

DAFTAR PUSTAKA

- Abarca-Gómez, L., Abdeen, Z. A., Hamid, Z. A., Abu-Rmeileh, N. M., Acosta-Cazares, B., Acuin, C., dkk. (2017). Worldwide trends in body-mass index, underweight, overweight, and obesity from 1975 to 2016: a pooled analysis of 2416 population-based measurement studies in 128·9 million children, adolescents, and adults. *The Lancet*, 390(10113), 2627-2642.
- Afshin, A., Sur, P. J., Fay, K. A., Cornaby, L., Ferrara, G., Salama, J. S., & Afarideh, M. (2019). Health effects of dietary risks in 195 countries, 1990–2017: a systematic analysis for the Global Burden of Disease Study 2017. *The Lancet*, 393(10184), 1958-1972.
- Agustina, T. (2016). *Outlook Susu Komoditas Pertanian Subsektor Peternakan*. ISSN: 1907-1507. Pusat Data dan Sistem Informasi Pertanian, Sekretariat Jenderal, Kementerian Pertanian, Jakarta.
- Almatsier, S. (2002). *Prinsip Dasar Ilmu Gizi*. Jakarta: PT. Gramedia Pustaka Utama.
- Andreoli, A., Garaci, F., Cafarelli, F. P., & Guglielmi, G. (2016). Body composition in clinical practice. *European journal of radiology*, 85(8), 1461-1468
- Angka Kecukupan Gizi. (2019). *Angka Kecukupan Gizi Yang Dianjurkan Untuk Masyarakat Indonesia*. Lampiran Peraturan Menteri Kesehatan Republik Indonesia Nomor 28 Tahun 2019.
- Astuti, M., Meliala, A., Dalais, F. S., & Wahlqvist, M. L. (2000). Tempe, a nutritious and healthy food from Indonesia. *Asia Pacific Journal of Clinical Nutrition*, 9(4), 322-325.
- Balk, E. M., Adam, G. P., Langberg, V. N., Earley, A., Clark, P., Ebeling, P. R., & Dawson-Hughes, B. (2017). Global dietary calcium intake among adults: a systematic review. *Osteoporosis International*, 28(12), 3315-3324.
- Bernlohr, D. A., Jenkins, A. E., & Bennaars, A. A. (2002). Adipose tissue and lipid metabolism. In *New Comprehensive Biochemistry* (Vol. 36, pp. 263-289). Elsevier.
- Burgess, E., Hassmén, P., & Pumpa, K. L. (2017). Determinants of

adherence to lifestyle intervention in adults with obesity: a systematic review. *Clinical obesity*, 7(3), 123-135.

Cormick, G., & Belizán, J. M. (2019). Calcium intake and health. *Nutrients*, 11(7), 1606.

Dicker, D., Belnic, Y., Goldsmith, R., & Nitzan Kaluski, D. (2008). Relationship between dietary calcium intake, body mass index and waist circumference in MABAT--The Israeli National Health and Nutrition Study. *The Israel Medical Association Journal*, 10(7), 512.

Dorland, W.A. Newman. (2012). *Kamus Kedokteran Dorland; Edisi 28*. Jakarta: Buku Kedokteran EGC.

Eilat-Adar, S., Xu, J., Loria, C., Mattil, C., Goldbourt, U., Howard, B. V., & Resnick, H.E. (2007). Dietary Calcium Is Associated with Body Mass Index and Body Fat in American Indians. *The Journal of Nutrition*, 137(8), 1955–1960. doi:10.1093/jn/137.8.1955.

Etisham, S., Crabtree, N., Clark, P., Shaw, N., & Barrett, T. (2005). Ethnic differences in insulin resistance and body composition in United Kingdom adolescents. *The Journal of Clinical Endocrinology & Metabolism*, 90(7), 3963-3969.

