

## DAFTAR PUSTAKA

- Akrom, Harjanti, P.D, Armansyah, T.2014. Hypoglicemia Effect Of Sweet Potatos (*Ipomoea Batatas P*) Root Ethanolic Extract In Aloxan Induced Swiss Mice. *Pharmaçiana* 1 : 65-76
- Alatrach M, Agyin C, Adams J, DeFronzo RA, Abdul-Ghani MA. 2017. Decreased Basal Hepatic Glucose Uptake in Impaired Fasting Glucose. *Diabetologia*. Jul;60(7) : 1325-32
- Almatsier, Sunita. 2013. Penuntun Diet Edisi Baru.PT Gramedia Pustaka Utama. Jakarta
- Arasj F, Nur H, Oenzil F. 2014. Pengaruh Pemberian Pati Bengkuang Terhadap Penurunan Kadar Gula Darah Tikus Putih Diabetes. *Jurnal Ilmu Kesehatan 'Afiyah* 1(2): 1-5.
- Aronoff, S.L., Berhowitz, K., Shreiner B., Want L. 2004. metabolism and regulation insulin and glucagon. *Diabetes Spectrum*.17(3): 183-190.
- Astawan, M dan Tutik, W. 2012. Diet sehat dengan makanan Berserat.Edisi 5.Tiga serangkai. Solo
- Badan Penelitian dan Pengembangan Kesehatan Kementerian Kesehatan RI. Riset Kesehatan Dasar.2013. <http://depkes.go.id/resources/download/general/Hasil%20Risksdas%20202013.pdf>. Diakses 1 Oktober 2019.
- Berata IK, Winaya IBO, Adi AAAM, Adnyana IBW. 2011. *Patologi Veteriner Umum*. Swasta Nulus. Denpasar
- Bonsu NK, Johnson CS, McLeod KM. 2011. Can dietary fructans lower serum glucose?.*Journal Diabetes* 3: 58-66.
- Bray, Lloyd L., Leslie W. Rue. 2000. *Human Resource Management*. McGraw-Hill. Boston
- Buraerah, Hakim. 2010. Analisis Faktor Risiko Diabetes Mellitus tipe 2 di Puskesmas Tanrutedong, Sidenreg Rappan,. *Jurnal Ilmiah Nasional*. Available from :<http://lib.atmajaya.ac.id/default.aspx?tabID=61&src=a&id=186192>. Diakses pada tanggal: 8 November 2019
- Chandra, A.H Rosyidi. 2012. Efek ekstrak daun insulin (*Smallanthus sonchifolia*) terhadap kadar glukosa darah, berat badan, dan kadar trigliserida pada tikus diabetes strain *Sprague dawley* yang diinduksi aloksan. Fakultas kedokteran dan ilmu kesehatan.Universitas Islam Negeri Syarif Hidayatullah. Jakarta.
- Corwin Elizabeth J. 2009. *Pankreas dan Diabetes Mellitus*. Dalam : Buku *SakuFisiologi*. edisi 3.EGC. Jakarta
- Cryer, P.E. 2002. Hipoglikemia faktor pembatas diabetes Tipe I dan Tipe II.*Diabetologia*.45(7).937-948.
- Damayanti, K. 2010. *Pembuatan Tepung Bengkuang dengan Kajian Konsentrasi Natrium Metabisulfat (Na2S2O2) dan Lama Perendaman*.Skripsi.Program Studi Teknologi Pangan. Universitas Pembangunan Nasional. Surabaya.
- Diza, Y.H, Wahyuningsih, T., Hermianti, W.2016. *Penentuan Jumlah Bakteri AsamLaktat (Bal) Dan Cemaran Mikroba Patogen Pada Yoghurt Bengkuang Selama Penyimpanan*.

- Donath, M.C., Desiree, M.S., Mirjam, F., Helga, E., Aurel, P., dan Ehses, J.A. 2008. Islet Inflammation in Type 2 Diabetes From Metabolic Stress to Therapy. *Diabetes Care American Diabetes Association*, 3(2) : 161-164.
- Edem, D.O. 2009. Hypoglycemic Effects of Ethanolic Extracts of Aligator Pear Seed (*Persea Americana Mill*) in Rats, *European Journal of ScientificResearch*, 33(4): 669-678.
