

## DAFTAR PUSTAKA

- Amaliah, A. N. S., Maisara, P., Waspada, S., & Armayani, A. (2023). Perilaku Konsumsi Berkelanjutan (Sustainable Consumption Behavior) di Indonesia: Peran Environmental Concern, Perceived Consumer Effectiveness dan Altruism. *Jurnal Inovasi Pendidikan Ekonomi (JIPE)*, 13(2), 157. <https://doi.org/10.24036/011261450>.
- Antriyandarti, E., Suprihatin, D. N., Pangesti, A. W., & Samputra, P. L. (2024). The dual role of women in food security and agriculture in responding to climate change: Empirical evidence from Rural Java. *Environmental Challenges*, 14, 100852. <https://doi.org/https://doi.org/10.1016/j.envc.2024.100852>.
- Badan Kebijakan Pembangunan Kesehatan. (2023). *Survei Kesehatan Indonesia 2023 dalam Angka*. In Kementerian Kesehatan. [https://drive.google.com/file/d/1rjNDG\\_f8xG6-Y9wmhJUnXhJ-vUFevVJC/view?usp=sharing](https://drive.google.com/file/d/1rjNDG_f8xG6-Y9wmhJUnXhJ-vUFevVJC/view?usp=sharing).
- Badan Penelitian dan Pengembangan Kesehatan. (2018). *Riset Kesehatan Dasar (RISKESDAS) 2018*. Kementerian Kesehatan. <https://repository.badankebijakan.kemkes.go.id/id/eprint/3514/1/Laporan%20Riskesdas%202018%20Nasional.pdf>.
- Becker, H., Roberts, G., & Voelmeck, W. (2003). Explanations for improvement in both experimental and control groups. *Western Journal of Nursing Research*, 25(6), 746–755. <https://doi.org/10.1177/0193945903253002>.
- Biasini, B., Rosi, A., Giopp, F., Turgut, R., Scazzino, F., & Menozzi, D. (2021). Understanding, promoting and predicting sustainable diets: A systematic review. *Trends in Food Science and Technology*, 111(January), 191–207. <https://doi.org/10.1016/j.tifs.2021.02.062>.
- Blackford, B. (2021). View of Nudging interventions on sustainable food consumption: a systematic review. *The Journal of Population and Sustainability*, 5(2), 17–62. <https://www.whp-journals.co.uk/JPS/article/view/676/429>.
- Bretter, C., Unsworth, K. L., Russell, S. V., Qusted, T. E., Kaptan, G., & Doriza, A. (2023). Food waste interventions: Experimental evidence of the effectiveness of environmental messages. *Journal of Cleaner Production*, 414(November 2022), 137596. <https://doi.org/10.1016/j.jclepro.2023.137596>.
- Brún, T. De, Brún, M. O. R. De, Burns, N., Dowrick, C., Lionis, C., & Donnell, C. O. (2017). Using Participatory Learning & Action (PLA) research techniques for inter-stakeholder dialogue in primary healthcare: an analysis of stakeholders' experiences. *Research Involvement and Engagement*, 3(28), 1–25. <https://doi.org/10.1186/s40900-017-0077-8>.
- Burlingame, B., & Dernini, S. (2012). Sustainable Diets and Biodiversity: Directions and Solutions for Policy, Research and Action. *Proceedings of the International Scientific Symposium Biodiversity and Sustainable Diets United Against Hunger*. <https://doi.org/10.1017/S002081830000607X>.

- Chambers, R. (1992). *Rural appraisal: rapid, relaxed, and participatory*. IDS Discussion Paper 311. <https://www.ids.ac.uk/download.php?file=files/Dp311.pdf>.
- Chambers, R. (2002). *Relaxed and Participatory Appraisal: notes on practical approaches and methods for participants in PRA/PLA-related familiarisation workshops*. United Kingdom: Participation Resource Centre at IDS. [https://courses.washington.edu/pbaf531/Chambers\\_PRA\\_Notes.pdf](https://courses.washington.edu/pbaf531/Chambers_PRA_Notes.pdf).
- Cianfrocca, C., Caponnetto, V., Donati, D., Lancia, L., Tartaglino, D., & Di Stasio, E. (2018). The effects of a multidisciplinary education course on the burden, health literacy and needs of family caregivers. *Applied Nursing Research*, 44, 100–106. <https://doi.org/https://doi.org/10.1016/j.apnr.2018.10.004>.
