

## DAFTAR PUSTAKA

- Aini, S.N. 2013. Faktor Risiko yang Berhubungan dengan Kejadian Gizi Lebih pada Remaja di Perkotaan. *Unnes Journal of Public Health*. 2(1): 2-8.
- Ambarita, E.M., Madanijah, S. Murdin, N.M. 2014. Hubungan asupan serat makanan dan air dengan pola defekasi anak sekolah dasar di kota Bogor. *Jurnal Gizi dan Pangan*; 9(1):7-14. Bogor.
- [AACCR] American Association of Cereal Chemists Report. 2011. *The Definition of Dietary Fiber*. *AACC International* 46(3): 112-126.
- Angka Kecukupan Gizi. 2019. Tabel AKG Kementerian Kesehatan Republik Indonesia.
- Basson, D. March. 2011. *Constipation*, Medscape Reference.
- Boyle, M.A and Roth, S.L. 2010. *Personal Nutrition*, Seventh Edition. Wadsworth Cengage Learning, Belmont.
- Brown, J.E. 2011. *Nutrition Through the Life Cycle*, Fourth Edition. Wadsworth Cengage Learning, Belmont.
- Cheng, C., Chan A.O., Hui, W.M, Lam, S.K. 2003. *Coping strategies, illness perception, anxiety and depression of patients with idiopathic constipation: a population-based study*. *Aliment Pharmacol Ther*, 18:319-26.
- Clifford, J., K. Niebaum, L. Bellows. 2015. *Dietary Fiber*. Colorado State University Extension.
- Collin, C.H and Lyne, P.M. 1987. *Microbiological Method*. (edisi kelima). London: Butterworths.
- Dairy Council of California. 2000. *Probiotic-friendly bacteria with a host of benefits*. <http://www.dairycouncilofca.org/pdfs/probiotics.pdf>. Diakses 10 Mei 2020.
- Departemen Kesehatan Republik Indonesia. 2008. Kegemukan Akibat Kurang Serat. <http://www.depkes.go.id>. Diakses 10 Mei 2020.
- Djojoningrat Dharmika. Pendekatan Klinis Penyakit Gastroenterology. 2006. Dalam Sudoyo W, Aru. Ed Buku Ajar Ilmu Penyakit Dalam. Jakarta: Internal Publishing: 444-445.
- Emanuel, A.V., Tack, J., Quigley, E.M., Talley, N.J. 2009. *Pharmacological management of constipation*. *Journal of Neurogastroenterology & Motility*, 21, 41-54.
- Eva, F. 2015. Prevalensi Konstipasi dan Faktor Risiko Konstipasi pada Anak. Denpasar: Universitas Udayana.
- FAO/WHO. 2001. *Health and nutritional properties of probiotics in food including power milk with live lactic acid bacteria. Proceedings of the FAO/WHO Expert Consultation on Evaluation of Health and Nutritional Properties of Probiotics in Food Including Power Milk With Live Lactic Acid Bacteria*; Cordoba, Argentina.
- Folden, Susan, L. 2002. *Practice guidelines: for the management of constipation in adults*. Article of Rehabilitation Nursing Foundation. [http://www.rehabnurse.org/pdf/Bowel\\_Guidefor.pdf](http://www.rehabnurse.org/pdf/Bowel_Guidefor.pdf). Diakses 05 Januari 2020.
- Guyton, A.C and Hall, J.E. 2003. *Textbook of Medical Physiology Edisi 9*. Philadelphia: W.B Saunders Company.

