

## DAFTAR PUSTAKA

- Allen LH, Oddoye EA, Margen S. 1979. Protein-induced hypercalciuria : a longer term study. *Am J Clin Nutr* 32 : 741-749.
- Andersen AE, Watson T, Schlechte J. 2000. Osteoporosis and osteopenia in men with eating disorders. *Lancet*, 355 : 1967-1968.
- [Anonim]. 2003. Osteoporosis and Bone Physiology. <http://courses.washington.edu/bonephys/opop.html> [22 Jan 2006].
- Arden N, Keen R, Arden E, Cooper C, Inskip H, Spector T. 1997. Dietary retinol intake and bone mineral density : a study of post-menopausal monozygous twins. *J Bone Miner Res* ; 12 : S485.
- Banks WJ. 1993. Applied Veterinary Histology. Mosby, London.
- Bastow MD, Rawlings J, Allison SP. 1983. Undernutrition, hypothermia, and injury in elderly women with fractured femur : An injury response to altered metabolism ? *Lancet* 1 : 143-146.
- Bonjour J-P. 2001. Invest in Your Bones. International Osteoporosis Foundation. Switzerland.
- Bonjour J-P *et al.* 1997. Calcium-enriched foods and bone mass growth in prepubertal girls : a randomized, double-blind, placebo-controlled trial. *J Clin Invest*, 99 :1287-1294.
- British Nutrition Foundation.1989. Calcium. British Nutrition Foundation, London.
- Bronner F. 1994. Calcium and osteoporosis. *Am J. Clin. Nutr.* 60:831-6.
- Broto R. 2004. Manifestasi Klinis dan Penatalaksanaan Osteoporosis. Dextra Media No. 2 Vol 17 : 47 – 57.
- Brown A. 2000. Understanding Food Principles and Preparation. Wadsworth, USA.
- Bruinsma J. (Ed). 2003. World Agriculture : Toward 2015/2030. an FAO Perspective. Earthscan Publications Ltd., London.
- Cadogan J, Eastell R, Jones N, Barker ME. 1997. Milk intake and bone mineral acquisition in adolescent girls : randomized, controlled intervention trial. *British Med J* ; 315 : 1255.
- Calvo MS, Kumar R, Heath H. 1988. Elevated secretion and action of serum parathyroid hormone in young adults consuming high phosphorus, low calcium diets assembled from common foods. *J Clin Endocrinol Metab*, 66 : 823-829.
- Calvo MS, Park YK. 1996. Changing phosphorus content of the U.S. diet : potential for adverse effects on bone. *J Nutr*, 126 : 1168S-1180.
- Campion, JM and Maricic, MJ. 2003. Osteoporosis in men. *Am Fam Physician* ; 67 : 1521-1526.

- Cashman KD. 2002. Calcium intake, calcium bioavailability and bone health. *British J Nutr*, 87, Suppl. 2, S169-S177.
- Chan G, Hoffman K, McMurry M. 1995. Effects of dairy products on bone and body composition in pubertal girls. *J Pediatrics* 126: 551- 556.
- Chevalley T, Bonjour J-P, Ferrari S, Hans D, Rizzoli R. 2005. Skeletal site selectivity in the effects of calcium supplementation on areal bone mineral density gain : a randomized, double blind, placebo-controlled trial in prepubertal boys. *J Clin Endocrinol Metab.*, 90(6)3342-3349.
- Cleveland LE, Goldman JD, Borrud LG. 1996. Data Tables : Results from USDA's 1994 Continuing Survey of Food Intakes by Individuals and 1994 Diet and Health Knowledge Survey. Beltsville, MD. Agriculture Research Service, USDA.
- Compston JE, Laskey MA, Croucher PI, Coxon A, Kreitzman S.1992. Effect of diet-induced weight loss on total body bone mass. *Clin Sci*, 82 : 429-432.
- Davis JW, Novotny R, Ross PD, Wasnich RD. 1996. Anthropometric, lifestyle and menstrual factors influencing size-adjusted bone mineral content in multiethnic population of premenopausal women. *J Nutr* 126: 2968-2976.
