- [74] DEJESUS J M, GELMAN S A, HEROLD I, et al. Children eat more food when they prepare it themselves [J]. Appetite, 2019 (133): 305-312.
- [75] ALLIROT X, DA QUINTA N, CHOKUPERMAL K, et al. Involving children in cooking activities: A potential strategy for directing food choices toward novel foods containing vegetables [J]. Appetite, 2016 (103): 275-285.
- [76] 中国营养学会. 新型冠状病毒感染的肺炎防治营养膳食指导 [EB/OL]. (2020-02-08) [2021-01-15]. http://www.nhc.gov.cn/xcs/fkdt/202002/a69fd36d54514c5a9a3f456188cbc428. shtml.
- [77] LIU T, SU X, LI NN, et al. Development and validation of a food and nutrition literacy questionnaire for Chinese school-age children [J]. PLoS One, 2021, 16 (1): e0244197.
- [78] SCAGLIONI S, DE COSMI V, CIAPPOLINO V, et al. Factors Influencing Children's Eating Behaviours [J]. Nutrients, 2018, 10 (6): 706-722.
- [79] 国家卫生计生委.《学生餐营养指南》: WS/T 554-2017 [EB/OL].(2017-08-01). http://www.nhc.gov.cn/wjw/yingyang/201708/e8a131882d2c4a8c95f10a8b7b5fe662.shtml.
- [80] Du Y, Rong S, Sun Y b, et al. Association Between Frequency of Eating Away-From-Home Meals and Risk of All-Cause and Cause-Specific Mortality[J]. J Acad Nutr Diet, 2021 (21): S2212-S2672.
- [81] BLEICH SN, VERCAMMEN KA. The negative impact of sugar-sweetened beverages on children's health: an update of the literature [J]. BMC Obes, 2018, 5 (1): 6-32.
- [82] 张云婷,马生霞,陈畅,等.中国儿童青少年身体活动指南[J].中国循证儿科杂志,2017,12(06):401-409.
- [83] 刘尚昕,于普林.人口老龄化对我国健康保健服务体系的挑战与对策[J].中华老年医学杂志, 2020, 39(3): 255-258.
- [84] 刘远立,郑忠伟,饶克勤,等.老年健康蓝皮书:中国老年健康研究报告(2018)[M].北京: 社会科学文献出版社,2019.
- [85] GANAPATHY A, NIEVES JW. Nutrition and Sarcopenia-What Do We Know?[J]. Nutrients, 2020, 12 (6): 1755-1779.
- [86] 郝秋奎,李峻,董碧蓉,等.老年患者衰弱评估与干预中国专家共识[J].中华老年医学杂志, 2017,36(3):251-256.
- [87] 中国吞咽障碍膳食营养管理专家共识组. 吞咽障碍膳食营养管理中国专家共识(2019版)[J]. 中华物理医学与康复杂志,2019,41(12):881-887.
- [88] JENSEN GL, CEDERHOLM T, CORREIA MITD, et al. GLIM criteria for the diagnosis of malnutrition: a consensus report from the Global Clinical Nutrition Community [J]. JPEN J Parenter Enteral Nutr, 2019, 43 (1): 32-40.
- [89] YU D X, ZHANG X L, XIANG Y B, et al. Adherence to dietary guidelines and mortality: a report from prospective cohort studies of 134 000 Chinese adults in urban Shanghai[J]. Am J Clin Nutr, 2014, 100 (2): 693-700.
- [90] CUI X, WANG B, WU Y, et al. Vegetarians have a lower fasting insulin level and higher insulin sensitivity than matched omnivores: A cross-sectional study [J]. Nutr Metab Cardiovasc Dis, 2019, 29: 467-473.
- [91] XIE L Y, WANG B, CUI X Y, et al. Young adult vegetarians in Shanghai have comparable