

References

- Alhussain, M. H., Macdonald, I. A., & Taylor, M. A. (2016). Irregular meal-pattern effects on energy expenditure, metabolism, and appetite regulation: a randomized controlled trial in healthy normal-weight women. *The American journal of clinical nutrition*, 104(1), 21-32.
- Almoosawi, S., Vingeliene, S., Gachon, F., Voortman, T., Palla, L., Johnston, J. D., ... & Karagounis, L. G. (2019). Chronotype: implications for epidemiologic studies on chrono-nutrition and cardiometabolic health. *Advances in nutrition*, 10(1), 30-42.
- Ayuningtyas, D., Kusuma, D., Amir, V., Tjandrarini, D. H., & Andarwati, P. (2022). Disparities in obesity rates among adults: analysis of 514 districts in Indonesia. *Nutrients*, 14(16), 3332.
- Bacanoiu, M. V., & Danoiu, M. (2022). New strategies to improve the quality of life for normal aging versus pathological aging. *Journal of Clinical Medicine*, 11(14), 4207.
- BaHammam, A. S., & Pirzada, A. (2023). Timing matters: the interplay between early mealtime, circadian rhythms, gene expression, circadian hormones, and metabolism—a narrative review. *Clocks & Sleep*, 5(3), 507-535.
- Balistreri, C. R., Caruso, C., & Candore, G. (2010). The role of adipose tissue and adipokines in obesity-related inflammatory diseases. *Mediators of inflammation*, 2010(1), 802078.
- Basrowi, R. W., Endang Mariani Rahayu, Khoe, L. C., Wasito, E., & Tonny Sundjaya. (2021). The Road to Healthy Ageing: What Has Indonesia Achieved So Far? *Nutrients*, 13(10), 3441–3441. <https://doi.org/10.3390/nu13103441>
- Beccuti, G., & Pannain, S. (2013). Sleep and obesity. *Current Opinion in Clinical Nutrition & Metabolic Care*, 14(4), 402-412.
- BPS. (2023). *Statistics of Aging Population 2023* (Vol. 20). Badan Pusat Statistik Indonesia. <https://www.bps.go.id/en/publication/2023/12/29/5d308763ac29278dd5860fad/statistics-of-aging-population-2023.html>

- BPS. (2024). *Statistics of Aging Population 2024*. Badan Pusat Statistik Indonesia.
<https://www.bps.go.id/en/publication/2024/12/31/a00d4477490caaf0716b711d/statistics-of-aging-population-2024.html>
- Bray, M. S., Tsai, J. Y., Villegas-Montoya, C., Boland, B. B., Blasier, Z., Egbejimi, O., ... & Young, M. E. (2010). Time-of-day-dependent dietary fat consumption influences multiple cardiometabolic syndrome parameters in mice. *International journal of obesity*, 34(11), 1589-1598.
- Chamorro, R., Kannenberg, S., Wilms, B., Kleinerüschkamp, C., Meyhöfer, S., Park, S. Q., ... & Meyhöfer, S. M. (2022). Meal timing and macronutrient composition modulate human metabolism and reward-related drive to eat. *Nutrients*, 14(3), 562.
- Charan, J., & Biswas, T. (2013). How to calculate sample size for different study designs in medical research?. *Indian journal of psychological medicine*, 35(2), 121-126.
- Charlot, A., Hutt, F., Sabatier, E., & Zoll, J. (2021). Beneficial effects of early time-restricted feeding on metabolic diseases: importance of aligning food habits with the circadian clock. *Nutrients*, 13(5), 1405.
- Crabtree, D. R., Holliday, A., Buosi, W., Fyfe, C. L., Horgan, G. W., Johnstone, A. M., & Full4Health-study Group. (2022). The Acute Effects of Breakfast Drinks with Varying Protein and Energy Contents on Appetite and Free-Living Energy Intake in UK Older Adults. *Geriatrics*, 7(1), 16.
- da Cunha, N. B., Teixeira, G. P., Rinaldi, A. E. M., Azeredo, C. M., & Crispim, C. A. (2023). Late meal intake is associated with abdominal obesity and metabolic disorders related to metabolic syndrome: A chrononutrition approach using data from NHANES 2015–2018. *Clinical Nutrition*, 42(9), 1798-1805.
- Dashti, H. S., Gómez-Abellán, P., Qian, J., Esteban, A., Morales, E., Scheer, F. A., & Garaulet, M. (2021). Late eating is associated with cardiometabolic risk traits, obesogenic behaviors, and impaired weight loss. *The American journal of clinical nutrition*, 113(1), 154-161.