- Dawson-Hughes B. 1996. Calcium insufficiency and fracture risk. *Osteoporosis International*, 3 ; S37-S41.
- Dawson-Hughes B, Harris SS, Krall EA, Dallal GE. 1997. Effect of calcium and vitamin D supplementation on bone density in men and women 65 years of age or older. *N Engl J Med* 337 : 670-676.
- [Depkes] Departemen Kesehatan. 1996. Pedoman Praktis Memantau Status Gizi Orang Dewasa. Direktorat Gizi Masyarakat. Departemen Kesehatan RI, Jakarta.
- [Depkes] Departemen Kesehatan. 2002. Pedoman Umum Gizi Seimbang. Departemen Kesehatan RI, Jakarta.
- [Depkes] Departemen Kesehatan. 2004. Kecenderungan Osteoporosis di Indonesia 6 Kali Lebih Tinggi Dibanding Negeri Belanda. Departemen Kesehatan RI, Jakarta.
- Dibba B, Prentice A, Stirling D, Poskitt EME. 1999. Effect of calcium supplementation on plasma osteocalcin concentration of Gambian children. *Proceed Nutr Soc*, 58 : 61A.
- Eastwood, M. 2003. Principles of Human Nutrition. Second Edition. Blackwell Publishing, Malden UK.
- Du XQ *et al.* 2002. Milk consumption and bone mineral content in Chinese adolescent girl. *Bone* ; 30 : 521-528
- Felson DT, Zhang Y, Hannan, MT, Anderson JJ. 1993. Effect of weight and body mass index on bone mineral density in men and women : the Framingham study. *J Bone Miner Res*, 8 : 567-573.
- Feskanich D, Willet WC, Colditz GA. 2003. Calcium, vitamin D, milk consumption, and hip fractures : a prospective study among postmenopausal women. *Am J Clin Nutr* 77 : 504-511.

- Finkelstein JS, Neer RM, Biller BM, Crawford, JD, Klibanski A. 1992. Osteopenia in men with a history of delayed puberty. *N Engl J Med* 326 (9) : 600-604.
- Flynn A, Cashman KD. 1999. Calcium Fortification of Foods. *In* Mineral Fortification of Foods, pp. 18-53 (R. Hurrell, edit.). Surrey : Leatherhead Food RA.
- Gleerup A, Rossander-Hulthen L, Gramatkovski E, Halberg L. 1995. Iron absorption from the whole diet : comparison of the effect of two different distributions of daily calcium intake. *Am J Clin Nutr*, 61 : 97-104.
- Guyton AC, Hall JE. 1997. Fisiologi Kedokteran. Penerjemah : Setiawan I, Tengadi, LMA KA, Santoso A.. EGC, Jakarta
- Hardinsyah, Briawan, D. 1994. Penilaian dan Perencanaan Konsumsi Pangan. Jurusan GMSK IPB, Bogor.
- Hardinsyah, Martianto D. 1994. Menaksir Kecukupan Energi dan Protein serta Penilaian Mutu Gizi Konsumsi Pangan. Jurusan GMSK IPB, Bogor.
- Hardinsyah, Tampubolon V. 2004. Kecukupan Energi, Protein, Lemak dan Serat Makanan. Widyakarya Nasional Pangan dan Gizi VIII, Jakarta.
- Harper I, Deaton BJ, Driskel JA. 1986. Pangan, Gizi dan Pertanian. Alihbahasa : Suhardjo. Universitas Indonesia Press, Jakarta.
- Harris SS, Dawson-Hughes B. 1996. Weight, body composition, and bone density in postmenopausal women. *Calsif Tissue Int*, 59 : 428-432.
- Hatchock JN *et al.* 1990. Evaluation of vitamin A toxicity. *Am J Clin Nutr* ; 52 : 183-202.
- Heaney RP. 2000. Calcium, dairy products and osteoporosis. *J Am C Nutr* , 19 ; 2 : 83S – 99S.
