

## DAFTAR PUSTAKA

- Abdul, R.A.J. 2009. *Effects of Cinnamon On Blood Glucose and Lipids Levels In Diabetic Patients (Tipe 2)*. *Journal Of Biological Sciences*. ISSN 1995-6673. Pages 135-138.
- Akhyar, Muhammad. 2009. "A Model Of Vocational Competency Assessment Of Industrial Engineering Students Of Vocational High Schools." *Education 1*: 303–35.
- Anderson, R.A., Broadhurst, C.L., Polansky, M.M., Schmidt, W.F., Khan, A., Schoene, N.W., Graves, D.J. 2004. *Isolation and Characterization of Polyphenol Tipe-A Pilymers from Cinnamon with Insulin-Like Biological Activities*. *Journal of Agricultural and Food Chemistry*. 52 (1) : 65-70.
- Anderson. 2008. "Chromium and Polyphenols from Cinnamon Improve Insulin Sensitivity", *Plenary Lecture. Proceedings of Nutrition Society*. Vol. 67. pp. 48-53.
- Anonim. 2004. Inovasi Teknologi untuk Peningkatan Produksi Padi dan Kesejahteraan Petani. Balai Penelitian Tanaman Padi, Sukamandi. Badan Litbang Pertanian.
- Anonim 2009, Tabel Komposisi Pangan Indonesia (TKPI), Persatuan Ahli Gizi Indonesia, Jakarta: PT Gramedia.
- Anonim. 2010. Diagnosis and Classification of Diabetes Mellitus. *Diabetes Care* Vol.33: S62-9.
- Anonim. 2011. Konsensus Pengelolaan dan Pencegahan Diabetes Melitus Tipe 2 di Indonesia. PERKENI, Jakarta.
- Anonim. 2013. Angka Kecukupan Gizi Energi, Protein, Lemak, Mineral dan Vitamin yang di Anjurkan Bagi Bangsa Indonesia. Lampiran Peraturan Menteri Kesehatan Republik Indonesia Nomor 75 Tahun 2013.
- Anonim. 2015. Diagnosis and classification of diabetes mellitus. *American Diabetes Care*, Vol.38, pp: 8-16.
- Anonim. 2020. *Fast Fact Data and Statistic About Diabetes*. [Http://Professional .Diabetes.Org/Search/Site/Facts](http://Professional.Diabetes.Org/Search/Site/Facts).
- Argasasmita ,T.U. 2008. Karakterisasi Sifat Fitokimia dan Indeks Glikemik Varietas Beras Beramilosa Rendah dan Tinggi. Skripsi. Fakultas Teknologi Pertanian IPB. Bogor
- Astawan, M dan Wresdiyati, S. (2004). Diet Sehat dengan Makanan Berserat. Tiga Serangkai Pustaka Mandiri, Solo.

- Atmosukarto, K., & Rahmawati, M. (2004). Terapi Nutrisi kromium untuk penderita Diabetes. *Cermin Dunia Kedokteran*, 143, 51-53
- Baker, W.L., Gutierrez, W., White, C.M., Kluger, J., Coleman, C.I. 2008. *Effect of Cinnamon On Glucose Control and Lipid Parameters. Diabetes Care.* 31 (1) : 41-43.
- Banerjee, M., dan Vats, P. 2014. *Reactive Metabolites and Antioxidant Gene Polymorphisms in Tipe 2 Diabetes Mellitus. Jurnal Redox Biology*, 2:170-177.
- Behall, K.M. and J. Hallfrisch. 2002. Plasma glucose and insulin reduction after consumption of bread varying in amylose content. *Eur. J. Clin. Nutr.* 56(9): 913–920.
- BeMiller, J.N. and R.L. Whistler. 1996. Carbohydrates. pp. 157– 224. In O.R. Fennema (Ed.). *Food Chemistry 3rd Ed.* Marcel Dekker Inc., New York.