- Hadi, S. 1995. *Gastroenterologi edisi 6*. Bandung: PT Alumni.
- Hardinsyah, Soenaryo E.S, Briawan, D., Damayanthi, E., Dwiriani, C.M., Effendi, Y.H., Dewi, M., Aries, M. 2009. Kebiasaan Minum dan Status Hidrasi pada Remaja dan Dewasa di Dua Wilayah Ekologi yang Berbeda. Final Report. Bogor (ID): Perhimpunan Peminat Gizi dan Pangan Indonesia (Pergizi Pangan Indonesia) FEMA IPB dan Danone Aqua Indonesia.
- Higgins, P., and Johanson, J.F. 2004. *Epidemiology of constipation in North America: A systematic review*. American Journal of Gastroenterology. 750-9.
- Holzapfel, W.H., Haberer, P., Snel, J., Schillinger, U., Huis in't Veld, J.H. 1998. *Overview of gut flora and probiotics*. Int J Food Microbiol 41(2):85-101.
- [IOM] Institute of Medicine. 2005. *Dietary Reference Intake for Energy, Carbohydrate, Fiber, Fat, Fatty Acids, Cholesterol, Protein, and Amino Acids. A Report of the Panel on Macronutrients, Subcommittees on Upper Reference Levels of Nutrients and Interpretation and Uses of Dietary Reference Intakes, and the Standing Committee on the Scientific Evaluation of Dietary Reference Intakes*. National Academies Press, Washington, DC.
- Ishida, T., Yokota, A., Umezawa, Y., Toda, T., Yamada, K. 2005. *Identification and characterization of lactococcal and Acetobacter strains isolated from traditional Caucasian fermented milk*. Tokyo: J Nutr Sci Vitaminol 51: 187-193.
- Khomsan, A. dan Anwar, F. 2008. Sehat Itu Mudah, Wujudkan Hidup Sehat dengan Makanan Tepat. Jakarta (ID): Hikmah (PT Mizan Publika).
- Kusharto, C.M. 2006. Serat Makanan dan Peranannya bagi Kesehatan. Jurnal Gizi dan Pangan 1(2), 45-5.
- Lee, W.T., Ip K.S, Chan, J.S, Lui, N.W., and Young, B.W. 2008. *Increased Prevalence of Constipation In Pre-School Children Is Attributable To Under-Consumption Of Plant Foods: A CommunityBased Study*. J Paediatr Child Health. 44: 170-175.
- Mahan, L.K. dan Escott-Stump. 2008. *Food, Nutrition, and Diet Therapy*. USA: W.B Saunders Company.
- Matsumoto, K. 2006. *The effects of a probiotic milk product containing lactobacillus casei shirota on the defecation frequency and the intestinal microflora of sub-optimal health state volunteers: a randomized placebo-controlled cross-over study*. Journal of Bioscience Microflora ,25(2), 39-48.
- McGuire, M., and Beerman, K.A. 2011. *Nutritional Sciences: From Fundamentals to Food, Second Edition*. Wadsworth Cengage Learning, Belmont.
- Muchtadi, D. 2009. Pengantar Ilmu Gizi. Bandung (ID): Alfabeta.
- Obreoi, A., Aggarwal, A., and Singh, N. 2007. *Probiotic in health- a bug for what is bugging you*. Review Artikel Departements of Microbiology and Medicine, 9(3), 116-119.
- Ozaki, K., Maruo, T., Kosaka, H., Mori, M., Mori, H., Yamori, Y., Toda, T. 2018. *The effects of fermented milk containing Lactococcus lactis subsp. cremoris FC on defaecation in healthy young Japanese women: a double-blind, placebo-controlled study*. Int J Food Sci Nutr 69: 762-769.
- Peppas, N.A., Buri, P.A. 2008. Surface, *Interfacial and Molecular Aspects of Polymer Bioadhesion on Soft Tissue*. J. Controlled Release. 2.p. 257-275.

- Permenkes. Peraturan Menteri Kesehatan Republik Indonesia. 2014. Pedoman Gizi Seimbang. Permenkes RI No 41 tahun 2014. <http://www.hukor.depkes.go.id/>. Diakses 15 Mei 2020.
- Pijpers, M.A., Bongers, M.E., Benninga, M.A., Berger, M.Y. 2010. *Functional Constipation In Children a Systematic Review On Pragnosis and Predictive Factor*. J Perdeatr Gastronterol Nutr.
- Raissa, T. 2012. Asupan Serat dan Cairan, Aktivitas Fisik, Serta Gejala Konstipasi pada Lanjut Usia. Bogor: Skripsi Fakultas Ekologi Manusia Institut Pertanian Bogor.
- Rani, A.A., Simadibrata, M., Syam, A.F. 2011. Buku ajar gastroenterologi. Edisi ke-1. Jakarta: Internal Publisng Pusat Penerbit Ilmu Penyakit Dalam.
- Rolfes, S.R, Pinna, K., Whitney, E. 2009. *Nutrition: Understanding Normal and Clinical 8th ed*. USA (US): Wadsworth Cengage Learning.
- Roslina, L. 2017. Shoku Bunka : Warna Budaya dan Tradisi dalam Makanan Jepang. Izumi, Volume 6, No 2.
- Sanjoquin, M.A., Appleby, P.N., Spencer, E.A., Key, T.J. 2003. *Nutrition and lifestyle in relation to bowel movement frequency: a cross-sectional study of 20 630 men and women in EPIC–Oxford*. Public Health Nutrition. 7(1):77–83.
- Sari, I.P. 2016. Hubungan Konsumsi Serat dengan Pola Defekasi pada Mahasiswi Fakultas Kedokteran Unand. Jurnal Kesehatan Andalas 19(2): 425-430.
- Sediaoetama, A., Djaeni. 2004. Ilmu Gizi untuk Mahasiswa dan Profesi. Edisi kelima. Jakarta: Dian Rakyat. Hal. 1-244.
- Sekhon, B.S., and Jairah, S. 2010. *Prebiotics, probiotics and synbiotics: an overview*. J Pharm Educ Res.1:13-36.
- Sulistyoningsih. 2011. Gizi Untuk Kesehatan Ibu dan Anak. Yogyakarta: Graha Ilmu.
- Toda, T., Kosaka, H., Terai, M., Mori, H., Benno, Y., Yamori, Y. 2005. *Effects of fermented milk with Lactococcus lactis subsp. cremoris FC on defecation frequency and fecal microflora in healthy elderly volunteers*. J Jap Soc Food Sci Tech.
- Wald, A., Mueller-Lissner, S., Kamm, M.A., Hinkel, U., Richtern, E., Schuijt, C. 2010. *Survey of laxative use by adults with self-defined constipation in South America and Asia: a comparison of six countries*. Aliment Pharmacol Ther. 31:274–284.
- [WHO] World Health Organization. 2007. *Protein and Amino Acid Requirements in Human Nutrition Report of a Joint WHO/FAO/UNU Expert Consultation*. WHO. Geneva.