



# Amerta Nutriti n



Published in Collaboration with:

**IAGIKMI**

**&**

**UNIVERSITAS AIRLANGGA**

Accredited by the Ministry of Education, Culture, Research, and Technology of  
Republic Indonesia

Number: 169/E/KPT/2024





# AMERTA NUTRITION

Secretariat: Department of Nutrition, Faculty of Public Health, Universitas Airlangga

Telephone: (031) 5964808/5920949, WhatsApp: (+62) 89509316615

p-ISSN: 2580-1163, e-ISSN: 2580-9776

Website: <https://e-journal.unair.ac.id/AMNT/index>, Email: [amertanutr@fkm.unair.ac.id](mailto:amertanutr@fkm.unair.ac.id)

Reguler Edition, Volume 9 Issue 1, March 2025

p-ISSN: 2580-1163

e-ISSN: 2580-9776

## EDITORIAL BOARD

**Editor-in-Chief** : Prof. Trias Mahmudiono, S.KM., M.PH (Nutr.), GCAS., Ph.D

**Editorial Board** : Prof. Roger Hughes, MPH., Ph.D (University of Tasmania, Australia)

Prof. Jörg-Ingolf Stein (Medizinische Universität Innsbruck, Austria)

Prof. C. A. Kalpana, M.Sc., Bed., M.Phil., PhD (Avinashilingam Institute for Home Science and Higher Education for Women, India)

Assoc. Prof. Dr. Beben Benyamin (University of South Australia, Australia)

Assoc. Prof. Hazreen Bin Abdul Majid, Bsc.Dietetic., M.Nut.Dietetic., Ph.D (University of Malaya, Malaysia)

Assoc. Prof. Wantanee Kriengsinyos, Ph.D., RD (Mahidol University, Thailand)

Assoc. Prof. Dr. Supaporn Chaigarun (Ubon Ratchathani Rajabhat University, Thailand)

Argita Dyah Salindri, S.KM., M.PH., Ph.D (Stanford University School of Medicine, United States)

Febi Dwirahmadi, B.Sc.PH., M.Sc.PH., Ph.D (Griffith School of Environment, Australia)

Dr. Luh Ade Ari Wiradnyani, M.Sc (SEAMEO Regional Center for Food and Nutrition, Indonesia)

Dr. Agung Dwi Laksono, S.KM., M.Kes (Puslitbang Humaniora Kemenkes, Indonesia)

Dr. Sri Adiningsih, dr., MS., MCN (National Sports Committee of Indonesia, East Java)

Dr. Farida Wahyu Ningtyas, S.KM., M.Kes (University of Jember, Indonesia)

Susy Katikana Sebayang, SP., M.Sc, Ph.D (Universitas Airlangga, Indonesia)

**Section Editor Public Health Nutrition** : Dr. Nikmah Utami Dewi, S.KM., M.Sc

**Section Editor Clinical Nutrition & Dietetics** : Dr. Farapti, dr., M.Gizi

**Section Editor Food & Public Health Nutrition** : Dina Rahayuning Pangestuti, STP., M.Gizi

**Section Editor Food Service & Management** : Mahmud Aditya Rifqi, S.Gz., M.Si., Ph.D



# AMERTA NUTRITION

Secretariat: Department of Nutrition, Faculty of Public Health, Universitas Airlangga

Telephone: (031) 5964808/5920949, WhatsApp: (+62) 89509316615

p-ISSN: 2580-1163, e-ISSN: 2580-9776

Website: <https://e-journal.unair.ac.id/AMNT/index>, Email: [amertanutr@fkm.unair.ac.id](mailto:amertanutr@fkm.unair.ac.id)

---

## Reviewer :

**Anisa Lailatul Fitria, S.Gz., M.Sc** (Department of Nutrition, Faculty of Public Health, Universitas Airlangga, Surabaya, Indonesia)

**Atika Anif Prameswari, S.Gz., MPH., Dietsien** (Department of Nutrition, Faculty of Public Health, Universitas Airlangga, Surabaya, Indonesia)

**Azizah Ajeng Pratiwi S.Gz., M.Gizi** (Department of Nutrition, Faculty of Public Health, Universitas Airlangga, Surabaya, Indonesia)

