

## DAFTAR PUSTAKA

- Achadi, E.L. (2006). *Gizi dalam Kaitannya dengan Komplikasi Kehamilan/Menyusui dan Kematian ibu. Skripsi.* Fakultas Kesehatan Masyarakat UI. Depok.
- Adriani, M., & Wirjatmadi, B. (2012). *Pengantar Gizi Masyarakat.* Jakarta: Kharisma Putra Utama.
- Adriani, M., dan Wirjatmadi, B. (2012). *Peranan Gizi Dalam Siklus Kehidupan.* Jakarta: Kencana Prenada Media Group.
- Aigner, E., Feldman, A. & Datz, C. (2014). Obesity as an Emerging Risk Factor for Iron Deficiency. *Nutrients*, 6, pp.3587-3600.
- Alam, N., Roy, S.K, Ahmed, T., & Ahmed, A. M.S. (2010). Nutritional Status, Dietary Intake, and Relevant Knowledge of Adolescent Girls in Rural Bangladesh. *J Health Popul Nutr*, 28 (1), 86-94
- Almatsier, S. (2009). *Prinsip Dasar Ilmu Gizi.* Jakarta: Gramedia Pustaka Utama.
- Anand, T., Rahi, M., Sharma, P., & Ingle, G.K. (2014). Issues in Prevention of Iron Deficiency Anemia in India. *Nutrition*, 30(7-8), 764-770.
- Anie, Y., Kurniawan, I., & Muslimatun, S. (2006). Anaemia and iron deficiency anaemia among young adolescent girls from peri urban coastal area of Indonesia, 15 (November 2005), 350-356.
- Arisman. (2009). *Gizi Remaja: dalam Buku Ajar Ilmu Gizi. Gizi dalam Daur Kehidupan.* Jakarta: Penerbit Buku Kedokteran EGC.
- Astuti, Y. 2010. Hubungan Antara Asupan Protein, Zat besi dan Vitamin C dengan Kadar Hemoglobin pada Anak Usia 7-15 tahun di Kabupaten Kulon Progo. *Mutiara Medika* 10(2), 172-179
- Badan Penelitian dan Pengembangan Kesehatan RI. (2013). *Riset Kesehatan Dasar 2013.* Jakarta.
- Balarajan, Y., Ramakrishnan, U., Ozaltin, E., Shankar, A.H., Subramanian, S.V. (2011). Anaemia in Low Income and Middle Income Countries. *Lancet*; 378: 2123-35.
- Balçı, Y. I., Karabulut, A., Gürses, D., Çövu̇t, İ. E. (2012). Prevalence and Risk Factors of Anemia among Adolescents in Denizli , Turkey, 22(1), 77–81.
- Beck, K.L., Conlon, C.A., Kruger, R., Coad, J. (2014). Dietary Determinants of and Possible Solutions to Iron Deficiency for Young Women Living in Industrialized Countries: A Review. *Nutrients*: 6:3747-3776.
- Boulangé, C. L., Neves, A. L., Chilloux, J., Nicholson, J. K., & Dumas, M. (2016). Impact of the gut microbiota on inflammation , obesity , and metabolic disease. *Genome Medicine*, 8(42), 1–12. <http://doi.org/10.1186/s13073-016-0303-2>
- Bowman & Russel. (2001). *Present Knowledge in Nutrition.* ILSI Press. Washington DC.
- British Nutrition Foundation. (1995). *Iron Nutritional and Psychological Significance:* Chapman and Hall.
- CDPH. (2012). *California Nutrition and Physical Activity Guidelines for Adolescents.* Adolescent Nutrition. AN-1.

- Cheng, H. L., Bryant, C. E., Rooney, K. B., Steinbeck, K. S., Griffin, H. J., Petocz, P., & Connor, H. T. O. (2013). Iron, Hcpidin and Inflammatory Status of Young Healthy Overweight and Obese Women in Australia. *PLOS ONE*, 8(7), 1-6
- Choi, JW., Kim, SK. (2004). Association of Serum Insulin-Like Growth Factor-1 and Erythropoiesis in Relation to Body Besi Status (Brief Communication). *Annals of Clinical & Laboratory Science*. Vol. 34 No.3;324-328
- Corwin, E.J. (2009). *Handbook of Pathophysiology*, 3<sup>rd</sup> Ed. Jakarta: EGC.
- Delisle Hln. (2005). Nutrition in adolescence-issues and challenges for the health sector. *Issues in adolescent health and development*.