- Heaney RP. 2001. Protein intake and bone health : the influence of belief system on the conduct of nutritional science. *Am J Clin Nutr* 73 : 5-6.
- Heaney RP, Whiting SJ. 2004. Building Better Bone with Dairy Foods throughout the Lifecycle. Dairy Council DIGEST. Vol 75 No. 6 November/December 2004.
- Hegarty VM, May HM, K-T Khaw. 2000. Tea drinking and bone mineral density in older women. *Am J Clin Nutr* 71 : 1003-1007.
- Hyldstrup L, Andersen T, McNair P, Breum L, Transbol I. 1993. Bone metabolism in obesity : changes related to severe overweight and dietary weight reduction. *Acta Endocrinol (Copenh)*, 129 : 393-398.
- Ilich JZ *et al.* 1998. Iron status, menarche, and calcium supplementation in adolescent girls. *Am J Clin Nutr*, 68 : 880-887.
- Ilich JZ, Kerstetter JE. 2000. Nutrition in bone health revisited : a story beyond calcium. Review. *J American College Nutr* 19 (6) ; 715-737.
- [INDI] Irish Nutrition and Dietetic Institute. 1990. Irish National Nutrition Survey. Dublin : INDI.

- [IOM] Institute of Medicine. 1997. Dietary Reference Intakes for Calcium, Phosphorous, Magnesium, Vitamin D and Fluoride. National Academy Press. Washington.
- Jackman LA *et al.* 1987. Calcium retention in relation to calcium intake and postmenarcheal age in adolescent females. *Am J Clin Nutr* 66: 327-333.
- Johnston CC Jr *et al.* 1992. Calcium supplementation and increase in bone mineral density in children. *N Engl J Med*, 327 ; 82-87.
- Kalkwarf HJ, Khoury JC, Lanphear BP. 2003. Milk intake during childhood and adolescence, adult bone density and osteoporotic fractures in US women. *Am J Clin Nutr* 77(1): 257-265.
- Karmini M dan Briawan D. 2004. Acuan Label Gizi. Widyakarya Nasional Pangan dan Gizi VIII, Jakarta.
- Kartasapoetra G, Marsetyo H. 2002. Ilmu Gizi : Korelasi Gizi, Kesehatan dan Produktivitas Kerja. Rineka Cipta, Jakarta.
- Kartono Dj, Soekatri M. 2004. Angka Kecukupan Mineral : Kalsium, Fosfor, Magnesium, Besi, Yodium, Seng, Selenium, Mangan, Flour. Widyakarya Nasional Pangan dan Gizi VIII, Jakarta.
- Keith RE. 1994. Vitamins and Physical Activity. *In* Nutrition in Exercise and Sport. Second Ed. Wolinsky I. and Hickson Jr JF. (Eds). CRC Press, London.
- Kennefick S, Cashman KD. 2000. Investigation of an *in vitro* model for predicting the effect of food component on calcium availability from meals. *Int J Food Sci and Nutr*, 51 ; 45-54.
- Khomsan A. 2004. Peranan Pangan dan Gizi untuk Kualitas Hidup. Gramedia Widiasarana Indonesia, Jakarta.
- Khomsan A. 2006. Solusi Makanan Sehat. Rajagrafindo Persada, Jakarta.
- Kindmark A, Torma H, Johansson A, Ljunghall S, Melhus H. 1993. Reverse transcription-polymerase chain reaction assay demonstrates that the 9-cis retinoic acid receptor alpha is expressed in human osteoblast. *Biochem Biophys Res Commun* 192 : 1367-1372.
- Krall EA, Dawson-Hughes B. 1999. Smoking increases bone loss and decreases intestinal calcium absorption. *J Bone Miner Res* 14 (2) : 215-220.
- Lane NE. 2001. Osteoporosis, Rapuh Tulang : Petunjuk untuk Penderita dan Langkah-langkah Pengamanan untuk Keluarga. Terjemahan. Rajagrafindo Persada, Jakarta.
