

## Daftar Pustaka

- American Diabetes Association (ADA). 2013. "Blood Glucose Control and Exercise." *American Diabetes Association*.
- Anonim. 2012. "Diabetes health." <http://www.diabeteshealth.com>.
- Anonim. 2015. "Measuring Physical Activity Intensity." Centers of Disease Control and Prevention. <http://www.cdc.gov>
- Anonim. 2015. "Types of Physical Activity." National Institute of Health. <https://www.nhlbi.nih.gov>.
- Beck, E. 2016. "How Many Calories Should I Eat at Breakfast?" <http://www.livestrong.com>
- Bender DA & Mayes PA. 2009. Chap 14: Overview Metabolism & The Provision of Metabolism Fuels : Metabolism of Carbohydrats. In: VW Rodwell, PA Weil, DA Bender, et al (Eds.), *Harper's Illustrated Biochemistry*. 26 Edition. London England: Lange.
- Brian. 2012. "Living with Diabetes." American College of Sports Medicine. <https://www.acsm.org>
- Colberg SR. 2000. Insulin Level During Exercise Critical to Performance. *Human Kinetics*.
- EF Coyle. 1985. Substrate Usage During Prolonged Exercise Following a Preexercise Meal. *Journal of Applied Physiology*, 429-33.
- Fox E. 1984. *Sports Physiology*. Philadelphia: W.B. Saundes Company.
- Fox E. 1998. *The Physiological Basis for Exercise and Sports*. Dubuque: Wm. C. Brown Communication Inc.,
- Hall JE. 2016. Chp. 79: Insulin, Glucagon dan Diabetes Melitus. In: J Hall (Ed.), *Guyton and Hall: Textbook of Medical Physiology*, 13<sup>th</sup> Edition. Philadelphia USA : Saunders Elsevier. Pp:983-99.

Hall JE. 2016. Chp. 68: Carbohydrats Metabolism & Formation of Adenosine Triphosphat. In: J Hall (Ed.), *Guyton and Hall: Textbook of Medical Physiology, 13<sup>th</sup> Edition*. Philadelphia USA : Saunders Elsevier. Pp:983-99.

Kemenkes (Kementerian Kesehatan RI). 2011. Menu Sarapan Sehat. *JIPG (Jejaring Informasi Pangan dan Gizi)*. 2-3.

Petry N. 2016. A Comparison of Young, Middled-Aged, and Older Adult Treatment-Seeking Pathological Gamblers. *The Gerontologist*, 92-99.

Sheerwood L. 2010. *Human Physiology From Cells to Systems*. USA: Brooks/Cole.

Widyastuti P & EA. 2008. *Gizi Kesehatan Masyarakat*. Jakarta: EGC Medical Publisher.

Yang RW. 2006. *Irreguler Breakfast Eating and Health Status Among Aldolescent in Taiwan*. BMC Public Health.

