

## DAFTAR PUSTAKA

- Ahmed, R.. 2005. Is There A Balance between Oxidative Stress and Antioxidant Defense System During Development? *Medical Journal of Islamic World Academy of Science*, 15(2): pp 55–63.
- Almatsier, S. 2013. *Prinsip Dasar Ilmu Gizi*. Jakarta: PT. Gramedia Pustaka Utama.
- Artandi, S.E. 2006. Telomeres, Telomerase, and Human Disease. *The new england journal of medicine*, 355: pp 1195–1197.
- Aubert, G., Baerlocher, G.M., Vulto, I., Poon, S.S. dan Lansdorp, P.M. 2012. Collapse of Telomere Homeostasis in Hematopoietic Cells Caused by Heterozygous Mutations in Telomerase Genes. *Plos Genetics*, 8(5).
- Aviv, A., Chen, W., Gardner, J.P., Kimura, M., Brimacombe, M., Cao, X., Srinivasan, S.R. dan Berenson, G.S. 2009. Leukocyte Telomere Dynamics: Longitudinal Findings Among Young Adults in the Bogalusa Heart Study. *American Journal of Epidemiology*, 169(3): pp 323–329.
- Ayala, A., Munoz, M. dan Arguelles, S. 2014. Lipid Peroxidation: Production, Metabolism, and Signaling Mechanisms of Malondialdehyde and 4-Hydroxy-2-Nonenal. *Oxidative Medicine and Cellular Longevity*.
- Badan Pusat Statistik. 2014. Badan Pusat Statistik.
- Biovision. 2016. Lipid Peroxidation (MDA) Colorimetric/ Fluorometric Assay Kit.
- Cao, K., Blair, C.D., Faddah, D.A. dan Al, E. 2011. Progerin and Telomere Dysfunction Collaborate to Trigger Cellular Senescence in Normal Human Fibroblast. *The Journal of Clinical Investigation*, 121(7): pp 2833–2844.
- Cui, H., Kong, Y. dan Zhang, H. 2012. Oxidative Stress , Mitochondrial Dysfunction and Aging. *Journal of Signal Transduction*.
- Cutler, R.G. dan Rodriguest, H. 2003. *Oxidative Stress and Aging*. World Scientific Publishingc.
- Donne, I.D., Rossi, R., Colombo, R. dan Al, E. 2006. Biomarkers of Oxidative Damage in Human Disease. *American Association for Clinical Chemistry*, 52(4): pp 601–623.
- Freitas-Simoes, T.-M., Ros, E. dan Sala-Vila, A. 2016. Nutrients, foods, dietary patterns and telomere length : Update of epidemiological studies and randomized trials. *Metabolism Clinical and Experimental*, 65: pp 406–415.

- Harbinson dan James, G. 2016. Relationships between Plasma Cytokines, Leukocyte Telomere Length, Serum Lipid Profile and Nutrient Intake in Healty Adults Following A 4-Week Dietary Intervention Study (Dissertation]. United States. Colorado State University.
- Hardinsyah, Riyadi, H. dan Napitupulu, V. 2012. Kecukupan Energi, Protein, Lemak dan Karbohidrat.
- Hiyama, E. dan Hiyama, K. 2007. Telomere and Telomerase in Stem Cell. *British Journal of Cancer*, 96(7): pp 1–7.
- Kark, J.D., Goldberger, N., Kimura, M., Sinnreich, R. dan Aviv, A. 2012. Energy intake and leukocyte telomere length in young adults. *The American Journal of Clinical Nutrition*, 95(2): pp 479–487.
- Kementerian Kesehatan, Republik Indonesia. 2010a. *Riskesmas 2010*. Jakarta.
- Kementrian Kesehatan, Republik Indonesia. 2010b. *Indeks Pembangunan Kesehatan Masyarakat*. Jakarta.
- Kementerian Kesehatan, Republik Indonesia. 2013. *Peraturan Menteri Kesehatan Nomor 75 Tahun 2013 tentang Angka Kecukupan Gizi yang Dianjurkan bagi Bangsa Indonesia*.
- Kementerian Perdagangan, Republik Indonesia. 2013. *Laporan Akhir Analisis Dinamika Konsumsi Pangan Masyarakat Indonesia*. Jakarta.
- Krishna, B.H., Keerthi, G.S., Kumar, C.K. dan Reddy, N.M. 2015. Association of Leukocyte Telomere Length with Oxidative Stress in Yoga Practitioners. *Journal of Clinical and Diagnostic Research*, 9(3).
- Lansdorp, P.M. 2017. Maintenance of telomere length in AML. *Blood Advances*, 1(25): pp 2467–2472.
- Lee, J., Jun, N., Yoon, D., Shin, C. dan Baik, I. 2015. Association between dietary patterns in the remote past and telomere length. *European Journal of Clinical Nutrition*, 69(9): pp 1048–1052.
- Lestari, Y. 2017. *Hubungan antara Komposisi Tubuh, Kebiasaan Merokok dan Aktifitas Fisik dengan Panjang Telomer Laki-Laki Etnik Minangkabau [Disertasi]*. Padang. Program Pascasarjana Universitas Andalas.
- Leung, C.W., Laraia, B.A., Needham, B. dan Al, E. 2014. Soda and Cell Aging: Association between Sugar-Sweetened Beverage Consumption and Leukocyte Telomere Length in Healthy Adults from the National Health and Nutrition Examination Surveys. *American Journal of Public Health*, 104(12): pp 2425–2431.

