

DAFTAR PUSTAKA

- Africa, S. *et al.* (2022) 'Changing Dietary Habits : The Impact of Urbanization and Rising Socio-Economic Status in Families from Burkina Faso in', *Nutrients*.
- Almatsier, S. (2002) *Prinsip Dasar Ilmu Gizi*. Jakarta: Gramedia Pustaka Utama.
- Auma, C.I. *et al.* (2020) 'Factors influencing dietary practices in a transitioning food environment : a cross- sectional exploration of four dietary typologies among rural and urban Ugandan women using Photovoice', *Nutrition Journal*, pp. 1–15.
- Bahreynian, M. *et al.* (2018) 'Association of dietary fiber intake with general and abdominal obesity in children and adolescents : The Weight disorder survey of the CASPIAN-IV Study', *Mediterranean Journal of Nutrition and Metabolism*, 11, pp. 251–260. Available at: <https://doi.org/10.3233/MNM-180224>.
- Baothman, O.A. *et al.* (2016) 'The role of Gut Microbiota in the development of obesity and Diabetes', *Lipids in Health and Disease*, pp. 1–8.
- Barkow, J.H. *et al.* (2001) 'Social competition, social intelligence, and why the Bugis know more about cooking than about nutrition', *The origin of human social institutions*, pp. 119–148.
- Baswedan, S.I. and Sumarmi, S. (2021) 'Association of Macronutrient Intake Wirh Percentage of Visceral Fat in International Student', *National Nutritional Journal*, 16(1), pp. 48–52.
- Boulangé, C.L. *et al.* (2016) 'Impact of the gut microbiota on inflammation, obesity, and metabolic disease', *Genome Medicine*, 8(1), pp. 1–12.
- Brand-miller, J.C. *et al.* (2002) 'Glycemic index and obesity', *Am J Clin Nutr*, 76, pp. 281–285.
- Burini, R.C. *et al.* (2017) 'New Insights in Obesity : Genetics and Beyond Behavioral factors of Abdominal Obesity and effects of lifestyle changes with Fiber Adequacy', *Heighten Science*, pp. 14–22.
- Burton-freeman, B. (2000) 'Dietary Fiber and Energy Regulation', *American Society for Nutritional Sciences*, pp. 272–275.
- Buscemi, J. *et al.* (2019) 'Associations between fiber intake and Body Mass Index (BMI) among African-American women participating in a randomized weight loss and maintenance trial', *Eat Behav.*, 29, pp. 48–53.
- Cade, J. *et al.* (2002) 'Development, validation and utilisation of food-frequency questionnaires – a review', *Public Health Nutrition*, 5(4), pp. 567–587.

- Candra, A. (2020) *Pemeriksaan Status Gizi*. Semarang: Fakultas Kedokteran Universitas Diponegoro.
- Canhada, S.L. *et al.* (2020) ‘Ultra-processed foods, incident overweight and obesity, and longitudinal changes in weight and waist circumference: The Brazilian Longitudinal Study of Adult Health (ELSA-Brasil)’, *Public Health Nutrition*, 23(6), pp. 1076–1086.
- Carolina, L. *et al.* (2022) ‘Ultra-processed food consumption is associated with increase in fat mass and decrease in lean mass in Brazilian women: A cohort study’, *Frontiers in Nutrition*.
- Choudhary, M., Grover, K. and Javed, M. (2014) ‘Ecology of Food and Nutrition Nutritional Profiles of Urban and Rural Men of Punjab with Regard to Dietary Fat Intake’, *Ecology of Food and Nutrition*, (April 2015), pp. 37–41.
- Colozza, D. (2022) ‘A qualitative exploration of ultra-processed foods consumption and eating out behaviours in an Indonesian urban food environment’, *nutrition and health*, (8), pp. 1–11.
- Costa, S. *et al.* (2021) ‘Role of ultra-processed food in fat mass index between 6 and 11 years of age: a cohort study ~’, *International Journal of Epidemiology*, (September 2020), pp. 256–265.
- Coulston, A.M., Rock, C.L. and Mosen, E.R. (2001) *Nutrition In The Prevention and Treatment Of Disease*. United States of America: Academic Press.
- Crimarco, A., Landry, M.J. and Gardner, C.D. (2022) ‘Ultra - processed Foods , Weight Gain , and Co - morbidity Risk’, *Current Obesity Reports*, pp. 80–92. Available at: <https://doi.org/10.1007/s13679-021-00460-y>.
- Cronin, P. *et al.* (2021) ‘Dietary Fibre Modulates the Gut Microbiota’, *Nutrients*, pp. 1–22.
- Cuevas-sierra, A. *et al.* (2021) ‘Gut Microbiota Differences According to Ultra-Processed Food Consumption in a Spanish Population’, *Nutrients*, pp. 1–20.
- Damayanti, C. and Adriani, M. (2021) ‘CORRELATION BETWEEN PERCENTAGE OF BODY FAT WITH SPEED AND CARDIORESPIRATORY ENDURANCE AMONG’, *National Nutritional Journal*, 16(1), pp. 53–61.
- Dao, M.C. *et al.* (2019) ‘Europe PMC Funders Group Dietary Assessment Toolkits : An Overview’, *Public Health Nutrition*, 22(February 2018), pp. 404–418.
- Dapi, L.N. *et al.* (2005) ‘Adolescents’ food habits and nutritional status in urban and rural areas in Cameroon, Africa’, *Scandinavian Journal of Nutrition/Naringsforskning*, 49(4), pp. 151–158.