- Edgerton DS, Kraft G, Smith M, Farmer B, Williams PE, Coate KC, et al. 2017. Insulin's direct hepatic effect explains the inhibition of glucose production caused by insulin secretion. Cited 2020 Juni 19. Available from :<https://insight.jci.org/articles/view/91863>
- Fadhilah, Q. 2019. Pengaruh Serat Umbi Bengkuang (*Pachyrhizus erosus L.*) Terhadap Perkembangan Obesitas Pada Mencit Putih Jantan (*Mus Musculus L.*) Yang Diberi Pakan Berlemak Tinggi.Biologi.Skripsi Sarjana Biologi Fakultas Matematika dan Ilmu Pengetahuan Alam. Universitas Andalas. Padang
- Faerch K, Borch-Johnsen K, Holst JJ, Vaag A. 2009. Pathophysiology and aetiology of impaired fasting Glycaemia and impaires glucose Tolerance: Does it Matter for Prevention and Treatment of Type 2 Diabetes? *Diabetologia*.
- Feri, K. 2010. *Mengenal Serat Pangan*.<http://itp.fateta.ipb.ac.id>. Diakses pada tanggal 21 September 2019.
- Fitriana. 2016 .*Cara ampuh Tumpas Diabetes*.Medika.Yogyakarta.
- Georgewill, U.O., Georgewill, O.A. 2009. Effect of extract of *Pseudocedrelakotschyii* on blood glucoseconcentration of aloxan induced diabetic albino rats, *Eastern Journal of Medicine*, 1: 17-19.
- Girard J. 2006. The inhibitory Effects of Insulin On Hepatic Glucose Production Are Both Direct and Indirect. *Diabetes*.Dec 1;55 (supplement 2) : S65-9
- Goyal A, Singh S, Tandon N, Gupta N, Gupta YK. 2014. Effect of atorvastatin on pancreatic beta-cell function and insulin resistance in type 2 diabetes mellitus patients: a randomized pilot study. *Can J Diabetes* 38: 466–472.
- Grandinetti A, Kaholokula JK, AG Theriault, Mor JM, Chang HK, Waslien C. 2007. Prevalensi diabetes dan intoleransi glukosa dalam komunitas pedesaan Hawaii yang beragam etnis. *Ethn Dis*.17; 250–5.
- Greg M. Kowalski and Clinton R. Bruce. 2014. The regulation of glucose metabolism: implications and considerations for the assessment of glucose homeostasis in rodents. *Am J Physiol Endocrinol Metab* 307: E859–E871,
- Gropper SS, Smith JL, Groff JL. 2009. Advanced Nutrition and Human Metabolism.5th ed. *United States of America: Wadsworth*.115-16
- Guyton AC, Hall JE. Hemostasis dan pembekuan darah. Dalam: Fisiologi Kedokteran. Edisi ke-11. Jakarta: EGC; 2007. hlm. 480-91.
- Harjono, Teti E, Sunarharum WB, & Hartono. 2013. Hypoglycemic effect of biscuits containing water-soluble polysaccharides from wild yam (*Dioscorea hispida Dennts*) or lesser yam (*Dioscorea esculenta*) tubers and alginate. *Journal Int Food Res*. 20(5): 2279-2285.
- Hasibuan MS, Yasni S, Bintang M, Ranti AS. 2016. Antihyperglycemic activity of Piper crocotum leaves and Cinnamomum burmanii bark mixture extract in streptozotocin-induced diabetic rat. *J math fund Sci* 48(11):1605-1612

- Henningson, A.M., Bjork, I.M.E. dan Nyman, M.G.L. 2002. Combinations of Indigestible Carbohydrates Affect Short-Chain Fatty Acid Formation In The Hindgut of Rat. *Journal of Nutrition* 132: 3098-3104.
- Henrikson JE, Bech-Nielsen H. 2009. *Blood glucose levels*. Available from: <http://www.netdoctor.co.uk/healthadvice/facts/diabetesbloodsugar>. Diakses pada tanggal 24 Oktober 2019
- Herminingsih A., 2010. *Manfaat Serat dalam Menu makanan*. Universitas Mercu Buana. Jakarta.
- Hudak dan Gallo. *Keperawatan Kritis : Pendekatan Asuhan Holistik*. Edisi VIII. EGC. Jakarta.
- Hughes,S.R.,Qureshi, N.,Lopez-Nunez, J.C., Jones,M.A., Jarodsky, J.M.,Galindo-Lev,L.A.,Lindquist,M.R.2017.Utilization ofinulin-containingwastein industrialfermentationstoproduce biofuelsandbio-basedchemicals. *World Journal of Microbiol.and Biotech.* 33:78.
