

7. DAFTAR PUSTAKA

- Adinugraha, H.A. & Kartikawati, N.K. (2012). Variasi Morfologi dan Kandungan Gizi Buah Sukun. *Jurnal Wana Benih* Vol. 13 No. 2, 96–106. <http://dx.doi.org/10.20961/agrotechresj.v2i2.21800>
- Aguilera Jose Miguel & Dong June Park. (2016). Texture-modified Foods for The Elderly: Status, Technology and Opportunities. *Trends in Food Science & Technology* 57:156-164. <http://dx.doi.org/10.1016/j.tifs.2016.10.001>
- Aini Nisa., Titi Puji Rahayu., Tika Amalia. (2020). Improving Knowledge of Balanced Nutrition in Mother Toddlers through PuDiYam Processing (Spinach Leaf Pudding) as an Alternative for Stunting Prevention in Giyanti Village, Kebumen Regency. *The 16th University Research Colloquium 2022*. e-ISSN: 2621-0584. <http://repository.urecol.org/index.php/proceeding/article/view/2215>
- Akan, S., Tuna Gunes, N., & Erkan, M. (2021). Red beetroot: Health benefits, production techniques, and quality maintaining for food industry. *Journal of Food Processing and Preservation*. doi:10.1111/jfpp.15781. https://www.researchgate.net/publication/353467831_Red_Beetroot_Health_benefits_production_techniques_and_quality_maintaining_for_food_industry
- Akubugwo, I. E., Obasi, N. A., Chinyere, G. C., & Ugbogu, A. E. (2007). Nutritional and chemical value of *Amaranthus hybridus* l. leaves from Afikpo, Nigeria. *African Journal of Biotechnology*, 6(24), 2833–2839. <https://doi.org/10.5897/AJB2007.000-2452>
- Amin, Tahera Islam, M. Rasel Uddin, M. Jashim Uddin, M. Mashiar Rahman, M. Abdus Satter. (2019). Comparative study on nutrient contents in the different parts of indigenous and hybrid varieties of pumpkin (*Cucurbita maxima* Linn.). Published by Elsevier Ltd. <https://doi.org/10.1016/j.heliyon.2019.e02462>
- Amran, Yuli, et al. (2012). Determinan Asupan Makanan Usia Lanjut. *Kesmas: Jurnal Kesehatan Masyarakat Nasional*, vol. 6, no. 6, 1 Jun. 2012, pp. 255-260. <https://www.neliti.com/id/publications/39473/determinan-asupan-makanan-usia-lanjut#cite>
- Andrès E, Serraj K, Federici L, Vogel T, Kaltenbach G. (2012). Anemia in elderly patients: new insight into an old disorder. *Geriatr Gerontol Int.*;13(3):519-27. Epub 2012 Dec 17. PMID: 23253055 doi: 10.1111/ggi.12017. <https://pubmed.ncbi.nlm.nih.gov/23253055/>
- Antigo, J. L. D., Bergamasco, R. De C., & Madrona, G. S. (2017). Effect of ph on the stability of red beet extract (*Beta vulgaris* l.) microcapsules produced by spray drying or freeze drying. *Food Science and Technology*, 38(1), 72–77. <http://dx.doi.org/10.1590/1678-457X.34316>
- Appiah, I. Oduro, O. Ellis. (2016). Nutritional composition of breadfruits (*Artocarpus* spp. and *Treculia africana*) in Ghana. - *Proc. Int. Symp. on Horticulture in Developing*

- Countries and World Food Production. *Acta Hort.* 1128. ISHS 2016. DOI 10.17660/ActaHortic.2016.1128.3.
https://www.researchgate.net/publication/311360734_Nutritional_composition_of_breadfruits_Artocarpus_spp_and_Treulia_africana_in_Ghana
- Babarykin D, Smirnova G, Pundinsh I, Vasiljeva S, Krumina G, et al. (2019) Red beet (*Beta vulgaris*) Impact on human health. *Journal of Biosciences and Medicines* 07(03):61-79. DOI:10.4236/jbm.2019.73007.
<http://dx.doi.org/10.4236/jbm.2019.73007>
- Badrie, N., & Broomes, J. (2010). Beneficial uses of Breadfruit (*Artocarpus altilis*). *Bioactive Foods in Promoting Health*, 491–505. doi:10.1016/b978-0-12-374628-3.00033-5. <https://doi.org/10.1016/j.jff.2019.103772>
- Baião, D. S., da Silva, D. V., Del Aguila, E. M., & Paschoalin, V. M. F. (2017). Nutritional, bioactive and physicochemical characteristics of different beetroot formulations. *Food Additives*, 6(6). <http://dx.doi.org/10.5772/intechopen.69301>
- Bazaria, B., & Kumar, P. (2016). Optimization of spray drying parameters for beetroot juice powder using response surface methodology (RSM). *Journal of the Saudi Society of Agricultural Sciences*. doi:10.1016/j.jssas.2016.09.007. <https://doi.org/10.1016/j.jssas.2016.09.007>
- Bomfim Rafaell, Luciana B. de Souza, José E. Corrente. (2017). Tooth loss and its relationship with protein intake by elderly Brazilians—A structural equation modelling approach. *The Gerodontology Association* 6-8. <https://onlinelibrary.wiley.com/journal/17412358>
- Burhannudin Ichsan, Bayu Hendro Wibowo. (2015). Penyuluhan Pentingnya Sayuran Bagi Anak-Anak Di Tk Aisyiyah Kwadungan, Colomadu, Karanganyar, Jawa Tengah. *WARTA*, Vol .18, No.1, Maret 2015: 29 - 35 ISSN 1410-9344. <http://journals.ums.ac.id/index.php/warta/article/viewFile/1164/749>
- Çalışkan Koç, G., & Nur Dirim, S. (2017). Spray Drying of Spinach Juice: Characterization, Chemical Composition, and Storage. *Journal of Food Science*, 82(12), 2873–2884. doi:10.1111/1750-3841.13970. <http://dx.doi.org/10.1111/1750-3841.13970>
- Ceclu L., Oana-Viorela Nisto. (2020). Red Beetroot: Composition and Health Effects. *J Nutri Med Diet Care* 2020, 6:043. <https://doi.org/10.23937/2572-3278.1510043>
- Chang He, Min Zhang & Zhongxiang Fang. (2019). 3D Printing of Food: Pretreatment And Posttreatment of Materials. *Critical Reviews in Food Science and Nutrition*. <https://doi.org/10.1080/10408398.2019.1641065>
- Chinedum, S.Sanni, N.Theressa, A.Ebere, Effect of domestic cooking on the starch digestibility, predicted glycemic indices, polyphenol contents and alpha amylase