Fernández-Sánchez, A., Madrigal-Santillán, E., Bautista, M., Esquivel-Soto, J., Morales-González, Á., Esquivel-Chirino, C., & Morales-González, J. A. (2011). Inflammation, oxidative stress, and obesity. *International journal of molecular sciences*, 12(5), 3117-3132.

Friedman, J. M. (2009). Causes and control of excess body fat. *Nature*, 459(7245), 340-342.

Garazhyan, S., Raftari, H., Zamani, M., Piri, E., Rakhshanizadeh, A., & Peeri, M. (2013). The effects of heredity on the body composition and cardiorespiratory fitness of parents and children. *Annals of Biological Research*, 4(3), 41-45.

García, O. P., Long, K. Z., & Rosado, J. L. (2009). Impact of micronutrient deficiencies on obesity. *Nutrition reviews*, 67(10), 559-572.

Geng, T., Qi, L., & Huang, T. (2018). Effects of Dairy Products Consumption on Body Weight and Body Composition Among Adults: An Updated Meta-Analysis of 37 Randomized Control Trials. *Molecular Nutrition & Food Research*, 62(1), 1700410.

- Gibson, R.S. (2005) *Principles of nutritional assessment*, New York: Oxford University Press.
- Gold, E. B. (2011). The timing of the age at which natural menopause occurs. *Obstetrics and Gynecology Clinics*, 38(3), 425-440.
- Gupta, N., Balasekaran, G., Govindaswamy, V. V., Hwa, C. Y., & Shun, L. M. (2011). Comparison of body composition with bioelectric impedance (BIA) and dual energy X-ray absorptiometry (DEXA) among Singapore Chinese. *Journal of Science and Medicine in Sport*, 14(1), 33-35.
- Hardini. (2013). Hubungan asupan kalsium dan konsumsi minuman ringan berkarbonasi dengan massa tulang mahasiswa s1 UGM Yogyakarta [Skripsi]. Yogyakarta (ID): Universitas Gadjah Mada.
- Haryadi, Kirana K. (2017). Faktor-Faktor Yang Memengaruhi Konsumsi Susu Pada Level Rumah Tangga [Skripsi]. Bogor (ID): Institut Pertaian Bogor.
- Heaney, R. P., Weaver, C. M., & Recker, R. R. (1988). *Calcium absorbability from spinach*. *The American Journal of Clinical Nutrition*, 47(4), 707-709.
- Heaney RP & Weaver CM. (1990). Calcium absorption from kale. *Am J Clin Nutr* 51, 656-657.
- Heaney RP, Dawson-Hughes B, Gallagher JC, Marcus R, Nieves JW. (2001). The role of calcium in peri-and postmenopausal women: consensus opinion of The North American Menopause Society. *Menopause (New York, NY)*, 8(2), 84.
- Henderson, L., Gregory, J., & Swan, G. (2003). The National Diet and Nutrition Survey: adults aged 19 to 64 years. *Vitamin and mineral intake and urinary analytes*, 3.
- IOM (Institute of Medicine). (2011). *Dietary Reference Intakes for Calcium and Vitamin D*. Washington, DC: The National Academies Press.
- Jacqmain, M., Doucet, E., Després, J. P., Bouchard, C., & Tremblay, A. (2003). Calcium intake, body composition, and lipoprotein-lipid concentrations in adults. *The American journal of clinical nutrition*, 77(6), 1448-1452.
- James, W. P. T. (1996). The epidemiology of obesity. *The origins and*

consequences of obesity, (201).

Jiménez, E. G. (2013). Body composition: assessment and clinical value. *Endocrinología y Nutrición (English Edition)*, 60(2), 69-75.

Jürimäe, J., Mäestu, E., Mengel, E., Rimmel, L., Purge, P., & Tillmann, V. (2019). Association between dietary calcium intake and adiposity in male adolescents. *Nutrients*, 11(7), 1454.

Kagawa, M., Kerr, D., Uchida, H., & Binns, C. W. (2006). Differences in the relationship between BMI and percentage body fat between Japanese and Australian- Caucasian young men. *British Journal of Nutrition*, 95(5), 1002-1007.

