

DAFTAR PUSTAKA

- AACC. 2001. The Definition of Dietary Fiber. *Cereal Fds.* World.
- Adam JM. 2009. Dislipidemia. Dalam Sudoyo AW, Setiyohadi B, Alwi I, Simadibrata M, & Setiati S. *Buku ajar ilmu penyakit dalam edisi 5* Jakarta: Pusat Penerbitan Departemen I.P. pp. 1984-92.
- Al-rethiaa AS, Fahmy AA, & Al-Shwaiyat NM. 2010. Obesity and eating habits among college students in Saudi Arabia: a cross sectional study. *J. Nutr*, 9(39): 1-10.
- Angka Kecukupan Gizi (AKG). 2013. Tabel angka kecukupan gizi 2013 bagi orang Indonesia.
- Arisman. 2009. *Buku ajar ilmu gizi keracunan makanan*. Jakarta: EGC.
- Bahadoran Z, Mirmiran P, Hosseinpanah F, Rajab A, Asqhari G, & Azizi F. 2012. Broccoli sprouts powder could improve serum triglyceride and oxidized LDL/LDL-cholesterol ratio in type 2 diabetic patients: a randomized double-blind placebo-controlled clinical trial. *Diabetes Res Clin Pract*, 96(3): 348-54.
- Brighenti F, Casiraghi MC, Canzi E & Ferrari A. 1999. Effect of consumption of a ready-to-eat breakfast cereal containing inulin on the intestinal milieu and blood lipids in healthy male volunteers. *Eur J Clin. Nutr*, 53: 726-33.
- Chadha DS, Singh G, Kharbanda P, Vasdev V, & Ganjoo RK. 2006. Anthropometric correlation of lipid profile in healthy aviators. Meta analysis or the published literature. *IJASM*, 50(2): 32-7.
- Chhaya S & Jadav P. 2012. Dietary and lifestyle pattern in relation to overweight and obesity among the medical and nursing students. *IJRRMS*, 2(3): 9-12.
- Chhabra P, Grover VL, Agrawal K, & Kannan AT. 2006. Nutritional status and blood pressure of Medical Students in Delhi. *IJCM*, 31(4): 248-51.

- Dahlan MS. 2009. *Besar sampel dan cara pengambilan sampel dalam penelitian kedokteran dan kesehatan*. Jakarta: Salemba Medika.
- Dahlan MS. 2013. *Statistik untuk kedokteran dan kesehatan deskriptif, bivariat, multivariat dilengkapi dengan menggunakan SPSS edisi 5 seri evidence based medicine 1*. Jakarta: Salemba Medika.
- Deddy M. 2001. Sayuran sebagai sumber serat pangan untuk mencegah timbulnya penyakit degeneratif. *Jurnal Teknol. dan Industri Pangan*. 8(1): 61-71.
- Dehghan P, Gargari BP, & Asgharijafarabadi M. 2013. Effects of high performance inulin supplementation on glycemic status and lipid profile in women with type 2 diabetes : A randomized, placebo-controlled clinical trial. *Health Promot Perspect*, 3(1): 55–63.
- Despres JP, Lemieux I, & Prudhomme D. 2001. Treatment of obesity: Need to focus on high risk abdominally obese patients. *BMJ*, 322(7288): 716-20.
- Dubois L, Manon G, Monique PK, Anna F, Fabiola T. 2008. Breakfast skipping is associated with differences in meal patterns, macronutrien intakes and overweight among pre-school children. *PHN*, 12(1): 19-28.
- Dorland. 2002. *Kamus kedokteran dorland edisi 29*. Editor Bahasa Indonesia: Huriawati Hartanto, *et al*. Jakarta: EGC.
- Eka, Ticoalu SHR, & Wongkar D. 2012. Prevalensi obesitas pada mahasiswa Fakultas Kedokteran Universitas Sam Ratulangi Angkatan 2011. *Jurnal Biomedik*, 4(3): S142-52.
- Everard A, Lazarevic V, Derrien M, Girard M, Muccioli GG, Neyrinck AM, *et al*. 2011. Responses of gut microbiota and glucose and lipid metabolism to prebiotics in genetic obese and diet-induced leptin-resistant mice. *Diabetes*, 60(11): 2775–86.
- Farah IE. 2014. *Aplikasi serat inulin hasil hidrolisis enzim inulinas kapang Acremonium sp. CBS 3 dan Aspergillus clavatus CBS 5 dalam formulasi minuman sari brokoli untuk anti-kolesterol*. [Skripsi] Jakarta: Fakultas Sains dan Teknologi UIN Syarif Hidayatullah.
- Fauci AS, Braunwald E, Kasper DL, Huaser S, Jameson J, Loscalzo J. 2008. *Harrison's principles of internal medicine. 17th ed*. New York: McGraw-Hill Companies.
- Franck A, De Leenher L, and Belgium. 2005. *Inulin in polysaccharides and polyamides in the food industry*. Steinbuchel A, Rhee SK (ed). Wiley-VCH.
- Ganong WF. 2005. *Review of medical physiology*. 22nd Ed. USA. The McGraw-Hill.

