

DAFTAR PUSTAKA

1. World Health Organization . The top 10 causes of death. 2017. <http://www.who.int/mEdiacentre/factsheets/fs310/en/> - Diakses Oktober 2017
2. Nelson RH. Hyperlipidemia as a Risk Factor for Cardiovascular Disease Robert. Prim Care. 2014;40(1):195–211.
3. Benjamin EJ, Blaha MJ, Chiuve SE, Cushman M DS. Heart Disease and Stroke Statistics 2017 At-a Glance. Association, American Heart, American Stroke Association. 2017.
4. Badan Penelitian dan Pengembangan Kesehatan Kementerian Kesehatan RI. Riset Kesehatan Dasar. 2010.
5. Badan Litbangkes Kementerian Kesehatan RI. Data Riset Kesehatan Dasar. Pusdatin Kementerian Kesehat RI. 2013.
6. Grundy SM, Cleeman JL, Bairey Merz CN, Brewer HB, Clark LT, Hunninghake DB, et al. Implications of recent clinical trials for the National Cholesterol Education Program Adult Treatment Panel III guidelines. Circulation. 2004;110(2):227–39.
7. Supriyono M. Faktor-faktor Risiko yang berpengaruh terhadap kejadian Penyakit Jantung Koroner pada Kelompok Usia < 45 Tahun. Vol. 1, Universitas Sumatera Utara. 2014.
8. MS Anam. Pengaruh Intervensi Diet dan Olahraga terhadap Indeks Massa Tubuh, Kesegaran Jasmani, hsCRP dan Profil Lipid pada Anak Obesitas. Universitas Dipenogoro; 2010.
9. Anwar TB. Faktor Risiko Penyakit Jantung Koroner. Universitas Sumatera Utara. 2004.
10. Manttari M, Elo O, Frick MH, Haapa K, heinonen OP, Heinsalmi P, et al. The Helsinki Heart Study: basic design and randomization procedure. Eur Hear J . 1987;Suppl I:1–29.
11. Gordon T, Castell WP, Hjortland MC, Kannel WB, Dawber TR. High density lipoprotein as a protective factor against coronary heart disease: The Framingham study. Am J Med .1977 ; 62(5) : 707–14.
12. Jellinger PS, Handelsmn Y, Rosenblit PD, Bloomgarden ZT, Fonseca VA, Garber AJ, et al. American Association of Clinical Endocrinologists and American College of Endocrinology Guidelines for Management of Dyslipidemia and Prevention of Cardiovascular Disease. Endocr Pract.2017;23(Supplement2):1–87.
13. National Institute of Health. ATP III Guidelines At-A-Glance Quick Desk Reference. [NCEP] Natl Cholest Educ Progr ATP III. 2001;329(3):925–9.
14. MF.Adam J. Dislipidemia. In: Buku Ajar Ilmu Penyakit Dalam. VI. Jakarta Pusat: Interna Publishing; 2014. p. 2549.
15. Enas EA, Senthilkumar A, Chennikkara H, Bjurlin MA. No Prudent diet and preventive nutrition from pediatrics to geriatrics: current knowledge and practical recommendations. Title. Indian Hear J. 2003;55(310–38).
16. Tuminah S. Peran Kolesterol HDL Terhadap Penyakit Kardiovaskular dan Diabetes mellitus. Gizi Indon. 2009;32(1):69–76.
17. Feryadi R, Sulastri D, Kadri H. Hubungan Kadar Profil Lipid dengan Kejadian Hipertensi pada Masyarakat Etnik Minangkabau di Kota Padang Tahun 2012. J Kesehat Andalas. 2014;3(2):206–11.