- Dayib, M., Larson, J. and Slavin, J. (2020) 'Dietary fibers reduce obesity-related disorders : mechanisms of action', *Curr Opin Clin Nutr Metab Care*, 23(6), pp. 445–450. Available at: <https://doi.org/10.1097/MCO.0000000000000696>.
- Disnawati, D. (2013) 'Penerapan Prinsip Hidup Kamase-Masea Masyarakat Adat Ammatoa Kajang, Bulukumba Sulawesi Selatan Dalam Pengelolaan Sumber Daya Alam', *Jurnal Kajian Kebudayaan*, 8(1), p. 83.
- Egg, S. *et al.* (2018) 'Traditional v . modern dietary patterns among a population in western Austria : associations with body composition and nutrient profile', *Public Health Nutrition*, 22(3), pp. 455–465. Available at: <https://doi.org/10.1017/S1368980018003270>.
- Fauziyana, N., Prafiantini, E. and Hardiany, N.S. (2021) 'Pattern of fiber intake in different socio-demographic settings among elderly in Jakarta , Indonesia and its associated factors', *World Nutrition Journal*, 4(2), pp. 2–7.
- Federation, I.D. (2006) *The IDF Consensus Worldwide Definition of The Metabolic Syndrome*. London: International Diabetes Federation.
- Frampton, J. *et al.* (2021) 'Higher dietary fibre intake is associated with increased skeletal muscle mass and strength in adults aged 40 years and older', *Journal of Cachexia, Sarcopenia, and Muscle*, (September), pp. 2134–2144. Available at: <https://doi.org/10.1002/jcsm.12820>.
- Frank, L.D., Andresen, M.A. and Schmid, T.L. (2004) 'Obesity relationships with community design, physical activity, and time spent in cars', *American Journal of Preventive Medicine*, 27(2), pp. 87–96.
- Ghibaudi, L. *et al.* (2015) 'Fat Intake Affects Adiposity , Comorbidity Factors , and Energy Metabolism of Sprague-Dawley Rats', *Obesity Research*, 10(9).
- Gibson, R.S. (2005) *Principles of Nutritional Assessment*. Second Edi. New York: Oxford University Press.
- Hall, K.D. *et al.* (2019) 'Clinical and Translational Report Ultra-Processed Diets Cause Excess Calorie Intake and Weight Gain : An Inpatient Randomized Controlled Trial of Ad Libitum Food Intake Clinical and Translational Report Ultra-Processed Diets Cause Excess Calorie Intake an', *Cell Metabolism*, 30(1), pp. 67-77.e3. Available at: <https://doi.org/10.1016/j.cmet.2019.05.008>.
- Hammadi, E. Al (2017) 'Effects of Dietary Fiber Intake on Body Weight and Waist Circumference', *Arab Journal of Nutrition and Exercise*, 1(1), pp. 77–84.
- Harinarayan, C. V and Ramalakshmi, T. (2015) 'Original Article : Patterns of dietary calcium intake in south Indian rural , urban and', *J Clin Sci Res* [Preprint].
- Ikbal, M. (2018) 'Pendidikan Formal Masyarakat Adat Kajang', *Jurnal Patingalloang*,

5(3), pp. 30–38.

