



DAFTAR PUSTAKA

- Academy of Nutrition and Dietetics. (2017). *Smart Snacking for Adults and Teen, Eat Right*. <https://www.eatright.org/-/media/files/eatrightdocuments/nnm/smartsnackingforadultsandteens.pdf> (Diakses: 29 September 2022).
- Adams, J.G. dan Walls, R.M. (2020). Supporting the Health Care Workforce During the COVID-19 Global Epidemic, *JAMA*, 323(15), p. 1439. <https://doi.org/10.1001/jama.2020.3972>.
- Adelina, M. dan Dwijayanti, F. (2021). The Infection of COVID-19 among Health Care Workers in Dharmais Cancer Hospital, *Indonesian Journal of Cancer*, 15(1), p. 1. <https://doi.org/10.33371/ijoc.v15i1.823>.
- Adriyanti, A.W. (2018). *Gambaran Kesesuaian Siklus Menu, Besar Porsi, Tingkat Kecukupan Energi dan Protein Remaja Di Panti Asuhan Baitul Falah Semarang*. Thesis. Universitas Muhammadiyah Semarang.
- Alharthi, M. (2021). Weight control practices among the Saudi Arabian population during the Covid-19 lockdown, *Journal of Family Medicine and Primary Care*, 10(10), p. 3797. https://doi.org/10.4103/jfmpc.jfmpc_702_21.
- Aloweni, F., Bouchoucha, S.L., Hutchinson, A., Ang, S.Y., Toh, H.X., Bte Suhari, N.A., Bte Sunari, R.N. dan Lim, S.H. (2022). Health care workers experience of personal protective equipment use and associated adverse effects during the COVID-19 pandemic response in Singapore, *Journal of Advanced Nursing [Preprint]*. <https://doi.org/10.1111/jan.15164>.
- de Assis, M.A.A., Kupek, E., Nahas, M.V. dan Bellisle, F. (2003). Food intake and circadian rhythms in shift workers with a high workload, *Appetite*, 40(2), pp. 175–183. [https://doi.org/10.1016/S0195-6663\(02\)00133-2](https://doi.org/10.1016/S0195-6663(02)00133-2).
- Ayu, D. dan Santoso, S. (2017). Hubungan Pola Makan (Jumlah, Jenis dan Frekuensi). Status Gizi (Antropometri dan Survei Konsumsi) dengan Keteraturan Haid Pada Remaja Putri di SMA Negeri 51 Jakarta Timur Tahun 2015, *Jurnal Ilmiah Kesehatan*, 9(1), p. 83.
- Azwar, S. (2001). *Metode Penelitian*. 1st edn. Yogyakarta: Pustaka Pelajar.



- Battista, R.A., Ferraro, M., Piccioni, L.O., Malzanni, G.E. dan Bussi, M. (2021). Personal Protective Equipment (PPE) in COVID 19 Pandemic, *Journal of Occupational & Environmental Medicine*, 63(2), pp. e80–e85. <https://doi.org/10.1097/JOM.0000000000002100>.
- Baute, V., Sampath-Kumar, R., Nelson, S. dan Basil, B. (2018). Nutrition Education for the Health-care Provider Improves Patient Outcomes, *Global Advances in Health and Medicine*, 7, p. 216495611879599. <https://doi.org/10.1177/2164956118795995>.
- Caamaño, M.C., Ronquillo, D., Kimoto, R., García, O.P., Long, K.Z. dan Rosado, J.L. (2016). Beliefs and motives related to eating and body size: a comparison of high-BMI and normal-weight young adult women from rural and urban areas in Mexico, *BMC Public Health*, 16(1), p. 1014. <https://doi.org/10.1186/s12889-016-3695-4>.
- Carnell, S. dan Wardle, J. (2008). Appetite and adiposity in children: evidence for a behavioral susceptibility theory of obesity, *The American Journal of Clinical Nutrition*, 88(1), pp. 22–29. <https://doi.org/10.1093/ajcn/88.1.22>.
- Cena, H. dan Calder, P.C. (2020). Defining a Healthy Diet: Evidence for the Role of Contemporary Dietary Patterns in Health and Disease, *Nutrients*, 12(2), p. 334. <https://doi.org/10.3390/nu12020334>.
- Chen, C., Valizadeh Aslani, T., Rosen, G.L., Anderson, L.M. dan Jungquist, C.R. (2020). Healthcare Shift Workers Temporal Habits for Eating, Sleeping, and Light Exposure: A Multi-Instrument Pilot Study, *Journal of Circadian Rhythms*, 18(1). <https://doi.org/10.5334/jcr.199>.
- Chen, P.-J. dan Antonelli, M. (2020). Conceptual Models of Food Choice: Influential Factors Related to Foods, Individual Differences, and Society, *Foods*, 9(12), p. 1898. <https://doi.org/10.3390/foods9121898>.
- Chen Yun, T., Ahmad, S.R. dan Soo Quee, D.K. (2018). Dietary Habits and Lifestyle Practices among University Students in Universiti Brunei Darussalam, *Malaysian Journal of Medical Sciences*, 25(3), pp. 56–66. <https://doi.org/10.21315/mjms2018.25.3.6>.



