

References

- Aboueldahab, A., Vanutelli, M. E., D’Addario, M., & Steca, P. (2026). Understanding Food Choices Among University Students: Dietary Identity, Decision-Making Motives, and Contextual Influences. *Nutrients*, *18*(2), 228. <https://doi.org/10.3390/nu18020228>
- Ahmed, S. K. (2024). Research methodology simplified: How to choose the right sampling technique and determine the appropriate sample size for research. *Oral Oncology Reports*, *12*(100662), 1–7. <https://doi.org/10.1016/j.oor.2024.100662>
- Ahmed, S. K., & Mohammed, R. A. (2025). Obesity: Prevalence, causes, consequences, management, preventive strategies and future research directions. *Metabolism Open*, *27*, 100375. <https://doi.org/10.1016/j.metop.2025.100375>
- Akseer, N., Keats, E. C., Thuraijah, P., Cousens, S., Bétran, A. P., Oaks, B. M., Osrin, D., Piwoz, E., Gomo, E., Ahmed, F., Friis, H., Belizán, J., Dewey, K., West, K., Huybregts, L., Zeng, L., Dibley, M. J., Zagre, N., Christian, P., & Kolsteren, P. W. (2022). Characteristics and birth outcomes of pregnant adolescents compared to older women: An analysis of individual level data from 140,000 mothers from 20 RCTs. *EClinicalMedicine*, *45*, 101309. <https://doi.org/10.1016/j.eclinm.2022.101309>
- Aksoy Canyolu, B., & Özben Sadıç, B. (2025). Dietary Salt-Related Knowledge, Attitudes and Behaviors in Healthy and Hypertensive Turkish Adults from Food Choice Perspective. *Foods*, *14*(1), 141. <https://doi.org/10.3390/foods14010141>
- Aleksandra Jaremków, Iwona Markiewicz-Górka, Wojciech Hajdusianek, Karolina Czerwińska, & Paweł Gać. (2023). The Relationship between Body Composition and Physical Activity Level in Students of Medical Faculties. *Journal of Clinical Medicine*, *13*(1), 50–50. <https://doi.org/10.3390/jcm13010050>
- Ali, P., & Younas, A. (2021). Understanding and Interpreting Regression Analysis. *Evidence Based Nursing*, *24*(4), 116–118. <https://doi.org/10.1136/ebnurs-2021-103425>

- Allen, J. K., Stephens, J., & Patel, A. (2014). Technology-Assisted Weight Management Interventions: Systematic Review of Clinical Trials. *Telemedicine and E-Health*, 20(12), 1103–1120. <https://doi.org/10.1089/tmj.2014.0030>
- Bai, C., Li, B., Jafari, S. M., Liu, S., Wang, L., & Li, Y. (2026). Overview of salt reduction strategies and saltiness evaluation methods. *Journal of Food Composition and Analysis*, 153, 109059. <https://doi.org/10.1016/j.jfca.2026.109059>
- Bailey, R. L. (2021). Overview of dietary assessment methods for measuring intakes of foods, beverages, and dietary supplements in research studies. *Current Opinion in Biotechnology*, 70, 91–96. <https://doi.org/10.1016/j.copbio.2021.02.007>
- Baquero, A. F., & Gilbertson, T. A. (2011). Insulin activates epithelial sodium channel (ENaC) via phosphoinositide 3-kinase in mammalian taste receptor cells. *American Journal of Physiology-Cell Physiology*, 300(4), C860–C871. <https://doi.org/10.1152/ajpcell.00318.2010>
- Barr, L. (2024). Measuring height and weight. *British Journal of Mental Health Nursing*, 13(4), 1–4. <https://doi.org/10.12968/bjmh.2024.0024>.
- Basty, N., Thanaj, M., Whitcher, B., Bell, J. D., & Thomas, E. L. (2026). Comparing DXA and MRI body composition measurements in cross-sectional and longitudinal cohorts. *Communications Medicine*. <https://doi.org/10.1038/s43856-026-01440-w>
- Beaulieu, K., Oustric, P., & Finlayson, G. (2020). The Impact of Physical Activity on Food Reward: Review and Conceptual Synthesis of Evidence from Observational, Acute, and Chronic Exercise Training Studies. *Current Obesity Reports*, 9(2), 63–80. <https://doi.org/10.1007/s13679-020-00372-3>
- Ben Mansour, G., Kacem, A., Ishak, M., Grélot, L., & Ftaiti, F. (2021). The Effect of Body Composition on Strength and Power in Male and Female Students. *BMC Sports Science, Medicine and Rehabilitation*, 13(1). <https://doi.org/10.1186/s13102-021-00376-z>
- Berube, L., Duffy, V. B., Hayes, J. E., Hoffman, H. J., & Rawal, S. (2021). Associations between chronic cigarette smoking and taste function: Results from the 2013–2014 national health and

- nutrition examination survey. *Physiology & Behavior*, 240, 113554.
<https://doi.org/10.1016/j.physbeh.2021.113554>
- Bigiani, A. (2020). Salt Taste, Nutrition, and Health. *Nutrients*, 12(5), 1537.
<https://doi.org/10.3390/nu12051537>
- Bobowski, N. (2015). Shifting Human Salty Taste Preference: Potential Opportunities and Challenges in Reducing Dietary Salt Intake of Americans. *Chemosensory Perception*, 8(3), 112–116.
<https://doi.org/10.1007/s12078-015-9179-6>
- Bolhuis, D. P., Costanzo, A., Newman, L. P., & Keast, R. S. (2015). Salt Promotes Passive Overconsumption of Dietary Fat in Humans. *The Journal of Nutrition*, 146(4), 838–845.
<https://doi.org/10.3945/jn.115.226365>
- Branco, M. G., Mateus, C., Capelas, M. L., Pimenta, N., Santos, T., Mäkitie, A., Ganhão-Arranhado, S., Trabulo, C., & Ravasco, P. (2023). Bioelectrical Impedance Analysis (BIA) for the Assessment of Body Composition in Oncology: A Scoping Review. *Nutrients*, 15(22), 4792.
<https://doi.org/10.3390/nu15224792>
- Bredella, M. A. (2017). Sex differences in body composition. *Sex and Gender Factors Affecting Metabolic Homeostasis, Diabetes and Obesity*, 1043(1043), 9–27.
https://doi.org/10.1007/978-3-319-70178-3_2
- Briand, M., Raffin, J., Gonzalez-Bautista, E., Ritz, P., Kan, V., Pillard, F., Faruch-Bilfeld, M., Guyonnet, S., Dray, C., Vellas, B., de, P., & Rolland, Y. (2024). Body composition and aging: cross-sectional results from the INSPIRE study in people 20 to 93 years old. *GeroScience*.
<https://doi.org/10.1007/s11357-024-01245-6>
- Butler, G. (2019). Infant, Childhood, and Adolescent Auxology. *Encyclopedia of Endocrine Diseases*, 19–30. <https://doi.org/10.1016/b978-0-12-801238-3.65209-1>
- Callahan, E. A. (2023). *The science, strengths, and limitations of body mass index*.
 Www.ncbi.nlm.nih.gov; National Academies Press (US).
<https://www.ncbi.nlm.nih.gov/books/NBK594362/>