- Climate Transparency. (2022). *Climate Transparency Report: Comparing G20 Climate Action*. 1–20. <https://iesr.or.id/en/pustaka/climate-transparency-report-2022>.
- Darmon, N., & Drewnowski, A. (2015). Contribution of food prices and diet cost to socioeconomic disparities in diet quality and health : a systematic review and analysis. *Nutrition Reviews*, 73(10), 643–660. <https://doi.org/10.1093/nutrit/nuv027>.
- Davidson, K. A., Kropp, J. D., & Rahman, M. W. (2025). Effectiveness of participatory trainings in improving nutrition knowledge and dietary diversity in rural Bangladesh. *Agriculture and Food Security*, 14(1), 1–14. <https://doi.org/10.1186/s40066-024-00517-w>.
- De Pee, S., Hardinsyah, R., Jalal, F., Kim, B. F., Semba, R. D., Deptford, A., Fanzo, J. C., Ramsing, R., Nachman, K. E., McKenzie, S., & Bloem, M. W. (2021). Balancing a sustained pursuit of nutrition, health, affordability and climate goals: exploring the case of Indonesia. *American Journal of Clinical Nutrition*, 114(5), 1686–1697. <https://doi.org/10.1093/ajcn/nqab258>.
- Delbeke, J., Runge-Metzger, A., Slingenberg, Y., & Werksman, J. (2019). *The paris agreement*. Towards a Climate-Neutral Europe: Curbing the Trend, 24–45. <https://doi.org/10.4324/9789276082569-2>.
- Drewnowski, A., & Popkin, B. M. (1997). The nutrition transition: new trends in the global diet. *Nutrition Reviews*, 55(2), 31–43. <https://doi.org/10.1111/j.1753-4887.1997.tb01593.x>.
- EAT-Lancet Commission. (n.d.). *Health Diets From Sustainable Food System: Food Planet Health*. The EAT-Lancet Commission. [https://eatforum.org/content/uploads/2019/01/EAT-Lancet\\_Commission\\_Summary\\_Report.pdf](https://eatforum.org/content/uploads/2019/01/EAT-Lancet_Commission_Summary_Report.pdf).
- Elnakib, S., Subhit, S., Shukaitis, J., Rowe, A., Cava, J., & Quick, V. (2024). New Jersey Leaves No Bite Behind: A Climate Change and Food Waste Curriculum Intervention for Adolescents in the United States. *International Journal of Environmental Research and Public Health*, 21(4). <https://doi.org/10.3390/ijerph21040437>,

- Ersoy, N. (2023). A cross-section from the consumer perspective on sustainable nutrition: consumer awareness and motivation status. *Environmental Science and Pollution Research*, 30(31), 76712–76717. <https://doi.org/10.1007/s11356-023-27854-w>.
- FAO/WHO. (2019). *Sustainable healthy diets- Guiding principles*. In Sustainable healthy diets. <https://www.fao.org/3/ca6640en/ca6640en.pdf>.
- FAO. (2023). Climate Action and Nutrition Pathways to Impact. <https://openknowledge.fao.org/server/api/core/bitstreams/66f390c8-c379-49f0-8d57-d2ea87c35c92/content>.
- FAO, UNICEF, WFP, & WHO. (2018). *The state of food security and nutrition in the world*. Food and Agriculture Organization of the UN. <https://openknowledge.fao.org/handle/20.500.14283/cd1254en>.
- Figuroa-Piña, D. G., Chávez-Servín, J. L., de la Torre-Carbot, K., Caamaño-Pérez, M. D. C., Lucas-Deecke, G., Roitman-Genoud, P., *et al.* (2021). Evaluation of the effect of a school garden as an educational didactic tool in vegetable and fruit consumption in teenagers. *Nutrition Research and Practice*, 15(2), 235–247. <https://doi.org/10.4162/nrp.2021.15.2.235>.
- Giacobone, G., Tiscornia, M. V., Guarnieri, L., Castronuovo, L., Mackay, S., & Allemandi, L. (2021). Measuring cost and affordability of current vs . healthy diets in Argentina : an application of linear programming and the INFORMAS protocol. *BMC Public Health* 21, 891 (2021). <https://doi.org/10.1186/s12889-021-10914-6>.
