

DAFTAR PUSTAKA

- Adiputra, I.M.S. *et al.* (2021) *Metodologi Penelitian Kesehatan*. Medan: Yayasan Kita Menulis.
- Al-Ghurairi, S.A.R.H., Younis, N.M. & Ahmed, M.M. (2022) 'Prevalence of weight gain among students of Mosul University, Iraq during quarantine 2020', *Rawal Medical Journal*, 47(3), pp. 514–518.
- AlShehri, N.M. and AlMarzooqi, M.A. (2022) 'Consumers' Knowledge, Attitudes, and Practices Toward Calorie Labeling in Riyadh City, Saudi Arabia: A Cross-Sectional Assessment', *Frontiers in Public Health*, 10, p. 893978.
- Ar Rahmi, N., Hendiani, I. & Susilawati, S. (2020) 'Pola makan mahasiswa berdasarkan Healthy Eating Plate', *Jurnal Kedokteran Gigi Universitas Padjadjaran*, 32(1), pp. 41-46.
- Aurora, R.K. (2007) *Food Service and Catering Management*. New Delhi: APH Publishing Corporation.
- Badan Pengawas Obat dan Makanan Republik Indonesia (2019) *Peraturan Badan Pengawas Obat Dan Makanan Nomor 22 Tahun 2019 Tentang Informasi Nilai Gizi Pada Label Pangan Olahan*,
- Badan Pengawas Obat dan Makanan Republik Indonesia (2020) *Pedoman Label Pangan Olahan*. Jakarta: Badan Pengawas Obat dan Makanan.
- Budiningsari, D., Helmiyati, S., Wisnusanti, S.U., Lestari, L.A., & Putie, S.A. (2023) 'Customer satisfaction and the food traffic light system survey, menu development and HACCP training to improve the food service quality of canteens', *Journal of Community Empowerment for Health*, 6(1), pp. 30–36.
- Budiningsari, D., Wisnusanti, S.U. & Prawiningdyah, Y. (2023) 'Nutrition Knowledge, The Use of Nutrition Menu Labelling, and Food Purchasing Behaviour Among College Students', *Prosiding Temu Ilmiah Nasional PERSAGI 2022*, pp. 341-350.
- Cannoosamy, K., Pugo-Gunsam, P. & Jeewon, R. (2014) 'Consumer knowledge and attitudes toward nutritional labels', *Journal of Nutrition Education and Behavior*, 46(5), pp. 334–340.
- Cornia, I.G. & Adriani, M. (2018) 'Hubungan Antara Asupan Zat Gizi Makro dan Status Gizi dengan Kebugaran Jasmani Mahasiswa UKM Taekwondo', *Amerta Nutrition*, 2(1), pp. 90–96.
- Departemen Gizi Kesehatan (2019) *Pelatihan Penyediaan Makanan Sehat di Kantin FK-KMK UGM*. Tersedia di: <https://gizikesehatan.ugm.ac.id/pelatihan-penyediaan-makanan-sehat-di-kantin-fk-kmk-ugm/> (Diakses: 30 November 2022).