- Carles Blasco-Peris, Climent-Paya, V., Vetrovsky, T., García-Álvarez, M. I., Agustín Manresa-Rocamora, Beltrán-Carrillo, V. J., & José Manuel Sarabia. (2023). International Physical Activity Questionnaire Short Form and accelerometer-assessed physical activity: concurrent validity using six cut-points in HF patients. *Esc Heart Failure*. <https://doi.org/10.1002/ehf2.14514>
- Casadei, K., & Kiel, J. (2022). *Anthropometric measurement*. National Library of Medicine; StatPearls Publishing. <https://www.ncbi.nlm.nih.gov/books/NBK537315/>
- Chaves, L. G. C. de M., Gonçalves, T. J. M., Bitencourt, A. G. V., Rstom, R. A., Pereira, T. R., & Velludo, S. F. (2022). Assessment of body composition by whole-body densitometry: what radiologists should know. *Radiologia Brasileira*, 55(5), 305–311. <https://doi.org/10.1590/0100-3984.2021.0155-en>
- Chia, C. W., Yeager, S. M., & Egan, J. M. (2023). Endocrinology of Taste with Aging. *Endocrinology and Metabolism Clinics of North America*, 52(2), 295–315. <https://doi.org/10.1016/j.ecl.2022.10.002>
- Choo, E., & Dando, R. (2017). The Impact of Pregnancy on Taste Function. *Chemical Senses*, 42(4), 279–286. <https://doi.org/10.1093/chemse/bjx005>
- Choo, Y. N., Ravi, R. N., & Vetrivelan Subramaniyan. (2026). Insulin resistance induced by obesity: Mechanisms, metabolic implications and therapeutic approaches. *Molecular Biology Reports*, 53(1). <https://doi.org/10.1007/s11033-026-11509-3>
- Cooksey, R. W. (2020). Descriptive Statistics for Summarising Data. *Illustrating Statistical Procedures: Finding Meaning in Quantitative Data*, 1(1), 61–139. https://doi.org/10.1007/978-981-15-2537-7_5
- Costanzo, A. (2023). Temporal patterns in taste sensitivity. *Nutrition Reviews*. <https://doi.org/10.1093/nutrit/nuad097>
- Cuzzo, B., & Lappin, S. L. (2023, August 14). *Vasopressin (antidiuretic hormone, ADH)*. National Library of Medicine. <https://www.ncbi.nlm.nih.gov/books/NBK526069/>

- Dalrymple, K. V., Flynn, A. C., Seed, P. T., Briley, A. L., O’Keeffe, M., Godfrey, K. M., & Poston, L. (2019). Associations between dietary patterns, eating behaviours, and body composition and adiposity in 3-year-old children of mothers with obesity. *Pediatric Obesity*, 15(5). <https://doi.org/10.1111/ijpo.12608>
- Daskalopoulou, C., Stubbs, B., Kralj, C., Koukounari, A., Prince, M., & Prina, A. M. (2017). Physical activity and healthy ageing: A systematic review and meta-analysis of longitudinal cohort studies. *Ageing Research Reviews*, 38(1), 6–17. <https://doi.org/10.1016/j.arr.2017.06.003>
- de Moraes, N. de S., Azevedo, F. M., de Freitas Rocha, A. R., Moraes, D. de C., Ribeiro, S. A. V., Gonçalves, V. S. S., do Carmo Castro Franceschini, S., & Priore, S. E. (2023). Body Fat Is Superior to Body Mass Index in Predicting Cardiometabolic Risk Factors in Adolescents. *International Journal of Environmental Research and Public Health*, 20(3), 2074. <https://doi.org/10.3390/ijerph20032074>
- Deepankumar, S., Karthi, M., Vasanth, K., & Selvakumar, S. (2019). Insights on modulators in perception of taste modalities: a review. *Nutrition Research Reviews*, 32(2), 231–246. <https://doi.org/10.1017/s0954422419000118>
- Delfa-de-la-Morena, J. M., Paes, P. P., Camarotti Júnior, F., de Oliveira, D. P. L., Cordeiro Feitosa, R., de Oliveira, B. S. C., Mijarra-Murillo, J.-J., Martínez Moya, A., García-González, M., & De Asís-Fernández, F. (2025). Effects of Physical Activity Level, Strength, Balance, and Body Composition on Perceived Health in Healthy Adults. *Sports*, 13(1), 19. <https://doi.org/10.3390/sports13010019>
- Desachy, T., Thevenet, M., Garcia, S., Lightning, A., Didier, A., Mandairon, N., & Kuczewski, N. (2025). Enhancing Statistical Power While Maintaining Small Sample Sizes in Behavioral Neuroscience Experiments Evaluating Success Rates. *Peer Community Journal*, 5. <https://doi.org/10.24072/pcjournal.636>
- Diaz, T., Strong, K. L., Cao, B., Guthold, R., Moran, A. C., Moller, A.-B., Requejo, J., Sadana, R., Thiagarajan, J. A., Adebayo, E., Akwara, E., Amouzou, A., Aponte Varon, J. J., Azzopardi, P. S.,

- Boschi-Pinto, C., Carvajal, L., Chandra-Mouli, V., Crofts, S., Dastgiri, S., & Dery, J. S. (2021). A call for standardised age-disaggregated health data. *The Lancet Healthy Longevity*, 2(7), e436–e443. [https://doi.org/10.1016/s2666-7568\(21\)00115-x](https://doi.org/10.1016/s2666-7568(21)00115-x)
- Dinda Fauziah Hasanah, & Anastu Regita Nareswara. (2025). Study of Nutritional Status, Taste Perception, Energy and Macronutrients Intake of Canteen Food Among SMAN 104 East Jakarta Students. *SANITAS Jurnal Teknologi Dan Seni Kesehatan*, 15(2), 135–149. <https://doi.org/10.36525/sanitas.2024.518>
- Diószegi, J., Llanaj, E., & Ádány, R. (2019). Genetic Background of Taste Perception, Taste Preferences, and Its Nutritional Implications: A Systematic Review. *Frontiers in Genetics*, 10(1272), 1272. <https://doi.org/10.3389/fgene.2019.01272>
- Dora, R., Lim, S. Y., Haron, H., Wong, J. E., Yatiman, N. H., & Poh, B. K. (2020). Salty taste threshold among children of different ethnicities. *Journal of Sensory Studies*, 36(1). <https://doi.org/10.1111/joss.12623>
- Doyle, M. E., Fiori, J. L., Gonzalez Mariscal, I., Liu, Q.-R., Goodstein, E., Yang, H., Shin, Y.-K., Santa-Cruz Calvo, S., Indig, F. E., & Egan, J. M. (2018). Insulin Is Transcribed and Translated in Mammalian Taste Bud Cells. *Endocrinology*, 159(9), 3331–3339. <https://doi.org/10.1210/en.2018-00534>
- Durán-Cabral, M., Estévez-Santiago, R., Winter-Matos, A., García-Estrella, K., Olmedilla-Alonso, B., & García-Lithgow, C. H. (2025). Assessment of Dietary Sodium, Potassium and Sodium-Potassium Ratio Intake by 72 h Dietary Recall and Comparison with a 24 h Urinary Sodium and Potassium Excretion in Dominican Adults. *Nutrients*, 17(3), 434. <https://doi.org/10.3390/nu17030434>
- Ekingen, T., Sob, C., Hartmann, C., Rühli, F. J., Matthes, K. L., Staub, K., & Bender, N. (2022). Associations between hydration status, body composition, sociodemographic and lifestyle factors in the general population: a cross-sectional study. *BMC Public Health*, 22(1). <https://doi.org/10.1186/s12889-022-13280-z>