- Kabagambe, E.K. *et al.* (2002) ‘Comparison of dietary intakes of micro- and macronutrients in rural , suburban and urban populations in Costa Rica’, *Public Health Nutrition*, 5, pp. 835–842.
- Khandpur, N. *et al.* (2020) ‘Sociodemographic factors associated with the consumption of ultra-processed foods in Colombia’, *Revista de Saude Publica*, pp. 1–12.
- Kim, J. and Bae, Y.J. (2020) ‘Mineral Intake Status of Community-Dwelling Elderly from Urban and Rural Areas of South Korea : A Cross-Sectional Study Based on Korean National Health and Nutrition Examination Survey , 2013 ~ 2016’, *Environmental Research and Public Health*.
- Kisuse, J. *et al.* (2018) ‘Urban diets linked to gut microbiome and metabolome alterations in children: A comparative cross-sectional study in Thailand’, *Frontiers in Microbiology*, 9(JUN), pp. 1–16.
- Konieczna, J. *et al.* (2022) ‘Contribution of ultra-processed foods in visceral fat deposition and other adiposity indicators : Prospective analysis nested in the PREDIMED-Plus trial’, *Clinical Nutrition*, 40(2021).
- Kostecka, M. *et al.* (2021) ‘Analysis of Dietary Patterns and Body Composition Parameters In The Polish Population’, *National Institute of Public Health*, 72(1), pp. 55–66.
- Laura, M. *et al.* (2020) ‘Ultra-processed food consumption and indicators of obesity in the United Kingdom’, *PLoS ONE*, pp. 1–15.
- Ledikwe, J.H. *et al.* (2006) ‘Dietary energy density is associated with energy intake and weight status in US adults 1 – 4’, *Am J Clin Nutr*, 83, pp. 1362–1368.
- Liu, S. *et al.* (2003) ‘Relation between changes in intakes of dietary fiber and grain products and changes in weight and development of obesity among middle-aged women’, *Am J Clin Nutr*, pp. 920–927.
- Makassar Kota, P. (2020) *Profil Kabupaten/Kota Makassar Sulawesi Selatan*. Available at: <https://makassarkota.go.id/>.
- Marrón-ponce, J.A. *et al.* (2017) ‘Energy contribution of NOVA food groups and sociodemographic determinants of ultra-processed food consumption in the Mexican population’, *Public Health Nutrition*, 21(1), pp. 87–93.
- Martínez Steele, E. *et al.* (2019) ‘Dietary share of ultra-processed foods and metabolic syndrome in the US adult population’, *Preventive Medicine*, 125(May), pp. 40–48. Available at: <https://doi.org/10.1016/j.ypmed.2019.05.004>.
- Miquel-ker goat, S. *et al.* (2015) ‘Physiology & Behavior Effects of chewing on appetite

, food intake and gut hormones: A systematic review and meta-analysis', *Physiology & Behavior*, 151, pp. 88–96.

Mizéhoun-adissoda, C. *et al.* (2016) 'Dietary sodium and potassium intakes: Data from urban and rural areas', *Nutrition*.

Monge-rojas, R. and Rivas, H.N. (2001) 'Total dietary fiber in urban and rural Costa Rican adolescents' diets', *SciELO*, pp. 1–7.

Monteiro, C.A. *et al.* (2017) 'Commentary The UN Decade of Nutrition, the NOVA food classification and the trouble with ultra-processing', *Public Health Nutrition*, 21(1), pp. 5–17. Available at: <https://doi.org/10.1017/S1368980017000234>.