- Bird, A.R., Brown, I.L., Topping, D.L. 2000. *Starches, Resistant Starches, the Gut Microflora and Human Health. Journal Curr. Issues. Microbial*, 1(1):25-37
- Burhanudin. 1981. Mempelajari Pengaruh Proses Pratanak (Parboiling) Padi Terhadap Rendemen dan Sifat-Sifat Fisik Beras yang Dihasilkan dari Dua Varietas Padi. Skripsi. Bogor: Fakultas Mekanisasi Dan Teknologi Hasil Pertanian. Institut Pertanian Bogor.
- Champe, PC dan Harvey, RA. 1994. *Lippincott's Illustrated Review: Biochemistry*. Edisi 2 : Philadelphia.
- Chung, H.J., H.S. Lim, and S.T. Lim. 2006. Effect of partial gelatinization and retrogradation on the enzymatic digestion of waxy rice starch. *J. Cereal Sci.* 43: 353–359.
- Damarjati. 1981. Pengaruh Suhu dan Lama Penggilingan Terhadap Mutu Beras Giling. Pusat Penelitian dan Pengembangan Tanaman Pangan. Bogor.
- Darlan, A. 2012. Fortifikasi dan Ketersediaan Zat Besi pada Bahan Pangan Berbasis Kedelai. Tesis. Prog Pasca Sarjana, Departemen Kimia F-MIPA, Universitas Indonesia.
- De Datta. 1981. *Principle and Practices of Rice Production. Departement of Agronomy. The International Rice Research Institut. Los Banos. The Philippines.*
- Dhital, S., A.K. Shrestha, and M.J. Gidley. 2010. Relationship between granule size and in vitro digestibility of maize and potato starches. *Carbohydrate Polymers* 82(2): 480–488.
- Dong, Jia-Yi, Xun Pengcheng; He Ka; Qin, Li-Qiang. 2011. *Magnesium Intake and Risk of Tipe 2 Diabetes: Meta-analysis of prospective cohort studies. Diabetes care*, 34 (9): 2116-21-22.
- Englyst, N, and H Cummings. 1985. "Digestion of the Polysaccharides of Some

Cereal Foods in the Human Small Intestine.” (January): 778–87.

- Ferrari, C dan Torres E. 2003. *Biochemical Pharmacology of Functional Foods and Prevention of Chronic Disease of Aging. Biomed Pharm* 57: 251-260.
- Firdaus, J., Sulistyarningsih, E. dan Subagio, A. (2018). Resistant Starch Modified Cassava Flour (MOCAF) improves insulin resistance. *Asian Journal of Clinical Nutrition* 10(1), 32–36.
- Foster-Powell, K.F., Holt, Sha., Miller, Jcb. 2002. *International Tabel Of Glycemic Index And Glycemic Load Values: 2002. Am J Clin Nutr* 76: 5-56.
- Frei, M., P. Siddhuraju, and K. Becker. 2003. Studies on the in vitro starch digestibility and the glycemic index of six different indigenous rice cultivars from the Philippines. *Food Chem.* 83(2003): 395–402.
- Gandhi,G.R., Ignacimuthu, S., Paulraj, M.G. 2011. *Solanum Torvum Swartz. Fruit Containing Phenolic Compounds Show Antidiabetic and Antioxidant Effects in Streptozotocin Induced Diabetic Rats. Journal Food and Chemical Toxicology*, 49:2725-2733.
- Garibaldi 1974. *Parboiled Rice*. Di Dalam Houston. Df. Editor. *Rice Chemistry And Technology*. St. Paul. Minnesota. American. Assoc. *Cereal Chemist. Inc.*
- Gellar, L dan Nansel, T.R. 2009. *High and Low Glycemic Index Mixed Meals and Blood Glucose in Yout With Tipe 2 Diabetes or Impaired Glucose Tolerance. Journal of Pediatrics*, 154:455-458.
- Goldberg, I. J. 2001. *Diabetic Dyslipidemia : Causes and Consequences. J Clin Endocrionol Metab*; 86 (3) : 965-971
- Gopalsamy, G., Mortimer, E., Greenfield, P., Bird, A.R., Young, G.P dan Christophersen, C. T. (2019). Resistant starch is actively fermented by infant faecal microbiota and increases microbial diversity. *Nutrients*, 11(6):1–16.