- Gardner DG & Dolores S (editors). 2007. *Greenspan's basic clinical endocrinology*. United States of America: McGraw-Hill Companies. pp.575-653.
- Goldberg & Ginsberg HN. 2001. Disorders of lipoprotein metabolism. In: Braunwald E, Hauser S L, Fauci A.S, *et al.*, ed: *Harrison's principles of internal medicine vol II. 15th ed.* New York: Mac Graw Hill. pp.2245-56.
- Gupta S, Guha RT, & Saha I. 2009. Overweight, obesity and influence of stress on body weight among undergraduate medical students. *IJCM*, 34(3): 255-57.
- Guven M, Yasar K, Karaca OB, & Hayaloglu AA. 2005. The effect of inulin as a fat replacer on the quality of set-type low-fat yogurt manufacture. *Int. J. Dairy. Technol*, 58(3): 180-4.
- Guyton AC & Hall. 2007. *Fisiologi manusia*. Edisi 11. Jakarta: EGC.
- Hadi H. 2005. *Beban ganda masalah gizi dan implikasinya terhadap kebijakan pembangunan kesehatan nasional*. Dalam pidato pengukuhan Jabatan Guru Besar pada Fakultas Kedokteran Universitas Gadjah Mada.
- Heird WC. 2002. Parental feeding behavior and children's fat mass. *Am J Clin Nutr*, 75(3): 451-2.
- Inoue S, Zimmet P, Caterson I, Chunming C, Ikeda Y, *et. al.* 2000. *The Asia-Pacific perspective: Redefining obesity and its treatment*. Australia: Health Communications.
- [IOM] Institute of Medicine. 2005. *Dietary reference intake for energy, carbohydrate, fiber, fat, fatty acids, cholesterol, protein, and amino acids. A report of the panel on macronutrients, subcommittees on upper reference levels of nutrients and interpretation and uses of dietary reference intakes, and the standing committee on the scientific evaluation of dietary reference intakes*. Washington, DC: National Academies Press.
- Jannah W, Bebasari E, & Ernalia Y. 2015. Profil status gizi mahasiswa Fakultas Kedokteran Universitas Riau Angkatan 2012 dan 2013 berdasarkan indeks massa tubuh, *waist hip ratio* dan lingkar pinggang. *JOM FK*, 2(1): 1-7.
- Kanter R & Caballero B. 2012. Global gender disparities in obesity: A review. *Adv. Nutr*, 3:491-8.
- Kaur N & Gupta AK. 2002. Applications of inulin and oligofructose in health and nutrition. *J. Biosci*, 27(7): 703-14.
- Krishna MM & Gopinath V. 2011. Effect of aerobic exercise on lipoprofiles of middle aged man. *World J Sci Technol*, 1(2): 39-42.

- Kurth T, Gaziano JM, Rexrode KM, Kase CS, Cook NR, Manson JE, *et al.*. 2005. Prospective study of body mass index and risk of stroke in apparently healthy women. *Circulation*, 111(15): 1992-8.
- Lairon D, Arnault N, Bertrais S, Planells R, Clero E, *et. al.* 2005. Dietary fiber intake and risk factors for cardiovascular disease in French adults. *Am J Clin Nutr*, 82(6): 1185-94.
- Lehninger AL. 1993. *Dasar-dasar biokimia*. Jilid 1. (Alih bahasa oleh: M. Thenawidjaja). Jakarta: Erlangga.
- Letexier D, Diraison F, & Beylot M. 2003. Addition of inulin to a moderately high-carbohydrate diet reduces hepatic lipogenesis and plasma triacylglycerol concentrations in humans. *Am J Clin Nutr*, 77(3): 559-64.
- Longo DL, Fauci AS, Kasper DL, Hauser SL, Jameson DL, Loscalzo J (eds). 2012. *Harrison's internal medicine*. 18th Ed. USA: The McGraw-Hill.
- Luke A, Adeyemo A, Kramer H, Forrester T, Cooper RS. 2004. Association between blood pressure and resting energy expenditure independent of body size. *Hypertension*, 43(3): 555-60.
- Madhu, & Kochhar A. 2014. Proximate composition, available carbohydrates, dietary fibre and anti-nutritional factors of Broccoli (*Brassica oleracea* l var . *Italica plena*) leaf and floret powder. *Biosci Disc*, 5(1): 45–9.
- Marks DB. 2000. *Biokimia kedokteran dasar*. Jakarta: EGC.
- Maulana M. 2014. Pengaruh pemberian ekstrak etanol 95% cabe jawa (*Piper retrofractum vahl*) terhadap kadar *low density lipoprotein* (LDL) pada tikus putih (*Rattus novergicus*) jantan galur *Sparague dawley* yang diberikan diet tinggi lemak. [Skripsi]. Bandar Lampung: FK Unila.
- Mitchell RN & Schoen FJ. 2010. Blood vessels. In Kumar V, Abbas AK, Fausto N, & Aster JC. *Robbins and cotran pathologic basis of disease* Edisi 8. Philadelphia: Elsevier Inc. pp. 496-506.
- Muchtadi TR & Ayustaningwarno F. 2010. *Ilmu pengetahuan bahan pangan*. Bandung: Alfabeta.
- Murray RK, Granner DK, Mayes PA, & Rodwell VW. 2006. *Biokimia harper*. Jakarta: EGC.
- Mushtaq, Gull S, Khurshid U, Shahid U, Shad MA, & Siddiqui AM. 2011. Prevalence and socio demographic correlates of stunting and thinness among Pakistani primary school children. *BMC Public Health*, 11(790): 1-11.