- Dewi, A.N., Mulyati, T. (2014). Hubungan Kebiasaan Sarapan dengan Kadar Hemoglobin pada Remaja Putri (Studi Penelitian di SMP Negeri 13 Semarang). *Journal of Nutrition College*, 3 (4): 824-30.
- Dijkhuizen & Wieringa. (2001). *Vitamin A, Besi and Zinc Deficiency in Indonesia*. Gizimikro Imeractions and Efzat besicts of Supplementation. Wageningen University.
- Dinkes Prov DIY. (2012). *Laporan Akhir Screening Anemia pada Remaja di Provinsi DIY tahun 2012*. Yogyakarta: Dinas Kesehatan Provinsi DIY.
- Dinkes Kota Yogyakarta. (2015). *Profil Kesehatan Tahun 2015 Kota Yogyakarta*. Yogyakarta: Dinas Kesehatan Kota Yogyakarta.
- Fishman, S.M., Christian, P., West, K.P. (2000). The Role of Vitamins in The Prevention and Control of Anaemia. *Public Health Nutr*. 3: 125-50.
- Ferawati (2016). *Hubungan Pola Konsumsi Pangan Inhibitor dan Enhancer Fe, Bioavailabilitas Fe, Status Gizi dengan Anemia Mahasiswi*. Skripsi. Departemen Gizi Masyarakat, Fakultas Ekologi Manusia. Institut Pertanian Bogor. Bogor.
- Goonewardene, M., Shehata, M., Hamad, A. (2012) Anaemia in pregnancy. *Best Practice & Research Clinical Obstetrics and Gynaecology*. 26: 3-24.
- Gottfried, R. J., Gerring, J. P., Machell, K., Yenokyan G., Riddle M. A. (2013). The Iron status of Children and Youth in a Community Mental Health Clinic is Lower than that of a National Sample, 23(2), 91-100.
- Grandone, A., Marzuillo, P., Perrone, L., & Miraglia, E. (2015). Iron Metabolism Dysregulation and Cognitive Dysfunction in Pediatric Obesity : Is There a Connection? *Nutrients*, (1), 9163-9170 <http://doi.org/10.3390/nu7115458>
- Gropper, S., Smith, J., & Groff, J., (2009). *Advanced nutrition and human metabolism*(5<sup>th</sup> ed.). Belmont, USA: Wadsworth, Cengage learning.
- Guyton, A., & Hal, J., (2006). *Textbook of medical pysiology* (11<sup>th</sup> ed.). Pennsylvania.
- Hallberg, L. (1998). Does Calcium Interzat besire with Besi Absorption?. *Am.J. Clin . Nutr*. 68 (1: 3-4).
- Hapzah., Yulita, R. (2012). Hubungan Tingkat Pengetahuan dan Status Gizi Terhadap Kejadian Anemia Remaja Putri pada Siswi Kelas III di SMAN 1 Tinambung Kabupaten Polewali Mandar. *Media Gizi Pangan*, 8(1).
- Hassan, F., Salim, S., Humayun, A. (2017). Prevalence and Determinants of Iron Deficiency Anemia in Adolescents Girls of Low Income Communities in Labore, *Annals Volume 23, Issue*.

- Hurrell, R. & Egli, I. (2010) Iron bioavailability and dietary rezent besirence values. *The American Journal of Clinical Nutrition*. 91(suppl): 146 1S–7S.
- Hurrell, R. F., Reddy, M. B., Juillerat, M., Cook, J. D. (2006). Meat Protein Fraction Enhance Nonheme Iron Absorbtion In Humans. *The journal of Nutrition*, p 2808-12.
- IFPRI. (2014). *Global Nutrition Report: Actions and Accountability to Accelerate the World's Progress on Nutrition*. Washington, DC.
- ILSI. (1999). Europe, Healthy, Lifestyle: Nutrition and Physical Activity. ILSI Press; 2(3):321-25.
- Indartanti, D dan Kartini, A. (2014). Hubungan Status Gizi Dengan Kejadian Anemia pada Remaja Putri. *Journal of Nutrition College*. 3(2).
- Jarvis, C. (2004). *Physical Examination and Health Assessment*. Missouri : Saunders.
- Johnson-Wimbley, T. D., & Graham, D.Y. (2011). Diagnosis and management of iron deficiency anemia in the 21<sup>st</sup> century. *Therapy Adv Gastroenterol*, 4 (13), 177-184.