- Espinosa-Salas, S., & Gonzalez-Arias, M. (2023, August 8). *Nutrition: Macronutrient Intake, Imbalances, and Interventions*. PubMed; StatPearls Publishing. <https://www.ncbi.nlm.nih.gov/books/NBK594226/>
- Evans, C., Tartar, J., Banks, J., Austin, J., & Antonio, J. (2025). Beyond Sex Differences: Body Composition and Dietary Behaviors. *Muscles*, 4(3), 38. <https://doi.org/10.3390/muscles4030038>
- Faramitha, F., Hendrayati, H., & Nadimin, N. (2025). Analysis of energy and nutrient adequacy in two menu variants of the free nutritious meal (MBG) program for adolescents in Makassar City. *AcTion: Aceh Nutrition Journal*, 10(4), 1166. <https://doi.org/10.30867/action.v10i4.3008>
- Fatemeh Zarei, Dehghani, A., Amarat Ratansiri, Ghaffari, M., Raina, S., Halimi, A., Sakineh Rakhshanderou, Sherzad Isamel, Amiri, P., Asiye Aminafshar, & Alireza Mosavi Jarrahi. (2024). CheckKAP: A Checklist for Reporting a Knowledge, Attitude, and Practice (KAP) Study. *Asian Pacific Journal of Cancer Prevention*, 25(7), 2573–2577. <https://doi.org/10.31557/apjcp.2024.25.7.2573>
- Fathi, M., Ahmad Zare Javid, & Mansoori, A. (2023). Effects of weight change on taste function; a systematic review. *Nutrition Journal*, 22(1). <https://doi.org/10.1186/s12937-023-00850-z>
- Fazzino, T. L., Rohde, K., & Sullivan, D. K. (2019). Hyper-Palatable Foods: Development of a Quantitative Definition and Application to the US Food System Database. *Obesity*, 27(11), 1761–1768. <https://doi.org/10.1002/oby.22639>
- Fernández-Lázaro, D., & Jesús Seco Calvo. (2023). Nutrition, Nutritional Status and Functionality. *Nutrients*, 15(8), 1944–1944. <https://doi.org/10.3390/nu15081944>
- Ferraris, C., Scarlett, C. J., Bucher, T., & Beckett, E. L. (2023). Liking of salt is associated with depression, anxiety, and stress. *Chemical Senses*. <https://doi.org/10.1093/chemse/bjad038>
- Field, C. J., & Robinson, L. (2019). Dietary Fats. *Advances in Nutrition*, 10(4), 722–724. <https://doi.org/10.1093/advances/nmz052>

- Fomčenko, I., Bikulčienė, I., Dovilė Karčiauskaitė, Urbonas, M., Alekna, V., & Virginijus Šapoka. (2025). Age-Related Variations in Body Composition and Metabolic Health: A Cross-Sectional Study in Adults. *Medicina*, 61(11), 1951–1951. <https://doi.org/10.3390/medicina61111951>
- Franco, L. P., Morais, C. C., & Cominetti, C. (2016). Normal-weight obesity syndrome: diagnosis, prevalence, and clinical implications. *Nutrition Reviews*, 74(9), 558–570. <https://doi.org/10.1093/nutrit/nuw019>
- Gauthier, A.-C., Guimarães, R. de F., Namiranian, K., Drapeau, V., & Mathieu, M.-E. (2020). Effect of Physical Exercise on Taste Perceptions: A Systematic Review. *Nutrients*, 12(9), 2741. <https://doi.org/10.3390/nu12092741>
- Gauthier, A.-C., Villeneuve, M.-É., Cournoyer, M., & Mathieu, M.-E. (2024). Intensity and Appreciation of Sweet Taste Solutions Are Modulated by High-Intensity Aerobic Exercise in Adolescent Athletic Males. *Pediatric Exercise Science*, 1–8. <https://doi.org/10.1123/pes.2024-0040>
- Gertraud Maskarinec, Shvetsov, Y. B., Wong, M. C., Garber, A., Monroe, K., Ernst, T. M., Buchthal, S. D., Lim, U., Marchand, L. L., Heymsfield, S. B., & Shepherd, J. A. (2022). Subcutaneous and visceral fat assessment by DXA and MRI in older adults and children. *Obesity*, 30(4), 920–930. <https://doi.org/10.1002/oby.23381>
- Gibbons, J. R., & Sadiq, N. M. (2023, May 1). *Neuroanatomy, Neural Taste Pathway*. PubMed; StatPearls Publishing. <https://www.ncbi.nlm.nih.gov/books/NBK545236/>
- Gibson, R. S., Charrondiere, U. R., & Bell, W. (2017). Measurement Errors in Dietary Assessment Using Self-Reported 24-Hour Recalls in Low-Income Countries and Strategies for Their Prevention. *Advances in Nutrition*, 8(6), 980–991. <https://doi.org/10.3945/an.117.016980>
- Green, B. G., Dalton, P., Cowart, B., Shaffer, G., Rankin, K., & Higgins, J. (1996). Evaluating the “Labeled Magnitude Scale” for Measuring Sensations of Taste and Smell. *Chemical Senses*, 21(3), 323–334. <https://doi.org/10.1093/chemse/21.3.323>
- Grimes, C. A., Bolton, K. A., Booth, A. B., Khokhar, D., Service, C., He, F. H., & Nowson, C. A. (2020). The association between dietary sodium intake, adiposity and sugar-sweetened beverages in

- children and adults: a systematic review and meta-analysis. *British Journal of Nutrition*, 1–53.
<https://doi.org/10.1017/s0007114520004122>
- Guenoun, Y., Benajiba, N., Bajit, H., Bouziani, A., Elammari, L., Al-Jawaldeh, A., Elhaloui, N., Barkat, A., Benkirane, H., & Aguenau, H. (2020). The threshold of salt taste recognition among a sample of Moroccan population. *Nutrition & Food Science, ahead-of-print*(ahead-of-print).
<https://doi.org/10.1108/nfs-08-2020-0319>
- Gunawan, K., Say, Y.-H., Chia, W. X., Lee, K. H., Ng, J. Y., Yeoh, J. Y., Cheng, M. H., Chia, Y. C., Gunawan, K., Say, Y.-H., Chia, W. X., Lee, K. H., Ng, J. Y., Yeoh, J. Y., Cheng, M. H., & Chia, Y. C. (2025). Knowledge, attitude, practice (KAP) of salt intake, and perception, barriers and enablers (PBE) of salt reduction: a cross-sectional study among students and staff of a Malaysian college/university. *Discover Public Health*, 22(1).
<https://doi.org/10.1186/s12982-025-01135-y>
- Haines, M. S., Dichtel, L. E., Santoso, K., Torriani, M., Miller, K. K., & Bredella, M. A. (2020). Association between muscle mass and insulin sensitivity independent of detrimental adipose depots in young adults with overweight/obesity. *International Journal of Obesity*, 44(9), 1851–1858.
<https://doi.org/10.1038/s41366-020-0590-y>
- Halder, S., Siok Ching Chia, & Christiani Jeyakumar Henry. (2015). Body Composition in Asians and Caucasians. *Advances in Food and Nutrition Research*, 97–154.
<https://doi.org/10.1016/bs.afnr.2015.07.001>
- Han, F., Li, W., Duan, N., Hu, X., Yao, N., Yu, G., & Qu, J. (2025). Relationship Between Salt Intake and Cardiovascular Disease. *Journal of Clinical Hypertension*, 27(6).
<https://doi.org/10.1111/jch.70078>
- Harnischfeger, F., & Dando, R. (2025). Obesity-induced taste bud loss in mice is only partially remediated long after return to a healthy weight. *International Journal of Obesity*.
<https://doi.org/10.1038/s41366-025-01982-4>