18. Go AS, Mozaffarian D, Roger VL, Benjamin EJ, Berry JD, Bhalraja MJ, et al. Heart Disease and Stroke Statistics - 2014 Update: A report from the American Heart Association. Vol. 129, *Circulation*. 2014.
19. Kamso S. Dislipidemia dan Obesitas Sentral pada Lanjut Usia di Kota Padang. *J Kesehat Masy Nas*. 2007;2:73–7.
20. Wiardani NK, Putu P, Sugiani S, Made N, Gumala Y. Konsumsi lemak total , lemak jenuh , dan kolesterol sebagai faktor risiko sindroma metabolik pada masyarakat perkotaan di Denpasar. 2011;7(3):107–14.
21. Mohebi-Nejad A, Bikdeli B. Omega-3 supplements and cardiovascular diseases. *Tanaffos*. 2014;13(1):6–14.
22. K.Murray R, K.Granner D, Rodwell VW. Lipid yang Penting Secara Fisiologis. In: Wulandari N, editor. *Biokimia harper*. EGC; 2009. p. 709.
23. Mahan LK, Escott-Stump S. Krause's food & nutrition therapy. 12th ed. L. Kathleen Mahan and Sylvia Escott-Stump., editor. United States: St. Louis, Mo. Elsevier Saunders; c2008; 2008. 1352 p.
24. Hardinsyah, Riyadi H, Napitupulu V. Kecukupan energi, protein, lemak dan karbohidrat. *Dep Gizi FK UI*. 2012;2004(Wnpg 2004):1–26.
25. Mamat. Fakto-faktor yang berhubungan Dengan Kadar Kolesterol HDL pada keluarga di Indonesia (Analisis Data Sekunder IFLS 2007/2008). 2012.
26. Fathila L, Edward Z, Rasyid R. Gambaran Profil Lipid pada Pasien Infark Miokard Akut di RSUP M . Djamil Padang Periode 1 Januari 2011 - 31 Desember 2012. *J Kesehat Andalas*. 2015;4(2):513–8.
27. Kamso S, Purwastyastuti J. Dislipidemia pada lanjut usia di kota Padang. *Makara Kesehat* .2002;6(2):55–8.
28. Daoud E, Scheede-Bergdahl C, Bergdahl A. Effects of Dietary Macronutrients on Plasma Lipid Levels and the Consequence for Cardiovascular Disease. *J Cardiovasc Dev Dis*. 2014;1(3):201–13.
29. Khader YS, Bathieha A, El-Khateeb M, Omari MA, Aljouni K. Prevalence of dyslipidemia and its associated factors among Jordanian adults. *J Clin Lipidol*. 2010;4(1):53–8.
30. Wilson PWF, Abbott RD, Castelli WP. High Density Lipoprotein Cholesterol and Mortality. 1988;8(6):737–41.
31. Tolfrey K, Campbell IG, Betterham AM. Exercise training induced alterations in prepubertal children's lipid-lipoprotein profile. *Med Sci Sport Exerc*. 1998;30(12):1648–92.
32. Campbell NA, Reece JB. *Biology*. Eight Edition. Pearson Education Inc.; 2008. 486 p.
33. Sartika RAD. Pengaruh asam lemak jenuh, tidak jenuh dan asam lemak trans terhadap kesehatan. *Kesehat Masy Nas*. 2008;2(4):154–60.
34. Fennema OR. *Food Chemistry*. Third. Marcel Dekker, Inc. Wisconsin: Marcel Dekker, Inc; 1996. 321-429 p.
35. Hart H, Crainer L, Hart D, Hadad C. *Organic Chemistry*. 2011. 580 p.
36. Muller H, Lindman AS, Brantsaeter AL, Pedersen JI. The serum LDL/HDL cholesterol ratio is influenced more favorably by exchanging saturated with unsaturated fat than by reducing saturated fat in the diet of women. *J Nutr*. 2003;133(22):78–83.

37. Tuminah S. Efek Asam Lemak Jenuh dan Asam Lemak Tak Jenuh “Trans” Terhadap Kesehatan. *Media Penelit dan Pengembang Kesehat* . 2009;XIX(SuplemenII):S13–20
38. K.Murray R, K.Granner D, Rodwell VW. Biosintesis Asam Lemak & Eikosanoid. In: Wulandari N, editor. *Biokimia harper*. EGC; 2009. p. 709.
39. Diana FM. Omega 3. *J Kesehat Masy* .2012;6(2):113–7.
40. E.Hall J, C.Guyton A. *Guyton and Hall Textbook of Medical Physiology*. twelfth edition. Twelfth Ed. Singapore: Elsevier; 2014. 1151 p.
41. A.Bender D, A.Mayes P. Nutrisi, Pencernaan dan Penyerapan. In: *Biokimia harper*. 2009. p. 496–503.
42. Kementrian Kesehatan RI. Pedoman gizi seimbang. Jakarta Kementeri Kesehat RI . 2014;44. gizi.depkes.go.id – Diakses Oktober 2017
43. Harinsyah, Tambunan V. Angka Kecukupan Energi, Protein, Lemak dan Serat Makanan. In: *Ketahanan Pangan dan Gizi di Era Otonomi Daerah dan Globalisasi*. Jakarta: LIPI; 2004. p. 317–29.
44. Martianto D, Ariani M. Analisis Perubahan Konsumsi dan Pola Konsumsi pangan Masyarakat dalam dekade terakhir. In: *Ketahanan Pangan dan Gizi di Era Otonomi Daerah dan Globalisasi*. Jakarta: LIPI; 2004. p. 183–207.
45. Sunarti, Iwangsiyah S. Pengetahuan gizi, sikap dan pola makan dengan profil lipid darah pada pegawai rumah sakit mata cicendo bandung. *Pengetah gizi, sikap dan pola makan dengan profil lipid darah pada pegawai rumah sakit mata cicendo bandung*. 2010;2(April):23–32.
46. Sulastri D, Rahayuningsih S. Pola Asupan Lemak, Serat, dan Antioksidan, serta Hubungannya dengan Profil Lipid pada Laki-laki Etnik Minangkabau. *Maj Kedokt Indon*. 2005;55(2):61–6.
47. Norata GD, Catapano AL. Molecular mechanisms responsible for the antiinflammatory and protective effect of HDL on the endothelium. *Vasc Health Risk Manag*. 2005;1(2):119–29.
48. Rustika. Asupan asam lemak jenuh dari makanan gorengan dan risikonya terhadap kadar lipid plasma pada kelompok usia dewasa. [Disertasi]. Jakarta: 2005. Jakarta, Universitas Indones. 2005;38.
49. WHO (World Health Organization). Interim Summary of Conclusions and Dietary Recommendations on Total Fat & Fatty Acids Summary of Total Fat and Fatty Acid Requirements for Adults , Infants (0-24 months) and Children(2-18years).WHO Geneva.2008.
http://www.who.int/nutrition/topics/FFA_summary_rec_conclusion.pdf - Diakses Oktober 2017
50. Yuliantini E, Sari AP, Nur E. Hubungan Asupan Energi, Lemak dan Serat dengan Rasio Kadar Kolesterol Total-HDL. 2015;38(2):139–47.
51. Abdullah. Pengaruh Gorengan Dan Intensitas Penggorengan Terhadap Kualitas Minyak Goreng. 2007;6(2).
52. Panza F, Solfrizzi V, Colacicco A, D’Introno A, Capurso C, Torres F, et al. Mediterranean diet and cognitive decline. *Public Health Nutr* . 2004;7(7):959–63.
53. Utami YM, Rosdiana D, Ernalina Y. Gambaran Asupan Gizi pada Penderita Sindrom Metabolik di RW 04 Kelurahan Sidomulyo Barat Kecamatan Tampan Kota Pekanbaru. *Fak Kedokt Univ Riau*. 2014;1(2).