**Chairunisa Nur Rarastiti, S.Gz., M.Si** (Universitas IVet, Semarang, Indonesia)

**Dominikus Raditya Atmaka, S.Gz., MPH** (Department of Nutrition, Faculty of Public Health, Universitas Airlangga, Surabaya, Indonesia)

**Dr. Ir. Juliana Christyaningsih, M.Kes** (Department of Nutrition, Health Polytechnic of the Ministry of Health Surabaya, Surabaya, Indonesia)

**Dr. Leersia Yusi Ratnawati, S.KM., M.Kes** (Department of Nutrition, Faculty of Public Health, Universitas Jember, Jember, Indonesia)

**Dr. Ni Ketut Sutiari, S.KM., M.Si** (Public Health studies program, Faculty of Medicine, University of Udayana, Denpasar, Bali, Indonesia)

**Dr. Rian Diana, S.P., M.Si** (Department of Nutrition, Faculty of Public Health, Universitas Airlangga, Surabaya, Indonesia)

**Dr. Triska Susila Nindya, S.KM., MPH (Nutr.)** (Department of Nutrition, Faculty of Public Health, Universitas Airlangga, Surabaya, Indonesia)

**Emyr Reisha Isaura, S.Gz., MPH., Ph.D** (Department of Nutrition, Faculty of Public Health, Universitas Airlangga, Surabaya, Indonesia)

**Fahmi Hafid, S.Gz., M.Kes** (Department of Nutrition, Health Polytechnic of the Ministry of Health Surabaya, Surabaya, Indonesia)

**Fajria Saliha Puspita Prameswari, S.Gz., M.Si** (Department of Nutrition, Faculty of Sport and Health Education, The Education University, Bandung, Indonesia)

**Hildagardis Meliyani Erista Nai, S.KM., M.P.H.** (Department of Nutrition, Sekolah Tinggi Ilmu Kesehatan Panti Rapih Yogyakarta, Sleman, Indonesia)

**Khoirul Anwar, S.Gz., M.Si** (Department of Nutrition, Faculty of Food and Health Technology, Universitas Sahid Jakarta, Jakarta, Indonesia)

**Lailatul Muniroh, S.KM., M.Kes** (Department of Nutrition, Faculty of Public Health, Universitas Airlangga, Surabaya, Indonesia)

**Mochammad Rizal, S.Gz., MS** (Indonesia Sport Nutritionist Association)

**Muhammad Iqbal, S.Gz., M.P.H. (Nutr. & Diet)** (Politeknik Negeri Jember, Jember, Indonesia)

**Septa Indra Puspikawati, S.KM., MPH** (Department of Nutrition, The School of Health and Natural Sciences (SIKIA), Universitas Airlangga, Banyuwangi, Indonesia)

**Teguh Jati Prasetyo, S.Gz, M.Si** (Department of Nutrition, Faculty of Health Sciences, Jenderal Soedirman University, Banyumas, Indonesia)



# AMERTA NUTRITION

Secretariat: Department of Nutrition, Faculty of Public Health, Universitas Airlangga

Telephone: (031) 5964808/5920949, WhatsApp: (+62) 89509316615

p-ISSN: 2580-1163, e-ISSN: 2580-9776

Website: <https://e-journal.unair.ac.id/AMNT/index>, Email: [amertanutr@fkm.unair.ac.id](mailto:amertanutr@fkm.unair.ac.id)

---

**Administrator** : Erwanda Anugrah Permatasari, S.Gz  
Utari Gita Setyawati, S.Gz

**Editor's Address** : Editorial Journal of Amerta Nutrition, Department of Nutrition  
Faculty of Public Health, Universitas Airlangga  
Campus C Unair, Jl. Mulyorejo Surabaya-60115, East Java, Indonesia  
Telp: (031) 5964808; Fax: (031) 5964809

Amerta Nutrition, first published in 2017, is a peer-reviewed open-access scientific journal. The scope for Amerta Nutrition includes public health nutrition, community nutrition, clinical nutrition, dietetics, food and nutrition, and food service management.

Amerta Nutrition is published four times per year every March, June, September, and December.