- Gialeli, M., Troumbis, A. Y., Giaginis, C., Papadopoulou, S. K., Antoniadis, I., & Vasios, G. K. (2023). The Global Growth of ‘Sustainable Diet’ during Recent Decades, a Bibliometric Analysis. *Sustainability (Switzerland)*, 15(15). <https://doi.org/10.3390/su151511957>.
- Glanz, K., Rimer, B. k., & Viswanath, K. (2008). *Health Behavior and Health Education Theory, Research and Practice (4th ed.)*. Jossey-Bass A Wiley Imprint. [https://thehubedu-production.s3.amazonaws.com/uploads/3/18722973-f80f-4b55-8ffe-fafa44c21979/health\\_education.pdf](https://thehubedu-production.s3.amazonaws.com/uploads/3/18722973-f80f-4b55-8ffe-fafa44c21979/health_education.pdf).
- Gussow, J. D., & Clancy, K. L. (1986). Dietary guidelines for sustainability. *Journal of Nutrition Education*, 18(1), 1–5. <https://www.sciencedirect.com/science/article/pii/S0022318286802552>.
- Hallström, E., Carlsson-Kanyama, A., & Börjesson, P. (2015). Environmental impact of dietary change: a systematic review. *Journal of Cleaner Production*, 91, 1–11. <https://doi.org/10.1016/j.jclepro.2014.12.008>.
- Harrison, L., Herrmann, A., Quitmann, C., Stieglbauer, G., Zeitz, C., Franke, B., & Danquah, I. (2024). Effects of a cafeteria-based sustainable diet intervention on the adherence to the EAT-Lancet planetary health diet and greenhouse gas emissions of consumers: a quasi-experimental study at a large German hospital. *Nutrition Journal*, 23(1), 1–12. <https://doi.org/10.1186/s12937-024-00981-x>.

- Helmyati, S., Aryanti, L., Rosilia, G., Aristyarini, M., Haines, J., & Lukito, W. (2024). Indonesians' Perceptions and Understanding of Sustainable Eating: A Qualitative Study. *Unpublished Work*.
- Hilary, S., Safi, S., Sabir, R., Numan, A. B., Zidan, S., & Platat, C. (2024). Development and validation of a tool to assess knowledge, attitudes, and practices toward diet sustainability. *Frontiers in Sustainable Food Systems*, 8(August), 1–12. <https://doi.org/10.3389/fsufs.2024.1432057>.
- Hough, G., & Contarini, A. (2023). Can low-income consumers choose food from sustainable production methods? *Current Opinion in Food Science*. 51, 1–7. <https://doi.org/10.1016/j.cofs.2023.101035>.
- James-Martin, G., Baird, D. L., Hendrie, G. A., Bogard, J., Anastasiou, K., Brooker, P. G., *et al.* (2022). Environmental sustainability in national food-based dietary guidelines: a global review. *The Lancet Planetary Health*, 6(12), e977–e986. [https://doi.org/10.1016/S2542-5196\(22\)00246-7](https://doi.org/10.1016/S2542-5196(22)00246-7).
- Jay, J. A., D'Auria, R., Nordby, J. C., Rice, D. A., Cleveland, D. A., Friscia, A., *et al.* (2019). Reduction of the carbon footprint of college freshman diets after a food-based environmental science course. *Climatic Change*, 154(3–4), 547–564. <https://doi.org/10.1007/s10584-019-02407-8>.
- Johnston, J. L., Fanzo, J. C., & Cogill, B. (2014). Understanding sustainable diets: A descriptive analysis of the determinants and processes that influence diets and their impact on health, food security, and environmental sustainability. *Advances in Nutrition*, 5(4), 418–429. <https://doi.org/10.3945/an.113.005553>.
- Keisyafa, A., Sunarya, D. N., Aghniya, S. M., & Maula, S. P. (2024). of Student's Awareness of Sustainable Diet in Reducing Carbon Footprint to Support Sustainable Development Goals ( SDGs ) 2030. *ASEAN Journal of Agriculture and Food Engineering*. 3(1), 67–74. <https://www.ejournal.bumipublikasinusantara.id/index.php/ajafe/article/download/442/365>.
- Kementerian Kesehatan Republik Indonesia. (2022). *Hasil Survei Status Gizi Indonesia (SSGI) 2022*. In Kementerian Kesehatan Republik Indonesia. <https://drive.google.com/file/d/1v6ceJIVFCVCBedrzbDNCj6T4ZbadVBi/view>.
