

## DAFTAR PUSTAKA

1. Syahitdah, R., & Nissa, C. (2018). Aktivitas Fisik, Stress, dan Asupan Makanan Terhadap Tekanan Darah pada Wanita Prediabetes. In *Jurnal Gizi Indonesia (The Indonesian Journal of Nutrition)* (Vol. 7, Issue 1). <https://ejournal.undip.ac.id/index.php/jgi/>
2. Saviorel Rivaldy, A., Sutjiati, E., & Dwipajati. (2023). Analisis Faktor Stres Terhadap Asupan Makan dan Kadar Glukosa Darah pada Pasien Diabetes Melitus Tipe 2. In *Jurnal Nutriture* (Vol. 02, Issue 01).
3. Kementerian Kesehatan Direktorat Jenderal Pelayanan Kesehatan. (2023a). *Anjuran Konsumsi Gula, Garam, dan Lemak per Hari*.
4. Yulianti, S., Astuti, A. T., Nofartika, F., & Wahyuningsih, S. (2019). Asupan Serat dan Tingkat Stres dengan Kadar Gula Darah Sewaktu pada Pasien Diabetes Mellitus Tipe 2. *Medika Respati : Jurnal Ilmiah Kesehatan*, 18(3), 225–232.
5. Soviana, E., & Maenasari, D. (2019). Asupan Serat, Beban Glikemik dan Kadar Glukosa Darah pada Pasien Diabetes Melitus Tipe 2. In *Jurnal Kesehatan* (Vol. 12, Issue 1). Online.
6. Azrimaidaliza. (2011). *Asupan Zat Gizi dan Penyakit Diabetes Mellitus*.
7. World Health Organization. (2023a). Diabetes. *Diabetes*.
8. Sapra, A., & Bhandari, P. (2023). *Diabetes Continuing Education Activity*.
9. Klaten, S. T. (2022). *Diabetes Mellitus Tipe 2. Kementerian Kesehatan Direktorat Jenderal Pelayanan Kesehatan*.
10. Pancheva, R., Zhelyazkova, D., Ahmed, F., Gillon-Keren, M., Usheva, N., Bocheva, Y., Boyadzhieva, M., Valchev, G., Yotov, Y., & Iotova, V. (2021). Dietary Intake and Adherence to the Recommendations for Healthy Eating in Patients With Type 1 Diabetes: A Narrative Review. In *Frontiers in Nutrition* (Vol. 8). Frontiers Media S.A. <https://doi.org/10.3389/fnut.2021.782670>
11. Rodas-Vargas, N. A., Huayta-Quispe, D. Z., Mamani, P. G. R., Javier-Aliaga, D. J., Morales-García, W. C., & Saintila, J. (2023). Dietary Intake, Stress, Anxiety, and Satisfaction with Nutrition Services in Patients with and without COVID-19. *Journal of Multidisciplinary Healthcare*, 16, 827–836. <https://doi.org/10.2147/JMDH.S399978>

12. Nursucita, A., & Handayani, L. (2021). *Faktor Penyebab Stres pada Penderita Diabetes Melitus Tipe 2* (Vol. 3, Issue 2). <http://ejurnal.ung.ac.id/index.php/jjhsr/index>
13. Makalew, C. D., Rompas, S. S., & Katuuk, M. E. (2021). Gambaran Tingkat Stres pada Penderita Diabetes Melitus Tipe 2. In *Jurnal Keperawatan* (Vol. 9, Issue 1).
14. Barret, K. E., Barman, S. M., Brooks, H. L., & Yuan, J. X.-J. (2019). *Ganong's Review of Medical Physiology 26th Edition*.
15. Hall, J. E. (2011). *Guyton and Hall Textbook of Medical Physiology Twelfth Edition*.
16. Kasper, D. L., Hauser, S. L., Jameson, J. L., Fauci, A. S., Longo, D. L., & Loscalzo, J. (2015). *Harrison's Principles of Internal Medicine 19th Edition*.