Childs, Calder dan Miles (2019). Diet and Immune Function, *Nutrients*, 11(8), p. 1933. <https://doi.org/10.3390/nu11081933>.

Conklin, A.I., Forouhi, N.G., Surtees, P., Khaw, K.-T., Wareham, N.J. dan Monsivais, P. (2014). Social relationships and healthful dietary behaviour: Evidence from over-50s in the EPIC cohort, UK, *Social Science & Medicine*, 100, pp. 167–175. <https://doi.org/10.1016/j.socscimed.2013.08.018>.

Departemen Kesehatan Republik Indonesia. (2009). *Profil Kesehatan*. Jakarta: Direktorat Gizi Masyarakat.

Doğan, Y.N., Dogan, I. dan Kılıç, İ. (2021). The Perception of Health and the Change in Nutritional Habits of Healthcare Professionals During the COVID-19 Pandemic, *Progress in Nutrition*, 23(Supplement 2: e2021266), pp. 1–12. <https://doi.org/https://doi.org/10.23751/pn.v23iS2.12061>.

Drewnowski, A. dan Almiron-Roig, E. (2010). Fat Detection: Taste, Texture, and Post Ingestive Effects, dalam M. JP dan le C. J (eds). *Human Perceptions and Preferences for Fat-Rich Foods*. Florida: CRC Press/Taylor & Francis. <https://www.ncbi.nlm.nih.gov/books/NBK53528/>.

Dzinamarira, T., Mhango, M., Dzobo, M., Ngara, B., Chitungo, I., Makanda, P., Atwine, J., Nkambule, S.J. dan Musuka, G. (2021). Risk factors for COVID-19 among healthcare workers. A protocol for a systematic review and meta-analysis, *PLOS ONE*. Edited by J.A. Hirst, 16(5), p. e0250958. <https://doi.org/10.1371/journal.pone.0250958>.

European Food Information Council. (2006). *The Factors That Influence Our Food Choices*, EUFIC. <https://www.eufic.org/en/healthy-living/article/the-determinants-of-food-choice> (Diakses: 15 February 2022).

Forcada-Parrilla, I., Reig-Garcia, G., Serra, L. dan Juvinyà-Canal, D. (2022). The Influence of Doing Shift Work on the Lifestyle Habits of Primary Care Nurses, *Nursing Reports*, 12(2), pp. 291–303. <https://doi.org/10.3390/nursrep12020029>.