- Kementerian Perencanaan Pembangunan Nasional/ Bappenas. (2021). *Study Report Food Loss and Waste in Indonesia: Supporting the Implementation of Circular Economy and Low Carbon Development*. <https://lcdi-indonesia.id/wp-content/uploads/2021/07/Report-Kajian-FLW-ENG.pdf>.
- Kendel Jovanović, G., Janković, S., & Pavičić Žeželj, S. (2023). The effect of nutritional and lifestyle education intervention program on nutrition knowledge, diet quality, lifestyle, and nutritional status of Croatian school children. *Frontiers in Sustainable Food Systems*, 7. <https://doi.org/10.3389/fsufs.2023.1019849>.
- Kuri, S., Turowska, Z., Damu, C., Klemm, J., & Pee, S. De. (2024). Affordability of nutrient-adequate diets as an indicator for food and nutrition security .

- Evidence from fill the nutrient gap analyses. *Global Food Security*, 42. <https://doi.org/https://doi.org/10.1016/j.gfs.2024.100796>.
- Kurz, K. M., & Johnson-Welch, C. (2001). Enhancing women's contributions to improving family food consumption and nutrition. *Food and Nutrition Bulletin*, 22(4), 443–453. <https://doi.org/10.1177/156482650102200418>.
- Lavrakas, P. J. (Ed.). (2008). *Reactivity*. In Encyclopedia of Survey Research Methods (p. 695). Sage Publications, Inc. <https://doi.org/10.4135/9781412963947.n448>.
- Lawrence, M. (2024). Fundamentals of a healthy and sustainable diet. *Nutrition Journal*, 23(1). <https://doi.org/10.1186/s12937-024-01049-6>.
- Lewis, J. E., Arheart, K. L., LeBlanc, W. G., Fleming, L. E., Lee, D. J., Davila, E. P., Cabán-Martinez, A. J., Dietz, N. A., McCollister, K. E., Bandiera, F. C., & Clark, J. D. (2009). Food label use and awareness of nutritional information and recommendations among persons with chronic disease. *American Journal of Clinical Nutrition*, 90(5), 1351–1357. <https://doi.org/10.3945/ajcn.2009.27684>.
- Lorenz-Walther, B. A., Langen, N., Göbel, C., Engelmann, T., Bienge, K., Speck, M., *et al.* (2019). What makes people leave LESS food? Testing effects of smaller portions and information in a behavioral model. *Appetite*, 139, 127–144. <https://doi.org/10.1016/j.appet.2019.03.026>.
- Malan, H., Amsler Challamel, G., Silverstein, D., Hoff, C., Spang, E., Pace, S. A., *et al.* (2020). Impact of a Scalable, Multi-Campus “Foodprint” Seminar on College Students’ Dietary Intake and Dietary Carbon Footprint. *Nutrients*, 12(9), 2890. <https://doi.org/10.3390/nu12092890>.
- Mangwane, Q. E. M., Egal, A., & Oosthuizen, D. (2024). Impact of a Nutrition Knowledge Intervention on Knowledge and Food Behaviour of Women Within a Rural Community. *Nutrients*, 16(23), 1–17. <https://doi.org/10.3390/nu16234107/>
- Manto, R. A., Indriani, R., & Saleh, Y. (2023). Peran Kelompok Wanita Tani (KWT) Terhadap Peningkatan Pendapatan Keluarga (Studi Kasus KWT Muda Mandiri Desa Dutohe Barat Kecamatan Kabila Kabupaten Bone). *Agrisosioekonomi*. 19, 761–768. <http://ejournal.unsrat.ac.id/v3/index.php/jisep/article/view/48301>.
- McLeod, E. R., Campbell, K. J., & Hesketh, K. D. (2011). Nutrition Knowledge: A Mediator between Socioeconomic Position and Diet Quality in Australian First-Time Mothers. *Journal of the American Dietetic Association*, 111(5), 696–704. <https://doi.org/10.1016/j.jada.2011.02.011>.
- Michie, S., Stralen, M. M. van, & West, R. (2011). The behaviour change wheel: A new method for characterising and designing behaviour change interventions. *Implementation Science*, 6(42), 1–11. <https://doi.org/10.1186/1748-5908-6-42>.
- Miller, J., Chan, L., Mehta, K., Roberts, R., Dickinson, K. M., Yaxley, A., *et al.* (2016). Dietary intake of working women with children does not appear to be influenced by hours of employment: A secondary analysis of the Australian

- Health Survey (2011–2013). *Appetite*, 105, 106–113. <https://doi.org/https://doi.org/10.1016/j.appet.2016.05.007>.