- Guevarra, M.T.B. and L.N. Panlasigui. 2000. Blood glucose responses of diabetes mellitus type II patients to some local fruits. *Asia Pacific J. Clin. Nutr.* 9: 202–208.
- Guilloteau, P., Martin, L., Eackaut. V., Ducatelle, L., Zabielskie, L. dan Immersel, Van. (2010). From the Gut to the Peripheral Tissues: The Multiple Effects of Butyrat. *Nutrition Research Reviews* 23(2): 366–84.
- Haliza, W., E.Y. Purwani, dan S. Yuliani. 2006. Evaluasi kadar pati tahan cerna dan nilai indeks glikemik mi sagu. *Jurnal Teknologi dan Industri Pangan* XVII(2): 149–152.
- Haryadi. 2006. *Teknologi Pengolahan Beras*. Gadjah Mada University Press.
- Hassan, B. A. R. 2013. *Overview on Hyperlipidemia. J Chromate Separation Techniq* 4:2

- Herawati, E.R.N., Santosa, U., Astuti, M., Suharwaadji, Ariani, D. 2013 Pengaruh Konsumsi Ekstrak Antosianin Ubi Jalar Ungu (*Ipomoea Batatas L*) Terhadap Glukosa Darah dan Produk Oksidasi Lipid (Malinaldehyde) Tikus Hiperglikemia Induksi Aloksan. Prosiding Seminar Nasional Konsumsi Pangan Sehat dan Gizi Seimbang Menuju Tubuh Sehat Bebas Penyakit: 191-197. Universitas Gajahmada Press, Yogyakarta.
- Hervey. 2014. Recent Advances in Prebiotiks Use In Human. *European Nutrition Research*
- Hoerudin. 2012. Indeks glikemik buah dan implikasinya dalam pengendalian kadar glukosa darah. *Buletin Teknologi Pascapanen Pertanian* 8(2): 80–98.
- Hu, P., Zhao, H., Duan, Z., Linlin, Z., Wu, D. 2004. *Starch Digestibility and the Estimated Glycemic Score of Different Tipe of Rice Differing in Amylose Contents. Journal of Cereal Science.* 40:231-237.
- Indrasari, S.D., E.Y. Purwani, P. Wibowo, dan Jumali. 2008. Nilai indeks glikemik beras beberapa varietas padi. *Jurnal Penelitian Pertanian Tanaman Pangan* 27(3): 127–134.
- Jahren-Dechent, Wilhelm, and Markus Ketteler. 2012. “Magnesium Basics.” *CKJ: Clinical Kidney Journal* 5(SUPPL. 1).
- Jaiswal, M., Ashley, S., Rodica, P. B. 2014. *Lipids and Lipid Management in Disbetes. Best Practice & Research Clinical Endocrinology & Metabolism* 28: 325-338.
- Jenkins, D.J.A., T.M.S. Wolever, R.H. Taylor, H. Barker, H. Fielden, J.M. Baldwin, A.C. Bowling, H.C. Newman, A.L. Jenkins, and D.V. Goff. 1981. Glycemic index of foods: a physiological basis for carbohydrate exchange. *Am. J. Clin. Nutr.* 34: 362– 366.
- Johansen, Jeanette, S., Alex, K. H., David, J. R., Adviya, E. 2005. *Review Oxidative Stress and the Use of Antioxidants in Diabetes : Linking Basic Science to Clinical Practice.*
- Jones. 2002. *Contradiction And Challenger. A Look At Glycemic Index Wheat Foods.* Council. Colorado.
- Jung, E.H., Kim, S.R., Hwang, I.K., Ha, T.Y. 2007. *Hypoglycemic Effects of A Phenolic Acid Fraction of Vrice Bran and Ferulic Acid in C57blkjs-Db/Db Mice. Journal Agric.Food Chem,* 55:9800-9804.
- Junji Takaya, Hirohiko Higashino, Yohnosuke Kobayashi. (2004). Intracellular magnesium and insulin resistance. *Journal Micromolecule,* (17): 126-136
- Kassian, Nazila., Feizi, Awat., Amonorroayya, Ashaf. Dan Amini, Masoud. (2018). Probiotik and Synbiotic Supplementation could improve metabolik syndrome in prediabetic adults: A randomized kontrol Trial *Clinical Research and Review* 30: 1-6.