- Myers. 2003. “*Interrelationship between Carbohydrate and lipid Metabolism*” *Biological Chemistry*. Long Beach: California State University.
- Nirmagustina DE. 2007. Pengaruh minuman fungsional mengandung tepung kedelai terhadap kadar kolesterol total dan trigliserida serum tikus percobaan. *Jurnal Teknologi dan Industri Hasil Pertanian*, 12(2): 47-52.
- Notoatmodjo S. 2009. *Metode penelitian kesehatan*. Jakarta: Rineka Cipta.
- Otles S & Orgoz S. 2014. Health effects of dietary fiber. *Acta Sci. Pol., Technol. Aliment*, 13(2): 191-202.
- Pan CY, So WY, Khalid BA, Mohan V, Thai AC, Zimmet P, *et al.* 2004. Metabolic, immunological and clinical characteristics in newly diagnosed Asian diabetes patients aged 12–40 years. *Diabetic Medicine*, 21(9): 1007-350.
- Pandiyan C, Annal VR, Kumaresan G, Murugan B, & Rajarajan G. 2012 Effect of incorporation of inulin on the survivability of *Lactobacillus acidophilus* in synbiotic ice cream. *IFRJ*, 19(4): 1729-32.
- Price SA, Wilson, & Lorraine M. 2005. *Patofisiologi konsep klinis proses penyakit*. Alih Bahasa: Peter Anugerah. Editor: Caroline Wijaya. Jakarta: EGC.
- Purnamawati I. 2009. *Prevalensi obesitas pada anak TK di Kelurahan Cikini, Kecamatan Menteng, DKI Jakarta, dan hubungannya dengan melewati makan Pagi*. [Skripsi] Jakarta: FK UI.
- Rahmouni K, Correia MLG, Haynes WG, Mark Al. 2005. Obesity-associated hypertension: New insights into mechanisms. *Hypertension*. 45(1): 9-14.
- Ratung Y. 2012. Pengaruh tes kesegaran jasmani terhadap kadar trigliserida pada mahasiswa Universitas Sam Ratulangi. [Skripsi] Manado: FK Unsrat.
- Reis SA, Conceicao LL, Rosa DD, Dias MS, & Peluzio MCG. 2015. Mechanisms used by inulin-type fructans to improve the lipid profile. *Nutr Hosp*, 31(2): 528–34.
- Ricca E, Calabro V, Curcio S, & Iorio G. 2007. The state of the art in the production of fructose from inulin enzymatic hydrolysis. *Critical Reviews in Biotechnology*. 27(3): 129-45.
- Riset Kesehatan Dasar (RISKESDAS). 2013. Jakarta: Badan Penelitian dan Pengembangan Kesehatan, Departemen Kesehatan, Republik Indonesia.
- Rossner S. 2002. The disease of the twenty century. *IJO*. 26(4): S2-S4.