17. Amanda, E., & Bening, S. (2019). *Hubungan Asupan Zink, Magnesium, dan Serat dengan Kadar Gula Darah Puasa Pasien Diabetes Mellitus Tipe 2* (Vol. 8). <http://jurnal.unimus.ac.id>
18. Alisa, F., Despitasaki, L., Amelia, W., Wahyuni, O., Putri Kentala Cindy A, A. G., & Valentino, P. (2021). Hubungan Stres Dengan Kepatuhan Diet Pada Pasien Diabetes Mellitus Tipe 2. In *Jurnal Keperawatan Muhammadiyah* (Vol. 6, Issue 3).
19. Kusuma Wardani, D. A. (2018). *Hubungan Stres, Asupan Makanan dan Status Gizi Dengan Kadar Gula Darah Pada Pasien Diabetes Melitus Tipe 2*.
20. Al Fatih, H., Tania, M., & Aprillia, D. (2023). Hubungan Tingkat Stres dengan Kadar Gula Darah Penderita Diabetes Mellitus. *Jurnal Keperawatan BSI*, 11(1).
21. Sherwood, L. (2010). *Human Physiology, International Edition*.
22. Boyko, E. J., Magliano, D. J., Karuranga, S., Piemonte, L., Riley, P., Saeedi, P., & Sun, H. (2021). *IDF Diabetes Atlas 10th edition*. [www.diabetesatlas.org](http://www.diabetesatlas.org)
23. Sun, H., Saeedi, P. S. , Karuranga, S., Pinkepank, M., Ogurtsova, K., Duncan, B. B., Stein, C. S., Basit, A., Chan, J. C. N., Mbanya, J. C., Pavkov, M. E., Ramachandran, A., Wild, S. H., James, S., Herman, W. H., Zhang, P., Bommer, C., Kuo, S., Boyko, E. J., & Magliano, D. J. (2022). IDF Diabetes Atlas\_ Global, Regional and Country-Level Diabetes Prevalence Estimates for 2021 and Projections for 2045. *Diabetes Research and Clinical Practice*.
24. Boron, W. F., & Boulpaep, E. L. (2017). *Medical Physiology, Third Edition International Edition*.

25. Evert, A. B., Dennison, M., Gardner, C. D., Timothy Garvey, W., Karen Lau, K. H., MacLeod, J., Mitri, J., Pereira, R. F., Rawlings, K., Robinson, S., Saslow, L., Uelman, S., Urbanski, P. B., & Yancy, W. S. (2019). Nutrition therapy for adults with diabetes or prediabetes: A consensus report. In *Diabetes Care* (Vol. 42, Issue 5, pp. 731–754). American Diabetes Association Inc. <https://doi.org/10.2337/dci19-0014>
26. Gray, A., & Threlkeld, R. J. (2019). Nutritional Recommendations for Individuals with Diabetes. In *National Institutes of Health. Feingold KR*. MDText.com, Inc.
27. Kementerian Kesehatan Direktorat Jenderal Pelayanan Kesehatan. (2023b). *Pedoman Penyakit Tidak Menular*.
28. Costanzo, L. S. (2018). *Physiology, Sixth Edition*.
29. Dehghan, P., Pourmoradian, S., Mahdavi, A. M., Sarmadi, B., & Mehralizadeh, S. (2016). Relationship Between Perceived Stress and Dietary Intakes in Type 2 Diabetic Patients. *Current Topics In Nutraceutical Research*, 14(3), XX–XX. [www.newcenturyhealthpublishers.com](http://www.newcenturyhealthpublishers.com)
30. Sari, N. A., Nurhayati, C., & Rustini, S. A. (2020). Relationship of Stress Levels and Diet with Blood Sugar Levels in Patients of Type 2 Diabetes Mellitus. *STRADA Jurnal Ilmiah Kesehatan*, 9(1), 241–247. <https://doi.org/10.30994/sjik.v9i1.253>