- Morrison, J., Akter, K., Jennings, H.M. M., Nahar, T., Kuddus, A., Shaha, S. K., *et al.* (2019) Participatory learning and action to address type 2 diabetes in rural Bangladesh: a qualitative process evaluation. *BMC Endocr Disord* 19, 118. <https://doi.org/10.1186/s12902-019-0447-3>.
- Mukherjee, U., Dawson, J. A., Chalwe, J. M., & Oldewage-Theron, W. (2023). Effectiveness of a short-Term soy nutrition education intervention on nutrition knowledge and self-efficacy scores of rural elderly Zambian women. *Nutrition and Healthy Aging*, 8(1), 97–108. <https://doi.org/10.3233/NHA-210138>.
- Napier, A., & Simister, N. (2017). *Participatory Learning and Action (PLA)*. INTRAC for Civil Society. <https://www.intrac.org/app/uploads/2017/01/Participatory-learning-and-action.pdf>.
- Nistor, L. (2015). From the ethics of care to the imperative of healthism? Gender and food-related attitudes in Europe. *Revista Romana de Bioetica*, 13(3), 1–17. <https://www.scopus.com/inward/record.uri?eid=2-s2.0-84973294774&partnerID=40&md5=fd93bc826c3ab2a69f38a9d26a6c95e>.
- Nuh, A., Rizan, M., Sebayang, K. D. A., Suparno, & Munir, M. M. (2023). Sustainable food consumption behavior in Indonesia : An approach theory of planned behavior. *Journal of Business Management Education (JBME)*, 8(1), 127–137. <https://doi.org/10.17509/jbme.v8i1.57442>.
- Palupi, E. N. Y., Anwar, F., Tanziha, I., Gunawan, M. A., & Khomsan, A. L. I. (2020). Protein sources diversity from Gunungkidul District, Yogyakarta Province, Indonesia. *Biodiversitas*. 21(2), 799–813. <https://doi.org/10.13057/biodiv/d210228>.
- Pengestuti, D., Hw, P., Subiantoro, A., & Pratama, A. (2024). Profile Analysis of Sustainability Awareness of High School Students Related to Food Waste Issues in Magelang, Central Java. *Indonesian Journal of Biology Education*, 7, 1–5. <https://doi.org/10.31002/ijobe.v7i2.1587>.
- Peraturan Menteri Kesehatan Republik Indonesia. (2014). *Peraturan Menteri Kesehatan Republik Indonesia Nomor 41 Tahun 2014 Tentang Pedoman Gizi Seimbang*. <https://peraturan.bpk.go.id/Download/109856/Permenkes%20Nomor%2041%20Tahun%202014.pdf>.
- Peraturan Menteri Pertanian Republik Indonesia. (2022). *Peraturan Menteri Pertanian Republik Indonesia Nomor 01 Tahun 2022 Tentang Petunjuk Teknis Penggunaan Dana Ketahanan Pangan Dan Pertanian Tahun Anggaran 2022*. <https://jdih.pertanian.go.id/sources/files/Permentan Nomor 01 Tahun 2022.pdf>.
- Peraturan Presiden Republik Indonesia. (2021). *Peraturan Presiden Nomor 98 Tahun 2021 tentang Penyelenggaraan Nilai Ekonomi Karbon untuk Pencapaian Target Kontribusi yang Ditetapkan Secara Nasional dan*

- Pengendalian Emisi Gas Rumah Kaca dalam Pembangunan Nasional.* Database Peraturan BPK, 10(1), 279–288. <https://peraturan.bpk.go.id/Details/187122/perpres-no-98-tahun-2021>.
- Phelps, N. H., Singleton, R. K., Zhou, B., Heap, R. A., Mishra, A., Bennett, J. E., *et al.* (2024). Worldwide trends in underweight and obesity from 1990 to 2022: a pooled analysis of 3663 population-representative studies with 222 million children, adolescents, and adults. *The Lancet*, 403(10431), 1027–1050. [https://doi.org/10.1016/S0140-6736\(23\)02750-2](https://doi.org/10.1016/S0140-6736(23)02750-2).