- Khan. A , Safdar. M , Khattak. K, And R. A. Anderson. 2003. “Cinnamon

- Improves Glucose And Lipids Of People With Tipe 2 Diabetes*". *Diabetes Care*. Vol. 26 Pp. 3215-3218.
- Kleessen, B., Stoof, G., Proll, J., Schiedl, D., Noack, J., Blaut, M. 1997. *Feeding Resistant Starch Affects Fecal and Cecal Microflora and Short Chain Fatty Acid In Rats*. *Journal Animal Science*, 75:2453-2462.
- Kolovou, G., Anagnostopoulou, K., Cokkinos, D. 2005. Pathophysiology of Dyslipidemia in the Metabolic Syndrome. *Postgrad Med J* 81 : 358-366.
- Kristanti, Dian, 2015, Perbandingan Efek Diet Beras Merah (Mandel Handayani) Dan Beras Putih Ir64 Precooked Pda Kadar Glukosa Darah, Antioksidan Darah, Profil Mikrobiota, Dan Short Chain Fatty Acid (Scfa) Digesta Tikus Wistar Hiperglikemia. Tesis. Universitas Gajahmada, Yogyakarta
- Kwak, J. H., Paik, J. K., Kim, H. I., Kim, O.Y., Shin, D.Y., Kim, H., Lee, J. H. 2012. *Dietary Treatment with Rice Containing Resistant Starch Improves Markers of Endothelial Function with Reduction of Postprandial Blood Glucose and Oxidative Stress in Patients with Prediabetes or Newly Diagnosed Tipe 2 Diabetes*. *Journal Atherosclerosis*, 224: 457-464.
- Lai, M.W.K., Lee, Y., Chen, C.S., Sung, I.K., Wong, W.K., Yip, T.P., Siu, S.C. 2014. *Effect of Low Glycemic Index Diet on Blood Glucose in Chinese Tipe 2 Diabetic Patients: Randomized Controlled Trial*. *Posters Diabetes Research and Clinical Practice*, 106S1:S69.
- Larsen, Rasmussen, P. H. Rasmussen, K.K. Alstrup, S. K. Biswas, I. Tetens, S. H. Thilsred, K. Hermansen. 2000. "Glycaemic Index of Parboiled Rice Depends on the Severity of Processing: Study in Tipe 2 Diabetic Subjects", *Ejcn*, Vol. 54, No. 5, Pp. 380-385.
- Larsson, Susanna C., Nikola Drca, and Alicja Wolk. 2014. "Alcohol Consumption and Risk of Atrial Fibrillation: A Prospective Study and Dose-Response Meta-Analysis." *Journal of the American College of Cardiology* 64(3): 281–89.
- Lebovitz, H. 1999. *Tipe 2 Diabetes (An overview)*. *Clin Chem* 45: 1339-1345.
- Lei, Shuzen., Li, Xin., Liu, Lu., Zheng, Mingjing., Chang, Qing., Zhang, Yi., Zeng, Hongliang. (2020). Effect of lotus Seed Resistant Starch on Tolerance of Mice Fecal Microbiota to Bile Salt. *International Journal of Biological Macromolecules* 151: 384-393.
- Ludwig Ds. 2000. *Dietary Glycemic Index and Obesity*. *Journal of Nutrition*. (2) : 280-282.
- Lukacinova, A., Mojzis, J., Benacka, R., Racz, O., Nistiar, F. 2008. *Structure Activity Relationships of Preventive Effects of Flavonoids in Alloxan-induced Diabetes Mellitus in Rats*. *Journal of Animal and Feed Science*. 17 : 411-421.
- Mandaliya, D. K dan Seshadri, S. (2019). Short Chain Fatty Acids, pancreatic dysfunction and type 2 diabetes. *Pancreatology* 19(2), 280–284.

- Mang, B., Wolters, B., Schmitt, K., Kelb, R., Lichtinghagen, D.O., Stichtenoth, A., Hahn, A. 2006. *Effects of A Cinnamon Extract On Plasma Glucose, HbA1C and Serum Lipids In Diabetes Mellitus Tipe 2. European Journal Of Clinical Investigation.* 340-344.