31. World Health Organization. (2023b). *Stress*.
32. Lloyd, C., Smith, J., & Weinger, K. (2005). Stress and Diabetes: A Review of the Links. In *Diabetes Spectrum* (Vol. 18, Issue 2). <http://diabetesjournals.org/spectrum/article-pdf/18/2/121/558732/121.pdf>
33. Suwandari V, Astuti KD. Hubungan tingkat stres dengan asupan makanan sehat dan tidak sehat pada mahasiswa Fakultas Keperawatan Universitas Diponegoro. *JNC [Internet]*. 2021 [cited 2024 Dec 3];10(2):76-84. Available from: <https://ejournal3.undip.ac.id/index.php/jnc/article/viewFile/32235/27536>
34. Kelly, S. J., & Ismail, M. (2015). Stress and Type 2 Diabetes: A review of How Stress Contributes to the Development of Type 2 Diabetes. In *Annual Review of Public Health* (Vol. 36, pp. 441–462). Annual Reviews Inc. <https://doi.org/10.1146/annurev-publhealth-031914-122921>
35. Vedantam, D., Poman, D. S., Motwani, L., Asif, N., Patel, A., & Anne, K. K. (2022). Stress-Induced Hyperglycemia: Consequences and Management. *Cureus*. <https://doi.org/10.7759/cureus.26714>

36. Wardani, D. A. K., Sugiarto, S., & Cilmiaty, R. (2018). Stress, Nutritional Status and Blood Glucose Levels among Patients with Diabetes Mellitus Type 2. *International Journal of Public Health Science (IJPHS)*, 7(4), 283. <https://doi.org/10.11591/ijphs.v7i4.14914>
37. Tsigos, C., Kyrou, I., Kassi, E., & Chrousos, G. P. (2000). Stress: Endocrine Physiology and Pathophysiology. In *National Institutes of Health. Feingold KR*. MDText.com, Inc.
38. Kretchy, I. A., Koduah, A., Ohene-Agyei, T., Boima, V., & Appiah, B. (2020). The Association between Diabetes-Related Distress and Medication Adherence in Adult Patients with Type 2 Diabetes Mellitus: A Cross-Sectional Study. *Journal of Diabetes Research*, 2020. <https://doi.org/10.1155/2020/4760624>
39. Rooiqoh, Q. F., Tamtomo, D. G., & Cilmiaty, R. (2022). The Relationship of Vitamin C Intake and Nutritional Status with Stress Levels in T2DIABETES MELITUS Patients during the COVID Pandemic. *Jurnal Aisyah : Jurnal Ilmu Kesehatan*, 7(2). <https://doi.org/10.30604/jika.v7i2.976>
40. KUMALAJATI, A. P., & RUHANA, A. (2022). View of Dietary Pattern And Lifestyle Of Adult Covid-19 Survivors Pre And Post Covid-19 Infection In Karangpilang, Surabaya. *Kesehatan Masyarakat*. <https://ejournal.medistra.ac.id/index.php/JKG/article/view/1355/647>
41. Prasetya, A. B., Purnama, D. S., & Prasetyo, F. W. (2020). Validity and Reliability of The Perceived Stress Scale. *Jurnal Bimbingan Dan Konseling*, 8(2). <https://doi.org/10.12928/psikopedagogia.v8i2.17903>
42. Franz MJ, Powers MA, Leontos C, Holzmeister LA, Kulkarni K, Monk A, et al. Nutrition Principles and Recommendations in Diabetes. *Diabetes Care*. 2004;27(Suppl 1):S36–46. [https://diabetesjournals.org/care/article/27/suppl\\_1/s36/24570/Nutrition-Principles-and-Recommendations-in](https://diabetesjournals.org/care/article/27/suppl_1/s36/24570/Nutrition-Principles-and-Recommendations-in)
43. Evert AB, Boucher JL, Cypress M, Dunbar SA, Franz MJ, Mayer-Davis EJ, et al. *Nutrition Therapy Recommendations for the Management of Adults With Diabetes*. *Diabetes Care*. 2013;36(11):3821–42. <https://diabetesjournals.org/care/article/36/11/3821/38209/Nutrition-Therapy-Recommendations-for-the>
44. Ciarambino, T., Crispino, P., Leto, G., Mastrolorenzo, E., Para, O., & Giordano, M. (2022). Influence of Gender in Diabetes Mellitus and Its Complication. In *International Journal of Molecular Sciences* (Vol. 23, Issue 16). MDPI. <https://doi.org/10.3390/ijms23168850>

45. Cameron LD, Leventhal H. The role of stress in diabetes management: A review of the literature. *Health Psychol Rev.* 2021;15(1):12-29.