- Kabir, Y., Shahjalal, M.H., Saleh, F., Obaid W. (2010). Dietary pattern, nutritional status, anaemia and anaemia-related knowledge in urban adolescent college girls of Bangladesh. *Journal of the Pakistan Medical Association*, 60 (8).
- Keikhaei, B., Askari, R. & Aminzadeh, M. (2012). Adolescent with Unfeasible Body Mass Index : A Risk Factor for Iron Deficiency Anemia. *J Health Med Informat*, 3(1), pp.1–4.
- Kementerian Kesehatan RI. (2011). *Keputusan Menteri Kesehatan Republik Indonesia No: 1995/MENKES/SK/XII/2010 tentang Standar Antropometri Penilaian Status Gizi Anak*. Jakarta: Direktorat Bina Gizi, Direktorat Jenderal Bina Gizi dan Kesehatan Gizi Ibu dan Anak Kemenkes RI.
- Kementerian Kesehatan RI. (2011). *Pedoman Interpretasi Data Klinik*. Direktorat Jenderal Bina Kefarmasian dan Alat Kesehatan. Jakarta: Kemenkes RI.
- Kementerian Kesehatan RI. (2013). *Pedoman Gizi Seimbang (Pedoman Teknis bagi Petugas dalam Memberikan Penyuluhan Gizi Seimbang)*. Dirjen Bina Gizi dan KIA. Jakarta: Kemenkes RI.
- Kementerian Kesehatan RI. (2014). *Pedoman Gizi Seimbang*. Dirjen Bina Gizi dan KIA. Jakarta: Kemenkes RI.
- Keskin, Y., Moschonis, G., Dimitriou, M., Sur, H., Kocaoglu, B., Hayran, O., & Manios, Y. (2005). Prevalence of iron deficiency among schoolchildren of difzat besirent socio-economic status in urban Turkey, 64-71. <http://doi.org.10.1038/sj.ejcn.1602035>.
- Khara T., Mates E. (2015). *Adolescent Nutrition Policy and Programming in SUN –Countries*. London : Save The Children
- Kraemer, K., & Zimmermann, M.B. (2007). *Nutritional Anemia*. Germany : Sight and Lizat besi.
- Lopez, A., Cacoub P., Macdougall C., Peyrin-Biroulet L. (2016). Iron Deficiency Anaemia. *Lancet*, 387 (10021), p.907
- Malina, R.M. (2007). Body Composition in Athletes: Assessment and Estimated Fatness. *Clin Sports Med.*, 26, 37–68.

- Marudut, Hardinsyah, Jalal, F., Marliyati, R., Anna, S., Damanik. (2012). *Efikasi Bubuk Tabur Gizi terhadap Status Zat Besi Santri Remaja Putri di Pondok Pesantren Tangerang (Disertasi)*. Bogor: Fakultas Ekologi Manusia – Institut Pertanian Bogor.
- Matayane G.S., Bolang L.S.A., Kawengian S.E.S. (2014). Hubungan antara Asupan Protein dan Zat Besi dengan Kadar Hemoglobin Mahasiswa Program Studi Pendidikan Dokter Angkatan 2013 Fakultas Kedokteran Universitas Sam Ratulangi. *Jurnal e-Biomedik (eBM)*, 2(3).
- Matthys, C., DeHenauw, S., Bellemans, M., DeMaeyer, M., DeBacker, G. (2007). Breakfast habits affect overall nutrient profiles in adolescents. *Public Health Nutrition*. 10(4), 413–421.
- Metz, J. (2008). A high prevalence of biochemical evidence of vitamin B<sup>12</sup> or folate deficiency does not translate into a comparable prevalence of anemia. *Food and Nutrition Bulletin*. 29 (supplement 2): S74-S85.
- Milman N. (2011). Anemia--Still a Major Health Problem in Many Parts of the World! *Annals of Hematology*, 90:369-77.
- Muwakhidah. (2009). *Efek Suplementasi Fe, Asam folat dan Vitamin B<sub>12</sub> terhadap Peningkatan Kadar Hemoglobin (Hb) pada Pekerja Wanita (di Kabupaten Sukoharjo)*. Universitas Diponegoro, Semarang.
- Nazif, H. K., El-shaheed, A. A., Mohsen, M. A., Fadl, N. N., & Moustafa, R. S. I. (2015). Study of Serum Hepcidin as a Potential Mediator of the Disrupted Iron Metabolism in Obese Adolescents. *International Journal of Health Sciences*, 9(2).
