DAFTAR PUSTAKA

DAFTAR PUSTAKA

Alshahry, A. M., & Alhazmi, A. (2026). Determinants of food choices on online food delivery applications among university students: A cross-sectional study. *Scientific Reports*, *16*, 9114. https://doi.org/10.1038/s41598-026-40145-x

Amelia, A. E., Ardiaria, M., & Wijayanti, H. S. (2017). Hubungan asupan sugar-sweetened beverage dan massa lemak tubuh dengan kejadian menarche dini. *Journal of Nutrition College*, *6*(3), 204–210.

Ardiaria, M., Wijayanti, H. S., & Dieny, F. F. (2019). Hubungan pola konsumsi makanan tinggi energi dengan persentase lemak tubuh dewasa muda. *Journal of Nutrition College*, *8*(2), 85–92.

Askari, M., Heshmati, J., Shahinfar, H., Tripathi, N., & Daneshzad, E. (2020). Ultra-processed food and the risk of overweight and obesity: A systematic review and meta-analysis of observational studies. *International Journal of Obesity*, *44*, 2080–2091. https://doi.org/10.1038/s41366-020-00650-z

Asnicar, F. *et al*. (2021) 'Microbiome connections with host metabolism and habitual diet from 1,098 deeply phenotyped individuals', Nature Medicine, 27(2), pp. 321–332.

Bohara, S. S., Thapa, K., Bhatt, L. D., Dhami, S. S., & Wagle, S. (2021). Determinants of Junk Food Consumption Among Adolescents in Pokhara Valley, Nepal. *Frontiers in Nutrition*, *8*. https://doi.org/10.3389/fnut.2021.644650

Bredella, M.A. (2017) 'Sex Differences in Body Composition', dalam Mauvais-Jarvis, F. (ed.) Sex and Gender Factors Affecting Metabolic Homeostasis, Diabetes and Obesity. Advances in Experimental Medicine and Biology, Vol. 1043. Cham: Springer, pp. 9–27. https://doi.org/10.1007/978-3-319-70178-3_2

Borga, M., West, J., Bell, J. D., Harvey, N. C., Romu, T., Heymsfield, S. B., & Dahlqvist Leinhard, O. (2018). Advanced body composition assessment: From body mass index to body composition profiling. *Journal of Investigative Medicine*, *66*(5), 1–9. https://doi.org/10.1136/jim-2018-000722

Bosomworth, N. J. (2019). Normal-weight obesity: Hidden risks associated with body fat. *Canadian Family Physician*, *65*(6), 399–406.

Bosy-Westphal, A., & Müller, M. J. (2015). Identification of skeletal muscle mass depletion across age and BMI groups in health and disease. *The American Journal of Clinical Nutrition*, *101*(4), 759–767.

Carrero, J. J., Johansen, K. L., Lindholm, B., Stenvinkel, P., Cuppari, L., & Avesani, C. M. (2016). Screening for muscle wasting and dysfunction in patients with chronic kidney disease. *Kidney International*, *90*(1), 53–66.

Castro, O., Bennie, J. A., Vergeer, I., Bosselut, G., & Biddle, S. J. H. (2018). Correlates of sedentary behaviour in university students: A systematic review. *Preventive Medicine*, *116*, 194–202.

https://doi.org/10.1016/j.ypmed.2018.09.016

Diehl, K., Hilger-Kolb, J., Herr, R. M., & Loerbroks, A. (2020). A systematic umbrella review on the epidemiology of modifiable health influencing factors and on health promoting interventions among university students. *Frontiers in Public Health*, *8*, 137. https://doi.org/10.3389/fpubh.2020.00137

Fryar, C. D., Carroll, M. D., & Afful, J. (2020). Fast Food Consumption Among Adults in the United States, 2017–2018. In *NCHS Data Brief* (Issue 375).

Gupta, P., Shah, D., Kumar, P., Bedi, N., Mittal, H. G., Mishra, K., Khalil, S., Elizabeth, K. E., Dalal, R., & Harish, R. (2019). Indian Academy of Pediatrics guidelines on fast and junk foods, sugar-sweetened beverages, fruit juices, and energy drinks. *Indian Pediatrics*, *56*, 849–863.