- Idris,H.,Hasyim,H.,Utama,F.2017.Analysis of Diabetes Mellitus Determinants in Indonesia:AStudy fromtheIndonesianBasicHealthResearch2013. *ActaMed Indones –Indones J Intern Med*(49)4:291–298.
- Insan Jamalul Insani. 2019. *Pengaruh Serat Bengkuang (Pachyrhizus erosus L.) Terhadap Gula Darah Dan Kinerja Insulin Serta Struktur Histologi Pankreas Pada Mencit Putih Jantan (Mus Musculus L.) Yang Diberi Pakan Berlemak Tinggi*.Biologi.Skripsi Sarjana Biologi Fakultas Matematika dan Ilmu Pengetahuan Alam. Universitas Andalas. Padang
- Internasional Diabetes Federation (IDF). 2014. *Diabetes Atlas Sixth Edition*, (online) [https://www.idf.org/sites/default/files/Atlas-poster-2014\\_EN.pdf](https://www.idf.org/sites/default/files/Atlas-poster-2014_EN.pdf). Diakses pada tanggal 1 Oktober 2019.
- Kadek Evi D.P. Dewi, Abdul Wahid Jamaluddin, Fedri Rell. 2018. Uji Aktivitas Ekstrak Etanol Kulit Pisang Mas (*Musa Acuminata* (Aa Group)) Terhadap Penurunan Kadar Glukosa Darah Mencit (*MusMusculus*) Yang Diinduksi Aloksan. *As-Syifaa Vol 10 (02) : Hal. 190-204*
- Kaempe, H. S., E. Suryanto., dan S. E. S.Kawengian. 2013. Potensi Ekstrak Fenolik Bauh Pisang Goroho (*Musa spp.*) Terhadap Gula Darah Tikus Putih (*Rattus Norvegicus*). *Chem Prog*, 6(1):6-9.
- Kamsina. 2014. Pengaruh Konsentrasi Sari Buah Dan Jenis Gula Terhadap Mutu Minuman Fungsional Dari Bengkuang (*Pachyrhizus erosus*). *Litbang Ind.* 2014;4(1):19–27.
- Kastorini CM, Panagiotakos DB. 2009. Dietary patterns and prevention of type 2 diabetes: from research to clinical practice; a systemic review. *Curr Diabetes Rev* 5: 221-227.
- Khogare DT. 2012. Effect of dietary fiber on blood lipid profile of selected respondent. UGC Major Research Project, Dept. of Home Science, Government Rajaram College, Kolhapur (MS) India. *International FoodResearch Journal* 19(1): 297-302
- Kim, S.Y, et.al. 2009. Clinical Implications of Fatty Pancreas : Correlations Between Fatty Pancreas and Metabolic Syndrome. *World J Gastroenterol*, 15(15) ; 1869-1875, ISSN 1007-9327.

- Kumalasari ID, Nishi K, Harmayani E, Raharjo S, Sugahara T. 2013. Effect of Bengkuang (*Pachyrhizus erosus*) fiber extract on murine macrophage-like J774.1 cell and mouse peritoneal macrophages. *Journal of function foods* 5 (582-58).
- Kumalasari ID, Nishi K, Harmayani E, Raharjo S, Sugahara T. 2014. Immunomodulatory activity of Bengkuang (*Pachyrhizus erosus*) fiber extract *in vitro* and *in vivo*. *Cytotechnology* 66: 75-85.
- Kumar KV, Sharief SD, Rajkumar R, Ilango B, & Sukumar E. 2010. Antidiabetic potential of Lantana aculeate root extract in aloksan-induced diabetic rats. *Int J Phytomed* 2:299-303.
- Kurniawan A, Estiasih T, & Nugrahini NIP. 2015. Mie Dari Umbi Garut (*Maranta arundinacea L.*): Kajian Pustaka. *Jurnal Pangan dan Agroindustri* 3(3):847-854
- Lanywati, E. 2001. *Diabetes Mellitus : Penyakit Kencing Manis*. Yogyakarta : Kanisius (Anggota IKAPI).