54. Dilla C. Faktor-Faktor Yang Berhubungan Dengan Kejadian Obesitas Pada Pekerja Onshore Pria Perusahaan Migas X Di Kalimantan Timur Tahun 2008. *J Kesehat Masy Nas*. 2011;6(3).
55. Garneau V, Rudkowska I, Paradis A, Godin G, Julien P, Pérusse L, et al. Omega-3 fatty acids status in human subjects estimated using a food frequency questionnaire and plasma phospholipids levels. *Garneau al Nutr J* . 2012;11(1):1.
56. Hatma RD. Lipid profiles among diverse ethnic groups in Indonesia. *Acta Med Indones*. 2011;43:4–11.
57. Listiana L, Purbosari TY. Kadar Kolesterol Total Pada Usia 25-60. 2000;36–40.
58. Purwastyastuti, Kamso S, Suyatna FD. Lipid peroxides level in the Indonesian elderly. *Med J Indones*. 2005;14(2):71–7.
59. Holzer M, Trieb M, Konya V, Wadsack Ch, Heinemann A, Marsche G. Aging Affects High-Density Lipoprotein composition and function. *Biochim Biophys Acta*. 2013;1831(9):1442–1448.
60. Roh E, Ko S, Kwon H, Kim NH, Kim JH, Kim CS, et al. Prevalence and Management of Dyslipidemia in Korea : Korea National Health and Nutrition Examination Survey during 1998 to 2010. 2013;433–49.
61. Caggiula AW, Mustad VA. Effects of dietary fat and fatty acids on coronary artery disease risk and total and lipoproteincholesterol concentrations : epidemiologic. *Am J Gun Nutr*. 1997;65:1597s–610s.
62. Schwingshackl L, Hoffmann G. Monounsaturated fatty acids and risk of cardiovascular disease: Synopsis of the evidence available from systematic reviews and meta-analyses. *Nutrients*. 2012;4(12):1989–2007.
63. Harold E Bays; Ann P Tighe; Richard Sadovsky; Michael H Davidson. Prescription Omega-3 Fatty Acids and Their Lipid Effects: Physiologic Mechanisms of Action and Clinical Implications. *Expert Rev Cardiovasc Ther*. 2008;6(3):391–409.
64. Tsalissavrina I, Wahono D, Handayani D. Pengaruh Pemberian Tinggi Karbohidrat dibandingkan diet tinggi lemak terhadap kadar trigliserida dan HDL Darah pada Rattus novvergicus galur wistar. *J Kedokt Brawijaya*. 2006;XXII(2).
65. Yanai H, Katsuyama H, Hamasaki H, Abe S, Tada N, Sako A. Effects of Dietary Fat Intake on HDL Metabolism. *J Clin Med Res* . 2015;7(3):145–9.
66. Goh YK, Jumpson JA, Ryan EA CM. Effect of omega 3 fatty acid on plasma lipids, cholesterol and lipoprotein fatty acid content in NIDDM patients. *Diabetologia*. 1997;40(1):45–52.
67. Briggs M, Petersen K, Kris-Etherton P. Saturated Fatty Acids and Cardiovascular Disease: Replacements for Saturated Fat to Reduce Cardiovascular Risk. *Healthcare* .2017;5(2):29.
68. Kurniawati F khusnul. Hubungan konsumsi lemak dan aktivitas fisik dengan kadar kolesterol darah dan kadar LDL pada pasein penyakit jantung koroner rawat jalan di rumah sakit umum daerah Dr. Moewardi. Univ Muhammadiyah Surakarta. 2015;