

DAFTAR PUSTAKA

- Abbiss CR, Peiffer JJ, Peake JM, Nosaka K, Suzuki K, Martin DT, Laursen PB. 2008. *Effect Of Carbohydrate Ingestion And Ambient Temperature On Muscle Fatigue Development In Endurance-Trained Male Cyclists*. J Appl Physiol. 104(4): 1021-8.
- Almatsier S. 2005. *Prinsip Dasar Ilmu Gizi*. Jakarta: Gramedia.
- Amani AR, Somchit MN, Konting MM. 2010. *Relationship Between Body Fat Percent and Maximal Oxygen Uptake Among Young Adults*. Journal of American Science. 6(4): 1-4.
- Armina I. 2011. *Pengaruh Pemberian Sport Drink Terhadap Performa dan Tes Keterampilan pada Atlet Sepak Bola Usia 15-18 Tahun* [skripsi]. Semarang: Universitas Diponegoro.
- Armstrong LE. 2000. *Performing in Extreme Environments*. Champaign, IL: Human Kinetics.
- Attwood C. 2003. *Milk, Calcium, and Bone Density* [internet]. [diunduh pada 1 Desember 2012]. Tersedia pada <http://www.msu.edu/~mikevh/mvhome/milk.htm>.
- Bahri S, Sigit JI, Apriantono T, Syafriani R, Dwita LP, Octaviar YH. 2012. *Penanganan Rehidrasi Setelah Olahraga dengan Air Kelapa (Cocos Nucifera L.), Air Kelapa Ditambah Gula Putih, Minuman Suplemen, dan Air Putih*. Jurnal Matematika dan Sains 17(1).
- Batmanghelidj F. 2007. *Air Untuk Menjaga Kesehatan dan Menyembuhkan Penyakit*. Jakarta: Gramedia.
- Belitz HDG, Schieberle P. 2009. *Food Chemistry Chapter 10: Milk and Dairy Products* Springer-Verlag. Berlin: Heidelberg. p. 498-545.
- BPS. 2010. *Sensus Penduduk 2010* [internet]. Jakarta: Badan Pusat Statistik; [diunduh pada 5 Juli 2012]. Tersedia pada: <http://sp2010.bps.go.id/>.
- Bredbenner, et al. 2009. *Wardlaw's Perspective in Nutrition*. USA: McGrawHill.
- Brown TT, Lugar HM, Coalson RS, Miezin FM, Peterson SE, Schlagger BL. 2005. *Cerebral Cortex*. Developmental Changes in Human Cerebral Functional Organization for Word Generation. 15: 275-290.

- Campbell B., et al. 2007. *International Society of Sport Nutrition Position Stand: Protein and Exercise*. JISN 4:8.
- Casa DJ, Armstrong LE, Hillman SK, Montain SJ, Reiff RV, Rich BSE, Roberts WO, Stone JA. 2000. *National Athletic Trainer's Association position Statement: Fluid Replacement for Athletes*. Journal of Athletic Training. 35(2): 212-224.
- Casa DJ, Clarkson PM, Roberts WO. 2005. *American College of Sports medicine Roundtable on Hydration and Physical Activity: Consensus Statement*. Current Sports medicine Reports. 4: 115-127.
- Coombes JS. 2005. *Sports Drink and Dental*. Am J Dent. 18: 101-4.
- Coyle EF. 2004. *Fluid and Fuel Intake During Exercise*. Journal of Sports Sciences. 22: 39:55.
- Croll JK, Neumark-Sztainer D, Story M, Wall M, Perry C, Harnack L. 2006. *Adolescents Involved in Weight-Related and Power-Team Sports Have Better Eating Patterns and Nutrient Intakes Than Non-Sport-Involved Adolescents*. The Journal of the American Dietetic Association. 106: 709-717.
- Dorland WAN. 2002. *Kamus Kedokteran Dorland, E/29*. Jakarta: EGC.
- EFSA. 2010. *Scientific Opinion on Dietary Reference Values for Water*. EFSA Journal. 8(3): 1459.
- Ganio MS, Casa DJ, Armstrong LE, Maresh CM. 2007. *Evidence-Based Approach to Lingering Hydration Questions*. Clin Sports Med. 26: 1-16.
- Ghigiarelli J, Sell K, Blum M, Dagastino N, Alfano P. 2009. *The Effects of Low-Fat Skim Chocolate Milk on Urinary Hydration Indices in a Sample of Division I-AA Cross Country Runners During Off-Season Training Sessions*. Journal of the International Society of Sports Nutrition. 6(1): p. 10.
- Gil-Antunano NP, Zenarruzabeitia ZM, Camacho AMR. 2009. *Food, Nutrition, and Hydration in Sports*. Madrid: Consejo Superior de Deportes.
- Gonzales-Alonzo J, Heaps CL, Coyle EF. 1992. *Rehydration After Exercise With Common Beverages and Water*. Int J Sport Med. 13: 399-406.
- Guyton AC, Hall JE. 2008. *Buku Ajar Fisiologi Kedokteran. Ed 9*. Jakarta: EGC.
- Hanna G. 2007. *Sports Drink*. Australia: Sports Dietitians Australia.
- Heater HF, Lisa AB, Alan EM. 2006. *Practical Application In Sports Nutrition*. Massachusetts: Jones and Barlett Publisher.