- Lestari LA, Emy H, & Yustinus M. 2017. The development of low glycemic index cookie bars from foxtail millet (*Setaria italica*), arrowroot (*Maranta arundinacea*) flour, and kidney beans (*Phaseolus vulgaris*). *J Food Sci Technol.* 54(6):1406-1413
- Lestari, P.I. 2013. Pengembangan dan validasi metode KLT densitometry untuk penetapan kadar inulin dalam ekstrak air umbi bengkuang (*Pachyrhizus erosus L.*) Fakultas Farmasi Universitas Jember.
- Li, F., Li, Q., Gao, D., Peng, Y. 2009. The optimal Extraction Parameters and Antidiabetic Activity Of Flavonoids From Ipomea Batatas Leaf, *Afr. J.Traditional*, 6 (2): 195 – 202.
- Lin, H. V., E. A. Frassetto. dan J. Kowalik Jr. 2012. Butyrate and Propionate Protect Against Diet-Induced Obesity and Regulate Gut Hormones Via Free Fatty Acid Receptor 3-Independent Mechanisms. *PLoS ONE*, vol. 7, no. 4 Article ID e35240, 2012
- Lockie, S.H. Heppner,K.M.,Chaudhary, N.Chabenne,J.R. Morgan,D.A.Veyrat DurebexC.etal. 2012. Direct control of brown adipose tissue thermogenesis by central nervous system glucagon- like peptide-1 receptor signaling. *Diabetes* 2012; 61:2753–62.
- Luka CD, Saleh B, dan Mohammad A. 2012. Effect of Aquous Extract of *Dioscorea domentorum* on some biochemical parameters in aloksan-induced diabetic rats. *Asian J. Exp. Biol. Sci.* 3(2): 450-453
- Maedler K, Spinas GA, Lehmann R, Sergeev P, Weber M, Fontana A, et al. 2001. Glucose induces beta cell apoptosis via up regulation of the Fas receptor in human islets. *Diabetes*; 50: 1683-90.
- Maejima, Y., Rita, R.S., Santoso, P., Aoyama, M., Hiraoka Y., Nishimori K., Gantulga D., Shimomura K., Yada T. 2015. Nasal Oxytocin ADiabetes Mellitus inistration Reduces Food Intake without Affecting Locomotor Activity and Glycemia with c-Fos Induction in Limited Brain Areas. *Neuroendocrinology*. 101:35–44

- Mescher, L. Anthony. 2011. *Histologi Dasar JANQUEIRA Teks & Atlas (Edisi 12)*. Penerbit Buku Kedokteran EGC. Jakarta.
- Mette Kristensen, Morten G Jensen, Julie Aarestrup, Kristina EN Petersen,Lise Søndergaard, Mette S Mikkelsen2 and Arne Astrup. 2012. Flaxseed dietaryfibers lower cholesterol and increase fecal fat excretion, but magnitude ofeffect depend on food type. *Nutrition & Metabolism*. [serial online]. Available from:URL: <http://www.nutritionandDiabetes Mellitus metabolism.com/content/9/1/8>. Diakses pada tanggal 6 November 2019.
- Murray RK. 2003. *Biokimia Klinik (4th ed)*.EGC. Jakarta.
- Naja A. 2014. Manfaat Jus Bengkuang Untuk Kesehatan Yang Luar Biasa.*Journal Litbang Industri*; 3 (1): 39-47
- National Institutes of Health Publication. 2014. [www.diabetes.niddk.nih.gov](http://www.diabetes.niddk.nih.gov). Diakses pada tanggal 26 Agustus 2019.
- Nugroho, A.E. 2006. Hewan Percobaan Diabetes Mellitus : Patologi Dan Mekanisme Aksi Diabetogenik, *Biodiversitas*, 7 (4): 378-382.
- Nursandi F, Machmudi M, Santoso U, Indratmi D. 2017.Properties of different aged jicama (*Pachyrhizus erosus*) plants.*IOP Conf Ser Earth EnvironSci*; 77:012003; <https://doi.org/10.1088/1755-1315/77/1/012003>
- Oo SS, Rao USM, Zin T. 2017. Prevalence and factors associated with obesity among adult at the kampung kolam, east coast malaysian peninsula-a cross sectional study. *Int J Pharm. Pharm Sci* ; 3(9):273-81; <https://doi.org/10.22159/ijpps.2017v9i3.16888>
- Ou S, Kwok K, Li Y, Fu L. 2001. *In vitro* study of possible role of dietary fiber in lowering postprandial serum glucose.*J Agric Food Chem* 49: 1026-1029.