- Gadiraju, T., Patel, Y., Gaziano, J. dan Djoussé, L. (2015). Fried Food Consumption and Cardiovascular Health: A Review of Current Evidence, *Nutrients*, 7(10), pp. 8424–8430. <https://doi.org/10.3390/nu7105404>.
- González-Monroy, C., Gómez-Gómez, I., Olarte-Sánchez, C.M. dan Motrico, E. (2021). Eating Behaviour Changes during the COVID-19 Pandemic: A Systematic Review of Longitudinal Studies, *International Journal of Environmental Research and Public Health*, 18(21), p. 11130. <https://doi.org/10.3390/ijerph18211130>.
- Granero, R. (2022). Role of Nutrition and Diet on Healthy Mental State, *Nutrients*, 14(4), p. 750. <https://doi.org/10.3390/nu14040750>.
- Gupta, C.C., Coates, A.M., Dorrian, J. dan Banks, S. (2019). The factors influencing the eating behaviour of shiftworkers: what, when, where and why, *Industrial Health*, 57(4), pp. 419–453. <https://doi.org/10.2486/indhealth.2018-0147>.
- Haghigian Roudsari, A., Vedadhir, A., Amiri, P., Kalantari, N., Omidvar, N., Eini-Zinab, H. dan Hani Sadati, S.M. (2017). Psycho-Socio-Cultural Determinants of Food Choice: A Qualitative Study on Adults in Social and Cultural Context of Iran., *Iranian journal of psychiatry*, 12(4), pp. 241–250. <https://doi.org/29472950>.
- Hardani, H., ustiwaty, jumari, Andriani, H., istiqomah, ria, Sukmana, D., Fardani, R., auliya, nur dan Utami, E. (2020). *Buku Metode Penelitian Kualitatif & Kuantitatif*.
- Hawton, K., Ferriday, D., Rogers, P., Toner, P., Brooks, J., Holly, J., Biernacka, K., Hamilton-Shield, J. dan Hinton, E. (2018). Slow Down: Behavioural and Physiological Effects of Reducing Eating Rate, *Nutrients*, 11(1), p. 50. <https://doi.org/10.3390/nu11010050>.
- al Hazmi, T.M., Alghamdi, A. dan Abdulmajeed, I. (2018). Eating Habits among Healthcare Providers during Working Hours at National Guard Health Affairs-Riyadh, Saudi Arabia, *International Journal of Medical Research & Health Science*, 7(9), pp. 1–14.



Hermina dan Prihatini S. (2017). Fruits and Vegetables Consumption of Indonesian Population in the Context of Balanced Nutrition: A Further Analysis of Individual Food Consumption Survey (SKMI). 2014. *Buletin Penelitian Kesehatan*. 44(3), pp.205-218.

Hess, J.M., Jonnalagadda, S.S. dan Slavin, J.L. (2016). What Is a Snack, Why Do We Snack, and How Can We Choose Better Snacks? A Review of the Definitions of Snacking, Motivations to Snack, Contributions to Dietary Intake, and Recommendations for Improvement, *Advances in Nutrition*, 7(3), pp. 466–475. <https://doi.org/10.3945/an.115.009571>.

Hunot, C., Fildes, A., Croker, H., Llewellyn, C.H., Wardle, J. dan Beeken, R.J. (2016). Appetitive traits and relationships with BMI in adults: Development of the Adult Eating Behaviour Questionnaire, *Appetite*, 105, pp. 356–363. <https://doi.org/http://dx.doi.org/10.1016/j.appet.2016.05.024>.

Hunot-Alexander, C., Beeken, R.J., Goodman, W., Fildes, A., Croker, H., Llewellyn, C. dan Steinsbekk, S. (2019). Confirmation of the Factor Structure and Reliability of the “Adult Eating Behavior Questionnaire” in an Adolescent Sample, *Frontiers in Psychology*, 10. <https://doi.org/10.3389/fpsyg.2019.01991>.

Husna, A. dan Suryana, B. (2017). *Metodologi Penelitian dan Statistik*. 1st edn. Jakarta Selatan: Kementerian Kesehatan RI.

Israel, G.D. (2003). *Determining Sample Size*, University of Florida. <https://www.tarleton.edu/academicassessment/documents/samplesize.pdf> (Diakses: 7 April 2022).

Joseph, B. dan Joseph, M. (2016). The health of the healthcare workers, *Indian Journal of Occupational and Environmental Medicine*, 20(2), p. 71. <https://doi.org/10.4103/0019-5278.197518>.

