

DAFTAR PUSTAKA

Buku

- Badan Pusat Statistik Kabupaten Bekasi. (2015). *Kabupaten Bekasi dalam angka*. Bekasi: Badan Pusat Statistik Kabupaten Bekasi.
- Badan Pusat Statistik Kota Depok. (2011). *Kota Depok dalam angka*. Depok: Badan Pusat Statistik Kota Depok.
- Bank, C., & Cao, J. (2014). *UI design from the experts: Web UI design best practices*. UXPin.
- Blatner, D. J. (2009). *The flexitarian diet: The mostly vegetarian to lose weight, be healthier, prevent disease and add years to your life*. McGraw-Hill.
- Hermawan, A. (2005). *Penelitian bisnis: Paradigma kuantitatif*. Jakarta: Grasindo.
- Housman, J., & Odum, M. (2016). *Alters & Schiff essential concepts for healthy living* (7th ed.). Burlington, MA: Jones & Bartlett Learning.
- Landa, R. (2010). *Advertising by design: Generating and designing creative ideas across media* (2nd ed.). Hoboken, NJ: John Wiley & Sons.
- McConnell, K. E., Corbin, C. B., Corbin, D. E., & Farrar, T.D. (2014). *Health for life*. Human Kinetics.
- Moriarty, S., Mitchell, N., & Wells, W. (2012). *Advertising & IMC: Principles & practice* (9th ed.). Upper Saddle River, NJ: Pearson Education.
- Samara, T. (2014). *Design elements: A graphic style manual* (2nd ed.). Beverly, MA: Rockport Publishers.

- Sugiyama, K., & Andree, T. (2014). *The dentsu way*. McGraw-Hill.
- Umar, H. (2003). *Metode riset bisnis: Panduan mahasiswa untuk melaksanakan riset dilengkapi contoh proposal dan hasil riset bidang manajemen dan akuntansi*. Jakarta: Gramedia Pustaka Utama.
- Venus, A. (2004). *Manajemen kampanye: Panduan teoritis dan praktis dalam mengefektifkan kampanye komunikasi*. Bandung: Remaja Rosdakarya Offset.
- Yuswohady. (2012). *Consumer 3000: Revolusi konsumen kelas menengah Indonesia*. Jakarta: Gramedia Pustaka Utama.

Jurnal

- Richi, E. B., Baumer, B., Conrad, B., Darioli, R., Schmid, A., & Keller, U. (2015). Health risks associated with meat consumption: A review of epidemiological studies. *Int J Vitam Nutr Res*, 85(1-2), 70-78. <https://doi.org/10.1024/0300-9831/a000224>
- Derbyshire, E. J. (2017). Flexitarian diets and health: A review of the evidence-based literature. *Frontiers in Nutrition*, 3, 55. <https://doi.org/10.3389/fnut.2016.00055>
- Mahendradhata, Y., Trisnantoro, L., Listyadewi, S., Soewondo, P., Marthias, T., Harimurti, P., & Prawira, J. (2017). The republic of Indonesia health system review. *Health Systems in Transition*, 7(1). <https://apps.who.int/iris/handle/10665/254716>
- Rippe, J. M., & Angelopoulos, T. J. (2016). Relationship between added sugars consumption and chronic disease risk factors: Current understanding.

Nutrients, 8(11), 697. <https://doi.org/10.3390/nu8110697>

Internet

Alessia, T. (2020). *Memahami proses metabolisme dan apa akibatnya pada tubuh jika terganggu*. Retrieved September 16, 2020, from <https://hellosehat.com/hidup-sehat/fakta-unik/metabolisme-tubuh-adalah-proses-energi/#gref>

Anderson, S. (2020). *What are the best screen sizes for responsive web design*. Retrieved December 10, 2020, from <https://www.hobo-web.co.uk/best-screen-size/>

Badan Pusat Statistik Kabupaten Bogor. (n.d.). *Jumlah penduduk Kabupaten Bogor menurut kelompok umur 2018-2020*. Retrieved September 17, 2020, from <https://bogorkab.bps.go.id/dynamictable/2020/05/27/36/jumlah-penduduk-kabupaten-bogor-menurut-kelompok-umur-2018-2020.html>