- Davis, W., Endo, M., & Locke, J. C. (2022). Spatially specific mechanisms and functions of the plant circadian clock. *Plant Physiology*, 190(2), 938-951.
- De Castro, J. M. (2007). The time of day and the proportions of macronutrients eaten are related to total daily food intake. *British Journal of Nutrition*, 98(5), 1077-1083.
- Dewiasty, E., Agustina, R., Saldi, S. R. F., Pramudita, A., Hinssen, F., Kumaheri, M., ... & Setiati, S. (2022). Malnutrition prevalence and nutrient intakes of Indonesian community-dwelling older adults: a systematic review of observational studies. *Frontiers in Nutrition*, 9, 780003.
- Dhawan, D., & Sharma, S. (2020). Abdominal obesity, adipokines and non-communicable diseases. *The Journal of steroid biochemistry and molecular biology*, 203, 105737.
- Drummen, M., Tischmann, L., Gatta-Cherifi, B., Adam, T., & Westerterp-Plantenga, M. (2018). Dietary protein and energy balance in relation to obesity and co-morbidities. *Frontiers in endocrinology*, 9, 377679.
- Dunbar, R. I. (2017). Breaking bread: the functions of social eating. *Adaptive Human Behavior and Physiology*, 3(3), 198-211.
- Eom, H., Lee, D., Cho, Y., & Moon, J. (2022). The association between meal regularity and weight loss among women in commercial weight loss programs. *Nutrition Research and Practice*, 16(2), 205-216.
- Farsijani, S., Cauley, J. A., Santanasto, A. J., Glynn, N. W., Boudreau, R. M., & Newman, A. B. (2020). Transition to a more even distribution of daily protein intake is associated with enhanced fat loss during a hypocaloric & physical activity intervention in obese older adults. *The Journal of nutrition, health and aging*, 24(2), 210-217.
- Flint, B., & Tadi, P. (2020). Physiology, aging. StatPearls Publishing.
- Franceschi, C., Garagnani, P., Morsiani, C., Conte, M., Santoro, A., Grignolio, A., ... & Salvioli, S. (2018). The continuum of aging and age-related diseases: common mechanisms but different rates. *Frontiers in medicine*, 5, 61.

- Franzago, M., Alessandrelli, E., Notarangelo, S., Stuppia, L., & Vitacolonna, E. (2023). Chrono-nutrition: circadian rhythm and personalized nutrition. *International journal of molecular sciences*, 24(3), 2571.
- Geliebter, A., Astbury, N. M., Aviram-Friedman, R., Yahav, E., & Hashim, S. (2014). Skipping breakfast leads to weight loss but also elevated cholesterol compared with consuming daily breakfasts of oat porridge or frosted cornflakes in overweight individuals: a randomised controlled trial. *Journal of Nutritional Science*, 3, e56.
- Gibney, M. J., Barr, S. I., Bellisle, F., Drewnowski, A., Fagt, S., Livingstone, B., ... & Hopkins, S. (2018). Breakfast in human nutrition: the international breakfast research initiative. *Nutrients*, 10(5), 559.
- Gu, C., Brereton, N., Schweitzer, A., Cotter, M., Duan, D., Børsheim, E., ... & Jun, J. C. (2020). Metabolic effects of late dinner in healthy volunteers—a randomized crossover clinical trial. *The Journal of Clinical Endocrinology & Metabolism*, 105(8), 2789-2802.
- Gupta, N. J., Kumar, V., & Panda, S. (2017). A camera-phone based study reveals erratic eating pattern and disrupted daily eating-fasting cycle among adults in India. *PLOS ONE*, 12(3), e0172852. <https://doi.org/10.1371/journal.pone.0172852>
- Gwin, J. A., & Leidy, H. J. (2018). Breakfast consumption augments appetite, eating behavior, and exploratory markers of sleep quality compared with skipping breakfast in healthy young adults. *Current developments in nutrition*, 2(11), nzy074.
- Haam, J. H., Kim, B. T., Kim, E. M., Kwon, H., Kang, J. H., Park, J. H., ... & Lee, K. Y. (2023). Diagnosis of obesity: 2022 update of clinical practice guidelines for obesity by the Korean Society for the Study of Obesity. *Journal of obesity & metabolic syndrome*, 32(2), 121.
- Ishizuka, R., Otaki, N., Tai, Y., Yamagami, Y., Tanaka, K., Morikawa, M., ... & Obayashi, K. (2023). Breakfast skipping and declines in cognitive score among community-dwelling older adults: a longitudinal study of the HEIJO-KYO Cohort. *Journal of Geriatric Psychiatry and Neurology*, 36(4), 316-322.