- Mansour, A., Hosseini, S., Larijani, B., Pajouhi, M., Mohajeri-Tehrani, M.R. 2013. *Nutrients Related To GLP1 Secretory Responses. Journal Nutrition,* 29:813-820.
- Marsono, Y. 2004. Serat pangan dalam perspektif ilmu gizi. Pidato Pengukuhan Jabatan Guru Besar pada Fakultas Teknologi Pertanian Universitas Gadjah Mada, Yogyakarta, 2 Juni 2004
- Marsono, Y., Wiyono, P., Utama, Z. 2013. Indeks Glikemik dan Sifat Hipoglikemik Pangan Fungsional untuk Penderita Diabetes, Berbasis Tepung Garut. Dalam Marliyati SA dan Hardiensyah (Eds) *Prosiding C Symposium Penelitian Terkini Pangan dan Gizi Bidang Inovasi Produk, Mutu dan Keamanan Pangan.* Hlm. 1-11. 27 Juni 2013. PERGIZI PANGAN Indonesia: Jakarta.
- Masrukan, Masrukan. 2020. "Potensi Modifikasi Pati Dengan Esterifikasi Sebagai Prebiotik." *Agrotech : Jurnal Ilmiah Teknologi Pertanian* 3(1): 1–14.
- Mayfield, J. 1998. *Diagnosis and Classification of Diabetes Mellitus: New Criteria. Published by American Academy of Family Physician.*
- Mercier, C. and P. Colonna. 1988. Starch and enzymes: Innovations in the products, process and uses. *Biofuture Chimic.* p. 55–60.
- Meyer, L.H. 1973. *Food Chemistry.* Affiliated East-West Pvt. Ltd., New Delhi.
- Mridula, D., and Jha Pooja. 2014. "Preparation of Iron-Fortified Rice Using Edible Coating Materials." *International Journal of Food Science and Technology* 49(1): 246–52.
- Muchtadi. 2006. *Food Review Referensi Industri dan Teknologi Pangan.*
- Niki, E. 2014. *Review : Biomarkers of Lipid Peroxidation in Clinical Material. Biochimica et Biophysica Acta* 1840 : 809-817.
- Nisviaty, A. 2006. Pemanfaatan tepung ubi jalar klon bb00105.10 sebagai bahan dasar produk olahan kukus serta evaluasi mutu gizi dan indeks glikemiknya. Skripsi. Fakultas Teknologi Pertanian Institut Pertanian Bogor. 110 hlm.
- Nuraheni. 1980. Mempelajari Kebutuhan Panas dan Kecepatan Pengeringan Pengolahan *Parboiled Rice.* Skripsi. Bogor: Fakultas Teknologi Pertanian. Institut Pertanian Bogor.
- O'Connor, S., Chouinard-Castonguay, S., Gagnon, C. dan Rudkowska, I. Prebiotics in the management of components of the metabolik syndrome. *Maturitas* 2017;104:11e8
- O'Toole, Paul W., and Jakki C. Cooney. 2008. "Probiotic Bacteria Influence the

- Composition and Function of the Intestinal Microbiota.” *Interdisciplinary Perspectives on Infectious Diseases* 2008: 1–9.
- Okoniewska M, Witwer RS. 2007. Natural resistant starch: an overview of health properties a useful replacement for flour, resistant starch may also boost insulin sensitivity and satiety. New York (US): Nutritional Outlook
- Oku, Tsuneyuki, N. Mariko, and N. Sadako. 2010. Consideration of the validity of glycemic index using blood glucose and insulin levels and breath hydrogen. *Int'l. J. Diabetes Melitus* (2): 88– 94.
- Paramitasari, R. 2014. Potensi Antioksidatif Minuman Berbasis Beras Hitam (*Oryza Sativa L. Indica*) dan Kedelai Hitam (*Glycine Max L. Merr*) untuk Lansia Penyandang Diabetes Mellitus Tipe 2. Tesis. Sekolah Pascasarjana UGM: Yogyakarta.
