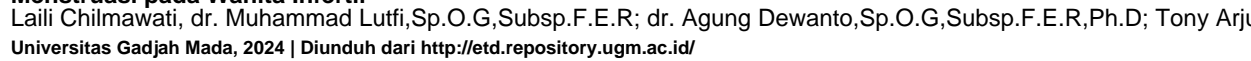


## DAFTAR PUSTAKA

- Adlercreutz, H., Fotsis, T., Bannwart, C., Wähälä, K., Mäkelä, T., Brunow, G., *et al.* (1986). Determination of urinary lignans and phytoestrogen metabolites, potential antiestrogens and anticarcinogens, in urine of women on various habitual diets. *J. Steroid Biochem.* 25 : 791–797.
- Annarahayu, L., Dewi, Y.L.R., & Adriyani, R.B. (2021). Meta-Analysis the Effect of Obesity and Stress on Menstrual Cycle Disorder. *J. Matern. Child Heal.* 6 : 423–435.
- Ariadi, Silfiren, & Lipoeto, N.I. (2017). Effect of nutritional status and fat consumption pattern on menstrual cycle of female students in senior high school number 1 Padang. *Res. J. Obstet. Gynecol.* 10 : 6–10.
- Arjuna, T., Soenen, S., Hasnawati, R.A., Lange, K., Chapman, I., & Luscombe-Marsh, N.D. (2017). A cross-sectional study of nutrient intake and health status among older adults in Yogyakarta Indonesia. *Nutrients* 9.
- Begum, M. (2016). Menstrual Disorders: Causes and Natural Remedies . *J Pharm Chem Biol Sci* .
- Belinda Barton, J.P. (2014). Medical Statistics: A guide to SPSS, data analysis and critical appraisal, John Wiley & Sons Ltd.
- Carson, S.A., & Kallen, A.N. (2021). Diagnosis and Management of Infertility: A Review. *JAMA - J. Am. Med. Assoc.* 326 : 65–76.
- Chávez-Suárez, K.M., Ortega-Vélez, M.I., Valenzuela-Quintanar, A.I., Galván-Portillo, M., López-Carrillo, L., Esparza-Romero, J., *et al.* (2017). Phytoestrogen concentrations in human urine as biomarkers for dietary phytoestrogen intake in Mexican women. *Nutrients* 9 : 1–14.
- Crane, C. (1978). The Belmont Report Ethical Principles and Guidelines for the Protection of Human Subjects of Research. *U.S. Dep. Heal. Educ. Welfare, DHEW Publ.* 941 : 1–4.
- Den Tonkelaar, I., Keinan-Boker, L., Van'T Veer, P., Arts, C.J.M., Adlercreutz, H., Thijssen, J.H.H., *et al.* (2001). Urinary phytoestrogens and postmenopausal breast cancer risk. *Cancer Epidemiol. Biomarkers Prev.* 10 : 223–228.
- Desmawati, D., Fasrini, U.U., Lestari, Y., Afriwardi, A., & Sulastri, D. (2021). Tofu and Tempeh, the Mostly Sources of Phytoestrogens in Minangkabau Premenopausal Women Ethnicity. *IOP Conf. Ser. Earth Environ. Sci.* 741.
- Desmawati, D., & Sulastri, D. (2019). Phytoestrogens and their health effect. *Open Access Maced. J. Med. Sci.* 7 : 495–499.
- Devang, N., Nandini, M., Rao, S., & Adhikari, P. (2016). Mid Arm Circumference: An Alternate Anthropometric Index of Obesity in Type 2 Diabetes and Metabolic Syndrome. *Br. J. Med. Med. Res.* 12 : 1–8.