- Lau EMC, Donnan SPB, Barker DJP. 1990. Hip fracture in Hong Kong and Britain. *Int J Epidemiol* 19 : 119 – 121.
- Lau EMC, Chan H, Woo J. 1996. Normal range for the prevalence of vertebral fracture in Hong Kong Chinese. *J Bone Miner Res* 11 : 1364.
- Lau EMC, Lee JK, Suriwongpaisal P. 2001. The incidence of hip fracture in four Asian countries. The Asian Osteoporosis Study (AOS). *Osteoporosis Int* 12 : 239-243.

- Lau EMC, Chan YH, Chan M. 2001. Vertebral deformity in Chinese men : prevalence, risk factors, bone mineral density and body composition measurements. *Calsif Tissue In* 66 : 47-52.
- Lau EMC. 2004. Osteoporosis in men. *JMHG* Vol. 1 (1) : 68 – 70.
- Lee WTK, Leung SSF, Leung DMY, Cheng JCY. 1996. A follow-up study on the effects of calcium-supplement with-drawl and puberty on bone acquisition of children. *Am J Clin Nutr*, 60 : 71-77.
- Lennkh C *et al.* 1999. Osteopenia in anorexia nervosa : specific mechanism of bone loss. *J Psychiatr Res*, 33 : 349-356.
- Lips P. 2001. Vitamin D deficiency and secondary hyperparathyroidism in the elderly : consequencey for bone loss and fractures and therapeutic implications. *Endocr Rev* 22 : 477-501.
- Lloyd TM *et al.* 1993. Calcium supplementation and bone mineral density in adolescent girls. *J of Am Med Assoc*, 270 ; 841-844.
- Matkovic V *et al.* 1994. Timing of peak bone mass in Caucasian females and its implication for the prevention of osteoporosis. *J Clin Invest* 93,799–808.
- Mattjik A A, Sumertajaya M. 2002. Perancangan Percobaan dengan Aplikasi SAS dan Minitab. Jilid 1. IPB Press, Bogor.
- Maurer J *et al.* 2005. Dietary iron positively influence bone mineral density in postmenopausal women on hormone replacement therapy. *Am Soc Nutr Sci. January* 2005.
- Melhus H *et al.* 1998. Excessive dietary intake of vitamin A is associated with reduced bone mineral density and increase risk for hip fracture. *Ann Intern Med* ; 129 : 770-778.
- Metz JA, Anderson JJB, Gallagher Jr PN. 1993. Intakes of calcium, phosphorus, and protein, and physical activity level are related to radial bone mass in young adult women. *Am J Clin Nutr* ; 58 : 537-543.
- Minihane AM, Fairweather-Tait SJ. 1998. Effect of calcium supplementation on daily nonheme-iron absorption and long term iron status. *Am J Clin Nutr*, 68 : 96-102.
- Muhilal, Sulaeman A. 2004. Angka Kecukupan Gizi Vitamin Larut Lemak. Widyakarya Nasional Pangan dan Gizi VIII, Jakarta.
- Munger RG, Cerhan JR, C-H Chiu B. 1999. Prospective study of dietary protein intake and risk of hip fracture in postmenopausal women. *Am J Clin Nutr* 69 : 147 - 152.
- National Dairy Council. 2003. Dairy's role in adolescent bone health : building strong healthy bones for life. National Dairy Council USA.
- National Institute of Health. 1994. NIH Consensus Statement 12 : 4. Optimal Calcium Intake. Bethesda, MD : NIH.
- Nieves JW. 2005. Osteoporosis : the role of micronutrients. *Am J Clin Nutr* ; 81: 1232S-1239S.

- Nordin BE. 1997. Calcium in health and disease. *Food, Nutrition and Agriculture*; 20 : 13-26.
- Olson RE. 2000. Osteoporosis and vitamin K. *Am J Clin Nutr* 71 : 1031-1032.