- Haron, H., Kamal, N. F., Yahya, H. M., & Shahar, S. (2021). Knowledge, Attitude and Practice (KAP) of Malay Elderly on Salt Intake and Its Relationship With Blood Pressure. *Frontiers in Public Health*, 8. <https://doi.org/10.3389/fpubh.2020.559071>
- Hartley, C., Keast, R. S. J., Carr, A. J., Roberts, S. S. H., & Bredie, W. L. P. (2024). Investigating Taste Perception of Maltodextrins Using Lactisole and Acarbose. *Foods*, 13(13), 2130. <https://doi.org/10.3390/foods13132130>
- Hasegawa, K., Yamaguchi, Y., & Tanaka, M. (2021). Differential roles of VPS and RAAS in water homeostasis and a risk for kidney dysfunction in rats undergoing rapid fasting/dehydration with regular exercise. *Physiological Reports*, 9(1). <https://doi.org/10.14814/phy2.14670>
- Hayes, J. E., Allen, A. L., & Bennett, S. M. (2013). Direct comparison of the generalized visual analog scale (gVAS) and general labeled magnitude scale (gLMS). *Food Quality and Preference*, 28(1), 36–44. <https://doi.org/10.1016/j.foodqual.2012.07.012>
- He, X., Li, Z., Tang, X., Zhang, L., Wang, L., He, Y., Jin, T., & Yuan, D. (2018). Age- and sex-related differences in body composition in healthy subjects aged 18 to 82 years. *Medicine*, 97(25). <https://doi.org/10.1097/MD.00000000000011152>
- Herzallah, S., Alkhalaileh, N., Sundookah, A., Dabbour, I., Abu-Samak, M., Olaimat, A., Al-Dmoor, H., Majali, M., Abu-Hanak, Y., & Holley, R. (2024). Bioelectrical impedance analysis (BIA) of body segment composition as an obesity assessment tool among Jordanians. *African Journal of Food, Agriculture, Nutrition and Development*, 24(5), 26277–26292. <https://doi.org/10.18697/ajfand.130.24590>
- Higgs, M. D., & Amrhein, V. (2025). Giving less power to statistical power. *Laboratory Animals*. <https://doi.org/10.1177/00236772251331680>
- Holesh, J. E., Martin, A., & Aslam, S. (2023, May 12). *Physiology, Carbohydrates*. National Library of Medicine; StatPearls Publishing. <https://www.ncbi.nlm.nih.gov/books/NBK459280/>
- Holmes, C. J., & Racette, S. B. (2021). The Utility of Body Composition Assessment in Nutrition and Clinical Practice: an Overview of Current Methodology. *Nutrients*, 13(8), 2493.

- Hong, S., Zhang, X., & Hartmann, P. (2025). BMI Percentile Cutoffs for Overweight and Obesity Are Set Too High in Terms of Adiposity and Metabolic Markers for Asian Children and Adolescents. *Pediatric Obesity*, 21(1), e70075–e70075. <https://doi.org/10.1111/ijpo.70075>
- Hopkins, M., & Blundell, John E. (2016). Energy balance, body composition, sedentariness and appetite regulation: pathways to obesity. *Clinical Science*, 130(18), 1615–1628. <https://doi.org/10.1042/cs20160006>
- Hopkins, M., Gibbons, C., & Blundell, J. (2023). Fat-free mass and resting metabolic rate are determinants of energy intake: implications for a theory of appetite control. *Philosophical Transactions of the Royal Society B*, 378(1885). <https://doi.org/10.1098/rstb.2022.0213>
- Huda Wazzan, & Mahitab Hanbazaza. (2025). The Association Between Perceived Stress, Dietary Intake, and Food Addiction Among Saudi Adults: A Cross-Sectional Study. *Current Research in Nutrition and Food Science Journal*, 13(1), 345–356. <https://www.foodandnutritionjournal.org/volume13number1/the-association-between-perceived-stress-dietary-intake-and-food-addiction-among-saudi-adults-a-cross-sectional-study/>
- J.A. Barajas-Ramírez, J. Pardo-Nuñez, V.G. Aguilar-Raymundo, & A.L. Gutiérrez-Salomón. (2024). Influence of taste sensitivity on preference and sensory perception of mezcal. *Food Research International*, 181, 114125–114125. <https://doi.org/10.1016/j.foodres.2024.114125>
- Jakubiak, G. K., Badicu, G., Surma, S., Waluga-Kozłowska, E., Chwalba, A., & Pawlas, N. (2025). The Visceral Adiposity Index and Its Usefulness in the Prediction of Cardiometabolic Disorders. *Nutrients*, 17(14), 2374. <https://doi.org/10.3390/nu17142374>
- Janssen, T. A. H., Lowisz, C. V., & Phillips, S. (2024). From molecular to physical function: The aging trajectory. *Current Research in Physiology*, 8, 100138. <https://doi.org/10.1016/j.crphys.2024.100138>
- Jeon, S., Kim, Y., Min, S., Song, M., Son, S., & Lee, S. (2021). Taste Sensitivity of Elderly People Is Associated with Quality of Life and Inadequate Dietary Intake. *Nutrients*, 13(5), 1693. <https://doi.org/10.3390/nu13051693>

- Jiang, R., & Chiang, Y.-F. (2023). Effect of Age and Gender on Taste Function as Measured by the Waterless Empirical Taste Test. *Diagnostics*, 13(20), 3172–3172. <https://doi.org/10.3390/diagnostics13203172>
- Jin, L., Kim, C. H., Seo, J. T., & Moon, S. J. (2025). Dietary salt induces taste desensitization via receptor internalization in *Drosophila* in a sexually dimorphic manner. *Molecules and Cells*, 48(8), 100242. <https://doi.org/10.1016/j.mocell.2025.100242>
- Kalyani, R. R., Metter, E. J., Xue, Q.-L., Egan, J. M., Chia, C. W., Studenski, S., Shaffer, N. C., Golden, S., Al-Sofiani, M., Florez, H., & Ferrucci, L. (2020). The Relationship of Lean Body Mass With Aging to the Development of Diabetes. *Journal of the Endocrine Society*, 4(7). <https://doi.org/10.1210/jendso/bvaa043>
- Karikkineth, A. C., Tang, E. Y., Kuo, P., Ferrucci, L., Egan, J. M., & Chia, C. W. (2021). Longitudinal trajectories and determinants of human fungiform papillae density. *Aging*, 13(23), 24989–25003. <https://doi.org/10.18632/aging.203741>
- Kaufman, A., Choo, E., Koh, A., & Dando, R. (2018). Inflammation arising from obesity reduces taste bud abundance and inhibits renewal. *PLOS Biology*, 16(3), e2001959. <https://doi.org/10.1371/journal.pbio.2001959>
- Kaufman, A., Kim, J., Noel, C., & Dando, R. (2019). Taste loss with obesity in mice and men. *International Journal of Obesity*, 44(3), 739–743. <https://doi.org/10.1038/s41366-019-0429-6>
- Khalighi, H., Mortazavi, H., Anbari, F., Eftekhari, M. S., Mohammadnia, N., Mirzaei, H., & Nashibi, S. (2025). Gustatory thresholds and obesity: a comparative study of five main tastes. *BMC Nutrition*, 11(1). <https://doi.org/10.1186/s40795-025-01125-y>
- Kim, M.-K. (2016). Dietary Sodium Intake in Patients with Type 2 Diabetes Mellitus. *Diabetes & Metabolism Journal*, 40(4), 280. <https://doi.org/10.4093/dmj.2016.40.4.280>
- Kim, S.-M., Kim, J.-E., & Lee, H.-S. (2021). Investigation of human flavor perception and discrimination of the fat content in food using DR A-Not A and 3-AFC methods. *Food Science and Biotechnology*, 30(6), 815–822. <https://doi.org/10.1007/s10068-021-00922-y>