- Horne MM. 2001. *Keseimbangan Cairan, Elektrolit, dan Asam Basa*. Edisi Kedua. Jakarta: EGC.
- Huldani. 2008. *Perbedaan VO2 Max antara Siswa yang Latihan Sepak Bola dengan yang Tidak Latihan Sepak Bola di Pondok Pesantrean Darul Hidrah*. Jurnal Elektronik CDK 166. 35(7): 394-395.
- Hydration for Health. 2010. *About Healthy Hydration* [internet]. [diunduh pada 8 Oktober 2012]. Tersedia pada: <http://www.h4hinitiative.com/>
- Institute of Medicine of the National Academics. 2004. *Dietary Reference Intakes for Water, Potassium, Sodium, Chloride, and Sulfate*. Washington DC: The National Academics Press.
- Irawan MA. 2007. *Cairan Tubuh, Elektrolit, dan Mineral*. Polton Sports Science and Performance Lab. 1:1-6.
- Irawan MA. 2007. *Cairan, Karbohidrat, dan Performa Sepak Bola*. Polton Sports Science and Performance Lab. 5:1-10.
- Kalkwarf, et al. 2003. *Milk Intake During Childhood and Adolescence, Adult Bone Density, and Osteoporosis Fractures in US Women*. American Journal Clinical Nutrition. 77: 257:265.
- Karp JR, Johnston JD, Tecklenburg S, Mickleborough TD, Fly AD, Stager JM. 2006. *Chocolate Milk as a Post-Exercise Recovery Aid*. International Journal of Sport Nutrition and Exercise Metabolism. 16: 78-91.
- Kemas AH. 2004. *Rancangan Percobaan: Teori & Aplikasi Edisi Ketiga*. Jakarta: Grasindo.
- Kirkendall DT. 2004. *Creatinine, Carbs, and Fluid: How Important in Soccer Nutrition?*. Sports Science Exchange 94. 17(3).
- Kenefick RW, Cheuvront SN, Leon L, O'Brien KK. 2011. *Dehydration and Rehydration*. Aurbach. 8(70): 71-81.
- Khomsan A. 2004. *Gizi-Aspek Kesehatan Gizi Pangan*. Jakarta: Grasindo.
- Kolasa KM, Lackey CJ, Grandjean AC. 2009. *Hydration and Health Promotion*. Promotion Today. 44: 190-201.
- Kushartono H. 2006. *Terapi Cairan dan Elektrolit pada Anak*. Surabaya: Open Urika Creative Multimedia and Presentation Division.
- Latipun. 2006. *Psikologi Eksperimen Edisi Kedua*. Malang: UMM Press.