- Santoso A. 2011. *Serat pangan (dietary fiber) dan manfaatnya bagi kesehatan. Magistra.* 23(75): 35-40.
- Saraswati I. 2012. *Perbedaan karakteristik usia, asupan makanan, aktivitas fisik, tingkat sosial ekonomi dan pengetahuan gizi pada wanita dewasa dengan kelebihan berat badan antara di desa dan kota.* [Skripsi]. Semarang: FK Undip.
- Sastroasmoro PS. 2002. *Dasar-dasar Metodologi Penelitian Penelitian Klinis, edisi 2 (ed-2).* Jakarta: CV. Sagung Seto.
- Setyoadi UYW & Yuliatun L. 2014. Jus brokoli menurunkan kadar *Low Density Lipoprotein* darah pada tikus model diabetes melitus. *Jurnal Kedokteran Brawijaya*, 28(1): 26–9.
- Shibao C, Gamboa A, Diedrich A, Ertl AC, Chen KY, Byrne DW, *et al.*. 2007. Autonomic contribution to blood pressure and metabolism in obesity. *Hypertension*, 49(1): 27-33.
- Sjarif. 2005. Obesitas pada anak dan permasalahannya. Dalam: Trihono PP, Purnamawati S, Sjarif, Hegar B, Gunardi, Oswari, *et al. Hot topics in pediatrics II.* Jakarta: FK UI.
- Soegondo S & Purnamasari D. Sindroma metabolik. Dalam: Sudoyo AW, Setiyohadi B, Alwi I, Simadibrata M, Setiati S, editors. 2009. *Buku ajar ilmu penyakit dalam Ed.5.* Jakarta: Interna Publishing. pp. 1865-72.
- Soegondo S, Rudianto A, Manaf A, Subekti I, Pranoto A, Asrana PM, *et. al.* 2006. *Konsensus pengelolaan dan pencegahan diabetes mellitus type 2.* Jakarta: Pengurus Besar Perkumpulan Endokrinologi Indonesia.
- Sumanto A. 2009. *Tetap langsing dan sehat dengan terapi diet.* Jakarta: ArgoMedia Pustaka.
- Sumarno. 1998. *Biokimia kedokteran II.* Surakarta: Universitas Sebelas Maret.
- Supriasa IDN. *Penilaian status gizi.* Jakarta: EGC.
- Supriyono M. 2008. *Faktor-faktor risiko kejadian penyakit jantung koroner (PJK) pada kelompok usia ≤ 45 tahun* [Studi Kasus di RSUP Dr. Kariadi Semarang dan RS Telogorejo Semarang]. Semarang: Universitas Diponegoro.
- Susilowati A. 2013. Alternatif enzim inulinase dari kapang endofit hasil isolasi kulit umbi dahlia merah (*Dahlia pp*) lokal dan aplikasinya sebagai sumber enzim inulinase untuk perolehan serat inulin. *Jurnal LIPI Prosiding SNST ke 4 Tahun 2013 Fakultas Teknik Universitas Wahid Hasyim Semarang*, pp.34-42.

- Syarief F. 2011. *Penambahan serat chitosan pada suplementasi omega 3 dalam minyak ikan (fish oil) terhadap kadar trigliserida dan kolesterol total darah pada karyawan obesitas*. [Tesis]. Surakarta: UNS.
- Tala ZZ. 2009. *Manfaat serat bagi kesehatan*. Medan: USU Press.
- Tárrega A, Torres JD, Costell E. 2011. Influence of the chain-length distribution of inulin on the rheology and microstructure of prebiotic dairy desserts. *J. Food Eng.* 104(3): 356–63.
- Tovar AR, Caamano MDC, Padilla SC, Garcia OP, Duarte MA & Rosado JL. The inclusion of a partial meal replacement with or without inulin to a calorie restricted diet contributes to reach recommended intakes of micronutrients and decrease plasma triglycerides. *J. Nutr.* 11(44): 1-10.
- U.S. Departments of Agriculture (USDA) and Health and Human Services. 2010. *Dietary guidelines for Americans*. 7th Edition, Washington, DC: U.S. Government Printing Office.
- U.S. Department of Health and Human Services. 2001. Third report of the national cholesterol education program education program (NCEP) expert panel on detection, evaluation and treatment of high blood cholesterol in adult (Adult treatment panel III). *JAMA*, 285(19): 2476-97.
- Vanelli M, Iovabe B, Bernardini A, Chiari G, Errico MK, Gelmetti C, *et al.* 2005. Breakfast habits of 1,202 Northern Italian Children admitted to a summer sport school. Breakfast skipping is associated with overweight and obesity. *Acta Biomed*, 76(2): 79-85.
- Wahyusari. 2011. *Hubungan pengetahuan tentang obesitas dengan kejadian obesitas pada ibu rumah tangga di Desa Meteseh, Kecamatan Boja Kabupaten Kendal*. [Skripsi]. Semarang: FK Unimus.
- World Health Organization. 1998. *Obesity: Preventing and managing the global epidemic*. Geneva: WHO.
- World Health Organization. 2015. *Obesity and overweight*. <http://www.who.int/mediacentre/factsheets/fs311/en/> [Diakses 27 Juli 2015].
- Wolk R, Shamsuzzaman ASM, & Somers VK. 2003. Obesity, sleep apnea, and hypertension. *Hypertension*; 42: 1067-74.
- Yana E. 2014. *Pengaruh pemberian ekstrak etanol biji jengkol (Pithecellobium lobatum benth) terhadap kadar LDL darah tikus putih (Rattus norvegicus) jantan galur Sparague dawley yang diinduksi aloksan*. [Skripsi]. Bandar Lampung: FK Unila.