- Newfield, R. S., Koren, I., Agmon, A., Lilos, P., & Phillip, M. (2003). Greater prevalence of iron deficiency in overweight and obese children and adolescents. *International Journal of Obesity*, 27, 416–418. <http://doi.org/10.1038/sj.ijo.802224>
- Paputungan R. S., Kapantow H.N., Rattu M.J.A. (2016). Hubungan antara Asupan Zat Besi dan Protein dengan Kejadian Anemia pada Siswi Kelas VIII dan IX di SMP N 8 Manado. *Jurnal Ilmiah Farmasi-Unsrat* 5(1) : 348-354
- Patimah, S. (2017). *Gizi Remaja Putri Plus 1000 Hari Pertama Kehidupan*. Bandung : Refika Aditama
- Pavord, S., & Hunt, B. (2010). *The obstetric hematology manual*, Cambridge University Press, New York.
- Powers. (1998). Effect of Riboflavin Deficiency on the Handling of Iron. In : *Gizimikro Interaction, Impact on Child Health and Nutrition*. International Lizat besi Science Institute Press. Washington DC.
- Ramakrishnan. (2001). *Nutritional Anemias*. New York Washington DC. CRC Press, Boca Raton London.
- Ramakrishnan. (2004). Nutrition and Low Birth Weight : from Research to Practice. *American Journal of Clinical Nutrition*, 63 : 884-90.
- Raspati H., Reniarti L., Susanah S. (2005) Anemia Defisiensi Besi. Buku ajar Hematologi Onkologi Anak. Jakarta:BPIDAI.
- Sari, Y.R. (2017). *Hubungan Status Gizi dengan Kejadian Anemia pada Remaja Putri di SMK Muhammadiyah 1 Moyudan Sleman Yogyakarta*. Skripsi. Fakultas Ilmu Kesehatan Universitas 'Aisyiyah Yogyakarta.

- Sarma, K. V. R. (2009). Micronutrients-An Essential Aid to Daily Growth in Children. *Indian Pediatrics*, 46.
- Sawyer, S., Afifi, R.A., Bearinger, L. H., Blakemore, S.J., Dick, B., Ezeh, A.C., Patton, G.C. (2012). Adolescence: a Foundation for Future Health. *Lancet*, 379:1630-40.
- Schlenker dan Long (2007). Vitamins. In : Williams' Essentials of Nutrition and Diet Therapy. 9<sup>th</sup> edition. USA : Mosby Elsevier, Philadelphia.
- Schrier, S. L. (2011). Approach to the adult patient with anemia. Available from: [www.uptodate.com](http://www.uptodate.com)
- Soetardjo, S. (2011). *Gizi Usia Remaja: dalam Gizi Seimbang dalam Daur Kehidupan*. Jakarta: PT Gramedia Pustaka Utama.
- Soedijanto, S.G.A, Kapantov N.H, & Basuki A. (2015). Hubungan antara Asupan Zat Besi dan Protein dengan Kejadian Anemia pada Siswi SMPN 10 Manado. *Jurnal Ilmiah Farmasi Unsrat* 4(4)
- Soliman, A. T., De Sanctis, V., & Kalra, S. (2014). Anemia and growth. *Indian Journal of Endocrinology and Metabolism*, 18.
- Sompie, K., Mantik, M. Rompis, J. (2015). Hubungan Antara Status Gizi dengan Kadar Hemoglobin pada Remaja Usia 12-14 Tahun. *Jurnal e-clinic*, 3(1).
- Srinivas V, Mankeshwar R. (2015). Prevalence and determinants of nutritional anemia in an urban area among unmarried adolescent girls: A community-based cross-sectional study. *International Journal of Medicine and Public Health*, 5 (4): 283.
- Stopler, T. (2004). Medical Nutrition Therapy for Anemia. *Krause's Food and Nutrition Therapy*. 11<sup>th</sup> ed. Philadelphia: Saunders.
- Suharno D., West C.E., Muhilal, Karyadi D., Hautvast J.G. (1993). Supplementation with vitamin A and iron for nutritional anaemia in pregnant women in West Java, Indonesia. *Lancet*, 342:1325-1328.
- Sulistyoningsih, H. (2011). *Gizi Untuk Kesehatan Ibu Dan Anak*. Yogyakarta: Graha Ilmu.
- Sunita, A.(2010). *Prinsip Dasar Ilmu Gizi*. Gramedia Pustaka, Jakarta.
- Suwandi, T. & Efendi, F. (2015). Eating behavior control model in obese adolescents based on individual beliefs and ideal body image. *International Journal of Medical Science and Public Health*, 4(6), pp.0-3.