- Orwoll ES. and. Klein R.F. 1995. Osteoporosis in men. *Endocr Rev* 16 (1) : 87-116.
- Patterson BM, Cornell CN, Carbone B, Levine B, Chapman, D. 1996. Protein depletion and metabolic stress in elderly patients who have fracture of the hip. *J Bone Joint Surg Am* ; 74 ; 251-260.
- Peterkofsky B. 1991. Ascorbate requirement for hydroxylation and secretion of procollagen : relationship to inhibition of collagen synthesis in scurvy. *Am J Clin Nutr* 54 : 1135S-1140S.
- Petridou E, Kapathios T, Dessypris N, Simou E, Trichopoulou D. 1997. The role of dairy product and nonalcoholic beverages in bone fractures among schoolage children. *Scand J Soc Med*, 25 : 119-125.
- Power PS. 1999. Osteoporosis and eating disorders. *J Pediatr Adolesc Gynecol*, 12 : 51-57.
- Prince R *et al.* 1995. The effects of calcium supplementation (milk powder or tablets) and exercise on bone density in postmenopausal wome. *J Bone Miner Res* 10 : 1068 – 1075.
- Prockop DJ. 1971. Role of iron in the synthesis of collagen in connective tissue. *Fed Proc*, 30 : 984-990.
- Reddy MB, Cook JD. 1997. Effect of calcium intake on nonheme-iron absorption from a complete diet. *Am J Clin Nutr*, 65 : 1820-1825.
- Renner E, Hermes M, Stracke H. 1998. Bone mineral density of adolescent as affected by calcium intake through milk and milk products. *Int Dairy J* 8 : 759 – 764.
- Riyadi H. 2001. Metode Penilaian Status Gizi secara Antropometri. Jurusan GMSK Fakultas Pertanian IPB, Bogor.
- Sadikin M. 2002. Biokimia Darah. Widya Medika, Jakarta.
- Sandler RB *et al.* 1985. Postmenopausal bone density and milk consumption in childhood abnd adolescence. *Am J Clin Nutr* 42 : 270-274.
- Saneshige S *et al.* 1995 .Retinoic acid directly stimulates osteoclastic bone resorption and gene expression of cathepsin K/OC-2. *Biochem J* ; 309 : 721-724.
- Sauberlich HE. 1999. Laboaratory Tests for the Assessment of Nutritional Status. Second Ed. CRC Press, Washington.
- Schnitzler CM *et al.* 1994. Osteoporosis in African homosiderosis : role of alcohol and iron. *J Bone Miner Res* ; 9 : 1865-1873.
- Sebastian A, Sellmeyer DE, Stone KL, Cummings SR. 2001. Dietary ratio of animal to vegetable protein and rate of bone loss and risk of fracture in postmenopausal women. *Am J Clin Nutr* 74 : 411-412.
- Sediaoetama ADJ. 1996. Ilmu Gizi. Jilid 2. Dian Rakyat, Jakarta.

- Seeman E. 1995. The dilemma of osteoporosis in men. *Am J Med* 98 (2A) : 76S-88S.
- Sellmeyer D E, Stone KL, Sebastian A, Cummings SR. 2001. A high ratio of dietary animal to vegetable protein increase the rate of bone loss and the risk of fracture in postmenopausal women. *Am J Clin Nutr* 73 : 118 – 122.
- Setiawan B, Rahayu S. 2004. Angka Kecukupan Gizi Vitamin Larut Air. Widyakarya Nasional Pangan dan Gizi VIII, Jakarta.
- Shaw C-K. 1993. An epidemiologic study of osteoporosis in Taiwan. *Ann Epidemiol* 3 : 264 – 271.
- Shetty PS, James WPT. 1994. Body Mass Index – A Measure of Chronic Energy Deficiency in Adults. FAO United Nations, Rome.
- Soekatri M, Kartono Dj. 2004. Angka Kecukupan Mineral : Kalsium, Fosfor, Magnesium, Fluor. Widyakarya Nasional Pangan dan Gizi VIII, Jakarta.
