edited by E. Rezkina and C. A. Agustin. Jakarta: Penerbit Buku Kedokteran EGC.
- Vik, F. N. et al. 2013, ‘Associations between eating meals , watching TV while eating meals and weight status among children , ages 10 – 12 years in eight European countries : the ENERGY cross-sectional study’, pp. 1–10.
- Wijtzes, A. I. et al. 2016, ‘Meal-Skipping Behaviors and Body Fat in 6-Year-Old Children’, *Journal of Pediatrics*. Elsevier Inc, 168, pp. 118–125.e2.
- Williams, S. R. 1995, *Basic Nutrition and Diet Therapy*. 10th edn. Edited by J. M. Smith. Mosby-Year Book, Inc.

Yildiz, E. A. *et al.* 2011, ‘Evaluation of the dietary habits , body images and BMI of Turkish University students who live in dormitory’, pp. 2–6.

Yosephine, B. 2018, *Tuntunan Praktis Menghitung Kebutuhan Gizi*.

Yulia, R. N., Sulistami, S. and Tegawati, L. M. 2014, *Psikologi dan Kespro Remaja Diet Remaja*. Edited by G. Widjianto. Mustika Pustaka Negeri.

Zimmerman, M. and Snow, B. 2012, *An Introduction to Nutrition*.