inhibitory properties of beans (*Phaseolis vulgaris*) and breadfruit (*Treculia africana*), *International Journal of Biological Macromolecules*.
<http://dx.doi.org/10.1016/j.ijbiomac.2017.08.005>

- Chirwa-Moonga, Taonga; Toose Muzungaile; Neleya Siyumbano; Himoonga Bernard Moonga; and Vincent Nyau. 2020. "Nutrient Composition of Raw and Steamed, Green and Purple Sweet Potato Leaf Varieties (*Ipomoea batatas*)." *Journal of Medicinally Active Plants* 9, (4):253-261. DOI: <https://doi.org/10.7275/9ns0-1640> <https://scholarworks.umass.edu/jmap/vol9/iss4/6>
- Contador, R., González-Cebrino, F., García-Parra, J., Lozano, M., & Ramírez, R. (2012). Effect of Hydrostatic High Pressure and Thermal Treatments on Two Types of Pumpkin Purée and Changes during Refrigerated Storage. *Journal of Food Processing and Preservation*, 38(2), 704–712. doi:10.1111/jfpp.12021. <http://dx.doi.org/10.1111/jfpp.12021>
- Cornejo, F., Novillo, G., Villacrés, E., & Rosell, C. M. (2019). Evaluation of the physicochemical and nutritional changes in two amaranth species (*Amaranthus quitensis* and *Amaranthus caudatus*) after germination. *Food Research International*. <https://doi.org/10.1016/j.foodres.2019.01.022>
- Cui, Fan Zhu. (2019). Physicochemical properties of whole sweetpotato flour. School of Chemical Sciences, University of Auckland, Private Bag 92019, Auckland 1142, New Zealand. doi: 10.1002/jsfa.9702. <https://doi.org/10.1002/jsfa.9702>
- Dankar, I., Haddarah, A., Omar, F.E.L., Sepulcre, F., Pujolà, M. (2018). 3D printing technology: The New Era for Food Customization and Elaboration, *Trends in Food Science & Technology*. <https://doi.org/10.1016/j.tifs.2018.03.018>
- Dankar, I., Haddarah, A., Omar, F.E.L., Sepulcre, F., Pujolà, M. (2018). 3D printing technology: The New Era for Food Customization and Elaboration, *Trends in Food Science & Technology*. <https://doi.org/10.1016/j.tifs.2018.03.018>
- de Souza a,c , Sarah A.R. Soares b , Antonio F.S. Queiroz b , Ana M.P. dos Santo. (2016). Determination and evaluation of the mineral composition of breadfruit (*Artocarpus altilis*) using multivariate analysis technique. *Microchemical Journal*. /© 2016 Elsevier B.V. All rights reserved. <http://dx.doi.org/10.1016/j.microc.2016.04.001> 0026-265
- Delchier, N., Ringling, C., Maingonnat, J.-F., Rychlik, M., & Renard, C. M. G. C. (2014). Mechanisms of folate losses during processing: Diffusion vs. heat degradation. *Food Chemistry*, 157, 439–447. doi:10.1016/j.foodchem. 2014.02.054. <https://doi.org/10.1016/j.foodchem.2014.02.054>
- Dewi Anggreini. (2018). Pendampingan Cara Menjaga Asupan Gizi Yang Baik dan Kesehatan Pada Lansia di Posyandu Jepun Kabupaten Tulungagung. Volume 18, Nomor 2 : 93-100. EISSN 2598-2176. <https://dx.doi.org/10.14421/aplikasia.v18i2.1841>