Karastergiou, K., Smith, S. R., Greenberg, A. S., & Fried, S. K. (2012). Sex differences in human adipose tissues—the biology of pear shape. *Biology of sex differences*, 3(1), 13.

Karvonen-Gutierrez, C., & Kim, C. (2016). Association of mid-life changes in body size, body composition and obesity status with the menopausal transition. *In Healthcare* (Vol. 4, No. 3, p. 42). Multidisciplinary Digital Publishing Institute.

Kesehatan, K. (2018). Riset Kesehatan Dasar (Riskesdas). *Kemendes RI*. Khadgawat, R., Marwaha, R. K., Tandon, N., Mehan, N., Upadhyay, A. D., Sastry, A., & Bhadra, K. (2013). Percentage body fat in apparently healthy school children from northern India. *Indian pediatrics*, 50(9), 859-866.

Kimmons, J. E., Blanck, H. M., Tohill, B. C., Zhang, J., & Khan, L. K. (2006). Associations between body mass index and the prevalence of low micronutrient levels among US adults. *MedGenMed : Medscape general medicine*, 8(4), 59.

Kumssa, D. B., Joy, E. J., Ander, E. L., Watts, M. J., Young, S. D., Walker, S., & Broadley, M. R. (2015). Dietary calcium and zinc deficiency risks are decreasing but remain prevalent. *Scientific reports*, 5, 10974.

Linde, J. A., Utter, J., Jeffery, R. W., Sherwood, N. E., Pronk, N. P., & Boyle, R. G. (2006). Specific food intake, fat and fiber intake, and behavioral correlates of BMI among overweight and obese members of a managed care organization. *International Journal of Behavioral Nutrition and Physical Activity*, 3(1), 42.

Lovejoy, J. C., Sainsbury, A., & Stock Conference 2008 Working Group.

- (2009). Sex differences in obesity and the regulation of energy homeostasis. *Obesity Reviews*, 10(2), 154-167.
- Lv, C. (2017). Structure, Function, and Nutrition of Calcium-Containing Proteins or Peptides from Foodstuffs. *Mineral Containing Proteins*, 117–150.
- Mahmud, M. K., Hermana, N., Marudut, S., & Zulfianto, N. A. (2018). Tabel Komposisi Pangan Indonesia (TKPI) 2017. *Jakarta: Direktorat Jenderal Kesehatan Masyarakat. Direktorat Gizi Masyarakat. Kementerian Kesehatan Republik Indonesia.*
- Marks, G. C., Hughes, M. C., & Van Der Pols, J. C. (2006). Relative validity of food intake estimates using a food frequency questionnaire is associated with sex, age, and other personal characteristics. *The Journal of nutrition*, 136(2), 459-465.
- Millward, D. J. (1998). Metabolic demands for amino acids and the human dietary requirement: Millward and Rivers (1988) revisited. *The Journal of nutrition*, 128(12), 2563S-2576S.
- National Institutes of Health [NIH]. 2012. *Overweight and Obesity Statistic*. Weight Control Information Network. NIH Publication. No.04-4158: 1-6
- Ode, J. J., Pivarnik, J. M., Reeves, M. J., & Knous, J. L. (2007). Body mass index as a predictor of percent fat in college athletes and nonathletes. *Medicine and science in sports and exercise*, 39(3), 403-409.
- Phillips, S. M., Hartman, J. W., & Wilkinson, S. B. (2005). Dietary protein to support anabolism with resistance exercise in young men. *Journal of the American College of Nutrition*, 24(2), 134S-139S.
- Pravina, P., Sayaji, D., & Avinash, M. (2013). Calcium and its role in human body. *International Journal of Research in Pharmaceutical and Biomedical Sciences*, 4(2), 659-668.
- Purwati S. 2001. *Perencanaan Menu Untuk Penderita Kegemukan*. Jakarta: Penebar Swadaya
- Rankinen, T., Zuberi, A., Chagnon, Y. C., Weisnagel, S. J., Argyropoulos, G., Walts, B., dkk . (2006). The human obesity gene map: the 2005 update. *Obesity*, 14(4), 529-644.
- Reid, I. R., Ames, R., Mason, B., Bolland, M. J., Bacon, C. J., Reid, H.