- Park, CJ. & Han J.S. 2015. Hypoglycemic Effect of Jicama (*Pachyrhizus erosus*) Extract on Streptozotocin-Induced Diabetic Mice. *Prev. Nutr. FoodSci*.20(2):88-93
- Paruntu, Olga Lieke. 2012. Asupan gizi dengan pengendalian diabetes pada Diabetis tipe II Rawat Jalan di BLU Prof. Dr. R.D
- PERKENI (Perkumpulan Endokrinologi Indonesia).2015. *Konsensus Pengelolaan dan Pencegahan Diabetes Mellitus Tipe 2 di Indonesia*. Jakarta.
- PERKENI.2011. *Konsensus Nasional Penata-laksanaan DM* 2011. Available from: [perkeni.freeservers.com/kons\\_dm.html](http://perkeni.freeservers.com/kons_dm.html). Diakses pada tanggal 26 November 2019.
- Perley,M. J., & Kipnis, D.M. 1967. Plasma insulin responses to oral and intravenous glucose: Studies in normal and diabetics subjects. *J. Clin. Invest.* 46: 1954-62
- Pingitore, A.; Gonzalez-Abuin, N.; Ruz-Maldonado, I.; Huang, G.C.; Frost, G.; Persaud, S.J. 2019. Short chain fatty acids stimulate insulin secretion and reduce apoptosis in mouse and human islets in vitro: Role of free fatty acid receptor 2. *Diabetes Obes.Metab.* 21, 330–339, doi:10.1111/dom.13529.
- Puddu, A., Sanguineti, R., Montecucco, F., dan G.L. Viviani. 2014. Evidence for the Gut Microbiota Short-Chain Fatty Acids as Key Pathophysiological Molecules Improving Diabetes. *Mediators of Inflammation Volume 2014, Article ID 162021*

- Rasch, R. & Dørup, J. 1997. Quantitative morphology of rat kidney during diabetes mellitus and insulin treatment. *Diabetolog. 40*: 802-809.
- Rasmika D. 2008. Pemeriksaan kadar gula darah sewaktu pada masyarakat dusun samu mambal kabupaten Badung. Bagian Patologi Klinik Fakultas Kedokteran Udayana. Denpasar
- Rasmusson, Lars., Bidarian, Armin., Sennerby, Lars., Gareth Scott, Gareth. 2012. Pathophysiology and Treatment Options in Obstructive Sleep Apnoea: a Review of the Literature. *In Jl Clin Med. 3*: 473-84.
- Reimer RA, Grover GJ, Koetzner L, Gahler RJ, Lyon MR, Wood S. 2011. The Soluble Fiber Complex PolyGlycopleX Lowers Serum Triglycerides and Reduces Hepatic Steatosis in High-sucrose-fed Rats. Faculty of Kinesiology and Department of Biochemistry & Molecular Biology, University of Calgary, Calgary, Alberta, Canada T2N 1N4, Department of Physiology and Biophysics, Robert Wood Johnson Medical School, Piscataway, NJ 08854, USA. *Nutrition Research 31* (2011) 296–301
- Riccardi G, Rivellese A, Williams C. The Cardiovascular System. In: Gibney MJ, Macdonald IA, Roche HM, editors. 2011. *Nutrition and Metabolism*. Second Edition. United States of America: Blackwell publishing; 2011. P. 247-71.
- Ridwan, A., dan Heri, P, P. 2012. Hubungan Pengetahuan Tentang Diet Diabetes Mellitus dengan Perilaku Diet Penderita Diabetes Mellitus. *Jurnal Akper Pemenang Pare Kediri*. <http://lppm.akperpamenang.ac.id/wp-content/uploads/2015/05/0502.pdf> Diakses pada tanggal 24 Oktober 2019.
- Robbins S. *Glycemic Index (GI) Food Chart*. 2014. Available from [http://www.hflsolutions.com/healthtips/weightloss/GI\\_foodchart.pdf](http://www.hflsolutions.com/healthtips/weightloss/GI_foodchart.pdf) . Diakses pada tanggal 28 September 2019
- Rohilla, A. dan Shahjad, A., 2012. Alokan Induced Diabetes: Mechanisms and Effects. *International Journal of Research in Pharmaceutical and Biomedical Sciences*. India: Shri Gopi Chand Group of Institutions, 3: 819-823.
