

DAFTAR PUSTAKA

- Abdurrahmat, A.S. *et al.* (2025) 'Food Diary Sebagai Media Pemantauan Kecukupan Asupan Protein Terhadap Peningkatan Indikator Antropometri Dan Dietary Balita Stunting 12-59 Bulan Di Tasikmalaya', *Journal of Nutrition College*, 14(3), pp. 258–266. doi:10.14710/jnc.v14i3.49031.
- Almatsier, S. (2020) *Prinsip Dasar Ilmu Gizi*. Jakarta: Gramedia Pustaka Utama.
- Arikunto, S. (2019) *Prosedur Penelitian suatu Pendekatan Praktek*. 15th edn. Jakarta: Rineka Cipta.
- Banjarnahor, R.O. *et al.* (2022) 'Faktor-faktor risiko penyebab kelebihan berat badan dan obesitas pada anak dan remaja: Studi literatur', *Tropical Public Health Journal*, 2(1), pp. 35–45.
- Calabro, R., Kemps, E. dan Prichard, I. (2023) 'Socio-cognitive determinants of sugar-sweetened beverage consumption among young people: A systematic review and meta-analysis', *Appetite* [Preprint]. Available at: <https://www.sciencedirect.com/science/article/abs/pii/S0195666322004251>.
- Caon, M. *et al.* (2022) 'PEGASO e-Diary: User Engagement and Dietary Behavior Change of a Mobile Food Record for Adolescents', *Frontiers in Nutrition*, 9(March), pp. 1–18. doi:10.3389/fnut.2022.727480.
- Creswell, J.W. dan Creswell, J.D. (2022) *Research Design Qualitative, Quantitative, and Mixed Methods Approaches*. 6th edn. North America: Sage Collage Pusblishing.
- Day, K.R. *et al.* (2026) 'Weight- and Sugar-Sweetened Beverage-Related Information Avoidance: Implications for Self-Monitoring in a Behavioral Intervention', *Journal of Nutrition Education and Behavior* [Preprint]. Available at: [https://www.jneb.org/article/S1499-4046\(26\)00068-0/abstract](https://www.jneb.org/article/S1499-4046(26)00068-0/abstract).
- Djannah, S.N. *et al.* (2020) *Buku Ajar Promosi Kesehatan dan Perubahan Perilaku, CV mine*. Bantul: CV Mine.
- Faijurahman, A.N. dan Ramdani, H.T. (2022) 'Efektivitas Penyuluhan Kesehatan Dengan Video dan Powerpoint terhadap Pengetahuan Kesehatan Reproduksi Remaja', *Jurnal Kesehatan Tambusai*, 3, pp. 177–183. Available at: https://www.researchgate.net/publication/365586497_EFEKTIVITAS_PENYULUHAN_KESEHATAN_DENGAN_VIDEO_DAN_POWERPOINT_TERHADAP_PENGETAHUAN_KESEHATAN_REPRODUKSI_REMAJA.
- Faridi, A. *et al.* (2022) *Survei Konsumsi Gizi, Yayasan Kita Menulis*. Edited by R. Watrianthos. Medan: Yayasan Kita Menulis.