- Dovom, M.R., Tehrani, F.R., Djalalinia, S., Cheraghi, L., Gandavani, S.B., & Azizi, F. (2016). Menstrual Cycle Irregularity and Metabolic Disorders: A Population-Based Prospective Study. *PLoS One* 11 : 1–13.
- Elhussein, O.G., Ahmed, M.A., Suliman, S.O., Yahya, I., & Adam, I. (2019). Epidemiology of infertility and characteristics of infertile couples requesting assisted reproduction in a low-resource setting in Africa, Sudan. *Fertil. Res. Pract.* 5 : 7–11.
- Fahed, G., Aoun, L., Zerdan, M., Bou, Allam, S., Zerdan, Maroun Bou, Bouferrea, Y., *et al.* (2022). Metabolic Syndrome: Updates on Pathophysiology and Management in 2021. *Int. J. Mol. Sci.* 23.
- Fernández-Martínez, E., Fernández-Villa, T., Amezcua-Prieto, C., Suárez-Varela, M.M., Mateos-Campos, R., Ayán-Pérez, C., *et al.* (2020). Menstrual problems and lifestyle among Spanish university women. *Int. J. Environ. Res. Public Health* 17 : 1–12.
- French, M.R., Thompson, L.U., & Hawker, G.A. (2007). Validation of a phytoestrogen food frequency questionnaire with urinary concentrations of isoflavones and lignan metabolites in premenopausal women. *J. Am. Coll. Nutr.* 26 : 76–82.
- Grundy, S.M., Cleeman, J.I., Daniels, S.R., Donato, K.A., Eckel, R.H., Franklin, B.A., *et al.* (2005). Diagnosis and management of the metabolic syndrome: An American Heart Association/National Heart, Lung, and Blood Institute scientific statement. *Circulation* 112 : 2735–2752.
- Indarwati, I., Budihastuti, U.R., & Dewi, Y.L.R. (2017). Analysis of Factors Influencing Female Infertility. *J. Matern. Child Heal.* 02 : 150–161.
- Inoue S., Zimmet P., Caterson I., Chunming Chen, Ikeda Y., K.A. (2000). Obesity Task Force). International Association for the Study of Obesity. The Asia – Pacific perspective: redefining obesity and its treatment.
- Itriyeva, K. (2022). The effects of obesity on the menstrual cycle. *Curr. Probl. Pediatr. Adolesc. Health Care* 52 : 101241.
- Jungbauer, A., & Medjakovic, S. (2014). Phytoestrogens and the metabolic syndrome. *J. Steroid Biochem. Mol. Biol.* 139 : 277–289.
- Kementerian Kesehatan RI (2014). Peraturan Menteri Kesehatan Republik Indonesia tentang Pedoman Gizi Seimbang. *Kementeri. Kesehat. RI*.
- Kwon, Y.J., Lee, H.S., & Lee, J.W. (2018). Association of carbohydrate and fat intake with metabolic syndrome. *Clin. Nutr.* 37 : 746–751.
- Levine, L.D., Kim, K., Purdue-Smithe, A., Sundaram, R., Schisterman, E.F., Connell, M., *et al.* (2020). Urinary phytoestrogens and relationship to menstrual cycle length and variability among healthy, eumenorrheic women. *J. Endocr. Soc.* 4 : 1–14.
- McGrice, & Porter, J. (2017). The effect of low carbohydrate diets on fertility



Talekar, V. (2022). Role of dietary habits in menstrual disorders among adolescent

girls in Western Maharashtra Navi Mumbai 1–11.

Tamimi, K., & Rimbawan (2015). Tingkat Kecukupan Zat Gizi, Aktivitas Fisik, dan Kebugaran Kardiorespiratori Pegawai PT. Indocement Bogor. *J. Gizi Pangan* 10 : 33–40.

Trumbo, P.R. (2021). Dietary Assessment, Food and Agriculture Organization of the United Nations.

Venn, B.J. (2020). Macronutrients and human health for the 21st century. *Nutrients* 12 : 1–3.

Victorya, & Dini, Y. C. (2023). Requirements of Carbohydrates, Proteins, Fats, Physical Activity, and the Menstrual Cycle of Adolescents in Surabaya. *J. Kesmas Dan Gizi* 6 : 28–35.

WHO (2008). WHO | Waist Circumference and Waist–Hip Ratio. Report of a WHO Expert Consultation. Geneva, 8–11 December 2008. *World Heal. Organ.* 8–11.