- Lipoeto, N.I. 2006. *Zat Gizi dan Makanan pada Penyakit Kardiovaskuler*. Padang: Andalas University Press.
- Mahan, L.K. dan Stump, S.E. 1996. *Krause's Food, Nutrition and Diet Therapy*. 9th editio ed. Philadelphia: W.B. Saunders Company.
- Malavolta, M. dan Moccheigiani, E. 2016. *Molecular Basis of Nutrition and Aging: A Volume in the Molecular Nutrition Series*. Academic Press.
- Murray, R.K., Bender, D.A., Botham, K.M., Kennely, P.J., Rodwell, V.W. dan Weil, P.. A. 2014. *Biokimia Harper*. 29 ed. Jakarta: EGC.
- Mustofa, M.S. 2015. Pemendekan Telomer pada Penderita Diabetes Melitus. *Jurnal Kedokteran YARSI*, 23(3): pp 197–211.
- Nettleton, J.A., Diez-Roux, A., Jenny, N.S., Fitzpatrick, A.L. dan David R Jacobs, J. 2008. Dietary patterns, food groups, and telomere length in the Multi-Ethnic Study of Atherosclerosis (MESA). *The American Journal of Clinical Nutrition*, 88(5): pp 1405–1412.
- O'Callaghan, N.J. dan Fenech, M. 2011. A Quantitative PCR Method for Measuring Absolute Telomere Length. *Biological Procedurs Online*, 13(3).
- Palmiaeri, D. et al 2014. Telomere Shortening and Increased Oxidative Stress are Restricted to Venous Tissue in Patients. *Vascular Medicine*, pp 125–130.
- Pangkahila, W. 2011. *Anti-Aging, Tetap Muda dan Sehat*. Jakarta: Kompas Media Nusantara.
- Pangkahila, W. 2017. *Tetap Muda, Sehat dan Berkualitas*. Jakarta: Kompas Media Nusantara.
- Paul, L. 2011. Diet, Nutrition and Telomere Length. *Journal of Nutritional Biochemistry*. 2011. 22. pp 805-901.
- Purwaningsih, E. 2010. Telomere, Aging and Carcinogenesis. *Jurnal Kedokteran YARSI*, 18(2): pp 137–143.
- Ratnawati, H. 2002. Enzim Telomerase dan Karsinogenesis. *Maranatha Christian University*, 2(1).
- Salpea, K.D., Talmud, P.J., Cooper, J.A. dan Al, E. 2010. Association of Telomere Length with Type 2 Diabetes, Oxidative Stress and UCP2 Gene Variation. *Atherosclerosis*, 209(1): pp 42–50.
- Santoso, S. 2017. *Menguasai Statistik dengan SPSS 24*. Jakarta: Elex Media Komputindo.

- Sastroasmoro, S. dan Ismael, S. 2011. *Dasar-Dasar Metodologi Penelitian Klinis*. Jakarta: Sagung Seto.
- Shammas, M.A. 2011. *Telomeres, Lifestyle, Cancer and Aging*. HHS Public Access, 14(1): pp 28–34.
- Shin, YA., Lee, JH., Song, W. dan Jun, TW. 2008. *Exercise Training Improves the Antioxidant Enzyme Activity with no Changes of Telomere Length*. Mech Ageing Dev. 2008. 129 (5). pp 254-260.
- Supariasa, I.D.N., Bakri, B. dan Fajar, I. 2012. *Penilaian Status Gizi*. Jakarta: EGC.
- Werdani, A.R. dan Triyanti 2014. *Asupan Karbohidrat sebagai Faktor Dominan yang Berhubungan dengan Kadar Gula Darah Puasa*. Jurnal Kesehatan Masyarakat Nasional, 9(1): pp 71–77.
- Winarno, Winarno, W. dan Winarno, D.A. 2015. *Telomer, Membalik Proses Penuaan*. Jakarta: Gramedia Pustaka Utama.
- Yerizel, E. 2011. *Biokimia: Lemak, Protein, Karbohidrat*. Diktat Biokimia. hal.69–107.
- Zhang, J., Rane, G., Dai, X., Shanmugam, MK., Arfuso, F., Samy, RP., Lai, MKP., Kappei, D., Kumar, AP. dan Sethi, G. 2016. *Ageing and the Telomere Connection : An Intimate Relationship with Inflammation*. Ageing Research Reviews. 25. pp 55-69.
- Zhou, M., Zhu, L., Cui, X., Feng L., Zhao X., He S., Ping F., Li W. dan Li Y. 2016. *Influence of Diet on Leukocyte Telomere Length, Markers of Inflammation and Oxidative Stress in Individuals with Varied Glucose Tolerance : a Chinese Population Study*. Nutrition Journal. 15(39).
- Zhu, H., Belcher, M., Harst PVD. 2011. *Healthy aging and disease: role for telomere biology?*. Clinical Science (London). 120 (Pt 10). pp 427-440.