- Legowo AM. 2002. *Sifat Kimiawi, Fisik, dan Mikrobiologis Susu* [diktat kuliah]. Semarang: Universitas Diponegoro.
- Mann J, Stewart AT. 2007. *Essentials of Human Nutrition Third Edition*. USA: Oxford University Press Inc.
- Merson SJ, Maughan RJ, Shireffs SM. 2008. *Rehydration With Drinks Differing In Sodium Concentration And Recovery From Moderate Exercise-Induced Hypohydration In Man*. Eur J Appl Physiol. 103(5): 585-94.
- Minton DM, Eberman LE. 2009. *Best Practice for Clinical Hydration Measurement*. Human Kinetics-Att 14 (1). P. 9-11.
- Mitchell JB, Grandjean PW, Pizza FX, Starling RD, Holtz RW. 1994. *The Effect of Volume Ingested on Rehydration and Gastric Emptying Following Exercise-Induced Dehydration*. Med Sci Sports Exerc. 26: 1135-1143.
- Murti TW. 2004. *Aneka Keju*. Yogyakarta: Universitas Gadjah Mada.
- Nurchoiriah R. 2009. *Faktor-Faktor yang Berhubungan dengan Kebiasaan Minum Susu pada Siswa Kelas III A, III B, dan IV di DSN Pondok Cina 1, Depok* [skripsi]. Depok: Universitas Indonesia.
- Panel on Dietary Reference Intakes for Electrolyte and Water. 2005. *Dietary Reference Intakes for Water, Potassium, Sodium, Chloride, and Sulphate*. Washington DC: National Academy press.
- Passe D, Horne MM, Stofan J, Horswill C, Murray R. 2007. *Voluntary Dehydration in Runners Despite Favourable Conditions for Fluid Intake*. International Journal of Sports Nutrition and Exercise Metabolism. 17: 284-295.
- Position of the America Diet Association, Dietetians of Canada and the America College of Sport Medicine. 2009. *Nutrition and Athletic Performance*. Official Journal of American College of Sport Medicine. p. 709-23.
- Primana DA. 2000. *Pemenuhan Energi pada Olahraga*. Bandung: Penebit ITB.
- Riyadi. 2004. *Penilaian Status Gizi Dalam Pengantar Pangan dan Gizi*, Editor Yayuk Farida Baliwati, Ali Khomsa, CM Dwiriani. Jakarta: Penebar Swadaya.
- Rodriguez NR, DiMarco NM, Langley S, Denny S, Hager MH, Manore MM, et al. 2009. *Nutrition and Athletic Performance* [review]. Medicine and Science in Sports and Exercise. 41(3): 709-731.