Badan Pusat Statistik Kabupaten Tangerang. (2015). *Jumlah penduduk menurut kelompok umur 2013*. Retrieved September 17, 2020, from <https://tangerangkab.bps.go.id/statictable/2015/05/16/10/jumlah-penduduk-menurut-kelompok-umur-2013.html>

Badan Pusat Statistik Kota Bekasi. (2016). *Jumlah penduduk menurut kelompok umur dan jenis kelamin 2015*. Retrieved September 17, 2020, from <https://bekasikota.bps.go.id/statictable/2016/12/20/46/jumlah-penduduk-menurut-kelompok-umur-dan-jenis-kelamin-.html>

Badan Pusat Statistik Kota Bogor. (2018). *Jumlah penduduk menurut kelompok umur dan jenis kelamin di Kota Bogor, 2017*. Retrieved September 17, 2020,

from <https://bogorkota.bps.go.id/statictable/2018/10/03/188/jumlah-penduduk-menurut-kelompok-umur-dan-jenis-kelamin-di-kota-bogor-2017.html>

Badan Pusat Statistik Kota Tangerang. (n.d.). *Jumlah penduduk menurut kelompok umur dan jenis kelamin di Kota Tangerang, 2018*. Retrieved September 17, 2020, from <https://tangerangkota.bps.go.id/linkTableDinamis/view/id/21>

Badan Pusat Statistik Provinsi DKI Jakarta. (n.d.). *Jumlah penduduk Provinsi DKI Jakarta menurut kelompok umur dan jenis kelamin, 2018-2019*. Retrieved September 17, 2020, from <https://jakarta.bps.go.id/dynamictable/2019/09/16/58/jumlah-penduduk-provinsi-dki-jakarta-menurut-kelompok-umur-dan-jenis-kelamin-2018-.html>

Dwinanda, R. (2019). *Cara jaga metabolisme tetap baik di usia 40*. Retrieved September 10, 2020, from <https://republika.co.id/berita/pspc2s414/cara-jaga-metabolisme-tetap-baik-di-usia-40-1>

Leonard, B. (n.d.). *What is diet & nutrition*. Retrieved September, 27, 2020, from <https://www.takingcharge.csh.umn.edu/enhance-your-wellbeing/health/diet-nutrition/what-diet-nutrition>

Lole, N. (2020). *What are stylescapes*. Retrieved December 6, 2020, from <https://thefutur.com/blog/what-are-stylescapes>

McLeod, S. (2020). *Maslow's hierarchy of needs*. Retrieved December 6, 2020, from <https://www.simplypsychology.org/maslow.html>

Muth, N. D. (2012). *Metabolism and age: Is it true that metabolism decreases*

- with age*. Retrieved September 10, 2020, from <https://www.acefitness.org/education-and-resources/lifestyle/blog/2315/is-it-true-that-metabolism-decreases-with-age/>
- Raman, R. (2019). *The 8 best diet plans: Sustainability, weight loss, and more*. Retrieved September 27, 2020, from <https://www.healthline.com/nutrition/best-diet-plans>
- Smart Health. (n.d.). *Apa itu hormon pertumbuhan (somatotropin)*. Retrieved September 16, 2020, from <https://www.smarterhealth.id/apa-itu-hormon-pertumbuhan-somatotropin/>
- Streit, L. (2019). *The flexitarian diet: A detailed beginner's guide*. Retrieved September 10, 2020, from <https://www.healthline.com/nutrition/flexitarian-diet-guide>
- U.S. News & World Report. (2020). 2020 best diets overall. Retrieved September 26, 2020, from <https://health.usnews.com/best-diet/best-diets-overall>
- Winar, H. (2015). *Perubahan metabolisme tubuh sesuai usia*. Retrieved September 16, 2020, from <https://www.beautynesia.id/berita-food/perubahan-metabolisme-tubuh-sesuai-usia/b-121790>
- World Health Organization. (n.d.). *Healthy diet*. Retrieved September, 30, 2020, from <https://www.who.int/campaigns/connecting-the-world-to-combat-coronavirus/healthyathome/healthyathome---healthy-diet>