- Pardede, S. 2008. Nefropati Diabetik Pada Anak. *J Sari Pediatri* 10: 8-17. Doi: 10.14238/Sp10.1.2008.8-17.
- Peterson, D.W., George, R.C., Scaramozzino, F., Lapointe, N.E., Anderson, R.A., Graves, D.J., Lew, J. 2009. *Cinnamon Extract Inhibits Tau Aggregation Associated With Alzheimer's Disease In Vitro. Journal Of Alzheimer's Disease.* 17 : 585-597.
- Prosky, L. and J.W. de Vries. 1992. Controlling Dietary Fiber in Food Product. Van Nostrad Reinhold, New York.
- Praweswari, M dan Widjanarko, S. 2014. “*The Effect of Water Extract of Pandan Wangi Leaf Tto Decrease Blood Glucose Levels and Pancreas Histopathology At Diabetes Mellitus Rats*”, *Jurnal Pangan dan Industri*, Vol. 2 , No. 2, Pp. 16-27.
- Puddu, A., Sanguineti, R., Montecucco, F., Viviani, G. L. 2014. *Evidence for the Gut Microbiota Short-Chain Fatty Acid As Key Pathophysiological Molecules Improving Diabetes. Journal Mediators of Inflammation:* 1-9.
- Purnyami. 2011. Hubungan Antara Faktor Karakteristik, Profil Lipid dan Hipertensi dengan Penyakit Jantung Coroner Pada Penderita Diabetes Mellitus Di Rumah Sakit Tentara Semarang. [Http://Digilib.Unimus.Ac.Id/Files/Disk1/106/](http://Digilib.Unimus.Ac.Id/Files/Disk1/106/). Tanggal Akses 1 April 2019.
- Ragnhild Al, NI Asp, Axelsen M, A Raben. 2004. *Glycemic Index : Relevance For Health, Dietary Recommendations, And Nutritional Labelling. Scandinavian Journal Of Nutrition.* 48 (2): 84-94.
- Ravindran, P.N., Babu, K.N., Shylaja,M. 2004. *Cinnamon and Cassia the Genus Cinnamomum.* CRC Press. USA. 185-198.
- Richana, N., Ratnaningsih., A.B. Arif, and M. Hayuningtyas. 2012. Characterization of varieties of maize with a low glycemic index to support food security. International Maize Conference in Gorontalo

- Rimbawan Dan A. Siagian. 2004. Indeks Glikemik Pangan, Cara Mudah Memilih Pangan yang Menyehatkan. Penebar Swadaya. Jakarta.
- Sales, Cristiane Hermes, and Lucia de Fatima Campos Pedrosa. 2006. "Magnesium and Diabetes Mellitus: Their Relation." *Clinical Nutrition* 25(4): 554–62.
- Sancho, R. A. S., Pastore, G. M. 2012. *Evaluation of the Effects of Anthocianins in Tipe 2 Diabetes. Journal Food Research International*, 46: 378-386.
- Sanggal, A. 2011. *Role of Cinnamon As Beneficial Antidiabetic Food Adjuvant : A Review. Pelagia Research Library*. 2 (4) :440-450.
- Sardesai V. 2003. *Introduction to Clinical Nutrition*. Marcel Dekker, Inc. New York. Pp 339-354.
- Saw, Chiou Yeong., Kao, Wei Min., Chen, Po Ya., Chew, Boon Swee., Liew, Ying. and Chau, Chi Fai. (2018). Changes in Different Fecal Parameters with Administration of Bromelain and Inulin in a Rat Model. *CYTA - Journal of Food*, 16(1): 980–85.
- Shih, C., Chen, S., Hou, W., Cheng, H. 2007. *A High Resistance Starch Rice Diet Reduce Glycosylated Haemoglobin Levels and Improves the Antioxidant Status in Diabetic Rats. Journal Food Research International*, 40: 842-847.
- Smolin, L.A. dan Grosvenor, M.B. 2007. *Nutrition : Science & Applications* Sounders College Publishing, Orlando.
- Sumastuti, R. 2002. Efek Sitotoksik Ekstrak Buah dan Daun Mahkota Dewa terhadap Sel Hela. *Farmakologi Fakultas Kedokteran UGM*. Yogyakarta.