- Roy LPG, Jentjes, Jeujendrup AE. 2005. *High Rates Of Exogenous Carbohydrate Oxidation From A Mixture Of Glucose And Fructose Ingested During Prolonged Cycling Exercise*. British Journal Of Nutrition. 93:485-492.
- Rusip G. 2006. *Pengaruh Pemberian Minuman Berkarbohidrat Berelektrolit Dapat Memperlambat Kelelahan selama Berolahraga*. Majalah Kedokteran Nusantara. 39(1).
- Saat M, Singh R, Sirisinghe RG, Nawawi M. 2002. *Rehydration After Exercise with Fresh Young Coconut Water, Carbohydrate-Electrolyte Beverage and Plain Water*. Journal of Physiological Anthropology and Applied human Science.
- Santoso BI, Hardinsyah, Siregar P, Pardede SO. 2011. *Air bagi Kesehatan*. Jakarta: Centra Communications.
- Sawka MN, Burke LM, Eichner ER, Maughan RJ, Montain SJ, Stachenfeld NS. 2007. *Exercise and Fluid Replacement*. Med Sci Sports Exerc. 39: 377-390.
- Sediaoetama AD. 2000. *Ilmu Gizi untuk Mahasiswa dan Profesi Jilid I*. Jakarta: Dian Rakyat.
- Sedyanti. 2000. *Pengaturan Makan Sebelum, Saat, dan Setelah Bertanding*. Dalam: Pedomannya Pelatihan Gizi Olahraga Untuk Prestasi. Jakarta: Direktorat Gizi Masyarakat-Depkes Kesrasos RI.
- Shireffs SM, Watson P, Maughan RJ. 2007. *Milk as an Effective Post-Exercise Rehydration Drink*. British Journal of Nutrition. 98: 173-180.
- Sihadi. 2006. *Gizi dan Olahraga*. Jurnal Kedokteran Yarsi. 14(1): 078-084.
- Siegler JC, Mermier CM, Amorim FT, Lovell RJ, McNaughton LR, Robergs RA. 2008. *Hydration, Thermogulation, and Performance Effects of Two Sport Drinks During Soccer Training Sessions*. J Strength Cond Res. 22(5); 1394-1401.
- Silva RP, Mundel T, Altoe JL, Saldanha MR, Ferreira FG, Marins JCB. 2010. *Preexercise Urine Specific Gravity and Fluid Intake During One-Hour Running In A Thermoneutral Environment – A Randomized Cross Over Study*. Journal of Sports Science and Medicine. 9; 464-471.
- Sloane E. 2003. *Anatomi dan Fisiologi untuk Pemula*. Jakarta: EGC.
- Spaccarotella KJ, Andzel WD. 2011. *The Effects of Low Fat Chocolate Milk on Postexercise Recovery in Collegiate Athletes*. J Strength Cond Res. 25(12); 3456-60.

- Spear BA. 2004. *Nutrition in Adolescence*. Di dalam Food, Nutrition, and Diet Therapy. K. Mahan and SE Stump. Ed 11th ed. Pennsylvania: Saunders.
- Sport Dietitians Australia. 2009. *Fact Sheet: Eating and Drinking During and After Sport*. Australia: Sport Dietitians Australia
- Sport Dietitians Australia. 2009. *Fact Sheet: Sports Drinks*. Australia: Sport Dietitians Australia
- Stang J. 2008. *Nutrition in Adolescence*. In: Mahan LK, Escott-Stump S, editors. Krause's Food and Nutrition Therapy, 12th ed. USA: Saunders. p. 246-68.
- Stephanie. 2008. *Penetapan Kadar Asam Dokosaheksaenoat (DHA) dalam Susu Formula Bayi dan Anak secara Kromatografi Gas* [skripsi]. Depok: Universitas Indonesia.
- Sugiyono. 2010. *Metode Penelitian Kuantitatif Kualitatif dan R&D*. Bandung: Alfabeta.
- Suniar L. 2002. *Dukungan Zat-Zat Gizi Untuk Menunjang Prestasi Olahraga*. Jakarta: Kalamed.
- Surbakti S. 2010. *Asupan Bahan Makanan dan Gizi bagi Atlet Renang*. Jurnal Ilmu Keolahragaan. 8(2): 108-122.
- Suryono, Setiawan B, Drajat M, Sukandar D. 2007. *Pengaruh Pemberian Susu Terhadap Kadar Kalsium Darah dan kepadatan Tulang Remaja Pria*. Media Gizi dan Keluarga. 31(1): 63-70.
- Utami II. 2009. *Hubungan Antara Pengetahuan Gizi Ibu Mengenai Susu dan Faktor Lainnya Dengan Riwayat Konsumsi Susu Selama Masa Usia Sekolah Dasar pada Siswa Kelas I SMP Negeri 102 dan SMPI PB Sudirman Jakarta Timur Tahun 2009* [skripsi]. Depok: Universitas Indonesia.
- 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
- Whitney E, Sharon RR. 2007. *Understanding Nutrition*. 11th Ed. USA: Thomson-Wadsworth.
- Yaswir R, Ferawati I. 2012. *Fisiologi dan Gangguan Keseimbangan Natrium, Kalium, dan Klorida serta Pemeriksaan Laboratorium*. Jurnal Kesehatan Andalas. 1(2): 80-85.