- Kim, T. K. (2017). Understanding one-way ANOVA Using Conceptual Figures. *Korean Journal of Anesthesiology*, 70(1), 22–26. NCBI. <https://doi.org/10.4097/kjae.2017.70.1.22>
- Kirkpatrick, S. I., Baranowski, T., Subar, A. F., Tooze, J. A., & Frongillo, E. A. (2019). Best Practices for Conducting and Interpreting Studies to Validate Self-Report Dietary Assessment Methods. *Journal of the Academy of Nutrition and Dietetics*, 119(11), 1801–1816. <https://doi.org/10.1016/j.jand.2019.06.010>
- Kirsten, V. R., & Wagner, M. B. (2014). Salt taste sensitivity thresholds in adolescents: are there any relationships with body composition and blood pressure levels? *Appetite*, 81, 89–92. <https://doi.org/10.1016/j.appet.2014.06.001>
- Kleber, Audrei Pavanello, Oliveira, F. M., Santos, N. Q., Valdés-Badilla, P., Luciana, Franchini, E., & Branco, M. (2025). Variation in Body Composition Components Across Different Age Groups and Proposal of Age-Specific Normative Tables: A Cross-Sectional Study. *Nutrients*, 17(9), 1435–1435. <https://doi.org/10.3390/nu17091435>
- Koo, M., & Yang, S.-W. (2025). Likert-Type Scale. *Encyclopedia*, 5(1), 18–18. <https://doi.org/10.3390/encyclopedia5010018>
- Kozjek Schwietert, A. K., Knap, K., Tonin, G., Rotovnik Kozjek, N., & Gleeson, M. (2026). Energy, carbohydrates and fats in clinical sports nutrition. *Clinical Nutrition ESPEN*, 71, 102900. <https://doi.org/10.1016/j.clnesp.2025.102900>
- Kurhaluk, N., Lyudmyla Buyun, Kołodziejska, R., Piotr Kamiński, & Tkaczenko, H. (2025). Effect of Phenolic Compounds and Terpenes on the Flavour and Functionality of Plant-Based Foods. *Nutrients*, 17(21), 3319–3319. <https://doi.org/10.3390/nu17213319>
- Kuriyan, R. (2018). Body Composition Techniques. *Indian Journal of Medical Research*, 148(5), 648. https://doi.org/10.4103/ijmr.ijmr_1777_18
- Laja García, A., Moráis-Moreno, C., Samaniego-Vaesken, M., Puga, A., Varela-Moreiras, G., & Partearroyo, T. (2019). Association between Hydration Status and Body Composition in

- Healthy Adolescents from Spain. *Nutrients*, 11(11), 2692.
<https://doi.org/10.3390/nu11112692>
- Ler, P., Ojalehto, E., Zhan, Y., Finkel, D., Dahl Aslan, A. K., & Karlsson, I. K. (2024). Conversions between metabolically unhealthy and healthy obesity from midlife to late-life. *International Journal of Obesity (2005)*, 48(3), 433–436. <https://doi.org/10.1038/s41366-023-01425-y>
- Li, H., Jia, P., & Fei, T. (2020). Associations between taste preferences and chronic diseases: a population-based exploratory study in China. *Public Health Nutrition*, 1–12.
<https://doi.org/10.1017/s136898002000035x>
- Li, Q., Cui, Y., Jin, R., Lang, H., Yu, H., Sun, F., He, C., Ma, T., Li, Y., Zhou, X., Liu, D., Jia, H., Chen, X., & Zhu, Z. (2017). Enjoyment of Spicy Flavor Enhances Central Salty-Taste Perception and Reduces Salt Intake and Blood Pressure. *Hypertension (Dallas, Tex. : 1979)*, 70(6), 1291–1299.
<https://doi.org/10.1161/HYPERTENSIONAHA.117.09950>
- Liem, D. (2017). Infants’ and Children’s Salt Taste Perception and Liking: A Review. *Nutrients*, 9(9), 1011. <https://doi.org/10.3390/nu9091011>
- Ligas, I., & Kotseridis, Y. (2024). Introducing a Standardized Sensory Analysis Method for Wine: A Methodology for the Recruitment, Selection, Training, and Monitoring of Assessors—Implementation on the Greek Variety “Agiorgitiko.” *Beverages*, 10(3), 63.
<https://doi.org/10.3390/beverages10030063>
- Lim, J. U., Lee, J. H., Kim, J. S., Hwang, Y. I., Kim, T.-H., Lim, S. Y., Yoo, K. H., Jung, K.-S., Kim, Y. K., & Rhee, C. K. (2017). Comparison of World Health Organization and Asia-Pacific body mass index classifications in COPD patients. *International Journal of Chronic Obstructive Pulmonary Disease*, 12, 2465–2475. <https://doi.org/10.2147/copd.s141295>
- Lombardo, M., Feraco, A., Armani, A., Elisabetta Camajani, Gorini, S., Strollo, R., Padua, E., Caprio, M., & Bellia, A. (2024). Gender differences in body composition, dietary patterns, and physical activity: insights from a cross-sectional study. *Frontiers in Nutrition*, 11.
<https://doi.org/10.3389/fnut.2024.1414217>

- Loper, H. B., La Sala, M., Dotson, C., & Steinle, N. (2015). Taste perception, associated hormonal modulation, and nutrient intake. *Nutrition Reviews*, 73(2), 83–91.
<https://doi.org/10.1093/nutrit/nuu009>
- Lu, H., Ayers, E., Patel, P., & Mattoo, T. K. (2023). Body water percentage from childhood to old age. *Kidney Research and Clinical Practice*, 42(3), 340–348.
<https://doi.org/10.23876/j.krcp.22.062>
- Lucas, L., Riddell, L., Liem, G., Whitelock, S., & Keast, R. (2010). The Influence of Sodium on Liking and Consumption of Salty Food. *Journal of Food Science*, 76(1), S72–S76.
<https://doi.org/10.1111/j.1750-3841.2010.01939.x>
- Majeed, Z. A., Barham, R., Al-Jawaldeh, A., Ahmad, N., & Khader, Y. (2025). Salt intake- related knowledge, attitudes, and practices among Jordanian adults. *Narra J*, 5(3).
<https://doi.org/10.52225/narra.v5i3.1021>
- Marques, C., Correia, E., Dinis, L.-T., & Vilela, A. (2022). An Overview of Sensory Characterization Techniques: From Classical Descriptive Analysis to the Emergence of Novel Profiling Methods. *Foods*, 11(3), 255. <https://doi.org/10.3390/foods11030255>
- Marra, M., Sammarco, R., De Lorenzo, A., Iellamo, F., Siervo, M., Pietrobelli, A., Donini, L. M., Santarpia, L., Cataldi, M., Pasanisi, F., & Contaldo, F. (2019). Assessment of Body Composition in Health and Disease Using Bioelectrical Impedance Analysis (BIA) and Dual Energy X-Ray Absorptiometry (DXA): A Critical Overview. *Contrast Media & Molecular Imaging*, 2019(1), 1–9. <https://doi.org/10.1155/2019/3548284>
- Martin, C., Rollinat, A., Tournier, C., & Peltier, C. (2025). A simple procedure to assess the reliability of the best estimate thresholds (BETs): A case study on the detection threshold of tannic acid astringency. *Food Quality and Preference*, 127, 105437.
<https://doi.org/10.1016/j.foodqual.2025.105437>

- Martini, D., Godos, J., Bonaccio, M., Vitaglione, P., & Grosso, G. (2021). Ultra-Processed Foods and Nutritional Dietary Profile: A Meta-Analysis of Nationally Representative Samples. *Nutrients*, 13(10), 3390. <https://doi.org/10.3390/nu13103390>
- McLean, R. M., Farmer, V. L., Nettleton, A., Cameron, C. M., Cook, N. R., Woodward, M., & Campbell, N. R. C. (2018). Twenty-Four-Hour Diet recall and Diet records compared with 24-hour urinary excretion to predict an individual's sodium consumption: A Systematic Review. *The Journal of Clinical Hypertension*, 20(10), 1360–1376. <https://doi.org/10.1111/jch.13391>
- Melis, M., & Barbarossa, I. T. (2017). Taste perception of sweet, sour, salty, bitter, and umami and changes due to L-Arginine supplementation, as a function of genetic ability to taste 6-n-propylthiouracil. *Nutrients*, 9(6), 541. <https://doi.org/10.3390/nu9060541>
- Melis, M., Iole Tomassini Barbarossa, & Giorgia Sollai. (2023). The Implications of Taste and Olfaction in Nutrition and Health. *Nutrients*, 15(15), 3412–3412. <https://doi.org/10.3390/nu15153412>
- Melis, M., Mastinu, M., Lala Chaimae Naciri, Patrizia Muroi, & Iole Tomassini Barbarossa. (2022). Associations between Sweet Taste Sensitivity and Polymorphisms (SNPs) in the TAS1R2 and TAS1R3 Genes, Gender, PROP Taster Status, and Density of Fungiform Papillae in a Genetically Homogeneous Sardinian Cohort. *Nutrients*, 14(22), 4903–4903. <https://doi.org/10.3390/nu14224903>
- Melis, M., Sollai, G., Mastinu, M., Pani, D., Cosseddu, P., Bonfiglio, A., Crnjar, R., Tepper, B. J., & Tomassini Barbarossa, I. (2020). Electrophysiological Responses from the Human Tongue to the Six Taste Qualities and Their Relationships with PROP Taster Status. *Nutrients*, 12(7), 2017. <https://doi.org/10.3390/nu12072017>
- Mendonça, S., Maria, Caldas, M., Stefani, C. M., & Naile Dame-Teixeira. (2024). Changes in taste perception in elderly population and its potential impact on oral health: a systematic review with meta-analysis. *Frontiers in Oral Health*, 5. <https://doi.org/10.3389/froh.2024.1517913>
- Merz, K. E., & Thurmond, D. C. (2020). Role of Skeletal Muscle in Insulin Resistance and Glucose Uptake. *Comprehensive Physiology*, 10(3), 785–809. <https://doi.org/10.1002/cphy.c190029>

