

## DAFTAR PUSTAKA

- American Dietetic Association, 2009. *Nutrition and Athletic Performance*, s.l.: American College of Sports Medicine.
- Armstrong, L. E. & Maresh, C. M., 1996. Vitamin and mineral supplements as nutritional aids to exercise performance and health. *Nutrition Reviews*, 54(4), p. 149.
- Arriaza, R., 2009. Karate. In: R. Kordi, N. Maffulli, R. R. Wroble & W. A. Wallace, eds. *Combat Sports Medicine*. London: Springer-Verlag London, pp. 287-297.
- Artioli, G. G. et al., 2013. Nutrition in Combat Sports. In: D. Bagchi, S. Nair & C. K. Sen, eds. *Nutrition and Enhanced Sports performance*. London: Elsevier Inc., pp. 115-128.
- Aulin, K. P., 2000. Minerals: Calcium. In: R. J. Maughan, ed. *Nutrition in Sport*. Oxford: Blackwell Science Ltd, pp. 318-325.
- Azwar, S., 2007. *Metode Penelitian*. Cetakan VIII ed. Yogyakarta: Pustaka Pelajar.
- Birkenhead, K. L. & Slater, G., 2015. a review of factors influencing athletes' food choice.
- British Taekwondo, 2014. *Policy in Making Weight for training and Competition*. London: British Taekwondo.
- Brouns, F., 2002. *Essentials of Sports Nutrition Second Edition*. England: John Wiley & Sons Ltd.
- Brown, A. R., 2013. *Calcium Intake and Eating Attitudes in Male and Female High School Athletes*, California: California State University.
- Brown, C., Shaibu, S., Maruapula, S. & Maletle, L., 2015. Perceptions and Attitudes toward Food Choice in Adolescents in Gaborone, Botswana. *Appetite*, Volume 95, pp. 29-35.
- Cammarata, C. R., 2016. *Dietary Intakes of Strength Athletes*, New York: D'Youville College.
- Chen, J., 2000. Vitamins: Effects of Exercise on Requirements. In: R. J. MAUGHAN, ed. *Nutrition in Sport*. oxford: Blackwell Science Ltd, pp. 281-291.
- Dahlan, M. S., 2015. *Statistik untuk Kedokteran dan Kesehatan*. 6 ed. Jakarta: Epidemiologi Indonesia.
- Depkes RI, 2007. *Pedoman Penyelenggaraan Makanan Rumah Sakit*. Jakarta: Departemen Kesehatan RI.
- Dewi, E. K. & Kuswary, M., 2013. Hubungan Asupan Zat Gizi Makro dan Status Gizi Terhadap Kebugaran Atlet Bulutangkis Jaya Raya Pada Atlet Laki-Laki Dan Perempuan di Asrama Atlet Ragunan Tahun 2013.. *Nutrire Diaita*, 5(2), pp. 94-112.
- Drummond, K. E. & Brefere, L. M., 2007. *Nutrition for Foodservice and Culinary Professionals*. 7th ed. New Jersey: John Wiley & Sons.
- El-Said, O. A. & Fathy, E. A., 2015. Assessing University Students' Satisfaction with On-Campus Cafeteria Services. *Tourism Management Perspectives*, Volume 16, pp. 318-324.
- Epstein, L. H. et al., 2010. What Constitutes Food Variety? Stimulus Specificity of Food. *Appetite*, Volume 54, pp. 23-29.
- Fatimah, S., 2008. *Hubungan antara Penilaian Mutu Hidangan, Tingkat Kecukupan Energi dan Protein dengan Status Gizi Taruna di Asrama Politeknik Ilmu Pelayaran (PIP) Semarang*, Semarang: Universitas Diponegoro.

- Febrianti, D., 2009. *Penyelenggaraan Makanan, Tingkat Konsumsi, dan Analisis Preferensi Atlet di SMA Negeri Ragunan Jakarta*, Bogor: Institut Pertanian Bogor.
