

BIBLIOGRAPHY

- Ahmand, M. . 2019. Manfaat Sayur Gambas (Oyong) Bagi Kesehatan.
<https://www.honestdocs.id/15-manfaat-gambas-bagi-kesehatan> accessed on
November 10th 2021.
- FatSecret. 2021. Database makanan dan penghitung kalori.
<https://www.fatsecret.co.id/kalori-gizi/umum/kaldu-jamur> accessed on
November 11th 2021.
- Fitri, H. . 2021. Berbagai Macam Manfaat Sayur Oyong Untuk Kesehatan Tubuh.
<https://www.daya.id/usaha/artikel-daya/makan-sehat/berbagai-macam-manfaat-sayur-oyong-untuk-kesehatan-tubuh> accessed on November 10th 2021.
- Gita, V. . 2021. Cara Mengurus Izin BPOM dan Cara Cek Produk BPOM
<https://koinworks.com/blog/cara-mengurus-dan-cek-izin-bpom/> accessed on
November 17th 2021.
- George, K. . 2019. Benefits Okra For Diabetes.
https://www.healthline.com/health/diabetes/okra#_noHeaderPrefixedContent
accessed on November 10th 2021.
- Panganku. 2018. Data Komposisi Pangan Indonesia.
<https://www.panganku.org/id-ID/view> accessed on November 11th 2021.
- Smith, A. Collene, A. . 2016. Wardlaw's Contemporary Nutrition