- Department of Health (2021) *How to Classify Food and Drinks Guide*.
- Duli, N. (2019) *Metodologi Penelitian Kuantitatif: Beberapa Konsep Dasar Untuk Penulisan Skripsi & Analisis Data dengan SPSS*. Yogyakarta: Deepublish.
- Dwiastuti, R., Shinta, A. & Isaskar, R. (2011) *Ilmu Perilaku Konsumen*. Malang: UB Press.
- de Faria Coelho-Ravagnani, C., Corgosinho, F.C., Sanches, F.L.F.Z., Prado, C.M.M., Laviano, A., & Mota, J.F. (2021) 'Dietary recommendations during the COVID-19 pandemic', *Nutrition Reviews*, 79(4), pp. 382–393.
- Fischer, A.R.H. (2017) 'Perception, attitudes, intentions, decisions and actual behavior', in *Consumer Perception of Product Risks and Benefits*. Springer International Publishing, pp. 303–317.
- Gesteiro, E., García-Carro, A., Aparicio-Ugarriza, R., & González-Gross, M. (2022) 'Eating out of Home: Influence on Nutrition, Health, and Policies: A Scoping Review', *Nutrients*, 4(6), p. 1265.
- Gorgulho, B.M., Fisberg, R.M. & Marchioni, D.M.L. (2014) 'Away-from-home meals: Prevalence and characteristics in a metropolis', *Revista de Nutricao*, 27(6), pp. 703–713.
- Gregoire, M.B. (2016) *Foodservice Organizations: A Managerial and Systems Approach*. 9th edn. Boston: Pearson.
- Grunert, K.G. & Wills, J.M. (2007) 'A review of European research on consumer response to nutrition information on food labels', *Journal of Public Health*, 15, pp. 385–399.
- Health Promoting University Universitas Gadjah Mada (HPU UGM) (2020) *Sambutan Ketua HPU UGM*. Tersedia di: <https://hpu.ugm.ac.id/2020/03/23/sambutan-ketua-hpu-ugm/> (Diakses: 13 April 2023).
- Indradini, D. (2021) *Hubungan antara pengetahuan gizi dengan penggunaan label gizi menu pada mahasiswa selama masa pandemi COVID-19*. Skripsi, Universitas Gadjah Mada.
- Irwan (2018) *Etika dan Perilaku Kesehatan*. Yogyakarta: Absolute Media.
- Kementerian Kesehatan RI (2019) *Laporan Nasional Riskesdas 2018*.
- Kerins, C., McSharry, J., Hayes, C., Perry, I.J., Geaney, F., & Kelly, C. (2018) 'Barriers and facilitators to implementation of menu labelling interventions to support healthy food choices: a mixed methods systematic review protocol', *Systematic Reviews*, 7(1), p. 88.
- Leon, S. & Wisenblit, J. (2019) *Consumer Behavior*. 12th edn. New Jersey: Pearson Education.

- Littlewood, J.A., Lourenço, S., Iversen, C. L., & Hansen, G. L. (2016) 'Menu labelling is effective in reducing energy ordered and consumed: A systematic review and meta-analysis of recent studies', *Public Health Nutrition*, 19(12), pp. 2106–2121.
- Miller, L.M.S. (2014) 'Quantitative information processing of nutrition facts panels', *British Food Journal*, 116(7), pp. 1205–1219.
- Mufidah, R. & Soeyono, R.D. (2021) 'Pola Makan, Aktivitas Fisik, dan Durasi Tidur Terhadap Status Gizi Mahasiswa Program Studi Gizi Unesa', *Jurnal Gizi Unesa*, 1(1), pp. 60-64.
- Ningrum, A.K. (2015) *Pengetahuan Label Kemasan Pangan*. Malang: Gunung Samudera.
- Niven, P., Morley, B., Dixon, H., Martin, J., Jones, A., Petersen, K., & Wakefield, M. (2019) 'Effects of health star labelling on the healthiness of adults' fast food meal selections: An experimental study', *Appetite*, 136, pp. 146–153.
- Noviasty, R. & Susanti, R. (2020) 'Perubahan kebiasaan makan mahasiswa peminatan gizi selama masa pandemi COVID-19', *Jurnal Kesehatan Masyarakat Mulawarman*, 2(2), pp. 90–99.
- Oliveira, R.C., Fernandes, A. C., da Costa Proença, R. P., Hartwell, H., Rodrigues, V. M., Colussi, C. F., & Fiates, G. M. (2018) 'Menu labelling and healthy food choices: a randomised controlled trial', *British Food Journal*, 120(4), pp. 788–803.
- Ozdemir, B. & Caliskan, O. (2015) 'Menu Design: A Review of Literature', *Journal of Foodservice Business*, 18(3), pp. 189–206.
- Özdemir, B. & NebiOğlu, O. (2018) 'Use of menu design techniques: Evidences from menu cards of restaurants in Alanya', *Advances in Hospitality and Tourism Research*, 6(2), pp. 205–227.
- Payne-Palacio, J. & Theis, M. (2009) *Introduction to Foodservice*. 11th edn. New Jersey: Pearson Prentice Hall.
- Radwan, H., Faroukh, E.M. & Obaid, R.S. (2017) 'Menu labeling implementation in dine-in restaurants: The Public's knowledge, attitude and practices', *Archives of Public Health*, 75(1), pp. 1-7.
- Rahamat, S., Jeong, E., Arendt, S. W., & Xu, Y. (2022) 'Menu labeling influence on purchase behaviors: Applying the theory of planned behavior and health consciousness', *Appetite*, 172, p. 105967.
- Roseman, M.G., Joung, H. W., Choi, E. K. C., & Kim, H. S. (2017) 'The effects of restaurant nutrition menu labelling on college students' healthy eating behaviours', *Public Health Nutrition*, 20(5), pp. 797–804.
- Roseman, M.G., Joung, H. W., Ossorio, E. M., & Valliant, M. (2023) 'College students' attitude toward menu labeling differs by sex, BMI, weight