- Fleming, S. & Costarelli, V., 2007. Nutrient Intake and Body Composition in Relation to Making Weight in Young Male Taekwondo Players. *Nutrition & Food Science*, 37(5), pp. 358-366.
- Fogelholm, M., 2000. Vitamins: Metabolic Functions. In: *Nutrition in Sport*. Oxford: Blackwell Science Ltd, p. 266.
- Fong, S. S. M. & Ng, G. Y. F., 2011. Does Taekwondo Training Improve Physical Fitness?. *Physical Therapy in Sport*, Volume 12, pp. 100-106.
- Hacket, A., 2007. Dietary Survey Methods. In: *Nutrition and Sport : Advances in Sport and Exercise Science*. Philadelphia: Hurchill Livingstone, p. 21.
- Hammond, K., 2008. Assessment: Dietary and Clinical Data. In: *Krause's Food & Nutrition Therapy*. Missouri: Elsevier.
- Haugaard, P., Brockhoff, P. B. & Lahteenmaki, L., 2016. Objective Measure of Meal Variety Lacking Association with Consumers' Perception of Variety with Self-selected Buffet Meals at Work. *Food Quality and Preference*, Volume 51, pp. 123-129.
- Haugaard, P., Brockhoff, P. B. & Lahteenmaki, L., 2016. Objective Measures of Meal Variety Lacking Association with Consumers' Perception of Variety with Self-selected Buffet Meals at Work. *Food Quality and Preference*, Volume 51, pp. 123-129.
- Helinda, T. C., 2000. *Kelayakan Konsumsi Energi dan Zat Gizi pada Olahragawan remaja di SMU Ragunan Jakarta*, Bogor: Institut Pertanian Bogor.
- Hodson, K. T., 1993. *the impact of the collegiate athletic dining hall on the well-being of student-athletes*, Texas: Texas Tech University.
- Husaini, M., 2000. Kebutuhan Protein untuk Berprestasi Optimal. In: *Pedoman Pelatihan Gizi Olahraga untuk Prestasi*. Jakarta: Departemen Kesehatan dan Kesejahteraan Sosial RI.
- Kamaruddin, M., 2013. Gambaran Asupan Zat Gizi, Status Gizi, dan Tingkat Kebugaran Atlet Olahraga Bermain di Pusat Pendidikan dan Latihan Olahraga Pelajar (PPLP) Dinas Pemuda dan Olahraga Provinsi Sulawesi Selatan. *Berkala Ilmiah Mahasiswa Gizi Indonesia*, pp. 20-26.
- Kandarina, I., 2006. *Nutrisi dan Prestasi untuk Atlet*. Yogyakarta, MEDIKA Fakultas Kedokteran UGM Yogyakarta, p. 19.
- Kazemi, M. & Rahman, A. D. C. M., 2011. *Weight Cycling in Adolescent Taekwondo Athletes*. Canada: Journal of Canada Chiropractic Association.
- Kazemi, M., Waalen, J., Morgan, C. & White, A. R., 2006. A Profile of Olympic Taekwondo Competitors. *Journal of Sports Science and Medicine*, pp. 114-121.
- Keith, R. E., 2006. Ascorbic Acid. In: *Sports Nutrition : Vitamins and Trace Elements*. New York: CRC Press.
- Kementerian Kesehatan RI, 2013. *Pedoman Gizi Olahraga Prestasi*. Jakarta: Kementrian Kesehatan RI.
- Kotler, P. & Armstrong, G., 2008. *Principles of Marketing*. 12th ed. New Jersey: Pearson Education, Inc..
- Kushartanti, B. W., 2006. *Kebutuhan dan Pengaturan Makan Selama Latihan, Pertandingan, dan Pemulihan*, Yogyakarta: Universitas Negeri Yogyakarta.

- Latifah, M., 2007. *persepsi dan ekspektansi terhadap profesi psikologi (penelitian deskriptif pada mahasiswa psikologi Universitas Negeri Semarang Tahun 2007)*, Semarang: Universitas Negeri Semarang.