Kabir, A., Miah, S. dan Islam, A. (2018). Factors influencing eating behavior and dietary intake among resident students in a public university in Bangladesh: A qualitative study, *PLOS ONE*, 13(6), p. e0198801. <https://doi.org/10.1371/journal.pone.0198801>.



Kementerian Kesehatan Republik Indonesia. (2014). *Pedoman Gizi Seimbang*. 1st edn. Edited by B.A. Kodyat, A.R. Thaha, dan Hardinsyah. Jakarta: Kementerian Kesehatan RI.

Kementerian Kesehatan Republik Indonesia. (2020). *Panduan Teknis Pelayanan Rumah Sakit pada Masa Adaptasi Kebiasaan Baru*. 1st edn. Jakarta: Kementerian Kesehatan RI.

Kementerian Kesehatan Republik Indonesia. (2020). *Panduan Gizi Seimbang pada Masa Pandemi COVID-19*. Diedit oleh S.W. Sukotjo, Y. Ester, dan Y. Zahraini. Jakarta: Kemenkes RI.

Kunene, S.H. dan Taukobong, N.P. (2017). Dietary habits among health professionals working in a district hospital in KwaZulu-Natal, South Africa, *African Journal of Primary Health Care & Family Medicine*, 9(1). <https://doi.org/10.4102/phcfm.v9i1.1364>.

Lapau, B. (2015). *Metode Penelitian Kesehatan*. Ketiga. Jakarta: Yayasan Pustaka Obor Indonesia.

Lin, T., Guo, Y.L., Gordon, C.J., Chen, Y., Wu, H., Cayanan, E., Ouyang, C. dan Shiao, J.S. (2022). Snacking among shiftwork nurses related to non-optimal dietary intake, *Journal of Advanced Nursing* [Preprint]. <https://doi.org/10.1111/jan.15253>.

Mahendradhata, Y., Andayani, N.L.P.E., Hasri, E.T., Arifi, M.D., Siahaan, R.G.M., Solikha, D.A. dan Ali, P.B. (2021). The Capacity of the Indonesian Healthcare System to Respond to COVID-19, *Frontiers in Public Health*, 9. <https://doi.org/10.3389/fpubh.2021.649819>.

Manmee, C., Tanavikrankoon, M. dan Janpol, K. (2017). Breakfast Skipping among Personnel in Rajavithi Hospital, *J Med Assoc Thai*, 100(Suppl. 1), pp. S222–S229.

Miller, G.D. (2019). Appetite Regulation: Hormones, Peptides, and Neurotransmitters and Their Role in Obesity, *American Journal of Lifestyle Medicine*, 13(6), pp. 586–601. <https://doi.org/10.1177/1559827617716376>.



Mota, I.A., Oliveira Sobrinho, G.D. de, Morais, I.P.S. dan Dantas, T.F. (2021).

Impact of COVID-19 on eating habits, physical activity and sleep in Brazilian healthcare professionals, *Arquivos de Neuro-Psiquiatria*, 79(5), pp. 429–436. <https://doi.org/10.1590/0004-282x-anp-2020-0482>.

Motti, M.L., Tafuri, D., Donini, L., Masucci, M.T., de Falco, V. dan Mazzeo, F. (2022). The Role of Nutrients in Prevention, Treatment and Post-Coronavirus Disease-2019 (COVID-19), *Nutrients*, 14(5), p. 1000. <https://doi.org/10.3390/nu14051000>.

bin Mugren, M. dan al Turki, Y. (2021). Perceived stress and eating behavior among residents in a teaching hospital, *Journal of Family Medicine and Primary Care*, 10(11), p. 4047. https://doi.org/10.4103/jfmpc.jfmpc_680_21.

Mulia, S.A. (2019). Work Fatigue based on Workload and Calories Intake in Several Food Makers, *The Indonesian Journal of Occupational Safety and Health*, 8(2), p. 158. <https://doi.org/10.20473/ijosh.v8i2.2019.158-167>.

