

## DAFTAR PUSTAKA

1. World Health Organization. Raised Blood Pressure. 2013. [cited 2013 October 10]. Available from: [http://www.who.int/gho/ncd/risk\\_factors/blood\\_pressure\\_prevalence\\_text/en/](http://www.who.int/gho/ncd/risk_factors/blood_pressure_prevalence_text/en/).
2. Kementerian Kesehatan Republik Indonesia. Buku Panduan Hari Kesehatan Sedunia 7 April 2013. Jakarta: Kementerian Kesehatan Republik Indonesia; 2013.p. 6-7.
3. Anand K, Renu G, Athula K. Hypertension in the South-East Asia Region: an overview. Regional Health Forum. 2013; 17.p.7-14.
4. Pusat Komunikasi Publik, Sekretariat Jenderal Kementerian Kesehatan RI. Penyakit Tidak Menular (PTM) Penyebab Kematian Terbanyak di Indonesia. 2011. [dikutip 2013 Oktober 10]. Tersedia dari: <http://www.depkes.go.id/index.php/berita/press-release/1637-penyakit-tidak-menular-ptm-penyebab-kematian-terbanyak-di-indonesia.html>.
5. Pusat Komunikasi Publik, Sekretariat Jenderal Kementerian Kesehatan. Hipertensi Penyebab Kematian Nomor Tiga. 2010. [dikutip 2013 Oktober 10]. Tersedia dari: <http://www.depkes.go.id/index.php/berita/press-release/810-hipertensi-penyebab-kematian-nomor-tiga.html>.
6. Pusat Komunikasi Publik, Sekretariat Jenderal Kementerian Kesehatan RI. Masalah Hipertensi di Indonesia. Kementerian Kesehatan Indonesia. Mei 2012. [dikutip 2013 Oktober 10]. Tersedia dari: <http://www.depkes.go.id/index.php/berita/press-release/1909-masalah-hipertensi-di-indonesia.html>.
7. Mary E. Barasi. Micronutrients in the Heart and the Circulatory System I. In: Nutrition at a Glance. Australia: Blackwell Publishing Asia Pty Ltd; 2007.p. 118-119.
8. Utsugi MT, Ohkubo T, Kikuya M, Kurimoto A, Sato RI, Suzuki K, et al. Fruit and vegetable consumption and the risk of hypertension determined by self measurement of blood pressure at home: the Ohasama study. Hypertens Res. [cited 2013 October 10]; 2008 Jul;31(7):1435-43. doi: 10.1291/hypres.31.1435. Available from: <http://www.ncbi.nlm.nih.gov/pubmed/18957815>.
9. Alonso A, de la Fuente C, Martín-Arnau AM, de Irala J, Martínez JA, Martínez-González MA. Fruit and vegetable consumption is inversely associated with blood pressure in a Mediterranean population with a high vegetable-fat intake: the Seguimiento Universidad de Navarra (SUN) Study. Br J Nutr. [cited 2013 October 16]; 2004 Aug;92(2):311-9. Available from: <http://www.ncbi.nlm.nih.gov/pubmed/15333163>.
10. Koalisi Fortifikasi Indonesia Tumpeng Gizi Seimbang. 2011. [dikutip 2013 Oktober 16]. Tersedia dari: <http://www.kfindonesia.org/index.php?pgid=12&contentid=25>.
11. American Heart Association. Understanding Blood Pressure Readings. [cited 2013 November 17]. Available from:

