

DAFTAR PUSTAKA

- Adriani, M. and Wirjatmadi, B. (2012) *Peranan Gizi Dalam Siklus Kehidupan*. Jakarta: Kencana.
- Amelia, S. (2014) *Pedoman Gizi Seimbang 2014*. Available at: <http://www.gizi.depkes.go.id>.
- Arisman (2009) *Gizi dalam Daur Kehidupan*. Jakarta: EGC.
- Azami, S. et al. (2020) 'Effect of Motivational Interviewing on Dietary Intake and Weight Changes Among Preconception Women With Overweight and Obesity: A Randomized Controlled Trial', *Crescent Journal of Medical and Biological Sciences*, 7(2), pp. 260–266.
- Bolognese, M. A. et al. (2020) 'Group Nutrition Counseling or Individualized Prescription for Women With Obesity? A Clinical Trial', *Frontiers in Public Health*, 8(April), pp. 1–13. doi: 10.3389/fpubh.2020.00127.
- Castro, E. A., Carraca, E. E. and Peinado, A. B. (2020) 'The Effects Of The Type Of Exercise And Physical Activity On Eating Behavior And Body Composition In Overweight And Obese Subjects', *Nutrients*, 12(2). doi: 10.3390/nu12020557.
- Cornelia et al. (2010) *Penuntun Konseling Gizi*. Jakarta: Abadi Publishing & Printing.
- Cornelia et al. (2016) *Konseling Gizi*,. Jakarta. Penebar Plus.
- Dariyo, A. (2003) *Psikologi Perkembangan Dewasa Muda*. Jakarta: PT Gramedia Widiasarana.
- Dennis, E. et al. (2010) 'Water consumption increases weight loss during a hypocaloric diet intervention in middle-aged and older adults', *Obesity (Silver Spring)*, 18, pp. 300–307.
- van Elten, T. M. et al. (2019) 'Preconception lifestyle intervention reduces long term energy intake in women with obesity and infertility: a randomised controlled trial', *International Journal of Behavioral Nutrition and Physical Activity*. International Journal of Behavioral Nutrition and Physical Activity, 16(1), pp. 1–10. doi: 10.1186/s12966-018-0761-6.
- Emilia, E. and Cilmiyati, R. (2020) 'Pengaruh Konseling Gizi, Aktifitas Fisik, Dan Asupan Makanan Terhadap Penurunan Berat Badan Remaja Sma Yang Kegemukan', *Pontianak Nutrition Journal (PNJ)*, 3(1), p. 6. doi: 10.30602/pnj.v3i1.624.

- Fakih, C. *et al.* (2019) 'The Effects of Dietary Mobile Apps on Nutritional Outcomes in Adults with Chronic Diseases: A Systematic Review', *J Acad Nutr Diet*, 18(4).
- Fauci *et al.* (2008) 'Severe Sepsis and Septic Shock. Harrison's: Principles of Internal Medicine', in. USA: The McGraw-Hill Companies.
- Gandy, JW., Madden, A and Holdsworth, M. 2014. *Gizi dan Dietetika*. 2nd edn. EGC. Jakarta
- Ganong, W. F. (2003) *Buku Ajar Fisiologi Kedokteran*. 20th edn. Jakarta: EGC.
- Gibney and J, M. (2008) *Gizi Kesehatan Masyarakat*. Jakarta: EGC.
- Gifari, N. *et al.* (2021) 'Pengaruh Latihan dan Konseling Gizi Terhadap Perubahan Status Gizi Dewasa Obesitas', *Ilmu Gizi Indonesia*, 4(2), p. 107. doi: 10.35842/ilgi.v4i2.190.
- Haas, K., Hayos, S. and Maurer-wiesner, S. (2019) 'Effectiveness and Feasibility of a Remote Lifestyle Intervention by Dietitians for Overweight and Obese Adults : Pilot Study', *JMIR Mhealth Uhealth*, 7(4).
- Hewson AK, Dickson SL. Systemic administration of ghrelin induces Fos and Egr-1 proteins in the hypothalamic arcuate nukleus of fasted and fed rats. *J Neuroendocrinol*. 2010;12:1047-9
- Hernández-Cordero, S. *et al.* (2014) 'Substituting Water for Sugar-Sweetened Beverages Reduces Circulating Triglycerides and The Prevalence of Metabolic Syndrome in Obese But Not In Overweight Mexican Women In A Randomized Controlled Trial', *Journal of Nutrition*, 144(11), pp. 1742–1752. doi: 10.3945/jn.114.193490.
- Hurlock, E. . (2009) *Psikologi Perkembangan. Suatu Pendekatan Sepanjang Rentang Kehidupan*. Jakarta: Erlangga.
- Indriati, E. (2010) *Antropometri Untuk Kedokteran, Keperawatan, Gizi, dan Olahraga*. Yogyakarta: Citra Aji Parama.
- Iriantika, K. A. and Margawati, A. (2016) 'Iriantika K. F. 2016. pengaruh pemberian konseling gizi terhadap perubahan sikap dan pemilihan makan pada remaja putri overweight: Skripsi. Universitas Dipenegoro. Semarang', *Journal of Nutrition College*, 6(1).
- Istiany, A. and Ruslanti (2014) *Gizi Terapan*. Bandung: PT Remaja Rosdakarya.
- Juhartini, J. (2018) 'Hubungan Antara Frekuensi Pemberian Konsultasi Gizi Dengan Kepatuhan Diet Dan Kadar Gula Darah Pada Diabetisi Tipe 2 Di Unit Pelayanan Terpadu Diabetes Melitus Center Kota Ternate', *Jurnal*