- Pimpin, L., Kranz, S., Liu, E., Shulkin, M., Karageorgou, D., Miller, V., *et al.* (2019). Effects of animal protein supplementation of mothers, preterm infants, and term infants on growth outcomes in childhood: a systematic review and meta-analysis of randomized trials. *The American Journal of Clinical Nutrition*, 110(2), 410–429. <https://doi.org/10.1093/ajcn/nqy348>.
- Poore, J., & Nemecek, T. (2018). Reducing food’s environmental impacts through producers and consumers. *Science*, 360(6392), 987–992. <https://www.science.org/doi/10.1126/science.aag0216>.
- Popkin, B. M. (2003). The nutrition transition in the developing world. *Development Policy Review*, 21, 581–597. <https://library.fes.de/libalt/journals/swetsfulltext/18933290.pdf>.
- Popkin, B. M. (2006). Global nutrition dynamics: the world is shifting rapidly toward a diet linked with noncommunicable diseases2. *The American Journal of Clinical Nutrition*, 84(2), 289–298. <https://doi.org/https://doi.org/10.1093/ajcn/84.2.289>.
- Popkin, B. M., Adair, L. S., & Ng, S. W. (2012). Global nutrition transition and the pandemic of obesity in developing countries. *Nutrition Reviews*, 70(1), 3–21. <https://doi.org/10.1111/j.1753-4887.2011.00456.x>.
- Prabandari, Y. S., Padmawati, R. S., Supriyati, Hasanbasri, M., & Dewi, F. S. T. (2020). *Ilmu Sosial Perilaku untuk Kesehatan Masyarakat (2nd ed.)*. Gadjah Mada University Press.
- Prescott, M. P., Burg, X., Metcalfe, J. J., Lipka, A. E., Herritt, C., & Cunningham-Sabo, L. (2019). Healthy planet, healthy youth: A food systems education and promotion intervention to improve adolescent diet quality and reduce food waste. *Nutrients*, 11(8). <https://doi.org/10.3390/nu11081869>.
- Principato, L., Pice, G., & Pezzi, A. (2025). Understanding food choices in sustainable healthy diets – A systematic literature review on behavioral drivers and barriers. *Environmental Science and Policy*, 163(July 2024), 103975. <https://doi.org/10.1016/j.envsci.2024.103975>.
- Prost, A., Colbourn, T., Seward, N., Azad, K., Coomarasamy, A., Copas, A., Houweling, T. A. J., & Fottrell, E. (2013). Women’s groups practising participatory learning and action to improve maternal and newborn health in low-resource settings: a systematic review and meta-analysis. *The Lancet*, 381(9879), 1736–1746. [https://doi.org/10.1016/S0140-6736\(13\)60685-6](https://doi.org/10.1016/S0140-6736(13)60685-6).

- Purwanto, E., Biasini, N., Yulianto, A., Sitompul, C., & Gunawan, T. (2023). Environmental Awareness and Food Waste Reduction Among Generation Z in Indonesia. *International Journal of Environmental Impacts*, 6(3), 101–111. <https://doi.org/10.18280/ijei.060302>.
- 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), 1–10. <https://doi.org/10.1186/s40795-024-00850-0>.
- Ritchie, H., Roser, M., & Rosado, P. (2020). *CO<sub>2</sub> and Greenhouse Gas Emissions*. OurWorldinData.Org. <https://ourworldindata.org/co2/country/indonesia?country=IDN~MYS~THA>.
- Riyadi, N. S., Muhammad, F., Rakhmah, T. A. N., & Chusniyah, T. (2023). Sustainable Diet sebagai Intervensi Pengurangan Konsumsi Fast Food Berlebihan. *Flourishing Journal*, 3(2), 48–55. <https://doi.org/10.17977/um070v3i22023p48-55>.
- Sabaté, J., & Soret, S. (2014). Sustainability of plant-based diets: back to the future. *The American Journal of Clinical Nutrition*, 100, 476S–482S. <https://doi.org/https://doi.org/10.3945/ajcn.113.071522>.
- Şahin-Bodur, G., Tunçer, E., Duman, E., Yilmaz, S., & Keser, A. (2025). Online Education on Sustainable Nutrition Affects Women's Sustainable Eating Behavior and Anthropometric Measures. *Public health nursing (Boston, Mass.)*, 42(3), 1354–1364. <https://doi.org/10.1111/phn.13548>
- Samdal, G. B., Furset, O. J., Nysæther, M. B., Abildsnes, E., Mildestvedt, T., & Meland, E. (2022). Healthy and unhealthy eating after a behaviour change intervention in primary care. *Primary Health Care Research and Development*, 23. <https://doi.org/10.1017/S1463423622000147>.