- Tarwoto dan Wasnidar. (2007). *Anemia pada Ibu Hamil. Konsep dan Penatalaksanaan*. Buku Saku. Jakarta: Penerbit Trans Info Media
- Thompson, E, F,. (2010). *Nutrition and Diet Therapy*. Penerbit Buku Kedokteran EGC, Jakarta
- Tritanto, M. (2013). *Hubungan Konsumsi Protein, Zat Besi, Vitamin C dan Vitamin A dengan Kadar Hemoglobin pada Wanita Usia Subur di Kecamatan Cangkringan, Sleman. Skripsi*. Universitas Muhammadiyah Surakarta.
- Tsai, A., & Berns, J. S. (2008). Anemia Management, 337-356. In: Byham-Gray L.D., Chertow G.M., Burrowes J.D. (eds) *Nutrition in Kidney Disease. Nutrition and Health*. Humana Press
- Tupe, R., Chiplonkar, S.A, Kapadia-Kundu, N. (2009). Influence of dietary and socio-demographic factors on the iron status of married adolescent girls

- from Indian urban slums. *International Journal of Food Sciences and Nutrition*, 60(1):51-9.
- Turyashemererwa, F. M., Kikafunda, J., Annan, R., Tumuhimbise, G.A. (2013). Dietary patterns, anthropometric status, prevalence and risk factors for anaemia among school children aged 5–11 years in Central Uganda. *J Hum Nutr Diet*. 26 (Suppl. 1), 73–81 doi:10.1111/jhn.12069.
- Walmsley, R.N., Watkinson L.R., Cain, H.J.(1999). *Plasma Iron: Case in Chemical Pathology a Diagnostic Approach*, 4<sup>th</sup> edition, 238-46.
- Webb, G. P. 2011. *Dietary Supplements and Functional Foods*, 2<sup>nd</sup> Ed. UK: Blackwell Ltd.
- Wibowo, C., Notoatmojo H., Rohmani A. (2013). Hubungan Antara Status Gizi Dengan Anemia Pada Remaja Putri Di Sekolah Menengah Pertama Muhammadiyah 3 Semarang, 1(2):
- Willows, N. D., Barbarich B.N., Wang, L. C. H., Olstad, D.L., Clandinin, M. T. (2011). Dietary inadequacy is associated with anemia and suboptimal growth among preschool-aged children in Yunnan Province, China. *Nutrition Research*, 31 (88-96).
- World Health Organization & US Centers for Disease Control. (2005). Assessing the iron status of populations. Report of a joint WHO/CDC Technical Consultation on the assessment of iron status at the population level. Geneva: Switzerland.
- World Health Organization. (2006). Adolescent Nutrition: a review of the situation in selected South-East Asian Countries.
- World Health Organization, & Center for Disease Control and Prevention Atlanta. (2008). *Worldwide prevalence of anaemia 1993-2005, WHO Global Database on Anaemia*. Spain.
- World Health Organization. (2009). Adolescent Health. *Child and Adolescent Mental Health Resources*.
- World Health Organization. (2011). Haemoglobin Concentrations for the Diagnosis of Anaemia and Assessment of Severity. Vitamin and Mineral Nutrition Information System. Geneva.
- World Health Organization. (2014). *Global Nutrition Targets 2025 : Anaemia Policy Brief*. Switzerland : World Health Organization.
- World Health Organization. (2016). *Guideline: Daily iron Supplementation in Adult Women and Adolescent Girls*. Geneva: World Health Organization.
- Worwood, M. (2012). Estimation of Body Iron Stores, 499-528. [https://link.springer.com/content/pdf/10.1007/978-1-60327-485-2\\_25.pdf](https://link.springer.com/content/pdf/10.1007/978-1-60327-485-2_25.pdf)
- Xue X., Shah YM. (2013). Intestinal Iron Homeostatis and Colon Tumorigenesis. *Nutrients*, 5:2333-2351.
- Zimmermann, M.B. (2001). Burgerstein's Handbook of Nutrition. Gizimikros in the Prevention and Therapy of Disease, page 127. Thieme Stuttgart-New York.
- Zimmermann, M.B., Biebinger R., Rohner F., Dib A., Zeder C., Hurrell RF., Chaouki N. (2006). Vitamin A supplementation in children with poor vitamin A and iron status increases erythropoietin and hemoglobin concentrations without changing total body iron. *Am J Clin Nutr*, 84:580-586.