- Szalecky, E., Prechl, J., Feher, J., Somogyi, A. 1999. *Alterations on Enzymatic Antioxidants Defence in Diabetes Mellitus (A Rational Approach)*. *Postgrad Med J* 75: 13-17.
- Tharanthan, R.N. and S. Mahadevamma. 2003. Grain legumes, a boon to human nutrition. *Trends Food Sci. Technol.* 14(12): 507–518.
- Tjokroadikoesoemo, P.S. 1986. *HFS dan Industri Ubi Kayu Lainnya*. PT Gramedia, Jakarta.
- Trinidad, T.P., A.C. Mallillin, R.S. Sagum, and R.R. Encabo. 2010. Glycemic index of commonly consumed carbohydrate foods in the Philippines. *J. Functional Foods* 2: 271–274
- Truswell As. 1992. *Glycemix Index of Food*. *Eur. J. Clin Nutr.* 46 (2); 91-101.
- Verges, B. 2009. *Review : Lipid Disorders in Tipe 1 Diabetics. Diabetes & Metabolism* 35 : 353-360.
- Willet, W., Manson, J., Liu, S. 2002. *Glycemic Index, Glicemic Load and Risk of Tipe 2 Diabetes Mellitus. Am J Clin Nutr* 76(1): 274-280.
- Wardlaw. 1999. *Perspective in Nutrition*. Mc Graw Hill. Boston.



- Widowati, S. (2007) Pemanfaatan ekstrak teh hijau (*Camellia sinensis* O. Kuntze) dalam pengembangan beras fungsional untuk penderita diabetes melitus. Disertasi. Institut Pertanian Bogor, Bogor.
- Wild, S., G. Roglic, A. Green, R. Sicree, And H. King. 2004. *Global Prevalence Of Diabetes: Estimates for the Year 2000 and Projections for 2030. Diabetes Care*, 27(10): 47-53.
- Winarsih, H. 2007. Antioksidan Alami dan Radikal Bebas : Potensi dan Aplikasinya dalam Kesehatan. Yogyakarta : Kanisius. Hal. 49-60.
- Yadav, H., Chen, Z., Li, X., Wang, Z. 2010. *Retrogradation Properties of High Amylose Rice Flour and Rice Starch By Physical Modification. Journal Food Science and Technology*, 43: 4920497
- Yang, XP., Kamalakannan P., Allyn C. Ontkoa, M.N.A. Raoc, Cindy, X.F., Rena, J., Sreejayan, N. 2005. *A Newly Synthetic Chromium Complex Chromium (Phenylalanine) Improves Insulin Responsiveness and Reduces Whole Body Glucose Tolerance. Febs Letters*, 579, 1458–1464.
- Yulianto, W.A., Luwihana, S., Swasono, F., Suryani, C.L. 2017. Produksi Beras Fungsional dengan Metode Perendaman Gabah *Parboiled* Terfortifikasi Kromium dan Magnesium serta Ekstrak Padan dan Pendinginan, serta Pengembangannya untuk Makanan Selingan Penderita Diabetes. Laporan Tahunan. Penelitian Terapan Unggulan Perguruan Tinggi Tahun 2017 Kemenristekdikti. Universitas Mercu Buana Yogyakarta.
- Yusof, B.N.M., R.A. Talib, and N.A. Karim. 2005. Glycemic index of eighth types of commercial rice. *Mal. J. Nutr.* 11(2): 151–163.
- Zhou, Z. K., Wanga, F., Rena, X. C., Wanga, Y., Blanchard, C. 2015. *Resistant Starch Manipulated Hyperglycemia/Hyperlipidemia Andrelated Genes Expression in Diabetic Rats. Journal of Biological Macromolecules*, 75: 316-321.
- Zhu, Wei., Lin, Kuan., Li, Kaikai., Deng, Xiangyi. and Li, Chunmei. (2018). Reshaped Fecal Gut Microbiota Composition by the Intake of High Molecular Weight Persimmon Tannin in Normal and High-Cholesterol Diet-Fed Rats. *Food and Function* 9(1): 541–51.