- Miot, H. A. (2018). Correlation analysis in clinical and experimental studies. *Jornal Vascular Brasileiro*, 17(4), 275–279. <https://doi.org/10.1590/1677-5449.174118>
- Mishra, P., Pandey, C. M., Singh, U., Sahu, C., Keshri, A., & Gupta, A. (2019). Descriptive Statistics and Normality Tests for Statistical Data. *Annals of Cardiac Anaesthesia*, 22(1), 67–72. https://doi.org/10.4103/aca.ACA_157_18
- Mohammadifard, N., Moazeni, F., Azizian-Farsani, F., Gharipour, M., Khosravi, E., Sadeghian, L., Mansouri, A., Shirani, S., & Sarrafzadegan, N. (2023). Genetic variation in salt taste receptors impact salt intake and blood pressure. *Scientific Reports*, 13(1). <https://doi.org/10.1038/s41598-022-23827-0>
- Mohd, & Jani. (2024). Knowledge, Attitude and Behavior of Dietary Salt Intake among Staff at a Public University in Selangor. *Jurnal Gizi Dan Pangan*, 19(Supp.1), 87–94. <https://doi.org/10.25182/jgp.2024.19.supp.1.87-94>
- Morrell, C. H., Brant, L. J., & Ferrucci, L. (2009). Model Choice Can Obscure Results in Longitudinal Studies. *The Journals of Gerontology Series A: Biological Sciences and Medical Sciences*, 64A(2), 215–222. <https://doi.org/10.1093/gerona/gln024>
- Mosquera-Sulbarán, J., Ryder, E., Pedreáñez, A., & Vargas, R. (2022). Angiotensin II and human obesity. A narrative review of the pathogenesis. *Investigación Clínica*, 63(4), 435–453. <https://doi.org/10.54817/ic.v63n4a09>
- Moss, R., Fisher, C., Gorman, M., Knowles, S., LeBlanc, J., Ritchie, C., Kaelyn Schindell, Ettinger, L., & McSweeney, M. B. (2023). Effect of Piperine on Saltiness Perception. *Foods*, 12(2), 296–296. <https://doi.org/10.3390/foods12020296>
- Nair, N. S., & Ganapathy, S. (2023). An overview of correlation and regression methods in medical research – An ophthalmologic perspective. *Kerala Journal of Ophthalmology*, 35(1), 103. https://doi.org/10.4103/kjo.kjo_32_23
- National Academies of Sciences, E., Division, H. and M., Board, F. and N., Potassium, C. to R. the D. R. I. for S. and, Oria, M., Harrison, M., & Stallings, V. A. (2019). Sodium: Dietary Reference

- Intakes for Adequacy. In *www.ncbi.nlm.nih.gov*. National Academies Press (US).
<https://www.ncbi.nlm.nih.gov/books/NBK545436/>
- Natsuko Okuno-Ozeki, Yusuke Kohama, Taguchi, H., Kawate, Y., Minato Umehara, Atsushi Minamida, Yamauchi-Sawada, H., Sunahara, Y., Matoba, Y., Nakamura, I., Nakai, K., Nakata, T., Yuhei Kirita, Taniguchi, T., Keiichi Tamagaki, Hirao, T., Matoba, S., & Tetsuro Kusaba. (2024). Aversion to a high salt taste is disturbed in CKD patients. *Kidney International Reports*.
<https://doi.org/10.1016/j.ekir.2024.02.1393>
- Nguyen, H. T., Dong, K. T., Nguyen, D. T. H., Nguyen, H. T., Tang, K. X., Cao, A. H., Nguyen, L. T., Nguyen, T. T. H., & Cap, D. M. (2026). Knowledge, attitudes, and practices regarding dietary salt intake and its relationship with blood pressure in Vietnamese adults. *Clinical Epidemiology and Global Health*, 38, 102323. <https://doi.org/10.1016/j.cegh.2026.102323>
- Njoman, M. F., Nugroho, G., Chandra, S. D. P., Permana, Y., Suhadi, S., Mujiono, M., Hermawan, A. D., & Sugiono, S. (2017). The vulnerability of human sensory evaluation and the promising senses instrumentation. *British Food Journal*, 119(10), 2145–2160.
<https://doi.org/10.1108/bfj-10-2016-0505>
- O’Brien, E. C., Tsoi, K. Y., Ma, R. C. W., Hanson, M. A., Hod, M., & McAuliffe, F. M. (2019). Nutrition Through the Life Cycle: Pregnancy. *Encyclopedia of Food Security and Sustainability*, 49–74.
<https://doi.org/10.1016/b978-0-08-100596-5.21912-4>
- Okawa, Y., Mitsuhashi, T., & Tsuda, T. (2025). The Asia-Pacific Body Mass Index Classification and New-Onset Chronic Kidney Disease in Non-Diabetic Japanese Adults: A Community-Based Longitudinal Study from 1998 to 2023. *Biomedicines*, 13(2), 373.
<https://doi.org/10.3390/biomedicines13020373>
- Oner, C. (2016). A pilot study on salt taste sensitivity threshold in Turkish young adults. *The Anatolian Journal of Cardiology*. <https://doi.org/10.14744/anatoljcardiol.2016.7257>
- Overwyk, K. J., Quader, Z. S., Maalouf, J., Bates, M., Webster, J., George, M. G., Merritt, R. K., & Cogswell, M. E. (2020). Dietary Sodium Intake and Health Indicators: A Systematic Review of

- Published Literature between January 2015 and December 2019. *Advances in Nutrition*, 11(5), 1174–1200. <https://doi.org/10.1093/advances/nmaa049>
- Papadopoulou, S. K., Mantzorou, M., Voulgaridou, G., Pavlidou, E., Vadikolias, K., Antasouras, G., Vorvolakos, T., Psara, E., Vasios, G. K., Serdari, A., Poulios, E., & Giaginis, C. (2023). Nutritional Status Is Associated with Health-Related Quality of Life, Physical Activity, and Sleep Quality: A Cross-Sectional Study in an Elderly Greek Population. *Nutrients*, 15(2), 443. <https://doi.org/10.3390/nu15020443>
- Peltier, C., Rollinat, A., & Martin, C. (2025). Modeling and correction of sensitivity thresholds determined by best EstimateThreshold (BET). *Food Quality and Preference*, 105690–105690. <https://doi.org/10.1016/j.foodqual.2025.105690>
- Periard, J. D., Eijssvogels, T. M. H., & Daanen, H. A. M. (2021). Exercise under Heat stress: thermoregulation, hydration, Performance Implications and Mitigation Strategies. *Physiological Reviews*, 101(4). <https://doi.org/10.1152/physrev.00038.2020>
- Pilic, L., & Mavrommatis, Y. (2020). The associations between genetics, salt taste perception and salt intake in young adults. *Proceedings of the Nutrition Society*, 79(OCE2). <https://doi.org/10.1017/s0029665120000178>
- Pilowsky, J. K., Elliott, R., & Roche, M. A. (2024). Data cleaning for clinician researchers: Application and explanation of a data-quality framework. *Australian Critical Care*, 37(5). <https://doi.org/10.1016/j.aucc.2024.03.004>
- Piochi, M., Pierguidi, L., Torri, L., Spinelli, S., Monteleone, E., Aprea, E., Arena, E., Borgogno, M., Cravero, M. C., Galassi, L., Gatti, E., Lozano, L., Musi, V., Piasentier, E., Valli, E., & Dinnella, C. (2019). Individual variation in fungiform papillae density with different sizes and relevant associations with responsiveness to oral stimuli. *Food Quality and Preference*, 78, 103729. <https://doi.org/10.1016/j.foodqual.2019.103729>