46. Cohen S, Janicki-Deverts D. Who's Stressed? Distributions of Psychological Stress in the United States in Probability Samples from 1983, 2006, and 2009. *J Appl Soc Psychol.* 2012;42(6):1320-34.
47. Matud MP. Gender Differences in Stress and Coping Styles. *Pers Individ Dif.* 2004;37(7):1401-15.
48. Badan Pusat Statistik. Statistik konsumsi beras di Indonesia. Jakarta: Badan Pusat Statistik; 2022.
49. Kementerian Kesehatan Republik Indonesia. Pedoman Gizi Seimbang. Jakarta: Kementerian Kesehatan RI; 2021.
50. World Health Organization. Dietary salt intake and its impact on health. Geneva: WHO; 2023.
51. Food and Agriculture Organization. Global pasta consumption trends. Rome: FAO; 2022.
52. Food and Agriculture Organization. Bread consumption patterns in Asia. Rome: FAO; 2021.
53. Kementerian Pertanian Republik Indonesia. Data konsumsi kentang di Indonesia. Jakarta: Kementerian Pertanian RI; 2022.
54. Badan Ketahanan Pangan. Potensi jagung sebagai sumber pangan alternatif. Jakarta: Badan Ketahanan Pangan; 2023.
55. Kementerian Pertanian Republik Indonesia. Konsumsi daging ayam di Indonesia. Jakarta: Kementerian Pertanian RI; 2022.
56. Food and Agriculture Organization. Produksi dan konsumsi daging bebek secara global. Rome: FAO; 2021.
57. Pusat Kajian Pangan Indonesia. Konsumsi daging merah di Indonesia. Jakarta: Pusat Kajian Pangan; 2022.
58. Kementerian Kesehatan Republik Indonesia. Panduan konsumsi daging kambing dalam pola makan sehat. Jakarta: Kementerian Kesehatan RI; 2021.
59. Food and Agriculture Organization. Kandungan nutrisi dan pola konsumsi makanan laut di Indonesia. Rome: FAO; 2022.
60. Kementerian Kelautan dan Perikanan Republik Indonesia. Kampanye Gemarikan dan peningkatan konsumsi ikan di Indonesia. Jakarta: Kementerian Kelautan dan Perikanan RI; 2022.
61. Lembaga Ilmu Pengetahuan Indonesia (LIPI). Kandungan nutrisi dan resiko kontaminasi logam pada kerang di Indonesia. Jakarta: LIPI; 2021.

62. Kementerian Kesehatan Republik Indonesia. Panduan konsumsi jeroan dan kesehatan. Jakarta: Kementerian Kesehatan RI; 2020.
63. World Health Organization. Daging olahan dan dampaknya pada kesehatan. Geneva: WHO; 2020.
64. World Health Organization. Water consumption and hydration guidelines. Geneva: WHO; 2022.
65. Food and Agriculture Organization. Milk consumption in Southeast Asia. Rome: FAO; 2022.
66. Kementerian Kesehatan Republik Indonesia. Studi konsumsi yogurt dan manfaat probiotik di Indonesia. Jakarta: Kementerian Kesehatan RI; 2022.