- Riset Kesehatan*, 6(2), p. 35. doi: 10.31983/jrk.v6i2.2907.
- Karintrakul, S. and Angkatavanich, J. (2017) 'A Randomized Controlled Trial Of An Individualized Nutrition Counseling Program Matched with A Transtheoretical Model For Overweight and Obese Females in Thailand', *Nutrition Research and Practice*, 11(4), pp. 319–326. doi: 10.4162/nrp.2017.11.4.319.
- Kemenkes (2012) *Profil Kesehatan Indonesia Tahun 2012*. Jakarta.
- Kemenkes (2018) *Hasil Riset Kesehatan Dasar (Riskesdas) 2018*. Jakarta: Badan Penelitian dan Pengembangan Kesehatan Kementerian RI.
- Lee, A. J. et al. (2014) 'Effect of A 12-week Weight Management Program on The Clinical Characteristics and Dietary Intake of The Young Obese and The Contributing Factors To The Successful Weight Loss', *Nutrition Research and Practice*, 8(5), pp. 571–579. doi: 10.4162/nrp.2014.8.5.571.
- Lyse, L. and Israel, D. (2012) 'Nutrition in Weight Management', in Mahan, Lk. E.-S. S. and Raymond, J. (eds) *Krause's Food and The Nutrition Care Process*. 13th edn. Philadelphia: Saunder Elsevier, pp. 463–464.
- Manore, M. M. (2012) 'Manore. (2012). Dietary Supplements For Improving Body Composition and Reducing Body Weight: Where Is the Evidence? international Journal of sport Nutrition and exercise metabolism', *International Journal Sport Nutrition Exercise Metabolism*, 22(2), pp. 139–154.
- Misnadiarly, M. (2007) *Obesitas Sebagai Faktor Resiko Berbagai penyakit*. Jakarta: Pustaka Obor Populer.
- Monks, F. . and Knoers, A. M. . (2001) *Psikologi Perkembangan: Pengantar Dalam Berbagai Bagianya*. 13th edn. Yogyakarta: Universitas Gajah Mada.
- Mulyani, I. et al. (2020) 'Efek Motivational Interviewing dan Kelas Edukasi Gizi Berbasis Instagram Terhadap Perubahan Pengetahuan Healthy Weight Loss dan Kualitas Diet Mahasiswa Obesitas', *Jurnal Gizi Klinik Indonesia*, 17(2), p. 53. doi: 10.22146/ijcn.53042.
- Notoatmodjo, S. (2003) *Pendidikan dan Perilaku Kesehatan*. Jakarta: Rineka Cipta.
- Notoatmodjo, S. (2007) *Kesehatan Masyarakat Ilmu dan Seni*. Jakarta: Rineka Cipta.
- Persagi (2013) *Konseling Gizi*. Jakarta: Penebar Plus (Penebar Swadaya Grup).
- Praxedes, D. R. S. et al. (2021) 'Association between Energy intake Under-

- reporting and Previous Professional Nutritional Counselling in Low-Income Women with Obesity: A Cross-sectional Study', *Nutrition Bulletin*, 46(3), pp. 310–320. doi: 10.1111/nbu.12513.
- Purwati, S., Rahayuningsih, S. and Salimar, S. (2001) *Perencanaan Menu Untuk Penderita Kegemukan*. Jakarta: PT Swadaya.
- Puspitasari, N. 2018. Kejadian Obesitas Sentral pada Usia Dewasa. *HIGEIA (Journal of Public Health Research and Development)*. 2 (2) : 249 – 259
- Ranitadewi, I. N., Syauqi, A. and Wijayanti, H. S. (2018) 'Pengaruh Pemberian Konseling Gizi terhadap Persentase Lemak Tubuh Wanita Overweight dan Obesitas Peserta Senam Pilates', *Journal of Nutrition College*, 7(3), p. 123. doi: 10.14710/jnc.v7i3.22271.
- Rosita, L., DH, D. M. and Mutyara, K. (2007) *Konseling Gizi Transtheoretical Model Dalam Mengubah Perilaku Makan Dan Aktivitas Fisik Pada Remaja Overweight Dan Obesitas : Suatu Kajian Literatur*. Universitas Padjajaran.
- Santrock, J. . (2002) *Life-Span Development: Perkembangan Masa Hidup*. 5th edn. Jakarta: Erlangga.
- Shils, M. (2006) *Modern Nutrition in Health and Disease*. 10th edn. Edited by L. W. & Wilkins. New York.
- Sudikno, S. and Sandjaja, S. (2009) 'Status Obesitas Orang Dewasa Menurut Faktor Sosio-Demografi dan Perilaku (Studi Kasus di Kota Depok)', *Jurnal Penelitian Gizi dan Makanan*.
- WHO (2000) *Obesity* Diakses : 23 Maret 2021. https://www.who.int/health-topics/obesity#tab=tab_1
- WHO (2000) *Preventing and Managing The Global Epidemic Technical Report Series*. Genewa.
- WHO (2017) Global Health Observatory (GHO) data. Diakses : 30 Oktober 2020. https://www.who.int/gho/ncd/risk_factors/overweight/en/
- WHO (2018) *Obesity and Overweight*. data. Diakses : 10 November 2021. <https://www.who.int/news-room/fact-sheets/detail/obesity-and-overweight>
- Wirakusuma, E. S. (1997) *Cara Aman dan Efektif Menurunkan Berat Badan*. Jakarta: PT. Gramedia Pustaka Utama.
- Yulnefia, Y. (2017) 'Kejadian Overweight Pada Remaja Di Sekolah Menengah Analis Kesehatan Abdurrah', *Jurnal Kedokteran dan Kesehatan*, pp. 39–48.