- Dhawan Deepika, Dr. Sheel Sharma. (2019). Exploration of the Nourishing, Antioxidant and Product Development Potential of Beetroot (Beta Vulgaris) Flour. International Journal of Health Sciences & Research (www.ijhsr.org). Vol.9; Issue: 6; https://www.researchgate.net/publication/333679637_Exploration_of_the_Nourishing_Antioxidant_and_Product_Development_Potential_of_Beetroot_Beta_Vulgaris_Flour
- Dos Santos, A.M.P., Lima, J.S., dos Santos, I.F., Silva, E.F.R., de Santana, F.A., de Araujo, D.G.G., dos Santos, L.O. (2017). Mineral and centesimal composition evaluation of conventional and organic cultivars sweet potato (Ipomoea batatas (L.) Lam) using chemometric tools, Food Chemistry. <https://doi.org/10.1016/j.foodchem.2017.12.063>
- Dwi Zuryanti, Arifah Rahayu, Nur Rochman. (2016). Pertumbuhan, Produksi Dan Kualitas Bayam (Amaranthus Tricolor L.) Pada Berbagai Dosis Pupuk Kandang Ayam Dan Kalium Nitrat. Jurnal Agronida ISSN 2442-2541 Volume 2 Nomor 2. <file:///C:/Users/USER/Downloads/995-2750-1-PB.pdf>
- Dwiyanti, G., Siswaningsih, W., Febrianti, A. (2018). Production of purple sweet potato (Ipomoea batatas L.) juice having high anthocyanin content and antioxidant activity. Journal of Physics: Conference Series, Volume 1013, Issue 1, article id. 012194 (2018). https://ui.adsabs.harvard.edu/link_gateway/2018JPhCS1013a2194D/doi:10.1088/1742-6596/1013/1/012194
- Edelman M and Colt M. (2016). Nutrient Value of Leaf vs. Seed. Front. Chem. 4:32. <https://doi.org/10.3389/fchem.2016.0003>
- Eggebeen, J., Kim-Shapiro, D. B., Haykowsky, M., Morgan, T. M., Basu, S., Brubaker, P., Kitzman, D. W. (2016). One Week of Daily Dosing With Beetroot Juice Improves Submaximal Endurance and Blood Pressure in Older Patients With Heart Failure and Preserved Ejection Fraction. JACC: Heart Failure, 4(6), 428–437. <http://dx.doi.org/10.1016/j.jchf.2015.12.013>
- Elkhatib, Mariam Muhieddine. (2019). Nutritional Profile and Medicinal Properties of Pumpkin Fruit Pulp. Book: The Health Benefit of Food. DOI: <http://dx.doi.org/10.5772/intechopen.89274>
- Famurewa, J.A.V, Esan, Y.O., Pele, G.I.; and Arewa O. A. (2015). Effect of Maturity and Drying Methods on Rheological and Physico-Chemical Properties of Reconstituted Breadfruit (Artocarpus altilis) Flour. ISSN (e): 2250-3021, ISSN (p): 2278-8719. <http://dx.doi.org/10.9734/BBJ/2016/25535>
- Feng I., Min Zhang & Bhesh Bhandari. (2018). Materials Properties of Printable Edible Inks and Printing Parameters Optimization during 3D Printing: A review, Critical

Reviews in Food Science and Nutrition.
<https://doi.org/10.1080/10408398.2018.1481823>

- Flores-Mancha, M. A., Ruíz-Gutiérrez, M. G., Rentería-Monterrubio, A. L., Sánchez-Vega, R., Juárez-Moya, J., Santellano-Estrada, E., & Chávez-Martínez, A. (2021). Stirred yogurt added with beetroot extracts as an antioxidant source: Rheological, sensory, and physicochemical characteristics. *Journal of Food Processing and Preservation*, 45(7). <https://doi.org/10.1111/jfpp.15628>
- Fortuna, T., Przetaczek-Rożnowska. (2017). Effect of conditions of modification on thermal and rheological properties of phosphorylated pumpkin starch. *International Journal of Biological Macromolecules*, 104, 339–344. <http://dx.doi.org/10.1016/j.ijbiomac.2017.06.048>
- García-Parra, F. González-Cebrino, J. Delgado, R. (2016). High pressure assisted thermal processing of pumpkin purée: Effect on microbial counts, color, bioactive compounds and polyphenoloxidase enzyme. *The Institution of Chemical Engineers*.
<https://www.sciencedirect.com/science/article/abs/pii/S0960308516000183?via%3Dihub>
- Godoi, F. C., S. Prakash, and B. R. Bhandari. (2016). 3D Printing Technologies Applied for Food Design: Status and Prospects. *Journal of Food Engineering* 179:44–54. <http://dx.doi.org/10.1016/j.jfoodeng.2016.01.025>
- González-Cebrino, F., Durán, R., Delgado-Adámez, J., Contador, R., & Bernabé, R. R. (2015). Impact of high pressure processing on color, bioactive compounds, polyphenol oxidase activity, and microbiological attributes of pumpkin purée. *Food Science and Technology International*, 22(3), 235–245. doi:10.1177/1082013215592732. <https://doi.org/10.1177/1082013215592732>
- Guldiken, Gamze Toydemir, Kubra Nur Memis, Sena Okur, Dilek Boyacioglu. (2016). Home-Processed Red Beetroot (*Beta vulgaris* L.) Products: Changes in Antioxidant Properties and Bioaccessibility. *Int. J. Mol. Sci*, 17, 858; doi:10.3390/ijms17060858. <https://doi.org/10.3390%2Fijms17060858>
- Guo, K., Liu, T., Xu, A., Zhang, L., Bian, X., & Wei, C. (2019). Structural and functional properties of starches from root tubers of white, yellow, and purple sweet potatoes. *Food Hydrocolloids*, 89, 829–836. <https://doi.org/10.1016/j.foodhyd.2018.11.058>
- Hadi Riyaldi. (2009). Asupan Gizi Anak Balita Peserta Posyandu. *Jurnal Gizi dan Pangan*, 4(1): 42.
<http://download.garuda.ristekdikti.go.id/article.php?article=1312914&val=199&title=ASUPAN%20GIZI%20ANAK%20BALITA%20PESERTA%20POSYANDU>
- Halagur S B, Neelwarne B. (2013) Red beet: An overview. In: B Neelwarne, Red Beet Biotechnology - Food and Pharmaceutical applications. Springer

Science+Business Media, New York, <http://dx.doi.org/10.1007/978-1-4614-3458-0>

Hamdan Adma Adinugraha, Noor Khomsah Kartikawati. (2012). Variation on Morphology and Nutrients Composition of Bread Fruit. Vol 13 No. 2, Balai Besar Penelitian Bioteknologi dan Pemuliaan Tanaman Hutan. <http://dx.doi.org/10.20961/agrotechresj.v2i2.21800>

Hanna Nurjanah, Budi Setiawan, Katrin Roosita. (2020). Potensi Labu Kuning (*Cucurbita moschata*) sebagai Makanan Tinggi Serat dalam Bentuk Cair. Indonesian Journal of Human Nutrition, Juni 2020, Vol. 7 No. 1. <http://dx.doi.org/10.21776/ub.ijhn.2020.007.01.6>