Guthold, R., Stevens, G. A., Riley, L. M., & Bull, F. C. (2018). Worldwide trends in insufficient physical activity from 2001 to 2016: A pooled analysis of 358 population-based surveys. *The Lancet Global Health*, *6*(10), e1077–e1086.

Hall, J. E. (2021). *Guyton and Hall Textbook of Medical Physiology* (14th ed.). Elsevier.

Hall, K. D., Ayuketah, A., Brychta, R., Cai, H., Cassimatis, T. M., Chen, K. Y., Chung, S. T., Costa, E., Courville, A., Darcey, V., Fletcher, L. A., Forde, C. G., Gharib, A. M., Guo, J., Howard, R., Joseph, P. V, McGehee, S., Ouwerkerk, R., Raisinger, K., … Zhou, M. (2019). Ultra-processed diets cause excess calorie intake and weight gain: An inpatient randomized controlled trial of ad libitum food intake. *Cell Metabolism*, *30*(1), 67-77.e3. https://doi.org/10.1016/j.cmet.2019.05.008

Hall, K.D., Heymsfield, S.B., Kemnitz, J.W., Klein, S., Schoeller, D.A. and Speakman, J.R. (2012) 'Energy balance and its components: implications for body weight regulation', The American Journal of Clinical Nutrition, 95(4), pp. 989–994.

Hardinsyah, & Supariasa. (2017). *Ilmu gizi teori dan aplikasi*. Penerbit Buku Kedokteran EGC.

Hasrul, H., Hamzah, H., & Hafid, A. (2020). Pengaruh pola asuh terhadap status gizi anak. *Jurnal Ilmiah Kesehatan Sandi Husada*, *9*(2), 792–797. https://doi.org/10.35816/jiskh.v12i2.403

Heymsfield, S. B., Peterson, C. M., Thomas, D. M., & Heo, M. (2015). Why are there race/ethnic differences in adult body mass index–adiposity relationships? *Current Obesity Reports*, *4*(2), 190–199.

Hunter, G. R., Gower, B. A., & Kane, B. L. (2016). Age-related shift in visceral fat. *International Journal of Body Composition Research*, *14*(3), 89–95.

James, F. R., Wootton, S., Jackson, A., Wiseman, M., Copson, E. R., & Cutress, R. I. (2015). Obesity in breast cancer – what is the risk factor? *European Journal of Cancer*, *51*(6), 705–720.

Juul, F., & Hemmingsson, E. (2015). Trends in consumption of ultra-processed foods and obesity. *Obesity Reviews*, *16*(7), 556–565.

Karastergiou, K., Smith, S. R., Greenberg, A. S., & Fried, S. K. (2015). Sex differences in human adipose tissues. *Biology of Sex Differences*, *6*(1), 13.

Kljajević, V., Stanković, M., Đorđević, D., Trkulja-Petković, D., Jovanović, R., Plazibat, K., & Sporiš, G. (2022). Physical Activity and Physical Fitness among University Students: A Systematic Review. *International Journal of Environmental Research and Public Health*, *19*(1), 158. https://doi.org/10.3390/ijerph19010158

Kyle, U. G., Bosaeus, I., & De Lorenzo, A. D. (2004). Bioelectrical impedance analysis—part I: review of principles and methods. *Clinical Nutrition*, *34*(6), 1226–1243.

Lane, M.M., Gamage, E., Du, S., Ashtree, D.N., McGuinness, A.J., Gauci, S., Baker, P., Lawrence, M., Rebholz, C.M., Srour, B., Touvier, M., Jacka, F.N., O'Neil, A., Segasby, T. and Marx, W. (2024) 'Ultra-processed food exposure and adverse health outcomes: umbrella review of epidemiological meta-analyses', The BMJ, 384, e077310.

Lwin, M. O., Malik, S., Ridwan, H., & Sum Au, C. S. (2017). Media exposure and parental mediation on fast-food consumption among children in metropolitan and suburban Indonesia. *Asia Pacific Journal of Clinical Nutrition*, *26*(5), 899–905.

Li, L., Sun, N., Zhang, L., Xu, G., Liu, J., Hu, J., Zhang, Z., Lou, J., Deng, H. and Han, L. (2020) 'Fast food consumption among young adolescents aged 12–15 years in 54 low- and middle-income countries', Global Health Action, 13(1), 1795438.