National Research Council (US). Committee on Diet and Health (1989). Fats and Other Lipids, in *Diet and Health: Implications for Reducing Chronic Disease Risk*. Washington, DC: National Academies Press.

Oetoro, S., Parengkuan, E. dan Parengkuan, J. (2013). *Smart Eating: 1000 Jurus makan pintar & hidup bugar*. Jakarta: Gramedia Pustaka Utama.

Owen, A., Tran, T., Hammarberg, K., Kirkman, M. dan Fisher, J. (2021). Poor appetite and overeating reported by adults in Australia during the coronavirus-19 disease pandemic: a population-based study, *Public Health Nutrition*, 24(2), pp. 275–281. <https://doi.org/10.1017/S1368980020003833>.

Paoli, A., Tinsley, G., Bianco, A. dan Moro, T. (2019). The Influence of Meal Frequency and Timing on Health in Humans: The Role of Fasting, *Nutrients*, 11(4), p. 719. <https://doi.org/10.3390/nu11040719>.

Pappa, S., Ntella, V., Giannakas, T., Giannakoulis, V.G., Papoutsi, E. dan Katsaounou, P. (2020). Prevalence of depression, anxiety, and insomnia



among healthcare workers during the COVID-19 pandemic: A systematic review and meta-analysis, *Brain, Behavior, and Immunity*, 88, pp. 901–907. <https://doi.org/10.1016/j.bbi.2020.05.026>.

Pople, D., Monk, E.J.M., Evans, S., Foulkes, S., Islam, J., Wellington, E., Atti, A., Hope, R., Robotham, J., Hopkins, S., Brown, C.S. dan Hall, V.J. (2022). Burden of SARS-CoV-2 infection in healthcare workers during second wave in England and impact of vaccines: prospective multicentre cohort study (SIREN). and mathematical model, *BMJ*, p. e070379. <https://doi.org/10.1136/bmj-2022-070379>.

Preedy, V.R. dan Watson, R.R. (2010). Dietary Habits, in *Handbook of Disease Burdens and Quality of Life Measures*. New York, NY: Springer New York, pp. 4189–4189. https://doi.org/10.1007/978-0-387-78665-0_5487.

Riastri, A.B. (2020). *Kinerja Tenaga Kesehatan di Era Pandemi COVID-19 Ditinjau dari Perceived Stigma dan Pengetahuan Tentang Corona Virus dengan Kecemasan Sebagai Variabel Intervening*. Master Thesis. Universitas 17 Agustus 1945 Surabaya.

Sabetian, G., Moghadami, M., Hashemizadeh Fard Haghghi, L., Shahriarirad, R., Fallahi, M.J., Asmarian, N. dan Moeini, Y.S. (2021). COVID-19 infection among healthcare workers: a cross-sectional study in southwest Iran, *Virology Journal*, 18(1), p. 58. <https://doi.org/10.1186/s12985-021-01532-0>.

Saeedi, P., Petersohn, I., Salpea, P., Malanda, B., Karuranga, S., Unwin, N., Colagiuri, S., Guariguata, L., Motala, A.A., Ogurtsova, K., Shaw, J.E., Bright, D. dan Williams, R. (2019). Global and regional diabetes prevalence estimates for 2019 and projections for 2030 and 2045: Results from the International Diabetes Federation Diabetes Atlas, 9th edition, *Diabetes Research and Clinical Practice*, 157, p. 107843. <https://doi.org/10.1016/j.diabres.2019.107843>.

Sahu, S. dan Dey, M. (2011). Changes in Food Intake Pattern of Nurses Working in Rapidly Rotating Shift, *An US National Library of Medicine enlisted journal*, 4(1), pp. 14–22.



Sari, A.W. (2020). *Kebiasaan Konsumsi Mie Instan dan Status Gizi Remaja Putri*. Thesis. Universitas Muhammadiyah Semarang.

Sessiani, L.A. dan Hartanti, D. (2021). Eating Pattern and Eating Behavior during Covid-19 Pandemic: Survey on Adults who Work from Home, *Indonesian Psychological Research*, 4(1), pp. 16–27. <https://doi.org/10.29080/ipr.v4i1.647>.