- [http://www.heart.org/HEARTORG/Conditions/HighBloodPressure/AboutHighBloodPressure/Understanding-Blood-Pressure-Readings\\_UCM\\_301764\\_Article.jsp](http://www.heart.org/HEARTORG/Conditions/HighBloodPressure/AboutHighBloodPressure/Understanding-Blood-Pressure-Readings_UCM_301764_Article.jsp).
12. Tierney Jr ML, McPhee SJ, Papadakis MA. Diagnosis dan Terapi Kedokteran Ilmu Penyakit Dalam Edisi Indonesia. Gofir A, editor. Jakarta: Penerbit Salemba Medika; 2002.p. 380.
  13. Nurhaedar J. Hipertensi. Program Studi Ilmu Gizi Fakultas Kesehatan Gizi Masyarakat Universitas Hasanuddin. Makassar. 2010.
  14. Centers for Disease Control and Prevention. Fruits and Vegetables Nutrition Facts. [cited 2013 November 25]. Available from: <http://www.in.gov/isdh/files/FVNutritionFact1.pdf>.
  15. Kartikasari AN. Faktor Risiko Hipertensi pada Masyarakat Kabongan Kidul, Kabupaten Rembang. Fakultas Kedokteran Universitas Diponegoro. 2012
  16. Blood Pressure UK. Why Potassium Helps to Lower Blood Pressure. 2008. [cited 2015 July 1]. Available from: <http://www.bloodpressureuk.org/microsites/salt/Home/Whypotassiumhelps>.
  17. American Heart Association. Potassium and High Blood Pressure Prevention and Treatment of High Blood Pressure: Potassium and HBP. 2014. [cited 2015 July 1]. Available from: [http://www.heart.org/HEARTORG/Conditions/HighBloodPressure/PreventionTreatmentofHighBloodPressure/Potassium-and-High-Blood-Pressure\\_UCM\\_303243\\_Article.jsp](http://www.heart.org/HEARTORG/Conditions/HighBloodPressure/PreventionTreatmentofHighBloodPressure/Potassium-and-High-Blood-Pressure_UCM_303243_Article.jsp).
  18. Treasure J, Ploth D. Role of Dietary Potassium in the Treatment of Hypertension [pdf]. [cited 2015 July 1]. Available from: <http://www.google.co.id/url?q=http://hyper.ahajournals.org/content/5/6/864.full.pdf&sa=U&ei=TPCTVcqSOopy8gW3-b2QAg&ved=0CB8QFjAG&usg=AFQjCNEB7uBt961SGePiZrhLNCJOUtbnFw>.
  19. Harvard School of Public Health. Vegetables and Fruits: Get Plenty Every Day. 2012. [cited 2014 April 27] Available from: <http://www.hsph.harvard.edu/nutritionsource/vegetables-full-story/>.
  20. Appel LJ, Brands MW, Daniels SR, Karanja N, Elmer PJ, Sacks FM. Dietary Approaches to Prevent and Treat Hypertension A Scientific Statement From the American Heart Association. American Heart Association. 2013. [cited 2014 May 16]. Available from: <http://hyper.ahajournals.org/content/47/2/296.full>.
  21. Hartley TR, Sung BH, Pincomb GA, Whitsett TL, Wilson MF, Lovallo WR. American Heart Association. 2013. [cited 2014 May 16]. Available from: <http://hyper.ahajournals.org/content/36/1/137.full>.
  22. Schutta MH. Diabetes and hypertension: epidemiology of the relationship and pathophysiology of factors associated with these comorbid conditions. J Cardiometab Syndr. [cited 2014 May 26]; 2007 Spring;2(2):124-30. Available from: <http://www.ncbi.nlm.nih.gov/pubmed/17684469>.
  23. Sastroasmoro S, Ismael S. Dasar-dasar Metodologi Penelitian Klinis Ed 4. Jakarta: Sagung Seto; 2011.p.342-372.

24. Dahlan S. Langkah-langkah Membuat Proposal Penelitian Bidang Kedokteran dan Kesehatan. Jakarta: Sagung Seto; 2009.p.83.
25. Boucher B, Cotterchio M, Kreiger N, Nadalin V, Block T, Block G. Validity and reliability of the Block 98 food-frequency questionnaire in a sample of Canadian women. *Public Health Nutr.* 2006 Feb; 9(1).p.89-93.
26. World Health Organization. Q&As of Hypertension. 2013. [cited 2015 February 27]. Available from: <http://www.who.int/features/qa/82/en/>.
27. U.S Department of Health and Human Services. The Seventh Report of Joint National Committee on Prevention, Detection, Evaluation, and Treatment of High Blood Pressure. 2003. NIH Publication no. 03-5231.
28. Centers for Disease Control and Prevention. Conditions That Increase Risk for High Blood Pressure. 2014. [cited 2015 February 27]. Available from: <http://www.cdc.gov/bloodpressure/conditions.htm>.
29. Sumarni MG, Zamtira S, Kee CC, Lim KH, Mala M, Lim KK, et al. Sociodemographic Factors Associated with Multiple Cardiovascular Risk Factors Among Malaysian Adults. *BMC Public Health.* [cited 2015 February 27]; 2015 Jan 31. doi: 10.1186/s12889-015-1432-z. Available from: <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4319230/#!po=72.5000>.
30. Harvard School of Public Health. Food Pyramids and Plates: What should You Really Eat. 2015. [cited 2015 March 17]. Available from: <http://www.hsph.harvard.edu/nutritionsource/pyramid-full-story/>.
31. Jing S, Nicholas B, Shuying S. Dietary Patterns and Cardiovascular Disease-Related Risks in Chinese Older Adults. *Front Public Health.* [cited 2015 March 27]; 2013 Nov 1. doi: 10.3389/fpubh.2013.00048. Available from: [http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3860002/#\\_ffn\\_sectitle](http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3860002/#_ffn_sectitle).
32. Yu Q, Alida M, Xiaoqun P, Jinkou Z, Baojun Y, Yue D, et al. Association of dietary pattern and body weight with blood pressure in Jiangsu Province, China. *BMC Public Health.* [cited 2015 March 27]; 2014 Sep 12. doi: 10.1186/1471-2458-14-948. Available from: <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4176575/>.