Hernández, S., Gallego, M., Verdú, S. et al. (2020). Physicochemical Characterization of Texture-Modified Pumpkin by Vacuum Enzyme Impregnation: Textural, Chemical, and Image Analysis. Food Bioprocess Technol 16, 122–134. <https://doi.org/10.1007/s11947-022-02925-x>

Hilal Isleroglu, Melike Sakin-Yilmazer, Tansel Kemerli-Kalbaran, Ali Üren & Figen Kaymak-Ertekin (2016): Kinetics of colour, chlorophyll and ascorbic acid content in spinach baked in different types of oven, International Journal of Food Properties, DOI: 10.1080/10942912.2016.1240689. <https://doi.org/10.1080/10942912.2016.1240689>

Hilger Jennifer, Tatiana Goerig, Peter Weber, Birgit Hoeft. (2015). Micronutrient Intake in Healthy Toddlers: A Multinational Perspective. Nutrients Journal Vol 7, 6938-6955; doi:10.3390/nu7085316. <https://doi.org/10.3390%2Fnu7085316>

Hou, F., Mu, T., Ma, M., & Blecker, C. (2018). Optimization of processing technology using response surface methodology and physicochemical properties of roasted sweet potato. Food Chemistry. <https://doi.org/10.1016/j.foodchem.2018.11.034>

<http://cybex.pertanian.go.id/artikel/99004/pemberdayaan-masyarakat-pada-era-membludaknya-bantuan/>

<https://distanbun.acehprov.go.id/berita/kategori/inspirasi/mengulik-buah-bit-umbi-berwarna-merah-untuk-bikin-jus>

<https://distanpangan.magelangkab.go.id/home/detail/potensi-pemanfaatan-labu-kuning--sebagai-peluang-usaha/304>

<https://indonesia.go.id/kategori/pariwisata/663/sukun-diburu-untuk-makanan-budak?lang=1>

<https://sehatnegeriku.kemkes.go.id/baca/rilis-media/20230125/3142280/prevalensi-stunting-di-indonesia-turun-ke-216-dari-244/>

<https://tangerangkab.go.id/detail-konten/show-berita/619>

- Hu, H.; Zhou, X.; Zhang, Y.; Zhou, W.; Zhang, L. (2022). Influences of Particle Size and Addition Level on the Rheological Properties and Water Mobility of Purple Sweet Potato Dough. *Foods*, 12, 398. <https://doi.org/10.3390/foods12020398>
- Huang, S., Martinez, M. M., & Bohrer, B. M. (2019). The Compositional and Functional Attributes of Commercial Flours from Tropical Fruits (Breadfruit and Banana). *Foods*, 8(11), 586. <https://doi.org/10.3390/foods8110586>
- Ita Yustina. (2017). Wet Noodle Quality Improvement Using Paste Breadfruit (*Artocarpus altilis*). *Proceeding of International Conference on Green Technology Vol.8, No.1, October 2017 Page 53-58 p-ISSN: 2580-7080 | e-ISSN: 2580-7099*. <http://greentech.uin-malang.ac.id/index.ph>
- Jedidah W. Kiharason. Dorcas K. Isutsa. (2017). Effect Of Drying Method On Nutrient Integrity Of Selected Components Of Pumpkin (*Cucurbita Moschata Duch.*) Fruit Flour. *ARNP Journal of Agricultural and Biological Science*. http://www.arpnjournals.org/jabs/research_papers/rp_2017/jabs_0317_852.pdf
- Jeffrey I. Lipton, Meredith Cutler, Franz Nigl, Dan Cohen, Hod Lipson. (2015). Additive Manufacturing for the Food Industry - A review. *Trends in Food Science & Technology*. Cornell Creative Machines Lab, Cornell University. <http://dx.doi.org/10.1016/j.tifs.2015.02.004>
- Jiang T, Mao Y, Sui L, Yang N, Li S, Zhu Z, Wang C, Yin S, He J, He Y. (2019). Degradation of anthocyanins and polymeric color formation during heat treatment of purple sweet potato extract at different pH. *Food Chem*. 2019 Feb 15;274:460-470. doi: 10.1016/j.foodchem.2018.07.141. Epub 2018 Jul 21. PMID: 30372966. <https://doi.org/10.1016/j.foodchem.2018.07.141>
- Jiang, Luyao Zheng, Yanhui Zou, Zhaobin Tong, Shiyao Han & Shaojin Wang. (2018). 3D Food Printing: Main Components Selection by Considering Rheological Properties. *Critical Reviews in Food Science and Nutrition*. <https://doi.org/10.1080/10408398.2018.1514363>
- Ju Dong, Mu Tai-hua, Sun Hong-nan. (2017). Sweet potato and potato residual flours as potential nutritional and healthy food material. *Journal of Integrative Agriculture* 2017, 16(11): 2632–2645. © 2017 CAAS. Publishing services by Elsevier B.V. All rights reserved. doi: 10.1016/S2095-3119(16)61601-5. [https://doi.org/10.1016/S2095-3119\(16\)61601-5](https://doi.org/10.1016/S2095-3119(16)61601-5)
- Junita, Budi Setiawan, Faisal Anwar. (2017). Nutrient content, antioxidant activity and sensory characteristics of functional powder from pumpkin (*Cucurbita moschata*) and Tempeh. *J. Gizi Pangan*, 12(2):109-116. DOI: 10.25182/jgp.2017.12.2.109.116. <https://www.researchgate.net/deref/http%3A%2F%2Fdx.doi.org%2F10.25182%2Fjgp.2017.12.2.109.116>