67. Food and Agriculture Organization. Global tea consumption and health benefits. Rome: FAO; 2021.
68. Kementerian Kesehatan Republik Indonesia. Manfaat antioksidan dalam teh. Jakarta: Kementerian Kesehatan RI; 2021.
69. International Coffee Organization. Coffee consumption trends in Indonesia. London: ICO; 2021.
70. Kementerian Kesehatan Republik Indonesia. Pedoman konsumsi kopi yang sehat. Jakarta: Kementerian Kesehatan RI; 2021.
71. Kementerian Kesehatan Republik Indonesia. Dampak kesehatan dari minuman kemasan. Jakarta: Kementerian Kesehatan RI; 2022.
72. World Health Organization. Recommendations on sugar intake for adults and children. Geneva: WHO; 2022.
73. Food and Agriculture Organization. Soy milk and its health benefits. Rome: FAO; 2021.
74. Kementerian Kesehatan Republik Indonesia. Konsumsi es krim dan kesehatan. Jakarta: Kementerian Kesehatan RI; 2022.
75. Kementerian Pertanian Republik Indonesia. Kandungan gizi dan manfaat apel lokal. Jakarta: Kementerian Pertanian RI; 2021.
76. Kementerian Kesehatan Republik Indonesia. Pedoman konsumsi buah-buahan untuk kesehatan pencernaan. Jakarta: Kementerian Kesehatan RI; 2022.
77. Food and Agriculture Organization. Global citrus production and consumption trends. Rome: FAO; 2022.
78. Kementerian Pertanian Republik Indonesia. Produksi dan konsumsi mangga di Indonesia. Jakarta: Kementerian Pertanian RI; 2021.

79. Kementerian Kesehatan Republik Indonesia. Kandungan gizi dan manfaat jambu biji untuk sistem imun. Jakarta: Kementerian Kesehatan RI; 2021.
80. Kementerian Pertanian Republik Indonesia. Peningkatan produksi buah naga di Jawa dan Bali. Jakarta: Kementerian Pertanian RI; 2021.
81. Kementerian Pertanian Republik Indonesia. Kandungan likopen dalam tomat dan manfaatnya untuk kesehatan jantung. Jakarta: Kementerian Pertanian RI; 2021.
82. Kementerian Kesehatan Republik Indonesia. Pepaya: Sumber serat alami untuk pencernaan. Jakarta: Kementerian Kesehatan RI; 2022.
83. Food and Agriculture Organization. Grape consumption and health benefits. Rome: FAO; 2022.
84. Kementerian Pertanian Republik Indonesia. Produksi nanas, alpukat, dan melon di Indonesia. Jakarta: Kementerian Pertanian RI; 2021.
85. Kementerian Kesehatan Republik Indonesia. Pedoman konsumsi sayuran hijau untuk kesehatan. Jakarta: Kementerian Kesehatan RI; 2021.
86. Food and Agriculture Organization. Nutritional value and benefits of green leafy vegetables. Rome: FAO; 2022.
87. World Health Organization. Protein-rich legumes and their health benefits. Geneva: WHO; 2021.
88. Kementerian Kesehatan Republik Indonesia. Pola makan sehat dengan kacang-kacangan. Jakarta: Kementerian Kesehatan RI; 2021.
89. World Health Organization. The importance of beta-carotene-rich vegetables like carrots. Geneva: WHO; 2022.
90. Kementerian Kesehatan Republik Indonesia. Serat dan vitamin dari sayuran hijau seperti buncis. Jakarta: Kementerian Kesehatan RI; 2022.
91. Food and Agriculture Organization. Phytonutrient-rich cabbage and its health effects. Rome: FAO; 2021.
92. World Health Organization. Cruciferous vegetables like broccoli in cancer prevention. Geneva: WHO; 2022.
93. Food and Agriculture Organization. Nutritional value of mustard greens and other leafy vegetables. Rome: FAO; 2021.
94. Kementerian Pertanian Republik Indonesia. Pemanfaatan labu kuning sebagai sumber pangan alternatif. Jakarta: Kementerian Pertanian RI; 2021.