- E., & Horne, A. (2010). Effects of calcium supplementation on lipids, blood pressure, and body composition in healthy older men: a randomized controlled trial. *The American journal of clinical nutrition*, 91(1), 131-139.
- Rozenek, R., Ward, P., Long, S., & Garhammer, J. (2002). Effects of high-calorie supplements on body composition and muscular strength following resistance training. *Journal of Sports Medicine and Physical Fitness*, 42(3), 340-347.
- Sacheck, J. M., Kuder, J. F., & Economos, C. D. (2010). Physical fitness, adiposity, and metabolic risk factors in young college students. *Medicine and science in sports and exercise*, 42(6), 1039-1044.
- Sadeghi, O., Keshteli, A. H., Doostan, F., Esmailzadeh, A., & Adibi, P. (2018). Association between dairy consumption, dietary calcium intake and general and abdominal obesity among Iranian adults. *Diabetes & Metabolic Syndrome: Clinical Research & Reviews*, 12(5), 769-775.
- Samil, R. S., & Wishnuwardhani, S. D. (1994). Health of Indonesian women city-dwellers of perimenopausal age. *Maturitas*, 19(3), 191-197.
- Saraswati, T. R. (2017). Absorpsi dan Metabolisme Kalsium pada Puyuh (*Coturnix-coturnix Japonica*). *Buletin Anatomi dan Fisiologi (Bulletin of Anatomy and Physiology)*, 2(2), 178-186.
- Sari, K., & Amaliah, N. (2014). Hubungan Faktor Sosial Demografi Dan Kegemukan Pada Penduduk Dewasa Di Indonesia Tahun 2007 Dan 2010 (Analisis Data Riskesdas 2007 Dan 2010). *Jurnal Ekologi Kesehatan*, 13(4 Des), 329-339.
- Schrager, S. (2005). Dietary calcium intake and obesity. *The Journal of the American Board of Family Practice*, 18(3), 205-210.
- Shi, H., Norman, A. W., & Zemel, M. B. (2001, March). 1 alpha, 25-dihydroxyvitamin D-3 modulates human adipocyte metabolism via nongenomic action. In *FASEB JOURNAL*, 5(5), 1091.
- Shrimpton, R., & Rokx, C. (2012). *The double burden of malnutrition: a review of global evidence*.
- Shunmugam, V., & Say, Y. H. (2016). Evaluation of association of ADRA2A rs553668 and ACE I/D gene polymorphisms with obesity

- traits in the Setapak population, Malaysia. *Iranian Red Crescent Medical Journal*, 18(2).
- Sine, Y., & Soetarto, E. S. (2018). The Change Contents of Vitamin and Mineral on Fermented Pigeon Pea (*Cajanus cajan* L.) Tempeh. *Jurnal Saintek Lahan Kering*, 1(1), 1-3.
- Skinner, J. D., Bounds, W., Carruth, B. R., & Ziegler, P. (2003). Longitudinal calcium intake is negatively related to children's body fat indexes. *Journal of the American Dietetic Association* 103(12), 1626–1631. doi:10.1016/j.jada.2003.09.018.
- Smolin, Lor A., & Grosvenor, Mary B. (1999). *Nutrition Science & Applications 3rd Editions*. United States of America: John Wiley & Sons, Inc.
- Wang, Y. C., McPherson, K., Marsh, T., Gortmaker, S. L., & Brown, M. (2011). Health and economic burden of the projected obesity trends in the USA and the UK. *The Lancet*, 378(9793), 815-825
- Wang, Z. M., Pierson Jr, R. N., & Heymsfield, S. B. (1992). The five-level model: a new approach to organizing body-composition research. *The American journal of clinical nutrition*, 56(1), 19-28.
- Webb, V. L., & Wadden, T. A. (2017). Intensive lifestyle intervention for obesity: principles, practices, and results. *Gastroenterology*, 152(7), 1752-1764.
- Weber, D. R., Leonard, M. B., & Zemel, B. S. (2012). Body composition analysis in the pediatric population. *Pediatric endocrinology reviews: PER*, 10(1), 130.
- Weise, C. M., Hohenadel, M. G., Krakoff, J., & Votruba, S. B. (2014). Body composition and energy expenditure predict ad-libitum food and macronutrient intake in humans. *International journal of obesity*, 38(2), 243-251.
- Wells, J. C. (2007). Sexual dimorphism of body composition. *Best practice & research Clinical endocrinology & metabolism*, 21(3), 415-430.
- White, U. A., & Tchoukalova, Y. D. (2014). Sex dimorphism and depot differences in adipose tissue function. *Biochimica et Biophysica Acta (BBA)-Molecular Basis of Disease*, 1842(3), 377-392.
- Willett, W. C. (1998). Is dietary fat a major determinant of body fat?. *The*

