DAFTAR PUSTAKA

Adrogue, H.J., Madias, N.E,. 2007. Mechanisms of Disease: Sodium and Potassium in the Pathogenesis of Hypertension. Inggris. *The New England Journal of Medicine*. Inggris. Vol 356, 1966-1978.

Altorf W. 2010. *Dietary Protein and Blood Pressure: A Systematic Review.* Netherlands: PLos One.

Aoki, Y., Yoon, S.S., Chong, Y., Carrol, M.D. 2014. Hypertension, Abnormal Cholesterol, and High Body Mass Index Among Non-Hispanic Asian Adult. *National Center for Health Statistic Journal.* USA. Vol 140, 1-6.

Arisman. 2013. *Gizi dalam Daur Kehidupan*. Penerbit Buku Kedokteran EGC: Jakarta

Atun, S. 2014. Metode Isolasi dan Identifikasi Struktur Senyawa Organik Bahan Alam. *Jurnal Konservasi Cagar Budaya Borobudur.* Indonesia. Vol 8, 53-61.

Bergeron, J.R., Bradlee, M.L., Singer, M.R., dan Moore, L.L. 2016. Diet Higher in Protein Predict Lower High Blood Pressure Risk in Framingham Offspring Study Adults. *American Journal of Hypertension*. UK. Vol 28, No 03: 372-379

Cunha, AR., Bianca, U., Margarida, LC., Fritsch, N. 2011. Magnesium and vascular change in hypertension. *International Journal of Hypertension*. Brazil. Vol 2012, 1-7.

Davey, Patrick.2006. *At a Glance: Medicine*. Erlangga: Jakarta

Dinas Kesehatan Banyumas. 2014. *Profil Kesehatan Banyumas*. Dinas Kesehatan Banyumas: Banyumas.

Dinas Kesehatan Jawa Tengah. 2015. *Profil Kesehatan Jawa Tengah Tahun 2015*. Dinas Kesehatan Jawa Tengah: Semarang.

Departemen Kesehatan Republik Indonesia (Depkes RI). 2013. *Tabel Angka Kecukupan Gizi 2013 bagi Orang Indonesia*. Jakarta.

Effendi, H.M.S. 2012. *Teknologi Pengolahan dan Pengawetan Pangan.* Alfabeta : Bandung

Esler, M. 2014. Renal Denervation for Hypertension: Observations and Predictions of a Founder. *European Heart Journal*. Australia.Vol 35, 1178-1185

Greene, S.A. 2002. *Veterinary Anesthesia and Pain Management Secrets.* Hanley & Belfus, Inc : Philadelphia

Grober, U., Schmidt, J., Kisters, K. 2015. Magnesium in Prevention and Theraphy of Many Age-Related Diseases. *Nutrients Journal.* Jerman. Vol 7, 8199-8226

Hazari, A.H.H., Arifuddin , M.S., Muzzakar, S., dan Reddy, V.D. 2012. Association of Calcium Level on Hypertension. *North American Journal of Medical Science*. USA. Vol 04, No 11: 569-572

Herwati, dan Sartika, W. 2013. Terkontrolnya Tekanan Darah Penderita Hipertensi Berdasarkan Pada Diet dan Kebiasaan Olahraga di Padang Tahun 2011. *Jurnal Kesehatan Masyarakat*. Indonesia. Vol 8, No 1: 8-14

Huang, J.H., Tsai, L.C., Chang, F.C. 2014. High or low calcium intake increases cardiovascular disease risk in older patents with type 2 diabetes. *Cardiovascular Diabetology*. China. Vol 13, 1-10.

Huitrón-Bravo, G.G., Denova-Gutiérrez, E., De Jesús G-GJ., Talavera, J.O, Herreros, B., Salmerón, J., 2015. Dietary Magnesium Intake And Risk Of Hypertension In A Mexican Adult Population: A Cohort Study. *BioMed Central Nutrition*. Meksiko. Vol 1. No 6: 1-8.

Hruby, A., O'Donnell, C.J., Jacques, P.F., Meigs, J.B., Hoffmann, U., McKeown, N.M. 2014. Magnesium Intake Is Inversely Associated With Coronary

Artery Calcification: The Framingham Heart Study. *JACC Cardiovasc*. USA. Vol 7, 59–69.