- Lubis, J. & Wardoyo, H., 2014. *Pencak Silat: Panduan Praktis Edisi kedua*. Jakarta: PT RajaGrafindo Persada.
- Marcus, J. B., 2012. *Culinary Nutrition : The Science and Practice of Healthy Cooking*. Oxford: Elsevier Inc.
- Markovic, G., Vucetic, V. & Cardinale, M., 2008. Heart Rate and Lactate Responses to Taekwondo Fight in Elite Women Performers. *Biology of Sport*, 25(2), pp. 135-146.
- Mathias, K. C. et al., 2012. Serving Larger Portions of Fruits and Vegetables Together at Dinner Promotes Intake of Both Foods among Young Children. *Journal of the Academy of Nutrition and Dietetics*, 112(2), pp. 266-270.
- Maughan, R., 2002. *The athlete's diet: nutritional goals and dietary strategies*. Sheffield, Proceedings of the Nutrition Society.
- Mehlenbeck, R. S., 1998. *Calcium Supplementation And Bone Mineral Density In Female Collegiate Athletes*, s.l.: University of Memphis.
- Meiselman, H. L., deGraaf, C. & Leshner, L. L., 2000. The effects of variety and monotony on food acceptance and intake at a midday meal. *Physiology and Behavior*, 70(1-2), pp. 119-125.
- Micheli, L. J. & Mountjoy, M., 2009. The Young Athlete. In: R. J. Maughan, ed. *The Olympic Textbook of Science in Sport*. Oxford: Blackwell Publishing Ltd, p. 371.
- Miller, N. et al., 2015. Increasing portion sizes of fruits and vegetables in an elementary school lunch program can increase fruit and vegetable consumption. *Appetite*, Volume 91, pp. 426-430.
- Moehyi, S., 1982. *Ilmu Gizi Jilid II*. Jakarta: Penerbit Bharata Karya Aksara.
- Moehyi, S., 1992. *Penyelenggaraan Makanan Institusi dan Jasa Boga*. Jakarta: Penerbit Bhratara.
- Moffatt, R. J., Tomatis, V. B., Harris, D. A. & Deetz, A. M., 2011. Estimation of Food and Nutrient Intakes of Athletes. In: *Nutritional Assessment of Athletes*. New York: CRC Press.
- Mohalijah, M. A., Boo, H. C., Ainul Zakiah, A. B. & Muhammad Shahrim, A. K., 2014. Factors affecting dining satisfaction and acceptability of food item among athletes during a sport event. *International Food Research Journal*, 21(5), pp. 1719-1724.
- Nestle, M. et al., 1998. Behavioral and Social Influences on Food Choice. *Nutrition Reviews*, 56(5), pp. S50-S64.
- Nurdianty, I., Radhiyah, N., Dachlan, D. M. & Nawir, N., 2012. Penyelenggaraan Makanan dan Tingkat Kepuasan Atlet di Pusat Pendidikan dan Latihan Pelajar Dinas Pendidikan Pemuda dan Olahraga Makassar. *Media Gizi Masyarakat Indonesia*, 1(2), pp. 91-96.
- Nurlindayati, E., 2008. *Hubungan antara Asupan Kalsium dan Aktifitas Fisik terhadap Massa Tulang pada Anggota Taekwondo di Yogyakarta*, Yogyakarta: Universitas Gadjah Mada.
- Parizel, O. et al., 2016. Providing Choice and/or Variety during a Meal: Impact on Vegetable Liking and Intake. *Appetite*, Volume 108, pp. 391-398.

- Perdanawati, Y., 2006. *Hubungan antara Penilaian Menu terhadap Asupan Energi dan Protein Atlet di Asrama Jatidiri Semarang*, Semarang: Universitas Diponegoro.