- Jung, L.-S., Lee, S. H., Kim, S., & Ahn, J. (2013). Effect of high hydrostatic pressure on the quality-related properties of carrot and spinach. *Food Science and Biotechnology*, 22(S1), 189–195. doi:10.1007/s10068-013-0066-0. <https://doi.org/10.1007/s10068-013-0066-0>
- Junmin Wang, J., Wu, G., Wang, Z., Shu, B., Li, L., Zhang, R. Su, D. (2020). The influence of processing conditions on kinetics, anthocyanin profile and antioxidant activity of purple sweet potato subjected to hot air drying. *Journal of Food Process Engineering*. doi:10.1111/jfpe.13472. <https://doi.org/10.1111/jfpe.13472>
- Kazimierzak, R., Hallmann, E., Lipowski, J., Drela, N., Kowalik, A., Püssa, T. Rembiakowska, E. (2014). Beetroot (*Beta vulgaris*L.) and naturally fermented beetroot juices from organic and conventional production: metabolomics, antioxidant levels and anticancer activity. *Journal of the Science of Food and Agriculture*, 94(13), 2618–2629. doi:10.1002/jsfa.6722. <https://doi.org/10.1002/jsfa.6722>
- Kim, M. Y., Kim, E. J., Kim, Y.-N., Choi, C., & Lee, B.-H. (2012). Comparison of the chemical compositions and nutritive values of various pumpkin (*Cucurbitaceae*) species and parts. *Nutrition Research and Practice*, 6(1), 21. <http://dx.doi.org/10.4162/nrp.2012.6.1.21>
- Kobus, Rafal Nadulski, Tomasz G., Izabela Kamińska. (2014). Effect Of Temperature And Concentration On Rheological Properties Of Beetroot Juice. *Technical Science Article* (17).1. <http://yadda.icm.edu.pl/baztech/element/bwmeta1.element.baztech-2bca4cf5-a78a-4fb5-b748-3011cf54d69c>
- Lechner, J. F., & Stoner, G. D. (2019). Red Beetroot and Betalains as Cancer Chemopreventative Agents. *Molecules*, 24(8), 1602. doi:10.3390/molecules24081602. <https://doi.org/10.3390/molecules24081602>
- Linda A. Atkins, Sarah A. McNaughton, Karen J. Campbell and Ewa A. Szymlek-Gay. (2015). Iron intakes of Australian infants and toddlers: findings from the Melbourne Infant Feeding, Activity and Nutrition Trial (InFANT) Program. *British Journal of Nutrition*. 115, 285–293. doi:10.1017/S0007114515004286. <https://doi.org/10.1017/s0007114515004286>
- Linda Yanti dan Dewi Novalinda. (2017). Teknologi Pengolahan Sukun Sebagai Sumber Pangan Alternatif Pendamping Beras di Provinsi Jambi. *Balai Pengkajian Teknologi Pertanian Jambi*. <http://repository.pertanian.go.id/handle/123456789/6623>
- Lipton Jeffrey. (2017). Printable food: the technology and its application in human health. *Biotechnology*, 44:198–201. ScienceDirect. <http://dx.doi.org/10.1016/j.copbio.2016.11.015>

- Liu, Y., Ragone, D., & Murch, S. J. (2015). Breadfruit (*Artocarpus altilis*): a source of high-quality protein for food security and novel food products. *Amino Acids*, 47(4), 847–856. doi:10.1007/s00726-015-1914-4. <https://doi.org/10.1007/s00726-015-1914-4>
- Liu, Z., Zhang, M., Bhandari, B., Yang, C. (2018). Impact of rheological properties of mashed potatoes on 3D printing, *Journal of Food Engineering*. <https://doi.org/10.1016/j.jfoodeng.2017.04.017>
- Manjunatha, S.S., Raju, P.S. (2015). Rheological characteristics of reconstituted spray dried beetroot (*Beta vulgaris* L.) juice powder at different solid content, temperatures and carrier materials. *International Food Research Journal* 22(6): 2333-2345 (2015). [http://www.ifrj.upm.edu.my/22%20\(06\)%202015/\(23\).pdf](http://www.ifrj.upm.edu.my/22%20(06)%202015/(23).pdf)
- Manzoor, M. F., Ahmed, Z., Ahmad, N., Aadil, R. M., Rahaman, A., Roobab, U., Siddeeg, A. (2020). Novel processing techniques and spinach juice: Quality and safety improvements. *Journal of Food Science*, 85(4), 1018–1026. <https://doi.org/10.1111/1750-3841.15107>
- Manzoor, M. F., Xu, B., Khan, S., Shukat, R., Ahmad, N., Imran, M. Korma, S. A. (2021). Impact of high-intensity thermosonication treatment on spinach juice: Bioactive compounds, rheological, microbial, and enzymatic activities. *Ultrasonics Sonochemistry*, 78, 105740.. <https://doi.org/10.1016/j.ultsonch.2021.105740>
- Maria Batool M, Ranjha MMAN, Roobab U, Manzoor MF, Farooq U, Nadeem HR, Nadeem M, Kanwal R, AbdElgawad H, Al Jaouni SK, Selim S, Ibrahim SA. (2022) Nutritional Value, Phytochemical Potential, and Therapeutic Benefits of Pumpkin (*Cucurbita* sp.). *Plants (Basel)*.11(11):1394. doi: 10.3390/plants11111394. PMID: 35684166; PMCID: PMC9182978. <https://doi.org/10.3390/plants11111394>
- Marleen Suyuto dan Robi A. (2017). Additional Studies of Phosphate Tricksium (TCP) in Different Relative Humidity (RH) Variations on Instan Dried Sweet Potato Puree. *Jurnal Aplikasi Teknologi Pangan* 6 (4). <http://dx.doi.org/10.17728/jatp.264>
- Mehta KA, Qek YCR and Henry CJ. (2023). Breadfruit (*Artocarpus altilis*): Processing, nutritional quality, and food applications. *Front. Nutr.* 10:1156155. doi: 10.3389/fnut.2023.115615. <https://doi.org/10.3389/fnut.2023.1156155>
- Men, X., Choi, S.-I., Han, X., Kwon, H.-Y., Jang, G.-W., Choi, Y.-E., Lee, O.-H. (2020). Physicochemical, nutritional and functional properties of *Cucurbita moschata*. *Food Science and Biotechnology*.. <https://doi.org/10.1007/s10068-020-00835-2>
- Meriska Cesia Putri. (2016). Efek Antianemia Buah Bit (*Beta vulgaris* L.). *MAJORITY* Volume 5 Nomor 4. <file:///C:/Users/USER/Downloads/892-1555-1-PB.pdf>