- Polychronopoulou, E., Braconnier, P., & Burnier, M. (2019). New Insights on the Role of Sodium in the Physiological Regulation of Blood Pressure and Development of Hypertension. *Frontiers in Cardiovascular Medicine*, 6. <https://doi.org/10.3389/fcvm.2019.00136>
- Prado, C. M., Gonzalez, M. C., Norman, K., Barazzoni, R., Cederholm, T., Compher, C., Jensen, G. L., Abe, T., Barbosa-Silva, T. G., Bosy-Westphal, A., Carmichael, O. T., Earthman, C. P., Evans, W. J., Fields, D. A., Genton, L., Hu, H. H., Kara, M., Miles-Chan, J. L., Mourtzakis, M., & Muller, M. J. (2025). Methodological standards for body composition-an expert-endorsed guide for research and clinical applications: levels, models, and terminology. *The American Journal of Clinical Nutrition*, 122(2), 384–391. <https://doi.org/10.1016/j.ajcnut.2025.05.022>
- Prado, C. M., Purcell, S. A., Alish, C., Pereira, S. L., Deutz, N. E., Heyland, D. K., Goodpaster, B. H., Tappenden, K. A., & Heymsfield, S. B. (2018). Implications of low muscle mass across the continuum of care: a narrative review. *Annals of Medicine*, 50(8), 675–693. <https://doi.org/10.1080/07853890.2018.1511918>
- Pugra, I. W., Sutiarto, M. A., & Joaquin, C. J. (2025). The cultural significance of traditional foods in shaping Indonesian social identity: Challenges and preservation strategies. *Journal of Language, Literature, Social and Cultural Studies*, 3(1), 21–31. <https://doi.org/10.58881/jllscs.v3i1.318>
- Puri, S., & Lee, Y. (2021). Salt Sensation and Regulation. *Metabolites*, 11(3), 175. <https://doi.org/10.3390/metabo11030175>
- Rahal, D., Chiang, J., Huynh, V. W., Bower, J. E., McCreath, H., & Fuligni, A. (2022). Low subjective social status is associated with daily selection of fewer healthy foods and more high-fat/high sugar foods. *Appetite*, 180, 106338. <https://doi.org/10.1016/j.appet.2022.106338>
- Reis-Costa, A., Belew, G. D., Viegas, I., Tavares, L. C., & Jones, J. G. (2024). The Effects of Long-Term High Fat and/or High Sugar Feeding on Sources of Postprandial Hepatic Glycogen and Triglyceride Synthesis in Mice. *Nutrients*, 16(14), 2186. <https://doi.org/10.3390/nu16142186>

- Richard, A. J., White, U., Elks, C. M., & Stephens, J. M. (2020, April 4). *Adipose Tissue: Physiology to Metabolic Dysfunction*. PubMed; MDText.com, Inc.
<https://www.ncbi.nlm.nih.gov/books/NBK555602/>
- Riis, N. L., Bjoernsbo, K. S., Toft, U., Trolle, E., Hyldig, G., Hartley, I. E., Keast, R., & Lassen, A. D. (2021). Impact of salt reduction interventions on salt taste sensitivity and liking, a cluster randomized controlled trial. *Food Quality and Preference*, 87, 104059.
<https://doi.org/10.1016/j.foodqual.2020.104059>
- Risso, D., Drayna, D., & Morini, G. (2020). Alteration, Reduction and Taste Loss: Main Causes and Potential Implications on Dietary Habits. *Nutrients*, 12(11), 3284.
<https://doi.org/10.3390/nu12113284>
- Roe, A., Kavitha Sankavaram, Baker, S., Franck, K., Puglisi, M. J., Earnesty, D., & Henson, T. (2023). 24-Hour Dietary Recall in the Expanded Food and Nutrition Education Program: Perspective of the Program Coordinator. *Nutrients*, 15(19), 4147–4147.
<https://doi.org/10.3390/nu15194147>
- Rohde, K., Schamarek, I., & Blüher, M. (2020). Consequences of Obesity on the Sense of Taste: Taste Buds as Treatment Targets? *Diabetes & Metabolism Journal*, 44(4).
<https://doi.org/10.4093/dmj.2020.0058>
- Santollo, J., Daniels, D., Leshem, M., & Schulkin, J. (2023). Sex Differences in Salt Appetite: Perspectives from Animal Models and Human Studies. *Nutrients*, 15(1), 208–208.
<https://doi.org/10.3390/nu15010208>
- Sato, H., Wada, H., Matsumoto, H., Takagiwa, M., & Goto, T. K. (2022). Differences in dynamic perception of salty taste intensity between young and older adults. *Scientific Reports*, 12(1).
<https://doi.org/10.1038/s41598-022-11442-y>
- Schifferstein, H. N. J. (2012). Labeled Magnitude Scales: A critical review. *Food Quality and Preference*, 26(2), 151–158. <https://doi.org/10.1016/j.foodqual.2012.04.016>

- Shahbandi, A., Choo, E., & Dando, R. (2018). Receptor Regulation in Taste: Can Diet Influence How We Perceive Foods? *J*, 1(1), 106–115. <https://doi.org/10.3390/j1010011>
- Shaikh, F. H., & Soni, A. (2023, July 30). *Physiology, Taste*. PubMed; StatPearls Publishing. <https://www.ncbi.nlm.nih.gov/books/NBK557768/>
- Shamah-Levy, T., Rodríguez-Ramírez, S., Gaona-Pineda, E. B., Cuevas-Nasu, L., Carriquiry, A. L., & Rivera, J. A. (2016). Three 24-Hour Recalls in Comparison with One Improve the Estimates of Energy and Nutrient Intakes in an Urban Mexican Population. *The Journal of Nutrition*, 146(5), 1043–1050. <https://doi.org/10.3945/jn.115.219683>
- Shigemura, N., Iwata, S., Yasumatsu, K., Ohkuri, T., Horio, N., Sanematsu, K., Yoshida, R., Margolskee, R. F., & Ninomiya, Y. (2013). Angiotensin II Modulates Salty and Sweet Taste Sensitivities. *Journal of Neuroscience*, 33(15), 6267–6277. <https://doi.org/10.1523/jneurosci.5599-12.2013>
- Sinaga, M., Worku, M., Yemane, T., Tegene, E., Wakayo, T., Girma, T., Lindstrom, D., & Belachew, T. (2018). Optimal cut-off for obesity and markers of metabolic syndrome for Ethiopian adults. *Nutrition Journal*, 17(1). <https://doi.org/10.1186/s12937-018-0416-0>
- Spinelli, S., Prescott, J., Dinnella, C., Naes, T., & Monteleone, E. (2025). Taste responsiveness, anxiety-related personality traits, and sex differences in food preferences. *Food Quality and Preference*, 105670. <https://doi.org/10.1016/j.foodqual.2025.105670>
- Sruthi, K. G., Aditya, C., Panda, P., Ranjan Mohanty, J., & Behera, M. R. (2025). Prevalence of Normal Weight Obesity Among Adults in Southeast Asia: Insights from a Systematic Review and Meta-Analysis. *Metabolism Open*, 100416. <https://doi.org/10.1016/j.metop.2025.100416>
- Stanić, Ž., Pribisalić, A., Bošković, M., Bućan Cvitanić, J., Boban, K., Bašković, G., Bartulić, A., Demo, S., Polašek, O., & Kolčić, I. (2021). Does Each Menstrual Cycle Elicit a Distinct Effect on Olfactory and Gustatory Perception? *Nutrients*, 13(8), 2509. <https://doi.org/10.3390/nu13082509>