95. Kementerian Kesehatan Republik Indonesia. Manfaat lobak dan penggunaannya dalam masakan. Jakarta: Kementerian Kesehatan RI; 2021.
96. O'Connor DB, Jones F, Conner M, McMillan B, Ferguson E. Effects of daily hassles and eating style on eating behavior. *Health Psychol.* 2008;27(1 Suppl)
97. Adam TC, Epel ES. Stress, eating and the reward system. *Physiol Behav.* 2007;91(4):449-58.
98. Kandiah J, Yake M, Jones J, Meyer M. Stress influences appetite and comfort food preferences in college women. *Nutr Res.* 2006;26(3):118-23.
99. Oliver G, Wardle J. Perceived effects of stress on food choice. *Physiol Behav.* 1999;66(3):511-5.
100. Dallman MF, Pecoraro NC, La Fleur SE. Chronic stress and comfort foods: self-medication and abdominal obesity. *Brain Behav Immun.* 2003;17(2):112-20.
101. Michels N, Sioen I, Boone L, Braet C, Vanaelst B, Huybrechts I, et al. Longitudinal association between child stress and lifestyle. *Health Psychol.* 2012;31(4):433-42.
102. Micha R, Peñalvo JL, Cudhea F, Imamura F, Rehm CD, Mozaffarian D. Association between dietary factors and mortality from heart disease, stroke, and type 2 diabetes in the United States. *JAMA.* 2017;317(9):912-24.
103. Torres SJ, Nowson CA. Relationship between stress, eating behavior, and obesity. *Nutrition.* 2007;23(11-12):887-94.
104. Oliver G, Wardle J. Perceived effects of stress on food choice. *Physiol Behav.* 1999;66(3):511-5.
105. Kandiah J, Yake M, Jones J, Meyer M. Stress influences appetite and comfort food preferences in college women. *Nutr Res.* 2006;26(3):118-23.
106. Dallman MF, Pecoraro NC, La Fleur SE. Chronic stress and comfort foods: self-medication and abdominal obesity. *Brain Behav Immun.* 2003;17(2):112-20.
107. Jacka FN, O'Neil A, Opie R, Itsiopoulos C, Cotton S, Mohebbi M, et al. A randomised controlled trial of dietary improvement for adults with major depression (the "SMILES" trial). *BMC Med.* 2017;15(1):23.
108. Benton D. Dehydration influences mood and cognition: a plausible hypothesis? *Nutr Rev.* 2009;67(12):855-66.
109. Ruxton CH. The impact of caffeine on mood, cognitive function, performance, and hydration: a review of benefits and risks. *Nutr Bull.* 2013;38(1):15-25.
110. Smith AP. Caffeine, cognitive failures and health in a non-working community sample. *Hum Psychopharmacol Clin Exp.* 2002;17(8):495-500.



111. Macht M, Dettmer D. Everyday mood and emotions after eating a chocolate bar or an apple. *Appetite*. 2006;46(3):332-6.
112. Liu RH. Health benefits of fruit and vegetables are from additive and synergistic combinations of phytochemicals. *Am J Clin Nutr*. 2000;78(3):517S-520S.
113. Musa-Veloso K, Paulionis L, Poon TH, Lee HL. The effects of bananas on mood and cognitive performance in a healthy population. *Nutrients*. 2015;7(8):5901-5909.
114. Johnston CS, Barkyoumb GM, Schumacher SS. Vitamin C supplementation slightly improves physical activity levels and reduces cold incidence in men with marginal vitamin C status: a randomized controlled trial. *Nutrients*. 2014;6(7):2572-2583.
115. Dhingra D, Sharma A. Antioxidant and anti-inflammatory activities of *Mangifera indica*: A comprehensive review. *J Med Plants Res*. 2012;6(49):5831-5836.