- Mirmiran Parvin, Zeinab Houshialsadat, Zahra Gaeini, Zahra Bahadoran. (2019). Functional properties of beetroot (*Beta vulgaris*) in management of cardio-metabolic diseases. *Nutrition & Metabolism*. 17:3
<https://doi.org/10.1186/s12986-019-0421-0>
- Nagar, Amish Kumar Sureja, Abhijit Kar. (2018). Profiling of Mineral Nutrients and Variability Study in Pumpkin (*Cucurbita moschata*) Genotypes. *National Academy of Agricultural Sciences. Agricultural Research* volume 7, pages225–231 (2018). <https://doi.org/10.1007/s40003-018-0329-3>
- Natesh N., Abbey L., Asiedu SK. (2017). An Overview of Nutritional and Antinutritional Factors in Green Leafy Vegetables. *Horticulture International Journal*.
<http://dx.doi.org/10.15406/hij.2017.01.00011>
- Ngugi, C. C., Oyoo-Okoth, E., Manyala, J. O., Fitzsimmons, K., & Kimotho, A. (2017). Characterization of the nutritional quality of amaranth leaf protein concentrates and suitability of fish meal replacement in Nile tilapia feeds. *Aquaculture Reports*, 5, 62–69. <http://dx.doi.org/10.1016/j.aqrep.2017.01.003>
- Nida El Husna, Melly Novita, Syarifah Rohaya. (2013). Anthocyanins Content and Antioxidant Activity of Fresh Purple Fleshed Sweet Potato and Selected Products. *AGRITECH*, Vol. 33, No. 3. <file:///C:/Users/USER/Downloads/9551-17636-1-PB.pdf>
- Nidhi Joshi and Kuldip Chandra Verma. (2020). Nutrition value of Amaranth (*Amaranthus caudatus* L.): The crop of future. *Journal of Pharmacognosy and Phytochemistry* Vol. 9, Issue 4 (2020).
<https://www.phytojournal.com/archives/2020/vol9issue4/PartD/9-3-363-338.pdf>
- Nochera, C., & Ragone, D. (2019). Development of a Breadfruit Flour Pasta Product. *Foods*, 8(3), 110. doi:10.3390/foods8030110.
<https://doi.org/10.3390/foods8030110>
- Otalora C.M. , Bonifazi E.L. , Fissore E.N. , Basanta M.F. , Gerschenson L.N. (2020). Thermal stability of betalains in by-products of the blanching and cutting of *Beta vulgaris* L. var *conditiva*. *Pol. J. Food Nutr. Sci.*, 2020, Vol. 70, No. 1, pp. 15–24. DOI: 10.31883/pjfn/116415 <http://journal.pan.olsztyn.p>
- Paciulli, M., Medina-Meza, I. G., Chiavaro, E., & Barbosa-Cánovas, G. V. (2016). Impact of thermal and high pressure processing on quality parameters of beetroot (*Beta vulgaris* L.). *LWT - Food Science and Technology*, 68, 98–104.
<http://dx.doi.org/10.1016/j.lwt.2015.12.029>
- Pattikawa, Antonius Suparno, Saraswati Prabawardani. (2012). Nutritional analysis of sweet potato tubers (*Ipomoea batatas* (L.) Lam.) consumed by infants and children of Dani tribe in Kurulu District, Jayawijaya. *Jurnal AGROTEK* Vol.3, No.2. ISSN 1907-039X. DOI: 10.30862/agt.v3i2.563.
<https://www.researchgate.net/publication/325278294>