**Amerta Nutrition Journal Subscription Fee – IDR. 200.000,- per issue OR IDR. 750.000,- per volume (not including postage)**

**Cover Image Source** : [https://unsplash.com/photos/cooked-meat-on-white-ceramic-plate-LldXJS\\_lgiw](https://unsplash.com/photos/cooked-meat-on-white-ceramic-plate-LldXJS_lgiw)



# AMERTA NUTRITION

Secretariat: Department of Nutrition, Faculty of Public Health, Universitas Airlangga

Telephone: (031) 5964808/5920949, WhatsApp: (+62) 89509316615

p-ISSN: 2580-1163, e-ISSN: 2580-9776

Website: <https://e-journal.unair.ac.id/AMNT/index>, Email: [amertanutr@fkm.unair.ac.id](mailto:amertanutr@fkm.unair.ac.id)

---

## FOREWORD

By giving thanks to God Almighty, Regular Edition, Volume 9 Issue 1, March 2025, Amerta Nutrition can finally be published. Amerta Nutrition (Amerta Nutr.) is a scientific journal published every three months, and starting in 2023, our journal will be published all articles in bilingual (English Version and Indonesian Version). Amerta Nutrition functions as communication for disseminating scientific information from research results and literature reviews. Amerta Nutrition is targeted to become a source of scientific information for lecturers, researchers, students, and the general public interested in nutrition and health. Amerta Nutrition tries to always present a variety of scientific articles in the scope of Health Nutrition that are interesting and up-to-date.

In this edition, Amerta Nutrition presents several articles with various topics in the health sector, clinical nutrition, community nutrition, public health, dietary, food management, and technology. With the publication of Regular Edition, Volume 9 Issue 1, March 2025, Amerta Nutrition has reached a significant milestone in publishing six consecutive years of 8 volumes with 35 issues. The scientific journal Amerta Nutrition is expected to be a leverage for developing a communicative writing culture and scientific studies and attracting readers and writers to participate in the upcoming issue of Amerta Nutrition. Hopefully, the thoughts presented by Amerta Nutrition can benefit and enrich readers' knowledge base.

*Editor-in-Chief*



# AMERTA NUTRITION

Secretariat: Department of Nutrition, Faculty of Public Health, Universitas Airlangga

Telephone: (031) 5964808/5920949, WhatsApp: (+62) 89509316615

p-ISSN: 2580-1163, e-ISSN: 2580-9776

Website: <https://e-journal.unair.ac.id/AMNT/index>, Email: [amertanutr@fkm.unair.ac.id](mailto:amertanutr@fkm.unair.ac.id)