- Jakubowicz, D., Froy, O., Wainstein, J., & Boaz, M. (2012). Meal timing and composition influence ghrelin levels, appetite scores and weight loss maintenance in overweight and obese adults. *Steroids*, 77(4), 323-331.
- Jura, M., & Kozak, L. P. (2016). Obesity and related consequences to ageing. *Age*, 38, 1-18.
- Kahleova, H., Lloren, J. I., Mashchak, A., Hill, M., & Fraser, G. E. (2017). Meal frequency and timing are associated with changes in body mass index in adventist health study 2. *The Journal of nutrition*, 147(9), 1722-1728.
- Kandeğer, A., Ümran Eğilmez, & Yavuz Selvi. (2021). Feeding and Eating Disorders in the Context of Circadian Rhythms. *Alpha Psychiatry*, 22(6), 278–284.
<https://doi.org/10.5152/alphapsychiatry.2021.21151>
- Kang, H., & Kim, H. (2022). Ageism and psychological well-being among older adults: A systematic review. *Gerontology and Geriatric Medicine*, 8, 23337214221087023.
- Keast, D. R., Nicklas, T. A., & O'Neil, C. E. (2010). Snacking is associated with reduced risk of overweight and reduced abdominal obesity in adolescents: National Health and Nutrition Examination Survey (NHANES) 1999–2004. *The American journal of clinical nutrition*, 92(2), 428-435.
- Kementerian Kesehatan Republik Indonesia. (2019). *Peraturan Menteri Kesehatan Republik Indonesia Nomor 28 Tahun 2019 tentang Angka Kecukupan Gizi yang Dianjurkan untuk Masyarakat Indonesia*.
<https://peraturan.bpk.go.id/Home/Details/135014/permenkes-no-28-tahun-2019>
- Khanna, D., Welch, B. S., & Rehman, A. (2021). Pathophysiology of obesity. StatPearls Publishing.
- Kim, D., Hanzawa, F., Sun, S., Laurent, T., Ikeda, S., Umeki, M., ... & Oda, H. (2021). Delayed meal timing, a breakfast skipping model, increased hepatic lipid accumulation and adipose tissue weight by disintegrating circadian oscillation in rats fed a high-cholesterol diet. *Frontiers in Nutrition*, 8, 681436.