- Pietrzkowski, Z., Nemzer, B., Spórna, A., Stalica, P., Tresher, W., Keller, R., Wybraniec, S. (2010). Influence of Betalain-rich extract on reduction of discomfort associated with osteoarthritis. *New Medicine*, 1, 12–17. https://www.researchgate.net/publication/285978375_Influence_of_betalain-rich_extract_on_reduction_of_discomfortassociated_with_osteoarthritis
- Provesi, J. G., Dias, C. O., & Amante, E. R. (2011). Changes in carotenoids during processing and storage of pumpkin puree. *Food Chemistry*, 128(1), 195–202. doi:10.1016/j.foodchem.2011.03.027. <https://doi.org/10.1016/j.foodchem.2011.03.027>
- Quanhong, L., Caili, F., Yukui, R., Guanghui, H., & Tongyi, C. (2005). Effects of Protein-Bound Polysaccharide Isolated from Pumpkin on Insulin in Diabetic Rats. *Plant Foods for Human Nutrition*, 60(1), 13–16. doi:10.1007/s11130-005-2536-x. <https://doi.org/10.1007/s11130-005-2536-x>
- Ragone, D. (2018). Breadfruit— *Artocarpus altilis* (Parkinson) Fosberg. *Exotic Fruits*, 53–60. doi:10.1016/b978-0-12-803138-4.00009-5. <https://doi.org/10.1016/B978-0-12-803138-4.00009-5>
- Resty Tri Yanti., Keleng Ate Ginting., Raini Panjaitan. (2020). Pengaruh Pemberian Jus Bayam Merah (*Amaranthus Gangeticus*) Terhadap Peningkatan Kadar Hemoglobin Pada Ibu Hamil Penderita Anemia Di Klinik Salma Kec.Perbaungan Tahun 2020. *Jurnal Kesehatan Masyarakat & Gizi*, e-ISSN: 2655-0849. <https://doi.org/10.35451/jkg.v3i2.663>
- Ricardo Los, P. R., Simões, D. R. S., Leone, R. de S., Bolanho, B. C., Cardoso, T., & Danesi, E. D. G. (2018). Viability of peach palm by-product, *Spirulina platensis*, and spinach for the enrichment of dehydrated soup. *Pesquisa Agropecuária Brasileira*, 53(11), 1259–1267. <https://doi.org/10.1590/s0100-204x2018001100008>
- Richard G, Sawate AR, Kshirsagar RB, Patil BM, Mane RP. (2018). Studies on evaluation of physical and chemical composition of beetroot (*Beta vulgaris* L.) *International Journal of Chemical Studies* 2018; 6(2): 2977-297. P-ISSN: 2349–8528 E-ISSN: 2321–4902. <https://www.researchgate.net/publication/325057965>
- Rongbin Cui, R., & Zhu, F. (2019). Physicochemical properties and bioactive compounds of different varieties of sweetpotato flour treated with high hydrostatic pressure. *Food Chemistry*, 125129. <https://doi.org/10.1016/j.foodchem.2019.125129>
- Roura, S. I., Del Valle, C. E., Aguero, L., & Davidovich, L. A. (2007). Changes In Apparent Viscosity And Vitamin C Retention During Thermal Treatment Of Butternut Squash (*Cucurbita Moschata* Duch) Pulp: Effect Of Ripening Stage. *Journal of Food Quality*, 30(4), 538–551.. <https://doi.org/10.1111/j.1745-4557.2007.00141.x>

- Ruttarattanamongkol, K., Chittrakorn, S., Weerawatanakorn, M., & Dangpium, N. (2015). Effect of drying conditions on properties, pigments and antioxidant activity retentions of pretreated orange and purple-fleshed sweet potato flours. *Journal of Food Science and Technology*, 53(4), 1811–1822. doi:10.1007/s13197-015-2086-7. <https://doi.org/10.1007/s13197-015-2086-7>
- Sanchez., Genelyn Alilly., Anne A. Lim. (2020). Effect of flour processing on the proximate composition, polyphenolic content, and antioxidant activity of 19 Philippine sweet potato cultivars. *J Food Process Preserv.* 2020;00:e14734. <https://doi.org/10.1111/jfpp.14734>
- Sarker, U., Hossain, M. M., & Oba, S. (2020). Nutritional and antioxidant components and antioxidant capacity in green morph Amaranthus leafy vegetable. *Scientific Reports*, 10(1). <https://doi.org/10.1038/s41598-020-57687-3>
- Shaari, N.; Shamsudin, R.; Nor, M.Z.M.; Hashim, N. (2021). Quality Attributes of Malaysia PurpleFleshed Sweet Potato at Different Peel Condition. *Agronomy* 2021, 11, 872. <https://doi.org/10.3390/agronomy11050872>
- Sikarwar, Boey Jia Hui, Kumutha Subramaniam, Bavani Devi Valeisamy, Ling Kar Yean, and Kaveti Bala. (2013). A Review on *Artocarpus altilis* (Parkinson) Fosberg (breadfruit). *Journal of Applied Pharmaceutical Science* Vol. 4 (08). <http://dx.doi.org/10.7324/JAPS.2014.40818>
- Siti Nurkomala. (2017). Praktik Pemberian MPASI (Makanan Pendamping Air Susu Ibu) Pada Anak Stunting dan Tidak Stunting Usia 6-24 Bulan. Tugas Akhir Program Studi Ilmu Gizi Fakultas Kedokteran. Universitas Diponegoro. <https://ejournal3.undip.ac.id/index.php/jnc/article/view/20822>
- Smith, Yong Zhu, Vipra Vanage, Neha Jain, Norton Holschuh. (2019). Association between Ready-to-Eat Cereal Consumption and Nutrient Intake, Nutritional Adequacy, and Diet Quality among Infants, Toddlers, and Children in the National Health and Nutrition Examination Survey 2015–2016. *Nutrients*. 11, 1989; doi:10.3390/nu11091989. <http://www.mdpi.com/journal/nutrients>
- Steed, L. E., & Truong, V.-D. (2008). Anthocyanin Content, Antioxidant Activity, and Selected Physical Properties of Flowable Purple-Fleshed Sweetpotato Puree. *Journal of Food Science*, 73(5), S215–S221. <https://doi.org/10.1111/j.1750-3841.2008.00774.x>
- Steijn, J., Van Harten, B., Flapper, E., Droogsma, E., Van Walderveen, P., Blaauw, M., & Van Asselt, D. (2014). The nutritional status of Dutch elderly patients with Parkinson's disease. *The Journal of Nutrition, Health & Aging*, 18(6), 601–607. doi:10.1007/s12603-014-0444-1. <https://doi.org/10.1007/s12603-014-0444-1>
- Suda I, Ishikawa F, Hatakeyama M, Miyawaki M, Kudo T, Hirano K, Ito A, Yamakawa O, Horiuchi S. (2007). Intake of purple sweet potato beverage affects on serum hepatic biomarker levels of healthy adult men with borderline hepatitis. *Eur J Clin*