Reguler Edition, Volume 9 Issue 1, March 2025

p-ISSN: 2580-1163

e-ISSN: 2580-9776

## TABLE OF CONTENT

Title, Authors	Pages
Determinants of Food Waste among Household in Rural and Urban Areas of Bogor Regency <i>Determinan Food Waste Rumah Tangga Wilayah Perkotaan dan Perdesaan Kabupaten Bogor</i> <b>Lesda Lybaws, Yayuk Farida Baliwati, Ikeu Tanziha</b>	1-13
Effect of Tempeh Substitution, Addition of Carrot Puree and Moringa Leaf Puree on Protein, Fiber, Iron Content, and Iron Bioaccessibility of Beef Sausage <i>Pengaruh Substitusi Tempe, Penambahan Puree Wortel dan Puree Daun Kelor terhadap Kandungan Protein, Serat Pangan, Zat Besi, dan Bioaksesibilitas Zat Besi Sosis Sapi</i> <b>Elsa Carla Azizi, Rimbawan Rimbawan, Sri Anna Marliyati</b>	14-19
Development of Under-five Wasting Children and Related Factors in Padang City <i>Perkembangan dan Faktor yang Berhubungan dengan Balita Wasting di Kota Padang</i> <b>Desmawati Desmawati, Febri Theresia Sihaloho, Bobby Indra Utama</b>	20-25
The Influence of Gender on College Students' Nutrition Knowledge and External Eating Style toward Healthy Food Choices <i>Pengaruh Jenis Kelamin dalam Pengetahuan Gizi dan Gaya Makan Eksternal terhadap Pilihan Makanan Sehat pada Mahasiswa</i> <b>Nur Millati Azka, Anna Undarwati</b>	26-33
Sugar-Sweetened Beverages Intake and Sedentary Behavior Drive Overweight Trends: A Study of Urban and Rural Adolescents in East Java, Indonesia <i>Konsumsi Minuman Manis dan Perilaku Sedentari Mendorong Tren Kegemukan: Studi pada Remaja Perkotaan dan Pedesaan di Jawa Timur, Indonesia</i> <b>Mahmud Aditya Rifqi, Septa Indra Puspikawati, Wizara Salisa, Md. Nahid Uz Zaman</b>	34-44
Encouraging Healthcare Childbirth to Increase Exclusive Breastfeeding: Evidence from Madurese, Indonesia <i>Mendorong Persalinan di Pelayanan Kesehatan untuk Meningkatkan Pemberian ASI Eksklusif: Bukti dari Masyarakat Madura, Indonesia</i> <b>Mohamad Yoto, Agung Dwi Laksono, Shrimarti Rukmini Devy, Novia Luthviatin, Iken Nafikadini, Nurhasmadiar Nandini, Nur Hafizhah Widyaningtyas</b>	45-54
Substitution of Tongkol Fish Bone Meal in Tempeh Nugget Products as an Alternative Food Rich in Protein and Calcium for Toddlers <i>Substitusi Tepung Tulang Ikan Tongkol pada Produk Nugget Tempe sebagai Makanan Alternatif Kaya Protein dan Kalsium untuk Balita</i> <b>Dhita Camila Utami, Mira Sofyaningsih, Nursyifa Rahma Maulida</b>	55-63
The Effect of Sago ( <i>Metroxylon sagu</i> Rottb.) Flour and Sorghum ( <i>Sorghum bicolor</i> L. Moench) Flour Proportion on Resistant Starch, Nutrient, and Organoleptic Properties of Cookies for Type 2 Diabetes Mellitus <i>Pengaruh Proporsi Tepung Sagu (<i>Metroxylon sagu</i> Rottb.) dan Tepung Sorgum (<i>Sorghum bicolor</i> L. Moench) terhadap Pati Resistan, Kandungan Gizi, dan Sifat Organoleptik Kukis untuk Diabetes Melitus Tipe 2</i> <b>Hana Tri Lestari, A'immatul Fauziyah, Nanang Nasrulloh</b>	64-75





# AMERTA NUTRITION

Secretariat: Department of Nutrition, Faculty of Public Health, Universitas Airlangga

Telephone: (031) 5964808/5920949, WhatsApp: (+62) 89509316615

p-ISSN: 2580-1163, e-ISSN: 2580-9776

Website: <https://e-journal.unair.ac.id/AMNT/index>, Email: [amertanutr@fkm.unair.ac.id](mailto:amertanutr@fkm.unair.ac.id)

