

DAFTAR PUSTAKA

- Admin. 2007. *Mitos diet*. <http://www.salatiga.biz/mitos-d-i-e-t/salatiga-jawa-tengah-indonesia>. Desember 9th, 2008.
- American Journal of Epidemiology. 2004. *Obesity and high risk*. <http://www.pslgroup.com/dg/2c672.htm>. Oktober 25th, 2008.
- Antariksa Radio Info Kiat Sehat Surabaya. 2007. *Obesitas tak hanya sekedar kegemukan*. http://kiatsehat.com/index.php?pgnm=artikel/0001000100010569_full.html&frame=1&panel=0001&cat=0001&PHPSESSID=f31bebf9be8813c3cc06867cd07f37d6., Oktober 27th, 2008.
- Anonim. 2006. *Basal metabolic rate*. <http://www.bmi-club.com/basal-metabolic-rate.html>. Desember 9th, 2008.
- _____. 2006. *BMI origin*. <http://www.bmi-club.com/bmi-origin.html>. Desember 9th, 2008
- _____. 2006. *Waist circumference*. <http://www.bmi-club.com/waist-circumference.html>. Desember 9th, 2008
- _____. 2006. *Broca formula*. <http://www.bmi-club.com/broca-formula.html>. Desember 9th, 2008.
- _____. 2007. *Prevalence obesity*. http://www.scotland.gov.uk/Publications/2005/12/02160336/04261&usg=__49iPf6YlnRccbRA4c9VDpjp4UWw=&h=353&w=528&sz=9&hl=id&start=53&um=1&tbnid=hPpbSQduLdnPM:&tbnh=88&tbnw=132&prev=/images%3Fq%3Dprevalence%2Bobesity%2B2008%26start%3D36%26ndsp%3D18%26um%3D1%26hl%3Did%26client%3Dfirefox%26rls%3Dorg.mozilla:en-US:official%26sa%3DN. November 8th, 2008.
- _____. 2005. *Prevalensi obesitas*. http://beingmom.org/index.php/page/2/wp-admin/install.php&usg=__zO3Yja6mK__A8SYzo_4rEPyptY=&h=147&w=400&sz=15&hl=id&start=14&um=1&tbnid=ftMwYOB9T6TgaM:&tbnh=46&tbnw=124&prev=/images%3Fq%3Dprevalensi%2Bobesitas%2BIndonesia%26um%3D1%26hl%3Did%26client%3Dfirefox-a%26rls%3Dorg.mozilla:enUS:official%26sa%3DN. November 8th, 2008.
- _____. 2008. *Prevalensi obesitas Indonesia*. http://arekkardiounair.blogspot.com/2008_08_19_archive.html&usg=__jqrT5J4DUfGXmXLJ11weBM7ltM=&h=480&w=

432&sz=104&hl=id&start=1&um=1&tbnid=RAjmAtuLphnemM:&tbnh=129&tbnw=116&prev=/images%3Fq%3Dprevalensi%2BObesitas%2BIndonesia%26um%3D1%26hl%3Did%26client%3Dfirefox%26rls%3Dorg.mozilla:enUS:official%26sa%3DN. November 8th, 2008.

____ 2008. *Penggunaan vitamin dalam diet*. http://www.medscape.com/content/2004/00/48/73/487381/487381_fig.html&usg=__Kw3Wu7uNP9KxAYAN5WAZZftam0=&h=338&w=400&sz=30&hl=id&start=77&um=1&tbnid=26YYaStaKS_AuM:&tbnh=105&tbnw=124&prev=/images%3Fq%. Desember 3th, 2008.

____ 2008. *Jurus menjaga tubuh langsing*. <http://www.mail-archive.com/keluarga-sejahtera@yahoo.com/msg.04806.html>. Desember 9th, 2008

____ 2008. *Pentingnya diet garam bagi kesehatan*. <http://www.kafebalita.com/content/articles/read/2008/07/pentingnya-diet-garam-bagi-kesehatan/395>. Desember 3th, 2008.

____ 2008. *Diet rendah karbohidrat rentan kanker*. http://www.jawaban.com/news/health/detail.php?id_news=070803170951&offx=1. Desember 9th, 2008

____ 2007. *Pola makan seimbang pangkal hidup sehat*. <http://rosbagas.wordpress.com/2007/10/21/pola-makan-seimbang-pangkal-hidup-sehat/>. Desember 3th, 2008.

____ 2008. *Getting active for family health: obesity*. <http://www.umm.edu/altmed/articles/obesity>. . Desember 9th, 2008

Ari. 2005. *Akupuntur untuk cegah obesitas*. <http://www.balipost.co.id/balipostcetak/2005/2/16/kes5.htm>., Oktober 25th, 2008.