Monteiro, C.A. *et al.* (2019) *Ultra-processed foods, diet quality, and health using the NOVA classification system*, *Ultra-processed foods, diet quality, and health using the NOVA classification system*. Rome: Food and Agriculture Organization of the United Nations. Available at: <http://www.wipo.int/amc/en/mediation/rules>.

Mulianingsih, M. *et al.* (2021) 'Diversity and Eating Patterns in Children Aged 0 to 60 months with Status of Undernutrition', in *Nutrition Resilience During Covid-19 Pandemic*. The 2nd IC. Makassar: Departement Of Nutrition Faculty of Public Health Hasanuddin Univeristy.

Naja, F. *et al.* (2021) 'Dietary Patterns and Their Associations With the FTO and FGF21 Gene Variants Among Emirati Adults', *Frontiers in Nutrition*, 8(May), pp. 1–11. Available at: <https://doi.org/10.3389/fnut.2021.668901>.

Nurjanah, R. (2017) *Faktor - Faktor Pola Makan Pada Remaja Di SMK Negeri 4 Yogyakarta*. Universitas Negeri Yogyakarta.

Nurwanti, E. *et al.* (2019) 'Rural–Urban Differences in Dietary Behavior and Obesity: Results of the Riskesdas Study in 10–18-Year-Old Indonesian Children and Adolescents', *nutrients*, pp. 1–14.

Pestoni, G., Rohrmann, S. and Staub, K. (2021) 'Ultraprocessed Food Consumption is Strongly and Dependently Associated with Excess Body Weight in Swiss Women', *Obesity*, 29(3), pp. 601–609.

Peters, S. (2019) 'Processed foods: the balance between safety and health', *Voeding Magazine*, (October), pp. 0–4.

Pongchaiyakul, C. *et al.* (2005) 'Contribution of lean tissue mass to the urban-rural difference in bone mineral density', *Osteoporosis International*, 16(12), pp. 1761–1768. Available at: <https://doi.org/10.1007/s00198-005-1921-5>.

Popkin, B.M., Adair, L.S. and Ng, S.W. (2013) 'The Global Nutrition Transition: The Pandemic of Obesity in Developing Countries', *National Institute of Health*, 70(1), pp. 3–21. Available at: <https://doi.org/10.1111/j.1753-4887.2011.00456.x.NOW>.

- Rauber, F. *et al.* (2021) ‘Ultra - processed food consumption and risk of obesity : a prospective cohort study of UK Biobank’, *European Journal of Nutrition*, 60(4), pp. 2169–2180. Available at: <https://doi.org/10.1007/s00394-020-02367-1>.
- Rodrigo, C.P. *et al.* (2015) ‘Food Frequency Questionare’, *Nutricion Hospitalaria*, 31, pp. 49–56. Available at: <https://doi.org/10.3305/nh.2015.31.sup3.8751>.
- Romieu, I. *et al.* (2017) ‘Energy balance and obesity : what are the main drivers ?’, *Cancer Causes & Control*, 28(3), pp. 247–258.
- Rosner, B. (2000) *Fundamental of Biostatistic* .
- Ruhee, R.T. and Suzuki, K. (2018) ‘Dietary Fiber and its Effect on Obesity : A Review Article’, *Advances in Medical Research* [Preprint]. Available at: <https://doi.org/10.12715/amr.2018.1.2>.
- Sandoval-insausti, H. *et al.* (2020) ‘Ultra-Processed Food Consumption Is Associated with Abdominal Obesity : A Prospective Cohort Study in Older Adults’, *Nutrients*, pp. 1–10.
- Santoso, S. (2004) *Kesehatan dan Gizi*. Jakarta: Rineka Cipta.
- Senghor, B. *et al.* (2018) ‘Gut microbiota diversity according to dietary habits and geographical provenance’, *Human Microbiome Journal*, 7–8(November 2020), pp. 1–9. Available at: <https://doi.org/10.1016/j.humic.2018.01.001>.
- Shannon, M. *et al.* (2017) ‘The endocrine disrupting potential of monosodium glutamate (MSG) on secretion of the glucagon-like peptide-1 (GLP-1) gut hormone and GLP-1 receptor interaction’, *Toxicology Letters*, 265, pp. 97–105.
- Sherwood, L. (2010) *Human Physiology. Seventh, Human Physiology from cells to system*. Seventh. United States of America: Cengage Learning.
- Silva, F.M. *et al.* (2018) ‘Consumption of ultra-processed food and obesity : cross sectional results from the Brazilian Longitudinal Study of Adult Health (ELSA-Brasil) cohort (2008 – 2010)’, *Public Health Nutrition*, 21(12), pp. 2271–2279.
- Simatupang, M.R. (2008) *Pengaruh Pola Konsumsi, Aktivitas Fisik Dan Keturunan Terhadap Kejadian Obesitas Pada Siswa Sekolah Dasar Swasta Di Kecamatan Medan Baru Kota Medan*. Universitas Sumatera Utara.
- Sproesser, G. *et al.* (2019) ‘Understanding traditional and modern eating: The TEP10 framework’, *BMC Public Health*, 19(1), pp. 1–14.
- Srour, B. *et al.* (2019) ‘Ultra-processed food intake and risk of cardiovascular disease: Prospective cohort study (NutriNet-Santé)’, *The BMJ*, 365.
- Suci, S.P. (2011) *Faktor-Faktor Yang Berhubungan Dengan Pola Makan Mahasiswa*

