

DAFTAR PUSTAKA

1. Ötles S., Ozgoz S., 2014. Health effects of dietary fiber. *Acta Sci. Pol., Technol. Aliment.* 13(2), 191-202
2. Farhatun, Perilaku Konsumsi serat pada Mahasiswa FKIK UIN Jakarta thn 2012. 2012 hal 2, 12-18
3. Peraturan Menteri Kesehatan Tentang Angka Kecukupan Gizi yang Dianjurkan untuk Masyarakat Indonesia, Nomor 28, (2019). hal 7
4. Antunes C, Aleem A, Curtis SA. Gastroesophageal Reflux Disease. *StatPearls [Internet]*. 2020. Available from: <https://europepmc.org/article/NBK/nbk441938>
5. Syam AF, Aulia C, Renaldi K, Simadibrata M, Abdullah M, Tedjasaputra TR. Revisi Konsensus Nasional Penatalaksanaan Penyakit Refluks Gastroesofageal (Gastroesophageal Reflux Disease / GERD) di Indonesia. 2013.
6. Syam AF, Hapsari PF, Makmun D. The Prevalence and Risk Factors of GERD among Indonesian Medical Doctors. *Makara J Heal Res.* 2016;20(2):35–40.
7. El-Serag HB, Satia JA, Rabeneck L. Dietary intake and the risk of gastro-oesophageal reflux disease: A cross sectional study in volunteers. *Gut.* 2005;54(1):11–7.
8. Rahmah A. D. Perilaku konsumsi serat pada mahasiswa angkatan 2013 fakultas kesehatan masyarakat Universitas Halu Oleo tahun 2017. 2017;2(6):1–10. 2017
9. Khani HS. Hubungan antara pola makan dengan terjadinya gastroesophageal reflux disease pada mahasiswa fakultas kedokteran UPH angkatan 2017-2019. 2020;(23):4–25.
10. Liem SF. Hubungan Insomnia Dengan Gastroesophageal Reflux Disease (GERD) Pada Mahasiswa Fakultas Kedokteran Universitas Pelita Harapan. 2021. 5-34
11. Clarrett DM, Hachem C. Gastroesophageal Reflux Disease (GERD). *Mo Med.* 2018;115(3):214.
12. Richter JE, Rubenstein JH. Presentation and epidemiology of gastroesophageal reflux disease. *Gastroenterology.* 2018;154(2):267–76.
13. Katz PO, Gerson LB, Vela MF. Guidelines for the diagnosis and management of gastroesophageal reflux disease. *Am J Gastroenterol.* 2013;108(3):308–28

14. Validation and Diagnostic Usefulness of Gastroesophageal Reflux Disease Questionnaire in a Primary Care Level in Mexico, Miguel Angel Zavala-González, 2014
15. Simadibrata M, Rani A, Adi P, Djumhana A, Abdullah M. The gastroesophageal reflux disease questionnaire using Indonesian language: a language validation survey. *Med J Indones.* 2011;20(2):125–30.
16. Badillo R, Francis D. Diagnosis and treatment of gastroesophageal reflux disease. *World J Gastrointest Pharmacol Ther.* 2014;5(3):105.
17. MacFarlane B. Management of gastroesophageal reflux disease in adults: a pharmacist's perspective. *Integr Pharm Res Pract [Internet].* 2018 Jun 5;7:41–52. Available from: <https://www.ncbi.nlm.nih.gov/pubmed/29892570>
18. Nocon M, Labenz J, Willich SN. Lifestyle factors and symptoms of gastro-oesophageal reflux - A population-based study. *Aliment Pharmacol Ther.* 2006
19. Santoso A. Serat Pangan (Dietary Fiber) dan Manfaatnya bagi Kesehatan, 2011. hal 35-40.
20. : Lusiyanti. Pengaruh konsumsi makanan berserat terhadap derajat keparahan dismenore primer pada mahasiswi praklinik Fakultas Kedokteran Universitas Pelita Harapan. 2021.hal 16
21. Morozov, S., Isakov, V., & Konovalova, M. (2018). Fiber-enriched diet helps to control symptoms and improves esophageal motility in patients with non-erosive gastroesophageal reflux disease. *World journal of gastroenterology*, 24(21), 2291–2299.
22. Healey G, Brough L, Murphy R, Hedderley D, Butts C, Coad J. Validity and Reproducibility of a Habitual Dietary Fibre Intake Short Food Frequency Questionnaire. *Nutrients.* 2016 Sep 10; 8(9):558
23. Cohen, S. and Williamson, G. Perceived Stress in a Probability Sample of the United States. Spacapan, S. and Oskamp, S. (Eds.) *The Social Psychology of Health.* Newbury Park, CA: Sage, 1988.
24. Rajaie S, Ebrahimipour-Koujan S, Hassanzadeh Keshteli A, Esmailzadeh A, Saneei P, Daghighzadeh H, Feinle-Bisset C, Adibi P. Spicy Food Consumption and Risk of Uninvestigated Heartburn in Isfahani Adults. *Dig Dis.* 2020;38(3):178-187. doi: 10.1159/000502542. Epub 2019 Aug 30. PMID: 31473738.

25. Halder SL, Locke GR 3rd, Schleck CD, Zinsmeister AR, Talley NJ. Influence of alcohol consumption on IBS and dyspepsia. *Neurogastroenterol Motil.* 2006 Nov;18(11):1001-8. doi: 10.1111/j.1365-2982.2006.00815.x. PMID: 17040411
26. Fujiwara Y, Kubo M, Kohata Y, Machida H, Okazaki H, Yamagami H, et al. Cigarette smoking and its association with overlapping gastroesophageal reflux disease, functional dyspepsia, or irritable bowel syndrome. *Intern Med.* 2011;50(21):2443-7.
27. . Ercelep OB, Caglar E, Dobrucali A. The prevalence of gastroesophageal reflux disease among hospital employees. *Dis Esophagus.* 2014;27(5):403-8.
28. Kim J, Oh SW, Myung SK, Kwon H, Lee C, Yun JM, et al. Association between coffee intake and gastroesophageal reflux disease: A meta-analysis. *Dis Esophagus.* 2014;27(4):311-7.
29. Alkhatamia AM, , Abdulrahman Ahmad Alzahrana C, Alzhrania MA, Alsuwata OB, , Mohammad Eid Mahmoud Mahfouza B. Risk Factors for Gastroesophageal Reflux Disease in Saudi Arabia. *Gastroenterol Res Elmer Press IncTM.* 2017;10(5):294-300.
30. Ajjah BFF, Mamfaluti T, Putra TRI. Hubungan Pola Makan Dengan Terjadinya Gastroesophageal Reflux Disease (Gerd). *J Nutr Coll.* 2020;9(3):169-79.
31. El-Serag HB, Sweet S, Winchester CC, Dent J. Update on the epidemiology of gastroesophageal reflux disease: A systematic review. *Gut.* 2014;63(6):871-80.