Berkeley Wellness Letter. 2008. *Are you an apple or a pear?*. <http://www.wellnessletter.com/html/wl/2008/wlFeatured0608.html>. November 8th, 2008.

Blog Dokter. 2008. *Turunkan berat badan dengan tidur*. <http://www.blogdokter.net/2008/08/15/turunkan-berat-badan-dengan-tidur/>. Desember 3th, 2008.

D'Adamo P.J., Whitney C. 2008. *The genotype diet*. Terjemahan Lina Jusuf. Jakarta: Gramedia Pustaka Utama. p.88-89.

- Daniel Irawan., 2006. *Obesitas tak hanya disebabkan oleh makanan.* <http://dietalami.com/info%20sehat%203.htm>. Desember 3th, 2008.
- Depkes RI 2006. *Awas! Obesitas mulaiancam RI.* <http://inilah.com/berita/politik/2009/02/10/82609/awas-obesitas-mulai-ancam-ri/>. Desember 5th, 2008.
- Denny Santoso. 2008. *100 kalori vs 100 kalori.* http://209.85.175.132/search?q=cache:UHHUBiPOPd8J:www.radartegal.com/index2.php%3Foption%3Dcom_content%26do_pdf%3D1%26id%3D933&hl=id&ct=clnk&cd=1&gl=id&client=firefox-a., Desember 5th, 2008.
- Dorland, W.A. Newman. 2002. *Obesity.* Terjemahan Huriwati Hartanto. Ed. 29. Jakarta: Penerbit Buku Kedokteran EGC. p. 1520.
- Eny Kartikawati. 2005. *Air putih bikin kurus.* <http://jkt2.detikhot.com/read/2005/07/29/171333/412684/227/air-putih-bikin-kurus.,> Januari 1th, 2009.
- Fiona News Comau. 2007. *Rokok dan berat badan.* <http://phdwellingplace.Blogspot.com/2007/10/rokok-dan-berat-badan.html.,> Desember 5th, 2008.
- Gklinik. 2007. *Diet rendah karbohidrat lebih efektif kurangi berat badan.* <http://www.gizi.net/cgi-bin/berita/fullnews.cgi?newsid1174895693,52254,,> Desember 3th, 2008
- Guyton A. C., Hall J.E, 1997. *Metabolisme lemak.* Dalam : Irawati S. Ed. Buku Ajar Fisiologi Kedokteran (Textbook of medical physiology) Ed 9. Jakarta: Penerbit Buku Kedokteran EGC. P.1116-7
- Harvard School of Public Health. 2008. *Nutrition source.* <http://www.hsph.harvard.edu/nutritionsource/what-should-you-eat/pyramid-full-story/index.html.,> November 30th, 2008
- Handayati Puti Setyo. 2006. *Konversi satuan ukuran rumah tangga ke dalam satuan berat (gram) pada beberapa jenis pangan.* <http://www.reduce-it.co.id/Home/Tools/Tipsdanpetunjuksehat/Daftarkandungankalorimakananfavorit/tabid/167/language/en-US/Default.aspx.,> November 8th, 2008
- Herbalife Distributor Independent. 2007. *Mengatur berat badan.* http://www.langsing.net/article/weight_control.html., November 20th, 2008.