- Firman, T., Bayu, A. dan Nandiyanto, D. (2023) 'Effectiveness of Socialization Through PowerPoint Media to Understanding Nutrition of Adolescents', *ASEAN Journal of Science and Engineering Education*, 3(3), pp. 211–220.
- Gambir, J. *et al.* (2021) 'A nutrition diary-book effectively increase knowledge and adherence of iron tablet consumption among adolescent female students', *Jurnal Gizi dan Dietetik Indonesia* [Preprint].
- Hadi, S. dan Nastiti, K. (2024) 'Gula Tebu (*Saccharum Officinarum* Linn) Dan Palm (*Arenga Pinnata* Merr) Terhadap Diabetes', *Jurnal Farmasi*, 2(1).
- Halimatussa'diah, D.M. *et al.* (2025) 'Pengaruh edukasi gizi menggunakan e-diary terhadap pengetahuan, sikap, dan persepsi perilaku pada remaja putri', *Jurnal SAGO Gizi dan Kesehatan*, 6, pp. 394–402.
- Haryana, N.R. *et al.* (2024) 'Development of Self-Dietary Assessment Application "Diary NutriMe" as a Nutrition Assistance Tool for Overweight and Obese Adolescents', *Amerta Nutrition*, 8(3SP), pp. 71–81. doi:10.20473/amnt.v8i3SP.2024.71-81.
- Jeldres, M.R., Costa, E.D. dan Nadim, T.F. (2023) 'A review of Lawshe ' s method for calculating content validity in the social sciences', *Frontiers in Education*, (November), pp. 1–8. doi:10.3389/feduc.2023.1271335.
- Kemenkes (2013) 'Peraturan Menteri Kesehatan Republik Indonesia Nomor 30 Tahun 2013 tentang Pencantuman Informasi Kandungan Gula, Garam, dan Lemak serta Pesan Kesehatan untuk Pangan Olahan dan Pangan Siap Saji'. Jakarta: Kementerian Kesehatan RI.
- Kemenkes (2018) *Laporan Riskesdas Provinsi DIY*.
- Kemenkes (2020) *Standar Profesi Nutritionis, Angewandte Chemie International Edition*, 6(11), 951–952. Jakarta: Sekretariat Konsil Tenaga Kesehatan Indonesia.
- Kemenkes (2023) *Survei Kesehatan Indonesia, Kemenkes RI*.
- Kemenkes (2024a) *Bahaya Konsumsi Gula Berlebihan: Dampak dan Cara Mencegahnya*. Available at: <https://ayosehat.kemkes.go.id/bahaya-konsumsi-gula-berlebihan> (Accessed: 17 September 2025).
- Kemenkes (2024b) *Cegah Meningkatnya Diabetes, Jangan Berlebihan Konsumsi Gula, Garam, Lemak, Kemenkes RI*. Available at: <https://kemkes.go.id/id/cegah-meningkatnya-diabetes-jangan-berlebihan-konsumsi-gula-garam-lemak> (Accessed: 21 September 2025).
- Krukowski, R.A., Denton, A.H. dan König, L.M. (2024) 'Impact of feedback generation and presentation on self-monitoring behaviors, dietary intake, physical activity, and weight: a systematic review and meta-analysis', *International Journal of Behavioral Nutrition and Physical Activity* [Preprint].

- Mahendra, D., Jaya, I.M.M. and Lumban, A.M.R. (2019) *Buku Ajar Promosi Kesehatan*. Program Studi Diploma Tiga Keperawatan Fakultas Vokasi UKI.
- Marlina, P.W.N. *et al.* (2025) 'Ghidza : Jurnal Gizi dan Kesehatan Pengaruh Edukasi Gizi Remaja Perkotaan Melalui Vlog dan Buku Diary : Pengetahuan , Kebiasaan Membaca Label , dan Konsumsi Minuman Berpemanis dalam Kemasan The Influence of Nutrition Education on Urban Adolescents Through', *Ghidza: Jurnal Gizi dan Kesehatan*, 9(1), pp. 40–50.
- Moitra, P., Madan, J. dan Verma, P. (2021) 'Impact of a behaviourally focused nutrition education intervention on attitudes and practices related to eating habits and activity levels in Indian adolescents', 24(9), pp. 2715–2726. doi:10.1017/S1368980021000203.
- Nilawati and Fati, N. (2023) *Metodologi Penelitian*. Lima Puluh Kota: Politeknik Pertanian Negeri Payakumbuh.
- Ningsih, M., Tampubolon, N.R. dan Dewi, Y.I. (2024) 'Hubungan Antara Self Awareness dengan Perilaku Konsumsi Gula pada Remaja', *JERUMI: Journal of Education Religion Humanities and Multidiciplinary*, 2(1), pp. 111–119. doi:10.57235/jerumi.v2i1.1746.
- Notoatmodjo, S. (2010) *Promosi Kesehatan dan Ilmu Perilaku*. Jakarta: Rineka Cipta.
- Pakpahan, M. *et al.* (2021) *Promosi Kesehatan & Perilaku Kesehatan*. Medan: Yayasan Kita Menulis.
- Polit, D.F. dan Beck, C.T. (2017) *Nursing Research: Generating and Assessing Evidence for Nursing Practic*. Hongkong: Wolters Kluwer.
- Rany, N. (2021) *Perilaku Kesehatan Dan Pengukurannya*. Surabaya: Global Aksara Pers.
- Raut, S. *et al.* (2024) 'Effect of nutrition education intervention on nutrition knowledge, attitude, and diet quality among school-going adolescents: a quasi-experimental study', *BMC Nutrition*, 10(1), pp. 1–10. doi:10.1186/s40795-024-00850-0.
- Ridder, D. de dan Wit, J. de (eds) (2006) *Self-Regulation in Health Behavior*. Chichester: Wiley. doi:10.1177/109019819201900306.
- Rodhatul Jannah, A. and Humayrah, W. (2024) 'Consumption of Sugar-Sweetened Beverages Increases the Risk of Diabetes Mellitus Among Adolescents in Bogor City', *Penel Gizi Makan*, 47(2), pp. 104–105.
- Rosdiana *et al.* (2023) *Penerapan Strategi Perubahan Perilaku*. Edited by N. Sulung and Oktavianis. Padang: Get Press.
- Sari, S.L., Utari, D.M. dan Sudiarti, T. (2021) 'Sugar-sweetened beverages