- Ronkainen, J., Huusko, T.J., Soininen, R., Mondini, E., Cinti, F., Makela, K.A., Kovalainen, M., Herzog, K.H., Javelin, M.R., Sebert, S., Savolainen, M.J., Salomurmi, T. 2015. Fat mass- and obesity-associated gene Fto affects the dietary response in mouse white adipose tissue. *Sci. Report. 5*: 9233.
- Santoso A. 2011. Serat Pangan (*Dietary Fiber*) dan Manfaatnya Bagi Kesehatan. *Jurnal Magistra 23(75)*: 35-40.
- Santoso P, Astri A, Resti R. 2019. Jicama (*Pachyrhizus erosus*) fiber prevents excessive blood glucose and body weight increase without affecting food intake in mice fed with high-sugar diet. *Journal Of Advanced Veterinary And Animal Research 6(2)* : 222–230.
- Saputro PS & Teti E. 2015. Pengaruh polisakarida larut air (PLA) dan serat pangan umbi-umbian terhadap glukosa darah: kajian pustaka. *Jurnal Pangan dan Agroindustri 3 (2)*: 756-762
- Saputro, PS. 2014. Efek Pemberian Mie Berbasis Umbi-umbian Lokal Inferior terhadap Kadar Glukosa Darah Tikus Wistar Jantan Hiperglikemik yang Diinduksi Aloksan Secara In vivo. Skripsi Universitas Brawijaya Malang

- Schulze MB, Schulz M, Heidemann C, Schienkiewitz A, Hoffmann K, Boeing H. 2007. Fiber and magnesium intake and incidence of type 2 diabetes: a prospective study and meta-analysis. *Arch Intern Med*; 167(9): 956–965.
- Seino Y, Ogata H, Maekawa R, Izumoto T, Iida A, Harada N, et al. 2015. Fructose induces glucose-dependent insulinotropic polypeptide, glucagon-like peptide-1 and insulin secretion, role of adenosine triphosphate. *Diabetes Investig*. 6: 522–6.
- Seino Y, Yabe D. 2013. Glucose-dependent insulinotropic polypeptide and glucagon-like peptide-1: incretin actions beyond the pancreas. *J Diabetes Investig*. 4: 108–30.
- Setyadi AW, F Junianto, Yulianti E. 2013. Pengaruh Sari Bengkuang (*Pachyrizua erosus*) Terhadap Penurunan Kolesterol pada Tikus Putih (*Rattus norvegicus*). STIKes Bhakti Mulia. Pare Kediri
- Shuxian Hu, Rei Kuwabara, Bart J. de Haan, Alexandra M. Smink and Paul de Vos. 2020. Acetate and Butyrate Improve  $\beta$ -cell Metabolism and Mitochondrial Respiration under Oxidative Stress. *International Journal of Molecular Sciences*. Int. J. Mol. Sci. 2020, 21, 1542; doi:10.3390/ijms21041542
- Slavin JL. 2008. Posisi American Dietetic Association: implikasi kesehatan dari serat makanan. *J Am Diet Assoc*. 108: 1716–31.
- Soegondo S, Soewondo P, Subekti I. 2004. Penatalaksanaan Diabetes Mellitus Terpadu. Fakultas Kedokteran Universitas Indonesia 4 th ed.
- Stanhope L.K, Schwarz M. J, Keim L. N, et al. 2009. Consuming Fructose-Sweetened, Not Glucosesweetened, Beverages Increase Visceral Adiposity And Lipids and Decrease Insulin Sensitivity In Overweight/Obsese Humans *J Clin Invest*. 119(5):1322-1334
- Suharmiati. 2003. Pengujian Bioaktivitas Anti Diabetes Mellitus Tumbuhan Obat, *Jurnal Cermin Dunia Kedokteran*, 140, 8-12.
- Suiraka IP. 2012. *Penyakit Generatif*. Nuha Medika. Yogyakarta
- Sundari E, Desfitri ER, Martynis M, Praputri E. 2014. *Identifikasi Dan Kondisi Ekstraksi Inulin Dari Umbi Dahlia Di Sumatera Barat*.
- Szkudelski, T. 2001. The Mechanism of Alloxan and Streptozotocin Action in B Cells of the Rat Pancreas, *Physiol. Res.* 50: 536-546.
- Tandra H. 2008. *Segala Sesuatu yang Harus Anda Ketahui tentang Diabetes*. PT Gramedia Pustaka Utama. Jakarta.