James, P.A., Oparil, S., Carter B, L., Cushman, W.C., Himmelfarb, C., Handler, J., Lackland D.T., LeFevre, M.L., MacKenzie, T.D., Ogedegbe, O., Smith, S.C., Svetkey, L.P., Taler, S.J., Townsend, R.R., Wright, J.T., Narva, A.S., dan Ortiz, E. 2014. Evidence-Based Guideline for Management of High Blood Pressure in Adults. *Journal of American Association*. USA. Vol 311, No 5: 507-520

Jayedi, A., Zargar, M.S. 2018. Dietary Calcium Intake And Hypertension Risk: A Dose–Response Meta-Analysis Of Prospective Cohort Studies. *European Journal of Clinical Nutrition*. Inggris. Vol 64. No 12: 1441-1449.

Jojane, B., dan Keerthi, N.S. 2015. 15 Ways to Fight Hypertension Naturally. *International Journal of Science and Research*. India. Vol 4, No 10: 1924-1926

Joosten, M.M., Gansevoort, R.T., Mukamal, K.J., Kootstra-Ros, J.E., Feskens, E.J., Geleijnse, J.M., Navis, G., Bakker, S.J. 2013. Urinary magnesium excretion and risk of hypertension: the prevention of renal and vascular end-stage disease study. *Hypertension International Journal*. Belanda. Vol 61. 1161–1167.

Jorde, R., Sunsfjord, J., Haug, E., Bonaa, K.H. 2000. Relation between Low Calcium Intake, Parathyroid Hormone, and Blood Pressure. *Hypertension International Journal.* USA. Vol 35, 1154-1159.

Kementerian Kesehatan RI. 2006. *Pharmaceutical Care untuk Penyakit Hipertensi*. Direktorat Bina Farmasi Komunitas dan Klinik Ditjen Bina Kefarmasian dan Alat Kesehatan Kementerian Kesehatan: Jakarta.

Khomsan A. 2004. *Peranan Pangan dan Gizi Untuk Kualitas Hidup*. Penerbit Grasindo: Jakarta.

Kotchen, T.A. 2006. Nutrition, Diet and Hypertension. *Modern nutrition in health and Disease*. Philadelpia. Vol 10, 1095-1107

Krummel, D.A., 2008. Medical Nutrition Therapy for Cardiovascular Disease. *Krausse's Food and Nutirition Therapy.* Canada. 834- 835.

Lelong H., Blacher J., Menai M., Galan P., Fezeu L., Hercberg, S., Emmanuelle, Kesse-Guyot. 2016. Association Between Blood Pressure and Adherence to French Dietary Guidelines. *American Journal of Hypertension*. USA. Vol 29, No 8: 891-1008.

Mosley, W.J., Jones, D.M.L. 2012. Impact of High Blood Pressure on Cardiovascular Risk and Benefits of Lowering Blood Pressure. *Oxford American Cardiology Library*. New York. Vol 26, 1-12.

Nguyen, Ha., Olaide, A., Odelola, Janani., Rangaswami, A. Amanullah. 2013. Review Article: A Review of Nutritional Factors in Hypertension Management. *International Journal of Hypertension*. Philadelphia. Volume 2013, 1-12

Notoatmodjo, D. S. 2010. *Ilmu Kesehatan Masyarakat*. P.T Rineka Cipta: Jakarta

Putri, E. H. D. 2014. Hubungan Asupan Kalium, Kalsium dan Magnesium Terhadap Kejadian Hipertensi Pada Wanita Menopause di Kelurahan Bojongsalaman. *Journal of Nutrition College*. Indonesia. Vol 3, No 4: 580-586

Rao, K.S.P., dan Dinesh, P.V. 2016. Association of Blood Pressure in Adults with Selected Anthropometric Parameters and CRV: A Hospital Based Cross Sectional Study. India: *Journal of Evolution Medical Dental Science*. Vol 5, No 51: 3283-3289

Rhoades, R.A., dan Bell, D.R. 2013. *Medical Physiology: Principles for Medical Clinical Medicine*. Welters Cluwer: Philadelphia

Sacks, F.M., Appel, L.J., Moore, T.J., Vollmer, W.M., Svetkey, L.D., Bray, G.A., Vogt, T.M., Cutler, J.A., Windhauser, M.M., Lin, D., Karnania, N. 1999. A Clinical Trial of Effects of Dietary Pattern on Blood Pressure: DASH Collaborative Research Group. *Clinical Cardiol Journal*. Maryland. Vol 22, 6-10