- Kinsey, A. W., & Ormsbee, M. J. (2015). The health impact of nighttime eating: old and new perspectives. *Nutrients*, 7(4), 2648-2662.
- Kirkland, J. L. (2013). Translating advances from the basic biology of aging into clinical application. *Experimental gerontology*, 48(1), 1-5.
- Kogevinas, M., Espinosa, A., Castelló, A., Gómez-Acebo, I., Guevara, M., Martin, V., ... & Romaguera, D. (2018). Effect of mistimed eating patterns on breast and prostate cancer risk (MCC-Spain Study). *International journal of cancer*, 143(10), 2380-2389.
- Kuzuya, M. (2021). Nutritional status related to poor health outcomes in older people: Which is better, obese or lean?. *Geriatrics & Gerontology International*, 21(1), 5-13.
- Larson, N., & Story, M. (2013). A review of snacking patterns among children and adolescents: what are the implications of snacking for weight status?. *Childhood obesity*, 9(2), 104-115.
- Lee, K. J., Morrell, H. E., Lee, H. J., & Van Dyk, T. R. (2024). Sleep Characteristics of an International Sample of Adult Gamers. *Sleep Science*, 17(02), e166-e175.
- Leidy, H. J., Clifton, P. M., Astrup, A., Wycherley, T. P., Westerterp-Plantenga, M. S., Luscombe-Marsh, N. D., ... & Mattes, R. D. (2015). The role of protein in weight loss and maintenance. *The American journal of clinical nutrition*, 101(6), 1320S-1329S.
- Li, J., Vitiello, M. V., & Gooneratne, N. S. (2022). Sleep in normal aging. *Sleep medicine clinics*, 17(2), 161-171.
- Li, S., Wang, Y., Ying, Y., Gong, Q., Lou, G., Liu, Y., ... & Li, H. (2023). Independent and joint associations of BMI and waist circumference with the onset of type 2 diabetes mellitus in Chinese adults: prospective data linkage study. *JMIR Public Health and Surveillance*, 9(1), e39459.
- Li, Z. H., Xu, L., Dai, R., Li, L. J., & Wang, H. J. (2021). Effects of regular breakfast habits on metabolic and cardiovascular diseases: A protocol for systematic review and meta-analysis. *Medicine*, 100(44), e27629.

- Li, Z., Zhang, Z., Ren, Y., Wang, Y., Fang, J., Yue, H., ... & Guan, F. (2021). Aging and age-related diseases: from mechanisms to therapeutic strategies. *Biogerontology*, 22(2), 165-187.
- Lim, J. J., Liu, Y., Lu, L. W., Barnett, D., Sequeira, I. R., & Poppitt, S. D. (2022). Does a higher protein diet promote satiety and weight loss independent of carbohydrate content? An 8-week low-energy diet (LED) intervention. *Nutrients*, 14(3), 538.
- Lin, X., & Li, H. (2021). Obesity: Epidemiology, Pathophysiology, and Therapeutics. *Frontiers in Endocrinology*, 12. <https://doi.org/10.3389/fendo.2021.706978>
- Longo-Silva, G., de Oliveira Lima, M., Pedrosa, A. K. P., Serenini, R., de Menezes Marinho, P., & de Menezes, R. C. E. (2024). Association of largest meal timing and eating frequency with body mass index and obesity. *Clinical Nutrition ESPEN*, 60, 179-186.
- Longo-Silva, G., de Oliveira, P. M. B., Pedrosa, A. K. P., da Silva, J. R., Bernardes, R. S., de Menezes, R. C. E., & de Menezes Marinho, P. (2022). Breakfast skipping and timing of lunch and dinner: Relationship with BMI and obesity. *Obesity research & clinical practice*, 16(6), 507-513.
- Longo, V. D., & Panda, S. (2016). Fasting, circadian rhythms, and time-restricted feeding in healthy lifespan. *Cell metabolism*, 23(6), 1048-1059.
- Lonnie, M., Hooker, E., Brunstrom, J. M., Corfe, B. M., Green, M. A., Watson, A. W., ... & Johnstone, A. M. (2018). Protein for life: Review of optimal protein intake, sustainable dietary sources and the effect on appetite in ageing adults. *Nutrients*, 10(3), 360.
- Lopez-Minguez, J., Gómez-Abellán, P., & Garaulet, M. (2019). Timing of breakfast, lunch, and dinner. Effects on obesity and metabolic risk. *Nutrients*, 11(11), 2624.
- Ma, X., Chen, Q., Pu, Y., Guo, M., Jiang, Z., Huang, W., ... & Xu, Y. (2020). Skipping breakfast is associated with overweight and obesity: A systematic review and meta-analysis. *Obesity research & clinical practice*, 14(1), 1-8.
- Magkos, F. (2020). The role of dietary protein in obesity. *Reviews in Endocrine and Metabolic Disorders*, 21(3), 329-340.