- Petrie, H. J., Stover, E. A. & Horswill, C. A., 2004. Nutritional Concerns for the Child and Adolescent Competitor. *Nutrition*, Volume 20, pp. 620-631.
- Pettersson, S., 2013. *Nutrition in Olympic Combat Sports. Elite athletes' dietary intake, hydration status and experiences of weight regulation.*, Göteborg: University of Gothenburg.
- Pieter, W., 2009. Taekwondo. In: R. Kordi, R. R. Wroble, N. Mafulli & W. A. Wallace, eds. *Combat Sports Medicine*. London: Springer-Verlag , p. 263.
- Pitriani, A., 2012. *Hubungan Konsumsi Pangan dan Status Gizi dengan Tingkat kebugaran Atlet Taekwondo Remaja di Pemusatan Latihan Nasional Cipayung Bogor*. Bogor: Institut Pertanian Bogor.
- Pollard, J., Kirk, S. F. L. & Cade, J. E., 2002. Factors affecting food choice in relation to fruit and vegetable intake : a review. *Nutrition Research Reviews*, Volume 15, pp. 373-387.
- Primana, D. A., 2000. Penggunaan Lemak Dalam Olahraga. In: *Pedoman Pelatihan Gizi Olahraga untuk Prestasi*. Jakarta: Direktorat Gizi Masyarakat, p. 44.
- Puckett, R. P., 2004. *Food Service Manual for Health Care Institutions*. 3rd ed. San Francisco: American Hospital Association.
- Purba, M. B., 2006. *Pengaruh Kebiasaan Makan terhadap Prestasi Atlet*. Yogyakarta, MEDIKA Fakultas Kedokteran UGM Yogyakarta, p. 39.
- Putri, T. D. S., 2009. *Hubungan Tingkat Pengetahuan, Sikap Atlet Mengenai Menu Seimbang dan Asupan Gizi dengan Status Gizi Atlet di Pisat Pendidikan dan Pelatihan Mahasiswa Yogyakarta*, Yogyakarta: Universitas Gadjah Mada.
- Rankin, J. W., 2010. Making Weight in Sports. In: L. Burke & V. Deakin, eds. *Clinical Sports Nutrition*. North Ryde: McGraw-Hill Australia Pty Ltd, pp. 149-168.
- Rasmussen, C. J., 2008. Nutrition Before, During, and After Exercise for the Strength/Power Athlete. In: J. Antonio, et al. eds. *Essentials of Sports Nutrition and Supplements*. Totowa: Humana Press, pp. 647-665.
- Rismayanthi, C., 2008. *Gizi untuk Peningkatan Prestasi Olahragawan*, Yogyakarta: Universitas Negeri Yogyakarta.
- Rumawas, J. S. P., 2000. Penggunaan Kalsium pada Atlet Amenore. In: Z. A. Tanaya, et al. eds. *Pedoman Pelatihan Gizi Olahraga untul Prestasi*. Jakarta: Direktorat Gizi Masyarakat, pp. 54-64.
- Rusli, 2011. *Pencegahan Cedera Olahraga bagi Atlet melalui Nutrisi*. Makasar: Jurnal ILARA.
- Saleh, M. & Matakupan, J., 1983. *Bela Diri II*. Jakarta: CV. Gembira.
- Sastroasmoro, S. & Ismael, S., 2011. *Dasar-dasar metodologi Penelitian Klinis*. 4 ed. Jakarta: Sagung Seto.
- Scammell, A. W., Vergouwen, P. C. & Thimister, E. J., 2003. The role of diary in sports nutrition. *Australian Journal of Dairy Technology*, 58(2), p. 61.
- Schwartz, A. K., 2014. *The Effect of a Nutrition Education Program on Nutrition Knowledge, Dietary Intake, Body Composition and Perceived Sport Performance Among High School Athletes*, Kentucky: Theses and Dissertations--Dietetics and Human Nutrition.

- Sedyanti, T., 2000. Penyusunan Menu. In: *Pedoman Pelatihan Gizi Olahraga untuk Prestasi*. Jakarta: Departemen Kesehatan dan Kesejahteraan Sosial RI.