Silaen, A.C. (2021). *Dampak Pandemi Covid-19 terhadap Psikologis Tenaga Kesehatan, OSF Preprints*. <https://doi.org/10.31219/osf.io/ctxyf>.

Siminiuc, R., Covaliov, E., Turcanu, D., Pojar, D., Reşitca, V., Chirsanova, A. dan Capcanari, T. (2022). Eating Behavior of Students at the Technical University of Moldova during the Isolation Period, *Food and Nutrition Sciences*, 13(02), pp. 108–123. <https://doi.org/10.4236/fns.2022.132011>.

Smallwood, N. dan Willis, K. (2021). Mental health among healthcare workers during the COVID -19 pandemic, *Respirology*, 26(11), pp. 1016–1017. <https://doi.org/10.1111/resp.14143>.

Soebandrio, A., Kusumaningrum, T., Yudhaputri, F.A., Oktavianthi, S., Safari, D., Malik, S.G. dan Myint, K.S.A. (2021). COVID-19 prevalence among healthcare workers in Jakarta and neighbouring areas in Indonesia during early 2020 pandemic, *Annals of Medicine*, 53(1), pp. 1896–1904. <https://doi.org/10.1080/07853890.2021.1975309>.

Sugiyono (2013). *Metode Penelitian Kuantitatif, Kualitatif dan R&D*. Bandung.

Sulaeha (2018). *Hubungan Status Gizi, Asupan Makanan dan Perilaku Makan dengan Prestasi Belajar Mahasiswa Ners A Angkatan 2015 dan 2016 Fakultas Keperawatan Universitas Hasanuddin*. Thesis. Universitas Hasanuddin.

Sulistyoningsih (2011). *Gizi Untuk Kesehatan Ibu dan Anak*. Yogyakarta: Graha Ilmu.

Sunardi, D., Chandra, D.N., Medise, B.E., Manikam, N.R.M., Friska, D., Lestari, W. dan Insani, P.N.C. (2022). Water and Beverages Intake Among



Workers Amid the COVID-19 Pandemic in Indonesia, *Frontiers in Nutrition*, 9. <https://doi.org/10.3389/fnut.2022.832641>.

Tanti, M. Y. (2013). *Hubungan Pengetahuan Gizi Dengan Kebiasaan Makan Peserta Didik Kelas XI Jasa Boga SMKN 6 Yogyakarta*. Thesis. Universitas Negeri Yogyakarta.

Tardy, A.-L., Pouteau, E., Marquez, D., Yilmaz, C. dan Scholey, A. (2020). Vitamins and Minerals for Energy, Fatigue and Cognition: A Narrative Review of the Biochemical and Clinical Evidence, *Nutrients*, 12(1), p. 228. <https://doi.org/10.3390/nu12010228>.

United States Department of Agriculture. (2020). *Make Every Bite Count With the Dietary Guidelines*, [DietaryGuidelines.gove](https://www.dietaryguidelines.gov/sites/default/files/2021-03/Dietary_Guidelines_for_Americans-2020-2025.pdf). https://www.dietaryguidelines.gov/sites/default/files/2021-03/Dietary_Guidelines_for_Americans-2020-2025.pdf (Diakses: 12 April 2022).

Utter, J., McCray, S. dan Denny, S. (2022). Work site food purchases among healthcare staff: Relationship with healthy eating and opportunities for intervention, *Nutrition & Dietetics*, 79(2), pp. 265–271. <https://doi.org/10.1111/1747-0080.12724>.

Vassou, C., Yannakoulia, M., Georgousopoulou, E.N., Pitsavos, C., Cropley, M. dan Panagiotakos, D.B. (2021). Foods, Nutrients and Dietary Patterns in Relation to Irrational Beliefs and Related Psychological Disorders: The ATTICA Epidemiological Study, *Nutrients*, 13(5), p. 1472. <https://doi.org/10.3390/nu13051472>.