- Maki, K. C., Phillips-Eakley, A. K., & Smith, K. N. (2016). The effects of breakfast consumption and composition on metabolic wellness with a focus on carbohydrate metabolism. *Advances in nutrition*, 7(3), 613S-621S.
- Mamerow, M. M., Mettler, J. A., English, K. L., Casperson, S. L., Arentson-Lantz, E., Sheffield-Moore, M., ... & Paddon-Jones, D. (2014). Dietary protein distribution positively influences 24-h muscle protein synthesis in healthy adults. *The Journal of nutrition*, 144(6), 876-880.
- Manoogian, E. N., & LaFerrère, B. (2023). Time-restricted eating: What we know and where the field is going. *Obesity (Silver Spring, Md.)*, 31(Suppl 1), 7.
- Manoogian, E. N., Chaix, A., & Panda, S. (2019). When to eat: the importance of eating patterns in health and disease. *Journal of biological rhythms*, 34(6), 579-581.
- Marinac, C. R., Sears, D. D., Natarajan, L., Gallo, L. C., Breen, C. I., & Patterson, R. E. (2015). Frequency and circadian timing of eating may influence biomarkers of inflammation and insulin resistance associated with breast cancer risk. *PloS one*, 10(8), e0136240.
- Mazri, F. H., Manaf, Z. A., Shahar, S., Mat Ludin, A. F., & Karim, N. A. (2023). Improvement in chrono-nutrition is associated with robust weight loss outcomes: An extension of the feasibility study. *Chronobiology International*, 40(3), 272-283.
- McHill, A. W., Phillips, A. J., Czeisler, C. A., Keating, L., Yee, K., Barger, L. K., ... & Klerman, E. B. (2017). Later circadian timing of food intake is associated with increased body fat. *The American journal of clinical nutrition*, 106(5), 1213-1219.
- Megson, M., Wing, R., & Leahey, T. M. (2017). Effects of breakfast eating and eating frequency on body mass index and weight loss outcomes in adults enrolled in an obesity treatment program. *Journal of Behavioral Medicine*, 40, 595-601.
- Meléndez-Fernández, O. H., Liu, J. A., & Nelson, R. J. (2023). Circadian rhythms disrupted by light at night and mistimed food intake alter hormonal rhythms and metabolism. *International Journal of Molecular Sciences*, 24(4), 3392.

- Mentzelou, M., Papadopoulou, S. K., Evmorfia Psara, Gavriela Voulgaridou, Pavlidou, E., Odysseas Androutsos, & Constantinos Giaginis. (2024). Chrononutrition in the Prevention and Management of Metabolic Disorders: A Literature Review. *Nutrients*, 16(5), 722–722.
- Methnani, J., Brahim, M. M., Elhraiech, A., Ach, T., Latiri, I., Zaouali, M., ... & Bouhlef, E. (2024). Timing matters: diurnal variation of maximal fat oxidation and substrate oxidation rates in metabolic syndrome—a randomized crossover study. *European Journal of Applied Physiology*, 124(10), 3135-3145.
- Mitchell, E., & Walker, R. (2020). Global ageing: successes, challenges and opportunities. *British journal of hospital medicine*, 81(2), 1-9.
- Murakami, K., Livingstone, M. B. E., Masayasu, S., & Sasaki, S. (2022). Eating patterns in a nationwide sample of Japanese aged 1–79 years from MINNADE study: eating frequency, clock time for eating, time spent on eating and variability of eating patterns. *Public Health Nutrition*, 25(6), 1515-1527.
- Noto, S. (2023). Perspectives on aging and quality of life. In *Healthcare* (Vol. 11, No. 15, p. 2131). MDPI.
- O'Connor, L., Brage, S., Griffin, S. J., Wareham, N. J., & Forouhi, N. G. (2015). The cross-sectional association between snacking behaviour and measures of adiposity: the Fenland Study, UK. *British journal of nutrition*, 114(8), 1286-1293.
- Ogilvie, R. P., & Patel, S. R. (2017). The epidemiology of sleep and obesity. *Sleep health*, 3(5), 383-388.
- Orringer, K. A., Van Harrison, R., Nichani, S. S., Riley, M. A., Rothberg, A. E., Trudeau, L. E., & White, Y. (2020). Obesity prevention and management. StatPearls Publishing.
- Otaki, N., Obayashi, K., Saeki, K., Kitagawa, M., Tone, N., & Kurumatani, N. (2017). Relationship between breakfast skipping and obesity among elderly: cross-sectional analysis of the HEIJO-KYO study. *The Journal of nutrition, health and aging*, 21(5), 501-504.

