

6. DAFTAR PUSTAKA

- Arifianti, L., R.D. Oktarina, dan I. Kusumawati. 2014. Pengaruh Jenis Pelarut Pengekstraksi Terhadap Kadar Sinensetin Dalam Ekstrak Daun *Orthosiphon stamineus* Benth. *E-Journal Planta Husada* Vol.2, No.1.
- Benito, P. and D. Miller. 1998. Iron Absorption and Bioavailability : An Updated Review. *Journal of Nutrition Research* Vol.18, No.3, pp. 581-603
- Damayanti, A. dan E.A. Fitriana. 2012. Pemungutan Minyak Atsiri Mawar (*Rose Oil*) Dengan Metode Maserasi.
- Depkes [Departemen Kesehatan]. 2013. *Pedoman Penanggulangan Anemia Gizi untuk Remaja Putri dan Wanita Usia Subur*. Jakarta : Depkes RI
- Gleason G., dan N.S. Scrimshaw. 2007. An overview of the functional significance of iron deficiency. Didalam *Nutritional Anemia*, Edited by Klaus Kraemer & Michael B. Zimmermann. Switzerland : Sight and Life Press
- Herawati, N. 2009. Mengenal Anemia dan Peranan Erythroprotein. *Jurnal Biologi* Vol.4 No. 1.
- Imeson, A. 2009. *Food Stabilizers, Thickeners, and Gelling Agents*. Blackwell Publishing Ltd.
- Khoiriyah, N. dan L. Amalia. 2014. Formulasi Cincau *Jelly Drink* (*Premna Oblongifolia* L Merr) Sebagai Pangan Fungsional Sumber Antioksidan. *Jurnal Gizi dan Pangan* 9(2) : 73-80.
- Lewis, R. 1985. *Food Additives Hand Book*. Chapman and Hall Co. New York.
- Masthalina, H., Y. Laraeni, dan Y.P. Dahlia. 2015. Pola Konsumsi (Faktor Inhibitor dan Enhancer Fe) terhadap Status Anemia Remaja Putri. *Jurnal Kesehatan Masyarakat* 2015(1) 80-86.
- Masrizal. 2007. Studi Literatur : Anemia Defisiensi Besi. *Jurnal Kesehatan Masyarakat* II (1).
- Muchtadi, D. 2010. Memilih Bentuk Kalsium untuk Fortifikasi. Di dalam Kristanto, Tiffany. 2011. Fortifikasi Kalsium Pada Susu Kedelai Dengan Tepung Tulang Ikan Ditinjau dari Karakteristik Fisikokimia dan Organoleptik.

- Nair, K. M., G. N.V. Brahmam, M.S. Radhika, R.C. Dripta, P. Ravinder, N. Balakrishna, Z. Chen, K.M. Hawthorne, and S.A. Abrams. 2013. Inclusion of Guava Enhances Non-Heme Iron Bioavailability but Not Fractional Zinc Absorption from a Rice-Based Meal in Adolescents. *Journal of Nutrition*
- Nursucihta, S., H.A.Thai'in, D.M.Putri, D.N.Utami and A.P.Ghani. 2014. Antianemia Activity of *Parkia Speciosa* Hassk Seed Ethanolic Extract. *Traditional Medicine Journal*, 19(2),p 49-54.
- Palupi, Nurheni Sri. 2010. Fortifikasi Zat Besi. *Food Review*. Vol 5 Edisi 9 Maret 2010.
- Rosenthal, A.J. 1999. *Food Texture Measurement and Perception*. An Aspen Publication. Gaithersburg, Maryland.
- Ruel, M.T. 2001. *Can Food-Based Strategies Help Reduce Vitamin A and Iron Deficiencies? A Review of Recent Evidence*. Washington DC : International Food Policy Research Institute
- Sinchaipanit, P., M. Ahmad, and R. Twichatwitayakul. 2015. Kinetics of Ascorbic Acid Degradation and Quality Chages in Guava Juice During Refrigerated Storage. *Journal of Food and Nutrition Research* 3(8) : 550-557.
- SNI [Standar Nasional Indonesia]. 01-3552-1994. Jelly Afar. Jakarta
- Sudarmadji, S., B. Haryono, dan Suhardi. 1984. *Analisa Bahan Makanan dan Pertanian Edisi Ketiga* Liberty. Yogyakarta.
- Suhardi. 1990. *Petunjuk Laboratorium Analisa Produk Buah-buahan dan Sayuran*. Yogyakarta : Proyek Peningkatan Perguruan Tinggi Universitas Gadjah Mada.
- Tanwar, B., B. Andallu, and S. Chandel. 2014. Influence of Processing on Physicochemical and Nutritional Composition of *Psidium guajava L.* (Guava) Products. *International Journal Of Agriculture and Food Science Technology* 5(2) : 47-54.
- Tee, E.S., S.C. Khor and S. Siti Mizura. 1989. Determination of Iron in Foods by the Atomic Absorption Spectrophotometric and Calorimetric Methods. *Pertanika* 12(3): 313-322.
- Tesfaye, M., T.Yemane, W.Adisu, Y.Asres, and L. Gedefaw. 2015. Anemia and Iron Deficiency Among School Adolescents : Burden, Severity, and Determinant Factors in Southwest Ethiopia. *Adolescent Health, Medicine, and Therapeutics* 2015:6 189-196.

USDA [United States Department of Agriculture]. 2003. National Nutrient Database for Standard Reference.

WHO [World Health Organization]. 2001. *Iron Deficiency Anaemia, Assessment, Prevention, and Control : A guide for programme managers*. Geneva : World Health Organization

WHO [World Health Organization]. 2006. *Guidelines on Food Fortification with Micronutrients*. Geneva : World Health Organization

Widawati, L. dan H. Hardiyanto. 2016. Pengaruh Konsentrasi Karagenan Terhadap Sifat Fisik, Kimia Dan Organoleptik Minuman Jeli Nanas (*Ananas Comosus* L. Merr). *Jurnal AGRITEPA, Vol. II, No.2*.

Winarno, F.G. 1997. *Kimia Pangan dan Gizi*. PT Gramedia. Jakarta.

Yulianti, D., B. Susilo, dan R. Yulianingsih. 2014. Pengaruh Lama Ekstraksi Dan Konsentrasi Pelarut Etanol Terhadap Sifat Fisika-Kimia Ekstrak Daun Stevia (*Stevia rebaudiana* bertonii M.) Dengan Metode *Microwave Assisted Extraction* (MAE). *Jurnal Bioproses Komoditas Tropis*, Vol. 2, No.1.