American journal of clinical nutrition, 67(3), 556S-562S.

William., Melvin, H. (2002). *Nutrition for Health, Fitness, and Sport*. The Mc Graw-Hill companies, Inc.

World Health Organization. (1998). *Obesity: preventing and managing the global epidemic: report of a WHO consultation on obesity, Geneva, 3-5 June 1997* (No. WHO/NUT/NCD/98.1). Geneva: World Health Organization.

World Health Organization. (2000). *The Asia-Pacific perspective: redefining obesity and its treatment*. Sydney: Health Communications Australia.

World Health Organization, E. C. (2004). Appropriate body-mass index for Asian populations and its implications for policy and intervention strategies. *Lancet (London, England)*, 363(9403), 157.

World Health Organization. (2014). Obesity and overweight. Fact sheet. Tersedia dari: <http://www.who.int/mediacentre/factsheets/fs311/en/> [Diakses tanggal 20 Juni 2019]

World Health Organization. (2016). Obesity and overweight. Fact sheet. Tersedia dari: <http://www.who.int/mediacentre/factsheets/fs311/en/> [Diakses tanggal 20 Juni 2019]

World Health Organization. (2015). *Global status report on noncommunicable diseases, World Heal. Stat*. Geneva: World Health Organization.

Wulan, S. N., Westertep, K. R., & Plasqui, G. (2010). Ethnic differences in body composition and the associated metabolic profile: a comparative study between Asians and Caucasians. *Maturitas*, 65(4), 315-319.

Yusmiati, S. N. H., & Erni, E. (2017). Pemeriksaan kadar kalsium pada masyarakat dengan pola makan vegetarian. *Jurnal SainHealth*, 1(1), 43-49.

Zaccagni, L., Barbieri, D., & Gualdi-Russo, E. (2014). Body composition and physical activity in Italian university students. *Journal of Translational Medicine*, 12(1), 120.

Zanovec, M., Lakkakula, A. P., Johnson, L. G., & Turri, G. (2009).

Physical activity is associated with percent body fat and body composition but not body mass index in white and black college students. *International journal of exercise science*, 2(3), 175.

Zemel, M. B., Shi, H., GREER, B., DIRIENZO, D., & ZEMEL, P. C. (2000). Regulation of adiposity by dietary calcium. *The FASEB Journal*, 14(9), 1132-1138.

Zemel, M. B. (2002). Regulation of adiposity and obesity risk by dietary calcium: mechanisms and implications. *Journal of the American College of Nutrition*, 21(2), 146S-151S.

Zemel, M. B. (2003). Role of dietary calcium and dairy products in modulating adiposity. *Lipids*, 38(2), 139-146.

Zemel, M. B., & Miller, S. L. (2004). Dietary calcium and dairy modulation of adiposity and obesity risk. *Nutrition reviews*, 62(4), 125-131.