- Paoli, A., Tinsley, G., Bianco, A., & Moro, T. (2019). The influence of meal frequency and timing on health in humans: the role of fasting. *Nutrients*, 11(4), 719.
- Papaetis, G. S., Papakyriakou, P., & Panagiotou, T. N. (2015). State of the art paper Central obesity, type 2 diabetes and insulin: exploring a pathway full of thorns. *Archives of Medical Science*, 11(3), 463-482.
- Pengpid, S., & Peltzer, K. (2017). The prevalence of underweight, overweight/obesity and their related lifestyle factors in Indonesia, 2014–2015. *AIMS Public Health*, 4(6), 633.
- Pérez-Vega, K. A., Lassale, C., Zomeño, M. D., Castañer, O., Salas-Salvadó, J., Basterra-Gortari, F. J., ... & Hernáez, Á. (2024). Breakfast energy intake and dietary quality and trajectories of cardiometabolic risk factors in older adults. *The Journal of nutrition, health and aging*, 28(12), 100406.
- Peters, B., Vahlhaus, J., & Pivovarova-Ramich, O. (2024). Meal timing and its role in obesity and associated diseases. *Frontiers in Endocrinology*, 15. <https://doi.org/10.3389/fendo.2024.1359772>
- Ponti, F., Santoro, A., Mercatelli, D., Gasperini, C., Conte, M., Martucci, M., ... & Bazzocchi, A. (2020). Aging and imaging assessment of body composition: from fat to facts. *Frontiers in endocrinology*, 10, 861.
- Popp, C. J., Curran, M., Wang, C., Prasad, M., Fine, K., Gee, A., ... & Laferrère, B. (2021). Temporal eating patterns and eating windows among adults with overweight or obesity. *Nutrients*, 13(12), 4485.
- Pot, G. K., Hardy, R., & Stephen, A. M. (2014). Irregular consumption of energy intake in meals is associated with a higher cardiometabolic risk in adults of a British birth cohort. *International Journal of Obesity*, 38(12), 1518–1524. <https://doi.org/10.1038/ijo.2014.51>
- Pujilestari, C. U., Nyström, L., Norberg, M., & Ng, N. (2019). Waist circumference and all-cause mortality among older adults in rural Indonesia. *International Journal of Environmental Research and Public Health*, 16(1), 116.