- Herdinsyah Persagi. 2007. *Kesehatan masyarakat*. <http://www.depkes.go.id/index.php?option=news&task=viewarticle&sid=2485&Itemid=2>. November 3th, 2008.
- Isti. 2007. *Rahasia langsing remaja eksekutif muda*. <http://isti19cantix.wordpress.com/2007/07/01/rahasia-langsing-remaja-eksekutif-muda/>. Desember 3th, 2008
- Judio Sam M. 2007. *10 mitos salah tentang penurunan berat badan*. <http://www.shape-indonesia.com/?q=node/31>., November 3th, 2008
- Kompas. 2008. *Selamat tinggal kegemukan*. <http://www.kompas.com/read/xml/2008/10/07/11012971/selamat.tinggal.kegemukan>., November 3th, 2008.
- Miranda Hiti. 2006. *Is obesity contagious?*. <http://www.goodhousekeeping.com/health/is-obesity-contagious-257837>. Oktober 19th, 2008.
- Mohit Joshi. 2008. *Restaurant availability impacts obesity both negatively and positively*. <http://www.topnews.in/health/restaurant-availability-impacts-obesity-both-negatively-and-positively-2551>., November 29th, 2008.
- _____. 2008. *Are health risks obesity exaggerated*. <http://www.topnews.in/health/are-health-risks-obesity-exaggerated-2873>. November 29th, 2008.
- _____. 2008. *Lower income neighborhoods linked higher obesity rates*. <http://www.topnews.in/health/lower-income-neighborhoods-linked-higher-obesity-rates-2983>., November 29th, 2008.
- _____. 2008. *Gym food can make you emerge fatter than before*. <http://www.topnews.in/health/gym-food-can-make-you-emerge-fatter-2900>., November 29th, 2008.
- _____. 2008. *Obesity shorten kid's life span*. <http://www.topnews.in/health/obesity-shortens-kids-life-span-21331>., November 29th, 2008.
- Nita Medicastore. 2008. *Atasi segera obesitas pada remaja*. <http://keperawatan-gun.blogspot.com/2008/08/atasi-segera-obesitas-pada-remaja.html>., Oktober 19th, 2008.
- Nurdin Kalim., Dian N.Sulaiman., Ludhy Cahyana. 2008. *Minuman pelangsing: cara pas menguras obesitas?*. <http://www.pdat.co.id/info/suplemen/52022002-1.htm>. Desember 3th, 2008.

- Pediatric. 2008. *Heathy way*. <http://www.pediatricobesityclinic.com/m.php?p=home>. November 29th, 2008.
- Pereira, Mark University of Minnesota School of Public Health. 2007. *Lupa sarapan picu obesitas*. <http://id.shvoong.com/medicine-and-health/1782939-lupa-sarapan-picu-obesitas/>. November 8th, 2008
- Reduce it weight management program. 2008. *Lingkar pinggang*. <http://www.reduce-it.co.id/Home/Tools/AlatUkur/Lingkarpinggang/tabid/154/language/en-US/Default.aspx>., November 25th, 2008
- Scott, Jenifer R. 2008. *How to calculate your caloric needs and lose weight*. <http://weightloss.about.com/od/eatsmart/a/blcalintake.htm>. November 3th, 2008.
- Sehat bugur. 2008. *Diet sehat dengan buah-buahan*. <http://cantikalami.epajak.org/diet/diet-sehat-dengan-buah-buahan-418>. November 25th, 2008.
- Sidartawan Soegono., Kartini Sukardji. 2008. *Hidup secara mandiri dengan diabetes melitus, kencing manis, sakit gula*. Jakarta: Fakultas Kedokteran Universitas Indonesia. p.37: 40-69: 82-89.
- Siswono. 2007. *Obesitas ajang reuni berbagai penyakit*. <http://www.gizi.net/cgi-bin/berita/fullnews.cgi?newsid1170144608,41573>. November 25th, 2008.
- Sunita Almatier. 2003. *Prinsip dasar ilmu gizi*. Jakarta: Gramedia Pusaka Utama. p.42-45: 132-150.
- Susi Ivvaty. 2007. *Waspada! produk pelangsing*. <http://www2.kompas.com/ver1/Perempuan/0703/18/065115.htm>., November 25th, 2008.
- _____. 2008. *Pilih produk pelangsing, diet, atau berolahraga?*. <http://kompas.co.id/read/xml/2008/10/26/1854054/pilih.produk.pelangsing.diet.atau.berolahraga>., November 25th, 2008.
- Whitney E.N., Rofles S.R, 2002. *Weight management : overweight and underweight. Understanding nutririon*. Belmont: Wadsworth Thomson Learning. p.268-288
- Wikipedia. 2003. *Obesity*. <http://en.wikipedia.org/wiki/Obesity>., Oktober 16th, 2008.
- _____. 2003. *Body mass index*. http://en.wikipedia.org/wiki/Body_mass_index., Oktober 16th, 2008.

Xinhua. 2007. *The obesity trend*. http://www.crossfitalpha.com/index.php/Main/comments/obesity_trend/&usg=__OPlhBPJHJO2WkIuQ1HrIkRqsOg=&h=284&w=331&sz=49&hl=id&start=55&um=1&tbnid=g1RbE9FJBxgPFM:&tbnh=102&tbnw=119&prev=/images%3Fq%3Dprevalence%2Bobesity%2B2008%26start%3D54%26ndsp%3D18%26um%3D1%26hl%3Did%26client%3Dfirefox-a%26rls%3Dorg.mozilla:en-US:official%26sa%3DN., November 25th, 2008.

Zainun Mu'tadin. 2002. *Obesitas dan faktor penyebab*. <http://www.e-psikologi.com/remaja/130502.htm>., November 25th, 2008.