Monteiro, C. A., Cannon, G., & Levy, R. B. (2019). Ultra-processed foods: what they are and how to identify them. *Public Health Nutrition*, *22*(5), 936–941.

Nawaz, H. H., Farooq, S., Rizwan, B., Noreen, S., Azhar, S., Bukht, H., Fatima, A., Ashraf, A., & Abid, F. (2020). *Junk and fast food consumption among obese university students*.

Nurliesa, M. W., Triharja, A. A., & Fitrianingrum, I. (2023). Perbedaan konsumsi junk food melalui pemesanan daring dan aktivitas fisik pada status gizi mahasiswa kedokteran. *Majalah Kedokteran Andalas*, *46*(1), 68–78. https://doi.org/10.25077/mka.v46.i1.p68-78.2023

Nuttall, F. Q. (2015). Body mass index: Obesity, BMI, and health: A critical review. *Nutrition Today*, *50*, 117–128.

Peltzer, K., & Pengpid, S. (2020). Prevalence and correlates of fast food consumption among adolescents in 54 low- and middle-income countries. *International Journal of Environmental Research and Public Health*, *17*(17), 6263.

Peltzer, K. and Pengpid, S. (2019) 'The prevalence and social determinants of underweight and overweight/obesity among university students from 22 countries', International Journal of Environmental Research and Public Health, 16(12), 2211.

Primalova, A., & Stefani, M. (2024). Hubungan status gizi, konsumsi junk food,

dan kebiasaan olahraga remaja perempuan di Jakarta dengan kejadian dismenorea primer. *Amerta Nutrition*, *8*(1), 36–44. https://doi.org/10.20473/amnt.v8i1.2024.36-44

Rahmawati, D., Sartika, R. A. D., & Pradono, J. (2021). Pola konsumsi makanan cepat saji pada dewasa muda berdasarkan data Indonesia Family Life Survey (IFLS). *Jurnal Gizi Dan Pangan*, *16*(1), 45–54.

Ramadany, A., & Pasaribu, S. (2021). Pengaruh indeks massa tubuh terhadap lengkung telapak kaki mahasiswa FK UISI. *Jurnal Kedokteran Ibnu Nafis*, *10*(2), 94–100.

Saeed, S., Janardhanan, R., Purnima, Singh, S.K., Tanveer, T. and Singh, A. (2020) Knowledge, Attitude and Practice of Junk Food Consumption among University Students of Delhi/NCR, India. International Journal of Scientific Research, 9(11). https://doi.org/10.36106/ijsr.

Srikanthan, P., Horwich, T.B. and Tseng, C.H. (2016) Relation of Muscle Mass and Fat Mass to Cardiovascular Disease Mortality. The American Journal of Cardiology, 117(8), pp. 1355–1360. https://doi.org/10.1016/j.amjcard.2016.01.033.

Supariasa, I. D. N., Bakri, B., & Fajar, I. (2016). *Penilaian Status Gizi*. Penerbit Buku Kedokteran EGC.

Tanjung, N. U., Amira, A. P., Muthmainah, N., & Rahma, S. (2022). *Junk food dan kaitannya dengan kejadian gizi lebih pada remaja*.

Widodo, T., Ferdiansyah, I., & Prasetyo, A. (2021). Perancangan Ulang Produk OS Table dengan Menggunakan Metode Antropometri. Journal Industrial Manufacturing, 6(1), 57–71. DOI: 10.31000/jim.v6i1.4118.

Wijaya, N. V, Dahliah, D., & Pancawati, E. (2024). Dampak kebiasaan mengonsumsi junk food terhadap berat badan. *MAHESA: Malahayati Health Student Journal*, *4*(2), 455–464.

Wells, J.C.K. (2007) Sexual dimorphism of body composition. Best Practice & Research Clinical Endocrinology & Metabolism, 21(3), pp. 415–430. https://doi.org/10.1016/j.beem.2007.04.007

World Health Organization (2024) Obesity and overweight. Geneva: World Health Organization.

Yuniah, B., Feriandi, Y., & Yulianto, F. A. (2023). Proporsi konsumsi junk food dan status gizi berlebih di mahasiswa kedokteran. *Jurnal Riset Kedokteran*, *3*(2), 69–74. https://doi.org/10.29313/jrk.v3i2.2878