- Teixeria L. 2011. Regular physical exercise training assists in preventing type 2 diabetes development: focus on its antioxidant and anti-inflammatory properties. *Biomed Central Cardiovascular*. *Diabetology* 10(2);1-15.
- Torres-Villalobos G, Hamdan-Perez N, Tovar AR, Ordaz-Nava G, Torres N. 2015. Combined high-fat diet and sustained high sucrose consumption promotes NAFLD in a murine model. *Ann Hepatol*; 14(4): 540–6. Available via [http://www.annalsofhepatology.com/revista/numeros/2015/HP15414combined\\_oK%20\(F\\_190515m\)\\_PROTEGIDO.pdf](http://www.annalsofhepatology.com/revista/numeros/2015/HP15414combined_oK%20(F_190515m)_PROTEGIDO.pdf). Diakses pada tanggal 25 November 2019.

- Visuthranukul C, Pathama S, Aree P, Chandhita P, & Sirinuch C. 2015. Low-glycemic index diet may improve insulin sensitivity in obese children. *Pediatric Res.* 78(5):1-5
- Wang ZQ, Zuberi AR, Zhang XH, et al. 2007. Effects of dietary fibers on weight gain, carbohydrate metabolism, and gastric ghrelin gene expression in mice fed a high-fat diet. *Metabolism*; 56(12): 1635–1642.
- Wang, Z. Q., Yu, Y., Zhang, X.H., Floyd, E.Z., Bourdreau, A., Lian, K., Lian, K., Cefalu, W.T. 2012.Comparing the effects of nano-sized sugarcane fiber with cellulose and psyllium on hepatic.*International Journal of Nanomedicine*
- Wardhana, E., Rusmarilin, H., Yusraini, E. 2016. Pengaruh Konsentrasi Gula dan pH Terhadap Mutu Nata De Yammy dari Limbah Cair Pati Bengkuang.*Jurnal Rekayasa Pangan*
- Weickert, M.O.; Pfeiffer, A.F. 2018.Impact of dietary fiber consumption on insulin resistance and the prevention of type 2 diabetes.*J. Nutr.*, 148, 7–12, doi:10.1093/jn/nxx008.
- Williams JA. Pengaturan fungsi sel asinar di pankreas. *Curr Opin Gastroenterol.* 2010; 26 (5): 478-83. PMid: 20625287.
- Wimala M, Retaningtyas Y, Wulandari L. 2015. Penetapan Kadar Inulin dalam Ekstrak Air Umbi Bengkuang (*Pachyrhizus erosus* L.) dari Gresik Jawa Timur dengan Metode KLT Densitometri ( Inulin Determination of Yam Bean Tuber (*Pachyrhizus erosus* L.) from Gresik East Java using TLC Densitometry ). *e-Jurnal Pustaka Kesehatan*; 3(1): 61–5.
- Wolfram T, Ismail-Beigi F. 2011. Efficacy of high-fiber diets in the management of type 2 diabetes mellitus. *Endocr Pract*; 17(1): 132–142.
- World Health Organization. 2010. *Global Report on Diabetes*. WHO Library Cataloguing in Publication Data. Paris.
- Xiufen Li, Juan Guo, Kailong Ji, Ping Zhang. 2016. Bamboo shoot fiber preventsobesity in mice by modulating the gut microbiota. *Scientific Reports*.
- Yasmina AR, Probosari E. 2014. Perbedaan Kadar Glukosa Darah Puasa Sebelum dan Setelah Pemberian Sari Bengkuang (*Pachyrizus erosus*) Pada Wanita Prediabetes.*J Nutr Coll.*; 3:440–6.
- Yuniastuti A, Iswari RS, & Susanti R. 2017. *Pengembangan Pangan Fungsional Berbasis Umbi-umbian Sebagai Sumber Antioksidan Dalam Upaya Meningkatkan Derajat Kesehatan Masyarakat Memalui Pendekatan Nutrigenomik*. Laporan Penelitian. Lembaga Penelitian dan Pengabdian Kepada Masyarakat. Universitas Negeri Semarang. Semarang.
- Yuriska, A. 2009.*Efek Aloksan terhadap Kadar Glukosa Darah Tikus Wistar*. Laporan Akhir Penelitian Karya Tulis Ilmiah. Fakultas Kedokteran Universitas Diponegoro. Semarang.
- Zhang Z, Lanza E, Kris-Etherton PM, et al. 2010. A high legume low glycemic index diet improves serum lipid profiles in men. *Lipids*; 45(9): 765–775.