Vranić, L., Mikolašević, I., dan Milić, S. (2019). Vitamin D Deficiency: Consequense or Cause of Obesity? *Medicina*, 55, p. 541.

Wheatley, S.D. dan Whitaker, M.J. (2019). Why do people overeat? Hunger, psychological eating and type 2 diabetes, *Practical Diabetes*, 36(4), p. 136. <https://doi.org/10.1002/pdi.2232>.

Windarwati, H.D., Ati, N.A.L., Paraswati, M.D., Ilmy, S.K., Supianto, A.A., Rizzal, A.F., Sulaksono, A.D., Lestari, R. dan Supriati, L. (2021). Stressor, coping



mechanism, and motivation among health care workers in dealing with stress due to the COVID-19 pandemic in Indonesia, *Asian Journal of Psychiatry*, 56, p. 102470. <https://doi.org/10.1016/j.ajp.2020.102470>.

World Health Organization (2006). *Health Workers: A Global Report*, WHO. https://www.who.int/whr/2006/06_chap1_en.pdf (Diakses: 2 April 2022).

World Health Organization (2010). *Classifying health workers: Mapping occupations to the international standard classification*, WHO. https://www.who.int/hrh/statistics/Health_workers_classification.pdf (Diakses: 2 April 2022).

Yani, K.T.P., Kurnanta, P.D.M., Cahyadi, K.D., Sawiji, R.T., Darmawan, G.A., Pramana, G.K.A., Sujayanti, L.G.T., Putra, K.R.D. dan Purnamasari, I.G.A.P.P. (2021). Manfaat Suplemen dalam Meningkatkan Daya Tahan Tubuh Sebagai Upaya Pencegahan COVID-19, *Acta Holistica Pharmaciana*, 3(1), pp. 9–21.

Yeomans, M.R. (1998). Taste, palatability and the control of appetite, *Proceedings of the Nutrition Society*, 57(4), pp. 609–615. <https://doi.org/10.1079/PNS19980089>.

Yolanda, V., Antono, L. dan Kurniati, A. (2018). Additional Water Intake after Meal Reduced 2-h Postprandial Blood Glucose Level in Healthy Subjects, *International Journal of Diabetes Research*, 7(1), pp. 18–22.

Yu, W., Xu, Y., Zhang, J., Yuan, Q., Guo, Y., Li, Z., He, X., Ma, Y., Cai, F., Liu, Z., Zhao, R., Wang, D., Chen, J. dan Guo, Q. (2021a). The willingness for dietary and behavioral changes in frontline epidemic prevention workers after experiencing the outbreak of COVID-19 in China: a cross-sectional study, *Environmental Health and Preventive Medicine*, 26(1), p. 58. <https://doi.org/10.1186/s12199-021-00979-5>.

Yu, W., Xu, Y., Zhang, J., Yuan, Q., Guo, Y., Li, Z., He, X., Ma, Y., Cai, F., Liu, Z., Zhao, R., Wang, D., Chen, J. dan Guo, Q. (2021b). The willingness for dietary and behavioral changes in frontline epidemic prevention workers after experiencing the outbreak of COVID-19 in China: a cross-sectional



UNIVERSITAS
GADJAH MADA

GAMBARAN KEBIASAAN MAKAN PADA TENAGA KESEHATAN DI SOEROJO HOSPITAL MAGELANG
RAFIDAH F H, Aviria Ermamilia, S.Gz., M.Gz., RD; Nurina Umy Habibah, S.Gz., MS; Sri Handayani, S.Gz., RD., M.P.

Universitas Gadjah Mada, 2022 | Diunduh dari <http://etd.repository.ugm.ac.id/>

study, *Environmental Health* dan *Preventive Medicine*, 26(1), p. 58.
<https://doi.org/10.1186/s12199-021-00979-5>.

Yunianto, A.E. (2013). *Penerapan Hasil Belajar Kimia Makanan Mahasiswa Prodi Pendidikan Tata Boga Pada Pemilihan Makanan Kemasan*. Thesis. Universitas Pendidikan Indonesia.