Reguler Edition, Volume 9 Issue 1, March 2025

p-ISSN: 2580-1163

e-ISSN: 2580-9776

## TABLE OF CONTENT

Title, Authors	Pages
The Potential of <i>Blondo</i> -Based Snack Bars and Sea Grape Flour Substitution to Support Athlete Performance <i>Potensi Snack Bar Berbasis Blondo dan Substitusi Tepung Anggur Laut untuk Mendukung Performa Atlet</i> <b>Shalma Devi, Malin Nur Aeni, Thifal Hazimah Al Insyirah, Haikal Rizky Azmi, Antonius Gunawan, Nanang Nasrullah</b>	76-86
Facilitating Factors of Mothers' Good Adherence to Four National Nutrition Programs in Indonesia <i>Faktor yang Memfasilitasi Ibu dengan Kepatuhan yang Baik dalam Melaksanakan Empat Program Gizi Nasional di Indonesia</i> <b>Luh Ade Ari Wiradnyani, Helda Khusus, Endang L Achadi, Dwiana Ocviyanti</b>	87-100
Transforming Childhood: Nutrition Interventions in the First 1000 Days of Life to Prevent Stunting and Enhance IQ Children in Trenggalek <i>Intervensi Gizi Spesifik pada 1000 Hari Pertama Kehidupan oleh Agen Perubahan untuk Mencegah Stunting, Meningkatkan Perkembangan dan IQ Anak di Kabupaten Trenggalek</i> <b>Asutik Pudjirahaju, Dwie Soelistyorini, Annasari Mustafa, Yohanes Kristianto</b>	101-108
Nutritional Status, Eating Patterns, Physical Activity, Health and Phenotype History of Obese Young Women in Bandung City <i>Status Gizi, Pola Konsumsi, Aktivitas Fisik, Riwayat Kesehatan dan Fenotip Wanita Muda Obese di Kota Bandung</i> <b>Putri Novitasari, Rimbawan Rimbawan, Hardinsyah Hardinsyah, Hadi Riyadi</b>	109-118
Phytochemical Analysis of Herbal Teabags Based on Drying Temperature <i>Analisis Fitokimia Teh Celup Herbal Ditinjau dari Suhu Pengeringan</i> <b>Asrul Bahar, Ita Fatkhur Romadhoni, Dwi Iriyani</b>	119-127
Nutrition Consumption and Impact on Stunting and Underweight among Children in the Tengger Community, East Java, Indonesia <i>Konsumsi Zat Gizi dan Dampaknya terhadap Stunting dan Underweight pada Balita Suku Tengger, Jawa Timur, Indonesia</i> <b>Lailatul Muniroh, Mahmud Aditya Rifqi, Diah Indriani, Chrysoprase Thasya Abihail, Annisa Socadevia</b>	128-136
An Exploratory Study on the Philosophy, Nutritional Content, and Food Value in Traditional Ceremonies of the Tengger Tribe <i>Studi Eksplorasi Mengenai Filosofi, Kandungan Gizi, dan Nilai Makanan dalam Upacara Adat Suku Tengger</i> <b>Lailatul Muniroh, Mahmud Aditya Rifqi, Annisa Socadevia</b>	137-145
Sustainable Utilization of Grape Waste by Phytochemical and Bioactivity Assessment for Nutraceutical Application of Sundried Seeds and Peel <i>Pemanfaatan Berkelanjutan Limbah Anggur melalui Uji Fitokimia dan Bioaktivitas untuk Pemakaian Nutraseutik Biji dan Kulit yang Dikeringkan di Bawah Sinar Matahari</i> <b>Somali Ghosh, Chinnappan A. Kalpana</b>	146-153



# AMERTA NUTRITION

Secretariat: Department of Nutrition, Faculty of Public Health, Universitas Airlangga

Telephone: (031) 5964808/5920949, WhatsApp: (+62) 89509316615

p-ISSN: 2580-1163, e-ISSN: 2580-9776

Website: <https://e-journal.unair.ac.id/AMNT/index>, Email: [amertanutr@fkm.unair.ac.id](mailto:amertanutr@fkm.unair.ac.id)

Reguler Edition, Volume 9 Issue 1, March 2025

p-ISSN: 2580-1163

e-ISSN: 2580-9776

## TABLE OF CONTENT

Title, Authors	Pages
A Critical Empirical Analysis of the Influence of Nutritional Status and Physical Activity Patterns on Height of Indian Youth <i>Analisis Empiris Kritis Pengaruh Status Gizi dan Pola Aktivitas Fisik terhadap Tinggi Badan Remaja India</i> <b>Swarnalatha Swarnalatha, Rajakumaran Rajakumaran, Akash Akash, Sethupathy Sethupathy</b>	154-160
The Effectiveness of Digital Pocketbook for the Transformation of the Knowledge and Attitude of Adolescent Girls about the Prevention of Anemia <i>Efektifitas Buku Saku Digital untuk Transformasi Pengetahuan dan Sikap Remaja Putri tentang Pencegahan Anemia</i> <b>Hurip Nuryana, Emma Rachmawati, Helda Khusun, Devi Annisa Mulyawati, Hesti Lestari</b>	161-168
Food Preferences, Eating Habits, and Nutritional Status of Full-Day School Students in Urban Areas <i>Preferensi Makanan, Kebiasaan Makan, dan Status Gizi Anak Sekolah Full-day di Perkotaan</i> <b>Rian Diana, Stefania Widya Setyaningtyas, Agnessia Nanda Arimbi</b>	169-175
A Systematic Review on 3D Food Printing: Progressing from Concept to Reality <i>Tinjauan Sistematis tentang Pencetakan Makanan 3D: Perkembangan dari Konsep Menjadi Realita</i> <b>Koushikha Namakkal Manivelkumar, Chinnappan A Kalpana</b>	176-185