- Putra, C., Konow, N., Gage, M., York, C. G., & Mangano, K. M. (2021). Protein source and muscle health in older adults: a literature review. *Nutrients*, 13(3), 743.
- Reddy, S., Reddy, V., & Sharma, S. (2018). Physiology, circadian rhythm. StatPearls Publishing.
- Regmi, P., & Heilbronn, L. K. (2020). Time-restricted eating: benefits, mechanisms, and challenges in translation. *Iscience*, 23(6).
- Reis, A, H.. (2018). Breakfast skipping, atherosclerosis disease, and free fatty acids. *J. of the American College of Cardiology*, 71(6).
- Reyes-Farias, M., Fos-Domenech, J., Serra, D., Herrero, L., & Sanchez-Infantes, D. (2021). White adipose tissue dysfunction in obesity and aging. *Biochemical pharmacology*, 192, 114723.
- Ricotti, R., Caputo, M., Monzani, A., Pigni, S., Antoniotti, V., Bellone, S., & Prodam, F. (2021). Breakfast skipping, weight, cardiometabolic risk, and nutrition quality in children and adolescents: A systematic review of randomized controlled and intervention longitudinal trials. *Nutrients*, 13(10), 3331.
- Roderka, M., Puri, S., & Batsis, J. A. (2020). Addressing obesity to promote healthy aging. *Clinics in geriatric medicine*, 36(4), 631.
- Rudi, A., & Yetiani, N. (2021). The Risk Factors of Obesity Among Elderly in Sintang, Indonesia. *International Journal of Science, Technology & Management*, 2(2), 450-454.
- Sakamoto, T., Ueda, S. Y., & Nakahara, H. (2024). Effects of Short-Term Nighttime Carbohydrate Restriction Method on Exercise Performance and Fat Metabolism. *Nutrients*, 16(13), 2138.
- Santonja, I., Bogl, L. H., Degenfellner, J., Klösch, G., Seidel, S., Schernhammer, E., & Papantoniou, K. (2023). Meal-timing patterns and chronic disease prevalence in two representative Austrian studies. *European journal of nutrition*, 62(4), 1879-1890.
- Schwartz, M. W., Seeley, R. J., Zeltser, L. M., Drewnowski, A., Ravussin, E., Redman, L. M., & Leibel, R. L. (2017). Obesity pathogenesis: an endocrine society scientific statement. *Endocrine reviews*, 38(4), 267-296.

- Segal, Y., & Gunturu, S. (2024). Psychological issues associated with obesity. In *StatPearls [Internet]*. StatPearls Publishing.
- Shang, X., Hill, E., Li, Y., & He, M. (2021). Energy and macronutrient intakes at breakfast and cognitive declines in community-dwelling older adults: a 9-year follow-up cohort study. *The American Journal of Clinical Nutrition*, 113(5), 1093-1103.
- Speechly, D. P., & Buffenstein, R. (1999). Greater appetite control associated with an increased frequency of eating in lean males. *Appetite*, 33(3), 285-297.
- St-Onge, M. P., Wolfe, S., Sy, M., Shechter, A., & Hirsch, J. (2014). Sleep restriction increases the neuronal response to unhealthy food in normal-weight individuals. *International journal of obesity*, 38(3), 411-416.
- Susetyowati, S., Huriyati, E., Faza, F., Sanubari, N. D. M. G., & Syauqy, A. (2025). Development of a quality eating index and its relationship with nutritional status in adults. *Journal of Public Health Research*, 14(2), 22799036251329420.
- Świątkiewicz, I., Woźniak, A., & Taub, P. R. (2021). Time-restricted eating and metabolic syndrome: current status and future perspectives. *Nutrients*, 13(1), 221.
- Tada, Y., Ueda, Y., Sasaki, K., Sugiura, S., Suzuki, M., Funayama, H., ... & Eto, K. (2022). Mealtime Regularity Is Associated with Dietary Balance among Preschool Children in Japan—A Study of Lifestyle Changes during the COVID-19 Pandemic. *Nutrients*, 14(14), 2979.
- Tani, Y., Asakura, K., Sasaki, S., Hirota, N., Notsu, A., Todoriki, H., ... & Date, C. (2015). Higher proportion of total and fat energy intake during the morning may reduce absolute intake of energy within the day. An observational study in free-living Japanese adults. *Appetite*, 92, 66-73.
- Taslim, N. A., Farradisya, S., Gunawan, W. B., Alfatihah, A., Barus, R. I. B., Ratri, L. K., ... & Nurkolis, F. (2023). The interlink between chrono-nutrition and stunting: current insights and future perspectives. *Frontiers in Nutrition*, 10, 1303969.