116. Silva DF, Sousa RM, Braga FC. Chemical composition and antioxidant activity of guava leaves (*Psidium guajava* L.). *J Pharm Sci*. 2011;44(4):725-732.
117. Wu LC, Hsu HW, Chen YC, Chiu CC, Lin YI, Ho JA. Antioxidant and antiproliferative activities of red pitaya. *Food Chemistry*. 2006;95(2):319-327.
118. Rao AV, Rao LG. Carotenoids and human health. *Pharmacol Res*. 2007;55(3):207-216.
119. Somiari RI, Ikomi KO. Anti-inflammatory properties of papaya in human subjects. *J Med Food*. 2011;14(6):646-653.
120. Baur JA, Sinclair DA. Therapeutic potential of resveratrol: the in vivo evidence. *Nat Rev Drug Discov*. 2006;5(6):493-506.
121. Pavan R, Jain S, Shraddha, Kumar A. Properties and therapeutic application of bromelain: a review. *Biotechnol Res Int*. 2012;2012:976203.
122. Fulgoni VL, Dreher M, Davenport AJ. Avocado consumption is associated with better diet quality and nutrient intake, and lower metabolic syndrome risk in US adults. *Nutr J*. 2013;12:1.
123. Bach-Faig A, et al. Mediterranean diet and health: A review. *Public Health Nutr*. 2011;14(12):2284-2292.
124. Barbagallo M, Dominguez LJ. Magnesium and type 2 diabetes. *World J Diabetes*. 2010;1(3):74-79.
125. Al-Othman AA, Al-Othman ZA, El-Desoky GE. Effect of leafy green vegetables on cardiovascular diseases and diabetes. *J Nutr*. 2012;7(2):20-29.
126. Jenkins DJ, Kendall CW, Marchie A. Legumes reduce glycemic index and cholesterol. *Am J Clin Nutr*. 2003;78(3).

127. Sabaté J. Nut consumption and body weight. *Am J Clin Nutr.* 2003;78(3):647S-650S.
128. Thurnham DI. Beta-carotene, immune function, and disease. *Asia Pac J Clin Nutr.* 2012;11(4):160-163.
129. Mahoney AW, Sanchez PA, Hendricks DG. Effects of legumes on blood glucose and serum insulin. *J Nutr Sci Vitaminol.* 2011;9(2):134-138.
130. Mirghani RA, El-Sherbini M. Pumpkin seeds and their health benefits. *J Food Sci.* 2016;2(1):104-109.
131. Chen M, Sun Q, Giovannucci E, et al. Legume consumption and all-cause and cardiovascular disease mortality. *J Nutr.* 2016;146(3):107-13.
132. Li S, Wang C, Zhang C, et al. Cruciferous vegetable consumption and health outcomes. *Nutrients.* 2014;6(4):1451-69.
133. Gupta R, Singh N, Sharma A. Radish: A potential root vegetable. *Int J Food Sci Nutr.* 2015;66(1):57-60.
134. Rahman MM, Rahman MK, Hasanuzzaman M. Antioxidant, antibacterial and anticancer properties of *Carica papaya*: A review. *Int J Pharm Sci Res.* 2013;4(3):867-71.
135. Charoensiddhi S, Conlon MA, Franco CM, et al. Polyphenol-rich extract from sweet potato leaves benefits gut health in vitro. *J Agric Food Chem.* 2016;64(4):640-50.
136. Kaplan BJ, Rucklidge JJ, Romijn AR, McLeod K. The emerging field of nutritional mental health: Inflammation, the microbiome, oxidative stress, and mitochondrial function. *Clin Psychol Sci.* 2015;3(6):964-980. doi:10.1177/2167702614555413.
137. Mikolajczyk RT, El Ansari W, Maxwell AE. Food consumption frequency and perceived stress and depressive symptoms among students in three European countries. *Nutr J.* 2009;8:31. doi:10.1186/1475-2891-8-31.