- Steel RGD, Torrie JH. 1989. Prinsip dan Prosedur Statistika : Suatu pendekatan biometrik. Terjemahan B. Sumantri. Gramedia, Jakarta.
- Taniguchi K, Wang X. 2003. Nutrition Intake and Economic Growth. FAO UN, Rome.
- Teegarden D, Lyle RM, Proulx WR, Johnston CC, Weaver CM. 1999. Previous milk consumption in associated with greater bone density in young women. *Am J Clin Nutr* 69 : 1014 – 1017.
- Tucker KL. 2002. Dietary intake and bone status with aging. *Current Pharmaceutical Design* 9 (31) : 1-18.
- Tucker KL *et al.* 2003. Bone density and dietary patterns in older adults : the Framingham Osteoporosis Study. *Am J Clin Nutr* 76 : 245 – 252.
- Turnlund JR, Smith RG, Kretsch M, Keyes WR, Shah AG. 1990. Milk's effect on the bioavailability of iron from cereal-based diets in young women by use of in vitro and in vivo methods. *Am J Clin Nutr*, 52 : 373-378.
- [UN/SCN] United Nations/Sub Committee Nutrition. 2004. 5<sup>th</sup> Report on the World Nutrition Situation. Nutrition for Improved Development Outcomes. UN/SCN, Geneva.
- van Dokkum W. 1995. The intake of selected minerals and trace elements in European countries. *Nutrition Research Review* 8 : 271-302.
- Vogt MT. 1999. The Effect of Cigarette Smoking on the Development of Osteoporosis and Related Fractures. *Medscape Orthopaedics & Sport Medicine* 3 No. 5.
- Volek JS *et al.* 2003. Increasing fluid milk favorably affects bone mineral density responses to resistance training in adolescent boys. *J Am Diet Assoc* 103:1353-1356.
- Wall, C. 1998. Food and Nutrition Guidelines for Healthy Adolescents. Ministry of Health. Wellington, New Zealand.
- Walpole RE. 1982. Pengantar Statistika. Terjemahan B. Sumantri. Gramedia Pustaka Utama, Jakarta.

- Wardlaw GM, Insel PM, Seyler MF. 1992. Contemporary Nutrition, Issues and Insight. Mosby Year Book, Toronto.
- Wattiaux MA. 2005. Lactation and Milking. Chapter 19 : Milk Composition and Nutritional Value. What is Milk ? The Babcock Intitute. USA.
- Weaver CM. 2000. The growing years and prevention of osteoporosis in later life. *Proc Nutr Soc*, 59, 303-306.
- Weinsier R, Krumdieck L. 2000. Dairy foods and bone health. *Am J Clin Nutr* 72 : 681-689.
- Welten D, Kemper HCG, Post GB, van Staveren W. 1995. A meta-analysis of the effect of calcium and bone mass in young and middle aged females and males. *J Nutr*, 125 ; 2802-2813.
- Whitney EN, Sizer FS. 2000. Nutrition Concepts and Controversies. Wadsworth Thomson Learning, USA.
- Whitting SJ, Boyle JL, Thompson A, Mirwald RL, Faulkner RA. 2002. Dietary protein, phosphorus and potassium are beneficial to bone mineral density in adult men consuming adequate dietary calcium. *J Am Coll Nutr*, 21 (5) : 402-409.
- [WHO] World Health Organization. 1994. Assesment of Fracture Risk and its Application to Screening for Postmenopausal Osteoporosis. Report of a WHO Study Group, Geneva.
- [WHO] World Health Organization. 1995. Physical Status : The Use and Interpretation of Anthropometry. Report of a WHO Expert Committee, Geneva.
- Wimalawansa SJ. 2004. Relationship of Calcium, Vitamin D, anda other Nutrients to Bone Health. Bussines Briefing : Women Healthcare.
- Wyshak G *et al.* 1989. Nonalcoholic carbonated beverages consumption and bone fractures among women former colleges athletes. *J Orthop Res*, 7 : 91-99.