- Nutr. Epub 2007 Feb 14. PMID: 1729946. doi: 10.1038/sj.ejcn.1602674.
<https://doi.org/10.1038/sj.ejcn.1602674>
- Sun J, Peng Z, Yan L K, et al. (2015). 3D Food Printing—An Innovative Way of Mass Customization in Food Fabrication. *International Journal of Bioprinting*, vol.1(1): 27–38. <http://dx.doi.org/10.18063/IJB.2015.01.006>.
- Székely, D., Illés, B., Stéger-Máté, M., & Monspart-Sényi, J. (2016). Effect of drying methods for inner parameters of red beetroot (*Beta vulgaris* L.). *Acta Universitatis Sapientiae, Alimentaria*, 9(1), 60–68. doi:10.1515/ausal-2016-0006.
<http://dx.doi.org/10.1515/ausal-2016-0006>
- Tan, Xiaoyan., Li, Xiaoxi., Chen, Ling., Xie, Fengwei., Li, Lin., & Huang, Jidong. (2017). Effect of heat-moisture treatment on multi-scale structures and physicochemical properties of breadfruit starch. *Carbohydrate Polymers*.
<http://dx.doi.org/10.1016/j.carbpol.2017.01.029>
- Tang, Y., Cai, W., & Xu, B. (2015). Profiles of phenolics, carotenoids and antioxidative capacities of thermal processed white, yellow, orange and purple sweet potatoes grown in Guilin, China. *Food Science and Human Wellness*, 4(3), 123–132.
<https://doi.org/10.1016/j.fshw.2015.07.003>
- Truong, R. Y. Avula, K. V. Pecota, G. C. Yencho. (2018). Sweetpotato Production, Processing, and Nutritional Quality. *Handbook of Vegetables and Vegetable Processing, Volume II, Second Edition*. Edited by Muhammad Siddiq and Mark A. Uebersax. © 2018 John Wiley & Sons Ltd. Published 2018 by John Wiley & Sons
https://www.researchgate.net/publication/325270781_Sweetpotato_production_processing_and_nutritional_quality
- Turi, C.E., Liu, Y., Ragone, D., Murch, S.J., Breadfruit (*Artocarpus* spp.): A Traditional Crop with the Potential to Prevent Hunger and Mitigate Diabetes in the Tropics, *Trends in Food Science & Technology* (2015), doi: 10.1016/j.tifs.2015.07.014.
<http://dx.doi.org/10.1016/j.tifs.2015.07.014>
- Veda, S., Platel, K., & Srinivasan, K. (2010). Enhanced bioaccessibility of β -carotene from yellow-orange vegetables and green leafy vegetables by domestic heat processing. *International Journal of Food Science & Technology*, 45(10), 2201–2207. doi:10.1111/j.1365-2621.2010.02385.x. <http://dx.doi.org/10.1111/j.1365-2621.2010.02385.x>
- Wang, L., Zhang, M., Bhandari, B., & Yang, C. (2018). Investigation on fish surimi gel as 793 promising food material for 3D printing. *Journal of Food Engineering*, 220, 101-108 794 <https://doi.org/10.1016/j.jfoodeng.2017.02.029>
- Wang, Qian Xu, Jia Yao, Yajie Zhang, Xiaojun Liao, Xiaosong Hu, Jihong Wu, Yan Zhang. (2013). Post-effects of high hydrostatic pressure on green color retention

and related properties of spinach puree during storage. *Innovative Food Science and Emerging Technologies*. <https://doi.org/10.1016/j.ifset.2012.11.007>

- Wang, R., Ding, S., Hu, X., Liao, X., & Zhang, Y. (2016). Effects of high hydrostatic pressure on chlorophylls and chlorophyll–protein complexes in spinach. *European Food Research and Technology*, 242(9), 1533–1543. doi:10.1007/s00217-016-2654-8. <https://link.springer.com/article/10.1007/s00217-016-2654-8>
- Yadav M., Shalini Jain, Radha Tomar, G. B. K. S. Prasad, Hariom. (2010). Medicinal and biological potential of pumpkin. *Nutrition Research*. <https://doi.org/10.1017/S0954422410000107>
- Yang, F., Zhang, M., Bhandari, B., Liu, Y. (2017). Investigation on lemon juice gel as food material for 3D printing and optimization of printing parameters, *LWT - Food Science and Technology*. <https://doi.org/10.1016/j.lwt.2017.08.054>
- Yin, Y., Han, Y., & Liu, J. (2007). A novel protecting method for visual green color in spinach puree treated by high intensity pulsed electric fields. *Journal of Food Engineering*, 79(4), 1256–1260. doi: 10.1016/j.jfoodeng.2006.04.031. <http://dx.doi.org/10.1016/j.jfoodeng.2006.04.031>
- Yoshida Mitsuyoshi, Takeshi Kikutani, Mineka Yoshikawa. (2011). Correlation Between Dental and Nutritional Status in Community-dwelling Elderly Japanese. *Epidemiology, Clinical Practice and Health. Geriatr Gerontol Int* 11: 315–319. <https://doi.org/10.1111/j.1447-0594.2010.00688.x>
- Yu, G., Zhao, J., Wei, Y., Huang, L., Li, F., Zhang, Y., Li, Q. (2021). Physicochemical Properties and Antioxidant Activity of Pumpkin Polysaccharide (*Cucurbita moschata* Duchesne ex Poiret) Modified by Subcritical Water. *Foods* 2021, 10, 197. <https://doi.org/10.3390/foods10010197>
- Zhang Y, Min Fang, Yongming Yu, Qiannan Liet al. (2018): Application Prospect of 3D Printing Technology in the Food Intelligent Manufacturing ICMIR. *AISC* 856, pp. 974–984, 2019. https://doi.org/10.1007/978-3-030-00214-5_120
- Zhang, L., Zhao, L., Bian, X., Guo, K., Zhou, L., Wei, C. (2018) Characterization and comparative study of starches from seven purple sweet potatoes, *Food Hydrocolloids*. <https://doi.org/10.1016/j.foodhyd.2018.02.006>