Kesehatan Masyarakat. Universitas Islam Negeri Syarif Hidayatullah.

- Syauki, A.Y. *et al.* (2022) 'Protein-Energy Nutritional Status of Moderately Low Protein Intake-Sago Diets Compared to Sufficiently Protein Intake-Rice Diets in Well-Nourished Lowlanders in Papua, Indonesia', *F1000Research*, 11, p. 138.
- Takahashi, F. *et al.* (2022) 'Dietary Fiber Intake Is Related to Skeletal Muscle Mass , Body Fat Mass , and Muscle-to-Fat Ratio Among People With Type 2 Diabetes : A Cross-Sectional Study', *Frontiers in Nutrition*, 9(May), pp. 1–9.
- Tambak, A.F. (2020) *Faktor - Faktor yang Berhubungan Dengan Kejadian Obesitas Pada Mahasiswa Fakultas Kesehatan Masyarakat Universitas Sumatera Utara*. Universitas Sumatera Utara.
- Thamaria, N. (2017) *Penilaian Status Gizi*. Jakarta: Kementerian Kesehatan Republik Indonesia.
- Thapa, R. *et al.* (2021) 'Urban – rural differences in overweight and obesity among 25 – 64 years old sectional , Myanmar residents : a cross- - nationwide survey', *BMJ Open*, pp. 1–11. Available at: <https://doi.org/10.1136/bmjopen-2020-042561>.
- Utami, Y.M., Rosdiana, D. and Ernalia, Y. (2014) 'Gambaran Asupan Gizi pada Penderita Sindrom Metabolik di RW 04 Kelurahan Sidomulyo Barat Kecamatan Tampan Kota Pekanbaru', *Bagian Gizi Fakultas Kedokteran Universitas Riau*.
- Waddell, I.S. *et al.* (2022) 'Dietary fiber in the prevention of obesity and obesity-related chronic diseases : From epidemiological evidence to potential molecular mechanisms diseases : From epidemiological evidence to potential molecular mechanisms', *Critical Reviews in Food Science and Nutrition*, 0(0), pp. 1–16.
- Wiardani, N.K., Sugiani, P.P.S. and Gumala, N.M.Y. (2011) 'Konsumsi lemak total, lemak jenuh, dan kolesterol sebagai faktor risiko sindroma metabolik pada masyarakat perkotaan di Denpasar', *Jurnal Gizi Klinik Indonesia*, 7(3), p. 107.
- World Urbanization Prospects* (2019). New York: United Nation Department of Economic and Social Affairs/Population Division.
- Yang, Y. *et al.* (2016) 'Rural-Urban Differences of Dietary Patterns, Overweight, and Bone Mineral Status in Chinese Students', *Nutrients*.
- Zinöcker, M.K. (2018) 'The Western Diet – Microbiome-Host Interaction and', *Nutrients*, pp. 1–15. Available at: <https://doi.org/10.3390/nu10030365>.