- consumptions among adolescents’, *Ilmu Gizi Indonesia*, 05(01), pp. 91–100. Available at: <https://ilgi.respati.ac.id/index.php/ilgi2017/article/view/253>.
- Sasongkowati, R. (2019) *Warning: Gula, Garam, dan Lemak!* Temanggung: Desa Pustaka Indonesia.
- Selamat, R. *et al.* (2024) ‘Effects of the MyBFF @ school obesity intervention program with nutrition education intervention on nutrition knowledge and attitude of secondary schoolchildren : a cluster randomized controlled trial’, *BMC Public Health* [Preprint]. doi:10.1186/s12889-024-21090-8.
- Septiyana, S.M. *et al.* (2021) ‘The smartphone app (MyFitnessPal) reduce sugar-sweetened beverages intake among overweight and obese college students’, *Jurnal Gizi dan Dietetik Indonesia (Indonesian Journal of Nutrition and Dietetics)*, 9(3), p. 130. doi:10.21927/ijnd.2021.9(3).130-138.
- Setiawan, A., Nugroho, W. dan Widyaningtyas, D. (2023) ‘Development of interactive powerpoint learning media based on information and communication technologies to improve student learning outcomes’, *Jurnal Pendidikan Dasar Nusantara*, 9(1), pp. 75–86.
- Setiawan, M.I. *et al.* (2023) *Overweight dan Obesitas Remaja, Anugerah atau Musibah?* Kediri: CV Cakrawala Satria Mandiri.
- Slamet, F.A. (2022) *Model Penelitian Pengembangan (R n D)*. Malang: Institut Agama Islam Sunan Kalijogo Malang.
- Suparno, B.A. dan Susilo, M.A. (2022) *Teori Komunikasi untuk Penelitian*. Yogyakarta: Subuh Media.
- Teng, N.I.M.F. *et al.* (2020) ‘Knowledge, attitude and practices of sugar-sweetened beverages: A cross-sectional study among adolescents in Selangor, Malaysia’, *Nutrients*, 12(12), pp. 1–13. doi:10.3390/nu12123617.
- Vázquez, A.S.F. *et al.* (2024) ‘A systematic review of educational nutrition interventions based on behavioral theories in school adolescents’, *Appetite*, 192. Available at: <https://www.sciencedirect.com/science/article/abs/pii/S0195666323025497>.
- Wahidin, M. *et al.* (2025) ‘Digital Education to Improve Knowledge of Sugar, Salt, and Fat Consumption Among Indonesian Adolescents: A Quasi-Experimental Study’, *Advances in Public Health*, 2025(1). doi:10.1155/adph/9969313.
- Waryana, Wijanarka, A. dan Fadhillah, D. (2022) *Media Edukasi Kesehatan dan Gizi*. Yogyakarta: Nuta Media.
- Wawan, A. dan Dewi, M. (2017) *Teori & Pengukuran Pengetahuan, Sikap, dan Perilaku Manusia*. Bantul: Nuha Medika.

- WHO (2023) *Reducing consumption of sugar-sweetened beverages to reduce the risk of childhood overweight and obesity*. Available at: <https://www.who.int/tools/elena/interventions/ssbs-childhood-obesity> (Accessed: 16 September 2025).
- Yulianti, R.D. dan Mardiyah, S. (2024) 'Faktor-Faktor Yang Berhubungan Dengan Konsumsi Minuman Kemasan Berpemanis Pada Remaja', *Jurnal Sains Kesehatan*, 30(3), pp. 90–99. doi:10.37638/jsk.30.3.90-99.
- Zoellner, J.M. *et al.* (2024) 'Kids SIPsmartER reduces sugar-sweetened beverages among Appalachian middle-school students and their caregivers: a cluster randomized controlled trial', *International Journal of Behavioral Nutrition and Physical Activity*, 21(1), pp. 1–18. doi:10.1186/s12966-024-01594-7.