- Strazzullo, P., & Abate, V. (2025). SODIUM. *Advances in Nutrition*, 16(5), 100409–100409.
<https://doi.org/10.1016/j.advnut.2025.100409>
- Sunariani, J. (2020). Cluster of differentiation 36 (CD 36), ENac, and AQP 2 effects on heart. *IOP Conference Series: Earth and Environmental Science*, 441(1), 012186.
<https://doi.org/10.1088/1755-1315/441/1/012186>
- Taha, O. A., Ali, E. A., Kamal, A., Hawary, E., Abdel, N., Azez Nosair, & Shaymaa Mohamed Elrifaey. (2019). *Serum Ghrelin Level in Children with Growth Hormone Deficiency and Those with Idiopathic Short Stature Partial Fulfillment for the Requirement of M.D Degree In Pediatrics*.
<https://doi.org/10.13140/rg.2.2.32089.06242>
- Takai, S., & Shigemura, N. (2020). Insulin Function in Peripheral Taste Organ Homeostasis. *Current Oral Health Reports*, 7(2), 168–173. <https://doi.org/10.1007/s40496-020-00266-2>
- Tan, S.-Y., Sotirelis, E., Bojeh, R., Maan, I., Medalle, M., Chik, X. S. F., Keast, R., & Tucker, R. M. (2021). Is dietary intake associated with salt taste function and perception in adults? A systematic review. *Food Quality and Preference*, 92, 104174.
<https://doi.org/10.1016/j.foodqual.2021.104174>
- Tapanee, P., Tidwell, D. K., Schilling, M. W., Peterson, D. G., & Tolar-Peterson, T. (2021). Genetic Variation in Taste Receptor Genes (SCNN1B, TRPV1) and Its Correlation with the Perception of Saltiness in Normotensive and Hypertensive Adults. *International Journal of Hypertension*, 2021, 1–7. <https://doi.org/10.1155/2021/5559831>
- Tian, H., Gao, X., Du, H., Lin, Z., & Huang, X. (2025). Changes in microbial and metabolic profiles of mice fed with long-term high salt diet. *BMC Gastroenterology*, 25(1).
<https://doi.org/10.1186/s12876-025-03929-5>
- Tokat, P., & Yilmaz, I. (2023). Neurogastronomy: Factors Affecting the Taste Perception of Food. *International Journal of Gastronomy Research*, 2(1), 1–10.
<https://doi.org/10.56479/ayed.2022.10261>

- Trius-Soler, M., Santillán-Alarcón, D. A., Martínez-Huélamo, M., Lamuela-Raventós, R. M., & Moreno, J. J. (2020). Effect of physiological factors, pathologies, and acquired habits on the sweet taste threshold: A systematic review and meta-analysis. *Comprehensive Reviews in Food Science and Food Safety*, 19(6). <https://doi.org/10.1111/1541-4337.12643>
- Tsiriagiakou, C., Karatzi, K., Basdeki, E. D., Argyris, A. A., Papaioannou, T. G., Yannakoulia, M., & Protogerou, A. D. (2021). Dietary sodium estimation methods: accuracy and limitations of old and new methods in individuals at high cardiovascular risk. *Public Health Nutrition*, 1–33. <https://doi.org/10.1017/s1368980021004390>
- Turner, M. J., & Avolio, A. P. (2016). Does Replacing Sodium Excreted in Sweat Attenuate the Health Benefits of Physical Activity? *International Journal of Sport Nutrition and Exercise Metabolism*, 26(4), 377–389. <https://doi.org/10.1123/ijsnem.2015-0233>
- Vancleef, K., Read, J. C. A., Herbert, W., Goodship, N., Woodhouse, M., & Serrano-Pedraza, I. (2018). Two choices good, four choices better: For measuring stereoacuity in children, a four-alternative forced-choice paradigm is more efficient than two. *PLOS ONE*, 13(7), e0201366. <https://doi.org/10.1371/journal.pone.0201366>
- Wali, J. A., Jarzebska, N., Raubenheimer, D., Simpson, S. J., Rodionov, R. N., & O’Sullivan, J. F. (2020). Cardio-Metabolic Effects of High-Fat Diets and Their Underlying Mechanisms—A Narrative Review. *Nutrients*, 12(5), 1505. <https://doi.org/10.3390/nu12051505>
- Wang, X., & Cheng, Z. (2020). Cross-sectional studies: Strengths, weaknesses, and recommendations. *Chest*, 158(1), 65–71. <https://doi.org/10.1016/j.chest.2020.03.012>
- Wani, K., Emam, O., Kumar, B., Al-Daghri, N. M., & Sabico, S. (2025). Exploring inflammation and adipose tissue dysfunction in metabolically healthy versus unhealthy obesity among Arab adults. *Diabetology & Metabolic Syndrome*, 17(1). <https://doi.org/10.1186/s13098-025-01836-z>

- Wilk, B., Timmons, B. W., & Bar-Or, O. (2010). Voluntary fluid intake, hydration status, and aerobic performance of adolescent athletes in the heat. *Applied Physiology, Nutrition, and Metabolism*, 35(6), 834–841. <https://doi.org/10.1139/h10-084>
- Wise, P. M., & Breslin, P. A. S. (2013). Individual Differences in Sour and Salt Sensitivity: Detection and Quality Recognition Thresholds for Citric Acid and Sodium Chloride. *Chemical Senses*, 38(4), 333–342. <https://doi.org/10.1093/chemse/bjt003>
- Zalifah, M. K., Greenway, D. R., Caffin, N. A., D'Arcy, B. R., & Gidley, M. J. (2008). Application of labelled magnitude satiety scale in a linguistically-diverse population. *Food Quality and Preference*, 19(6), 574–578. <https://doi.org/10.1016/j.foodqual.2008.03.001>
- Zeng, G., Liu, L., Wang, Y., Yu, J., Wang, H., & Li, F. (2025). Global, regional, and national burden and trends of reproductive-aged male and female infertility from 1990–2021. *Frontiers in Endocrinology*, 16. <https://doi.org/10.3389/fendo.2025.1506229>
- Zhan, H., Chen, Q., Liu, T., Shi, Y., Pei, J., Zou, L., & Wang, L. (2024). Body Composition Indicators Jointly Predict Metabolic Unhealthy Phenotypes in Young and Middle-Aged Obese Individuals: A Cross-Sectional Quantitative Computed Tomography Study. *Diabetes, Metabolic Syndrome and Obesity, Volume 17*, 1069–1079. <https://doi.org/10.2147/dmso.s447847>
- Zhang, C., Zhou, Y., Ke, Y., Zhang, W., Qin, M., Alias, H., & Wong, L. P. (2025). Fertility intentions in the era of the new three-child policy in China: a cross-sectional survey of married adults of reproductive age. *Frontiers in Public Health*, 13. <https://doi.org/10.3389/fpubh.2025.1674687>
- Zhang, L.-L., Shi, B.-L., Sun, P., Zheng, Y.-M., Zhong, K., Wang, H.-Y., Cui, Y., Liu, L.-Y., Xie, R., & Zhao, L. (2021). The correlation of taste and chemesthetic sensation in individuals with different suprathreshold sensitivities. *LWT*, 141, 111070. <https://doi.org/10.1016/j.lwt.2021.111070>