- Seward, N., Neuman, M., Colbourn, T., Osrin, D., Lewycka, S., Azad, K., et al. (2017) Effects of women's groups practising participatory learning and action on preventive and care-seeking behaviours to reduce neonatal mortality: A meta-analysis of cluster-randomised trials. *PLoS Med*, 14(12): e1002467. <https://doi.org/10.1371/journal.pmed.1002467>.
- Springmann, M., Wiebe, K., Mason-D'Croz, D., Sulser, T. B., Rayner, M., & Scarborough, P. (2018). Health and nutritional aspects of sustainable diet strategies and their association with environmental impacts: a global modelling analysis with country-level detail. *The Lancet Planetary Health*, 2(10), e451–e461. [https://doi.org/10.1016/S2542-5196\(18\)30206-7](https://doi.org/10.1016/S2542-5196(18)30206-7).
- Suryana, A. (2014). Menuju Ketahanan Pangan Indonesia Berkelanjutan 2025: Tantangan dan Penanganannya. *Forum Penelitian Agro Ekonomi*, 32(2), 123–135. <https://www.neliti.com/publications/56153/menuju-ketahanan-pangan-indonesia-berkelanjutan-2025-tantangan-dan-penanganannya>.
- Sutopo, A., Arthati, D. F., & Rahmi, U. A. (2014). *Kajian Indikator Sustainable Development Goals (SDGs)*. BPS, 1–172.

- <https://www.bps.go.id/id/publication/2014/10/06/db07e5b8991c5f33c0f1309c/kajian-indikator-sustainable-development-goals--sdgs-.html>.
- Thomas, S. (2020). *What is Participatory Learning and Action (PLA): An Introduction*. <https://indiachinainstitute.org/wp-content/uploads/2012/06/PLA.pdf>.
- Tilman, D., & Clark, M. (2014). Global diets link environmental sustainability and human health. *Nature*, 515(7528), 518–522. <https://doi.org/10.1038/nature13959>.
- Undang-Undang Nomor 16. (2016). *Undang-Undang Nomor 16 Tahun 2016 tentang Pengesahan Paris Agreement To The United Nations Framework Convention On Climate Change (Persetujuan Paris Atas Konvensi Kerangka Kerja Perserikatan Bangsa-Bangsa mengenai Perubahan Iklim)*. Kementerian Sekretariat Negara Republik Indonesia, 71. <https://jdih.setneg.go.id/Produk>.
- UNEP. (2024). *Food Waste Index Report 2024. Think Eat Save: Tracking progress to halve global food waste*. In UNEP - United Nations Environment Programme. <https://www.unep.org/resources/publication/food-waste-index-report-2024>.
- United Nations. (2025). *9.7 billion on Earth by 2050, but growth rate slowing, says new UN population report*. <https://www.un.org/en/academic-impact/97-billion-earth-2050-growth-rate-slowng-says-new-un-population-report>.
- Wadi, N. M., Cheikh, K., Keung, Y. W., & Green, R. (2024). Investigating intervention components and their effectiveness in promoting environmentally sustainable diets: a systematic review. *The Lancet Planetary Health*, 8(6), e410–e422. [https://doi.org/10.1016/S2542-5196\(24\)00064-0](https://doi.org/10.1016/S2542-5196(24)00064-0).
- WHO. (2024). *Noncommunicable Diseases*. World Health Organization (WHO). <https://www.who.int/news-room/fact-sheets/detail/noncommunicable-diseases>.
- Willett, W., Rockström, J., Loken, B., Springmann, M., Lang, T., Vermeulen, S., *et al.* (2019). Food in the Anthropocene: the EAT–Lancet Commission on healthy diets from sustainable food systems. *The Lancet*, 393(10170), 447–492. [https://doi.org/10.1016/S0140-6736\(18\)31788-4](https://doi.org/10.1016/S0140-6736(18)31788-4).
- Yetnayet, M., Henry, C. J., Berhanu, G., Whiting, S. J., & Regassa, N. (2017). Nutrition education promoted consumption of pulse based foods among rural women of reproductive age in Sidama zone, Southern Ethiopia. *African Journal of Food, Agriculture, Nutrition and Development*, 17(3), 12377–12394. <https://doi.org/10.18697/ajfand.79.16795>.