- Teixeira, G. P., da Cunha, N. B., Azeredo, C. M., Rinaldi, A. E. M., & Crispim, C. A. (2025). Association of meal time patterns with dietary intake and body mass index: a chrononutrition approach from NHANES 2017-2018. *European Journal of Clinical Nutrition*, 1-8.
- Tham, K. W., Abdul Ghani, R., Cua, S. C., Deerochanawong, C., Fojas, M., Hocking, S., ... & Oldfield, B. (2023). Obesity in South and Southeast Asia—A new consensus on care and management. *Obesity Reviews*, 24(2), e13520.
- Truman, S. C., Wirth, M. D., Arp Adams, S., Turner-McGrievy, G. M., Reiss, K. E., & Hébert, J. R. (2022). Meal timing, distribution of macronutrients, and inflammation among African-American women: A cross-sectional study. *Chronobiology international*, 39(7), 976-983.
- Tsitsou, S., Zacharodimos, N., Poulia, K. A., Karatzi, K., Dimitriadis, G., & Papakonstantinou, E. (2022). Effects of time-restricted feeding and ramadan fasting on body weight, body composition, glucose responses, and insulin resistance: a systematic review of randomized controlled trials. *Nutrients*, 14(22), 4778.
- Vasim, I., Majeed, C. N., & DeBoer, M. D. (2022). Intermittent fasting and metabolic health. *Nutrients*, 14(3), 631.
- Veronda, A. C., Allison, K. C., Crosby, R. D., & Irish, L. A. (2020). Development, validation and reliability of the Chrononutrition Profile-Questionnaire. *Chronobiology international*, 37(3), 375-394.
- Wang, X., Wu, Y., Miao, J., Pu, K., Ming, W. K., & Zang, S. (2023). Factors associated with eating behaviors in older adults from a socioecological model perspective. *BMC Public Health*, 23(1), 1726.
- Wehrens, S. M., Christou, S., Isherwood, C., Middleton, B., Gibbs, M. A., Archer, S. N., ... & Johnston, J. D. (2017). Meal timing regulates the human circadian system. *Current biology*, 27(12), 1768-1775.

- Wicherski, J., Schlesinger, S., & Fischer, F. (2021). Association between breakfast skipping and body weight—A systematic review and meta-analysis of observational longitudinal studies. *Nutrients*, 13(1), 272.
- Wilkinson, M. J., Manoogian, E. N., Zadourian, A., Lo, H., Fakhouri, S., Shoghi, A., ... & Taub, P. R. (2020). Ten-hour time-restricted eating reduces weight, blood pressure, and atherogenic lipids in patients with metabolic syndrome. *Cell metabolism*, 31(1), 92-104.
- Xiao, Q., Garaulet, M., & Scheer, F. A. (2019). Meal timing and obesity: interactions with macronutrient intake and chronotype. *International journal of obesity*, 43(9), 1701-1711.
- Xue, Q. L. (2011). The frailty syndrome: definition and natural history. *Clinics in geriatric medicine*, 27(1), 1.
- Yoshida, J., Eguchi, E., Nagaoka, K., Ito, T., & Ogino, K. (2018). Association of night eating habits with metabolic syndrome and its components: a longitudinal study. *BMC public health*, 18, 1-12.
- Yu, J., Xia, J., Xu, D., Wang, Y., Yin, S., Lu, Y., ... & Sun, G. (2023). Effect of skipping breakfast on cardiovascular risk factors: a grade-assessed systematic review and meta-analysis of randomized controlled trials and prospective cohort studies. *Frontiers in endocrinology*, 14, 1256899.
- Yuan, L., Chang, M., & Wang, J. (2021). Abdominal obesity, body mass index and the risk of frailty in community-dwelling older adults: a systematic review and meta-analysis. *Age and ageing*, 50(4), 1118-1128.
- Zeballos, E., & Todd, J. E. (2020). The effects of skipping a meal on daily energy intake and diet quality. *Public health nutrition*, 23(18), 3346-3355.
- Zhao, D., Guallar, E., Woolf, T. B., Martin, L., Lehmann, H., Coughlin, J., ... & Bennett, W. L. (2023). Association of eating and sleeping intervals with weight change over time: the Daily24 cohort. *Journal of the American Heart Association*, 12(3), e026484.
- Zierle-Ghosh, A., & Jan, A. (2018). Physiology, body mass index. StatPearls Publishing.