- management status, and athletic type', *Journal of American College Health*, 71(1), pp. 117-123.
- Sacks, G., Rayner, M. & Swinburn, B. (2009) 'Impact of front-of-pack "traffic-light" nutrition labelling on consumer food purchases in the UK', *Health Promotion International*, 24(4), pp. 344–352.
- Sari, D. & Rachmawati, R. (2020) 'Kontribusi Zat Gizi Makanan Jajanan Terhadap Asupan Energi Sehari di Indonesia [Analisis Data Survey Konsumsi Makanan Individu 2014]', *Penelitian Gizi dan Makanan*, 43(1), pp. 29–40.
- Sari, M.P., Palupi, I.R. & Jamil, M.D. (2016) 'Persepsi dan sikap konsumen terhadap penerapan traffic light card pada produk pangan kemasan', *Penelitian Gizi dan Makanan*, 39(1), pp. 27–36.
- Setiadi, N.J. (2019) *Perilaku Konsumen: Perspektif Kontemporer pada Motif, Tujuan, dan Keinginan Konsumen*. 3rd edn. Jakarta: PrenadaMedia.
- Sogari, G., Velez-Argumedo, C., Gómez, M. I., & Mora, C. (2018) 'College Students and Eating Habits: A Study Using An Ecological Model for Healthy Behavior', *Nutrients*, 10(12), p. 1823.
- Stok, F.M., Renner, B., Clarys, P., Lien, N., Lakerveld, J., & Deliens, T. (2018) 'Understanding Eating Behavior during the Transition from Adolescence to Young Adulthood: A Literature Review and Perspective on Future Research Directions', *Nutrients*, 10(6), p. 667.
- Sugiyono (2013) *Metode Penelitian Kuantitatif, Kualitatif, dan R&D*. 19th edn. Bandung: Alfabeta.
- Syauqy, A., Noer, E. R., Fajrani, A. M., Kurniawati, D. M. A., Purwanti, R., Rahadiyanti, A., & Rahma, D. E. (2020) 'Dietary Patterns Were Associated with Obesity Parameters Among Healthy Women', *Journal of Nutrition College*, 9(4), pp. 273–278.
- Tavolacci, M.P., Ladner, J. & Déchelotte, P. (2021) 'Sharp increase in eating disorders among university students since the covid-19 pandemic', *Nutrients*, 13(10), p. 3415.
- Universitas Gadjah Mada (UGM) (2019) *Sejarah Universitas Gadjah Mada*. Tersedia di: <https://ugm.ac.id/id/tentang-ugm/1356-sejarah> (Diakses: 13 April 2023).
- Universitas Gadjah Mada (UGM) (2023) *Pendidikan*. Tersedia di: <https://ugm.ac.id/id/pendidikan> (Diakses: 13 April 2023).
- Wani, Y.A., Tanuwijaya, L.K. & Arfiani, E.P. (2019) *Manajemen Operasional Penyelenggaraan Makanan Massal (Edisi Revisi)*. Malang: UB Press.
- World Health Organization (2000) *Obesity: preventing and managing the global epidemic : report of a WHO consultation*. Geneva.

World Health Organization (2021) *Obesity and Overweight*. Tersedia di:
<https://www.who.int/news-room/fact-sheets/detail/obesity-and-overweight>
(Diakses: 17 March 2022).

Zaini, S., Ibrahim, M.A., Saad, N., Nazori, M.N.M., & Shamsuddin, A.S. (2022) 'Knowledge, attitude, and practice on food label use among university students', *IJAHS*, 6(3), pp. 2642–2653.