

## DAFTAR PUSTAKA

- Fadia, N. A., Ramdani, G., Wijaya, E. A., Mahdi, L. R., Tuljanah, R., & Ramadhani, T. A. (2025). Representasi Budaya Memasak Instan Pada Masyarakat Urban Dalam Iklan Visual Sasa. *SEMIOTIKA: Jurnal Komunikasi*, 19(1), 20-31.
- Harsanto, P. W. (2015). GAYA HIDUP MODERN DAN IKLAN (Budaya Makan Mi Instan sebagai Identitas). *Imaji: Jurnal Seni Dan Pendidikan Seni*, 7(1). <https://doi.org/10.21831/imaji.v7i1.6645>
- Ito, N., Maruyama, Y., & Wakamatsu, H. (2022). Consumer food demand in Japan before and after the beginning of COVID-19: AIDS analysis using home scan data. *Frontiers in Sustainable Cities*, 4, 920722.
- Kurotani, Kayo, Chisa Shinsugi, Miki Miyoshi, and Hidemi Takimoto. 2020. "Overviews of Shokuiku Promotion." *The Japanese Journal of Nutrition and Dietetics* 78(Supplement).
- Lusiana, Y., Widodo, H., Rukhiyat, A., & Khoirunnisa, R. (2022). Japanese government effort to preserve washoku as national culinary heritage. *Proceedings of the International Conference*, 1–8. <https://doi.org/10.4108/eai.19-10-2021.2316590>
- Mingay, E., Hart, M., Yoong, S., & Hure, A. (2021). Why we eat the way we do: a call to consider food culture in public health initiatives. *International Journal of Environmental Research and Public Health*, 18(22), 11967.
- Ministry of Agriculture, Forestry and Fisheries (Japan). (2023). *Shokuiku promotion policies in Japan FY 2023 (White paper on shokuiku)*. Ministry of Agriculture, Forestry and Fisheries of Japan. [https://www.maff.go.jp/e/data/publish/attach/pdf/Shokuiku\\_Promotion\\_Policies\\_in\\_Japan\\_FY2023\\_White\\_Paper\\_on\\_Shokuiku.pdf](https://www.maff.go.jp/e/data/publish/attach/pdf/Shokuiku_Promotion_Policies_in_Japan_FY2023_White_Paper_on_Shokuiku.pdf)
- Ministry of Agriculture, Forestry and Fisheries (Japan). (n.d.). "Washoku" was registered as a UNESCO Intangible Cultural Heritage. Diakses 10 Februari 2026, dari <https://www.maff.go.jp/j/keikaku/syokubunka/ich/>
- Ministry of Agriculture, Forestry and Fisheries (Japan). (2013). *Washoku: Traditional dietary cultures of the Japanese, notably for the celebration of New Year*. UNESCO Intangible Cultural Heritage nomination form.

- Nissin Foods Holdings. (2023). *Nissin Kanzen Meshi official site*.  
<https://www.nissin.com/jp/products/brands/kanzenmeshi/>. Diakses pada tanggal 16 Januari 2025
- Nissin Foods Holdings. (2025). *Annual report 2025: Beyond instant foods*. Nissin Foods Holdings Co., Ltd. Diakses pada tanggal 16 Januari 2025
- Okuda, N., Kojima, H., Nagahata, T., & Okayama, A. (2025). Na and K Content and Na/K Ratio of Ramen Dishes Served in Ramen Restaurants in Kyoto City, Japan. *Dietetics*, 4(2), 21.
- Park, J., Lee, J. S., Jang, Y. A., Chung, H. R., & Kim, J. (2011). A comparison of food and nutrient intake between instant noodle consumers and non-instant noodle consumers in Korean adults. *Nutrition research and practice*, 5(5), 443-449.
- Puspitasari, D., Suryadi, Y., & Widodo, H. (2022). Culture industry and Japanese identity in snack and drinks products in Indonesia. *Jurnal Izumi*, 11(1), 31-43.
- Roslina, L. (2017). Shoku bunka: Warna budaya dan tradisi dalam makanan Jepang. *Izumi*, 6(2), 1-8.
- Shofuro, A. K., & Puspitasari, D. Representasi Shokuiku dalam Novel Mdogiwa no tutto-chan Karya Tetsuko Kuroyanagi. *HUMANIKA*, 30(1), 1-19.
- Solt, G. (2012). Shifting perceptions of instant ramen in Japan during the high-growth era, 1958-1973. *International Journal of Asia-Pacific Studies*, 8(2), 25-48.
- Sproesser, G., Imada, S., Furumitsu, I., Rozin, P., Ruby, M. B., Arbit, N., Fischler, C., Schupp, H. T., & Renner, B. (2018). What Constitutes Traditional and Modern Eating? The Case of Japan. *Nutrients*, 10(2), 118.  
<https://doi.org/10.3390/nu10020118>
- Suzuki, M., Suzuki, N., Sho, R., Souri, M., & Konta, T. (2025). Frequent Ramen consumption and increased mortality risk in specific subgroups: A Yamagata cohort study. *The Journal of nutrition, health and aging*, 29(10), 100643.

Wulandari, R., & Pratama, A. (2021). Gastrodiplomacy washoku Jepang di Amerika Serikat. *Jurnal Hubungan Internasional Asia Pasifik*, 5(2), 87–102.

Yamamoto, T. (2024). The imagined globe: Japan's postcolonial mentality in Nissin Cup Noodles. *Global Studies*, 8, 84–100.

Zahra, N. F., Lusiana, Y., & Suryadi, Y. (2022). Representasi monozukuri pada label kemasan JIMOTO Pocky (Analisis semiotika Roland Barthes). *Outlook Japan: Socio-Cultural Issues*, 10(1), 63–87.

Zahra, N. F., Lusiana, Y., & Suryadi, Y. (2023). Representasi shokuiku dalam novel *Madogiwa no Totto-chan*. *Jurnal Bahasa dan Sastra Jepang*, 9(1), 1–15.