- Sedyanti, T., 2014. *Pengalaman Penyelenggaraan Makanan untuk Atlet*. Yogyakarta, PERSAGI.
- Setyowati, R. D., 2008. *Sistem Penyelenggaraan Makanan, Tingkat Konsumsi, Status Gizi serta Ketahanan Fisik Siswa Pusat Pendidikan Zeni Kodiklat TNI AD Bogor Jawa Barat*, Bogor: Institut Pertanian Bogor.
- Sidi, B. D., 2006. *Performance Athletes dan Pengalaman Mempersiapkan Atlet, Kaitannya dengan Gizi*. Yogyakarta, MEDIKA Fakultas Kedokteran UGM Yogyakarta, p. 1.
- Simamora, B., 2008. *Panduan Riset Perilaku Konsumen*. Jakarta: PT Gramedia Pustaka Utama.
- Spronk, I., Kullen, C., Bourdon, C. A. & O'Connor, H., 2014. Relationship between nutrition knowledge and dietary intake. *The British Journal of Nutrition*, 111(10), pp. 11713-1726.
- Sugiyono, 1999. *Statistika Untuk Penelitian*. Bandung: CV Alfabeta.
- Suparyanto, 2010. *dr. suparyanto, M.Kes.* [Online] Available at: [dr-suparyanto.blogspot.co.id/2010/12/uji-validitas-kuesioner-penelitian.html?m=1](http://dr-suparyanto.blogspot.co.id/2010/12/uji-validitas-kuesioner-penelitian.html?m=1) [Accessed 13 Maret 2017].
- Sutyawan, 2013. *Penyelenggaraan Makanan, daya terima makanan, dan tingkat asupan siswa asrama kelas unggulan SMA 1 Pemali Bangka Belitung*, Bogor: Institut Pertanian Bogor.
- Sutyawan & Setiawan, B., 2013. Penyelenggaraan Makanan, Daya Terima Makanan, dan Tingkat Asupan Siswa Asrama Kelas Unggulan SMA 1 Pemali Bangka Belitung. *Jurnal Gizi dan Pangan*, 8(3), pp. 207-214.
- Tackett, B. P., Petrie, T. A. & Anderson, C. M., 2016. The Frequency of Weigh-ins, Weight Intentionality and Management, and Eating Among Female Collegiate Athletes. *Eating Behaviors*, Volume 23, pp. 82-85.
- Ulfa, W. P., 2011. *Mutu Makanan, Tingkat Konsumsi, Status Gizi, serta Daya Tahan (Endurance) Siswa Pusat Pendidikan Zeni Kodiklat TNI AD Bogor Jawa Barat*, Yogyakarta: Universitas Gadjah Mada.
- Valliant, M. W., Emplaincourt, H. P., Wenzel, R. K. & Garner, B. H., 2012. Nutrition Education by a Registered Dietitian Improves Dietary Intake and Nutrition Knowledge of a NCAA Female Volleyball Team. *Nutrients*, Volume 4, pp. 506-516.
- Wahyuningsih, D., 2013. *Hubungan Pemenuhan Energi, Protein, Lemak Dan Karbohidrat Terhadap Power Lengan Dan Power Tungkai Atlet Pencak Silat Tanding Pelatda Daerah Istimewa Yogyakarta*, Yogyakarta: UGM.
- Watkinson, T., 1997. The complexities of Vitamin C. *Joe Weider's Muscle & Fitness*, 58(11), p. 194.
- Widiastuti, P. A., 2008. *Dukungan Pola Makan terhadap Latihan Fisik Pencak Silat Pelatihan Daerah Pekan Olahraga Nasional 2008 Propinsi Bali*, Yogyakarta: Universitas Gadjah Mada.
- Wilmore, J. H., 2000. Weight Category Sports. In: *Nutrition in Sport*. Oxford: Blackwell Science.