Saint-Remy, A., Somja, M., Gellner, K., Weekers, L., Bonvoisin, C., Krzeinski, J. 2012. Urinary and Dietary Sodium and Potassium Associated with Blood Pressure Control in Treated Hypertensive Kidney Transplant Recivients: An Observational Study. Belgia: *BMC Nephrology Journal*. Vol 13, No 121: 1-10

UNIVERSITAS JENDERAL SOEDIRMAN 1963

Sakurako, K.K., Hirokazu, U., Miwa, Y., Mariko, N., Tirani, B., Keisuke, M., Masashi, I., Fusakazu, S., Kokichi, A. 2018. Dietary Calcium Intake Is Associated With Serum High-Sensitivity C-reactive Protein Level In The General Japanese Population. *Journal of Clinichology Biochemistry*. Jepang. Vol 62, No 1 : 89–93.

Siervo, M., Lara, J., Chowdhury, S., Asher, A., Oggioni, C., Mathers, J.C. 2015. Effect of the Dietary Approach to Stop Hypertension (DASH) Diet on Cardiovascular Risk Factors: A Systematic Review and Meta-analysis. Baghdad: *British Journal of Nutrition*. Vol 113, 1-15

Skrzek, A., Stolarz-Skrzypek, K., Czarnecka, D. 2017. Magensium Supplementation in Patients with Hypertension. *Journal of Hypertension.* Rusia. Vol 35, No 2: 126.

Soenardi, Tuti dan Susirah Soetardjo. 2005. *Hidangan Sehat untuk Penderita Hipertensi*. Gramedia Pustaka Utama: Jakarta

Steinberg, D., Benneth, G.G., Svetkey, L. 2017. The DASH Diet, 20 Years Later. Journal of the American Medical Association. Amerika. Vol 317, No 15: 1529-1530.

Stipanuk, M.H., Caudill, M.A. 2013. *Biochemical, Physiological , and Molecular Aspects of Human Nutrition.* Elsevier : Amerika.

Streppel, M.T., Arends, L.R., Veer, P., Grobber, D.E., Gleijinse, J.M. 2005. Dietary Fiber and Blood Pressure: A Meta-analysis of Randomized Placebo Control Trials. *American Medical Association*. Belanda. Vol 165, 150-156

Sujarweni, V.W. 2012. *SPSS Untuk Paramedis.* Penerbit Gava Media: Yogyakarta

Thomas, M. 2007. Hypertension Clinical Future And Investigations. *The Pharmaceutical Journals*. Australia. Vol 14, 111-116.

Uran, H., Gokoglu, N. 2014. Effects of Cooking Methods and Temperatures on Nutritional and Quality Characteristics of Anchovy. *Journal of Food Science and Technology*. India. Vol 51, No 4: 722-728.

Wan-Fei, K., Hassan, S.T.S., Latiff, L.A. 2017. Physical Activity and Quality of Life of Hypertensive Patient with and without Diabetes: A Cross-Sectional

Study. *International Journal of Public Health and Clinical Science*. Malaysia. Vol 4, No 3: 76-88

Weiss, J., Freeman, M., Low, A., Fu, R., Keerfoot A., Paynter, R., Motu'apuka, M., Kondo, K., dan Kansagara, D. 2017. Benefits and Harms of Intensive Blood Pressure Treatment in Adults Aged 60 Years or Older. USA: *Annals of Internal Medicine*. Vol 166, No 6: 419-435

WHO. 2012. *Macronutrient Deficiencies.* Geneva.

Williams, B. 2011. High Blood Pressure In Young People And Premature Death. *Biomedical Journal*. Vol 22, 342-349.

Yamori Y., Taguchi T., Mori H., Mori M. 2010. Low Cardiovascular Risks In The Middle Aged Males And Females Excreting Greater 24-Hour Urinary Taurine And Magnesium In 41 WHO-CARDIAC Study Populations In The World. *Journal Biomedical Science*. Jepang. Vol 17, No 1: 1-14.

Yang, Y.J., Martin, B.R., Boushey, C.J. 2010. Development and Evaluation of a Brief Calcium Assessment Tool for Adolescents. *Journal of the American Dietetic Association*. USA. Vol 110, No 1: 111-115.

Yogiantoro, M. 2009. *Hipertensi Esensial. Dalam*: Sudoyo, A.W., Setiyohadi, B., Alwi, I., Simadibrata, K., Setiadi, S., eds. *Buku Ajar Ilmu Penyakit Dalam*. Jilid 1. Edisi IV. Pusat Penerbitan Departemen Ilmu Penyakit Dalam FK UI, 599: Jakarta.