

DAFTAR PUSTAKA

- Amanina, A. (2015) ‘Hubungan Asupan Karbohidrat dan Serat dengan Kejadian Diabetes Melitus Tipe II di Wilayah Kerja Puskesmas Purwosari’, pp. 1–12.
- Andrikopoulos, S. *et al.* (2008) ‘Evaluating the glucose tolerance test in mice’, *AJP: Endocrinology and Metabolism*, 295(6), pp. E1323–E1332. doi: 10.1152/ajpendo.90617.2008.
- Apriliana, A. M. (2018) ‘Pengaruh Substitusi Tepung Beras Merah (*Oryza Nivara*) pada Pembuatan Cendol Tepung Hunkwe terhadap Daya Terima Konsumen’.
- Arif, A. Bin and Budiyanto, A. (2013) ‘Glicemic Index of Foods and Its Affecting Factors’, 32(2).
- Asif, H. M. *et al.* (2011) ‘Carbohydrates 1’, 1(February), pp. 1–5.
- Assidjo, E. N. (2012) ‘Quality of fermented cassava flour processed into placali’, (August). doi: 10.4314/ijbcs.v6i1.36.
- Au-yeung, F. (2016) ‘The Effect of Konjac Glucomannan Fibre Gel on Satiety and Energy Intake’.
- Babu, P. D. *et al.* (2009) ‘Brown Rice-Beyond the Color Reviving a Lost Health Food - A Review’, 2(2), pp. 67–72.
- Barnett, R. (2017) ‘Obesity’, *The Lancet*, 389(10069), p. 591. doi: 10.1016/S0140-6736(17)30273-8.
- Barret, K. E. *et al.* (2016) *Ganong's Review of Medical Physiology*.
- Behera, S. S. and Ray, R. C. (2016) ‘Konjac Glucomannan, a Promising Polysaccharide of *Amorphophallus konjac* K. Koch in Health Care’, *International Journal of Biological Macromolecules*. Elsevier B.V., 92(April 2018), pp. 942–956. doi: 10.1016/j.ijbiomac.2016.07.098.
- Bray, G. A. *et al.* (2016) ‘Management of obesity’, *The Lancet*, 387(10031), pp. 1947–1956. doi: 10.1016/S0140-6736(16)00271-3.
- Budiyati (2011) ‘Analisis Faktor Penyebab Obesitas pada Anak Usia Sekolah di SD Islam Al-Azhar 14 Kota Semarang’, pp. 1–105. Available at: http://lontar.ui.ac.id/file?file=digital/20280289-T_Budiyanti.pdf.
- Calpe, C. (2006) ‘Rice International Commodity Profile’, (December).
- Chaimum-aom, N. *et al.* (2017) ‘Toxicology and Oral Glucose Tolerance Test (OGTT) of Thai Medicinal Plant Used for Diabetes control , *Phyllanthus acidu s L . (EUPHORBIACEAE)*’, 9(1), pp. 58–61.

- Cook, M. A. and Gazmararian, J. (2018) ‘The association between long work hours and leisure-time physical activity and obesity’, *Preventive Medicine Reports*. Elsevier, 10(November 2017), pp. 271–277. doi: 10.1016/j.pmedr.2018.04.006.
- Dan Ramdath, D. (2016) ‘Glycemic Index, Glycemic Load, and Their Health Benefits’, in *Encyclopedia of Food Grains*, pp. 241–247. doi: 10.1016/B978-0-12-394437-5.00098-X.
- Dewanto, J. and Purnomo, B. H. (2009) ‘Pembuatan Konyaku Dari Umbi Iles-Iles (*Amorphophallus onchophyllus*)’.
- Dhingra, D., Michael, M. and Rajput, H. (2012) ‘Dietary fibre in foods : a review’, 49(June), pp. 255–266. doi: 10.1007/s13197-011-0365-5.
- Ekafitri, R. (2017) ‘Pati Resisten pada Beras : Jenis, Metode Peningkatan, Efek untuk Kesehatan, dan Aplikasinya Resistant Starch on Rice : Types, Enhancement Methods, Health Effects, and Its Applications’, *Pangan*, 26(3), pp. 55–70.
- Ernsberger, P. and Koletsky, R. J. (2012) ‘The Glucose Tolerance Test as a Laboratory Tool with Clinical Implications’, *Glucose Tolerance*, (4), pp. 1–12. doi: 10.5772/54785.
- Farisah, W. (2019) ‘Determination of Blood Glucose Level on Administration of Porang (*Amorphophallus oncophyllus*) Powder and Konjac (*Amorphophallus konjac*) Powder Standardizedin their Glucomannan Contentto Rats (*Rattus norvegicus*) Induced with Alloxan Monohydrate’.
- Fauziah, K. R. (2016) ‘Profil Tekanan Darah Normal Tikus Putih (*Rattus norvegicus*) Galur Wistar dan Sprague-Dawley’.
- Forsalina, F., Nocianitri, K. A. and Pratiwi, I. D. P. K. (2016) ‘Pengaruh Substitusi Terigu dengan Tepung Beras Merah (*Oryza nivara*) terhadap Karakteristik Bakpao’, *Jurnal Ilmu dan Teknologi Pangan*, 5.
- Gordon, R. (2014) ‘Measurement of Obesity in Children’, *North*, 24(December), p. 150.
- Greenwood, D. C. et al. (2013) ‘Glycemic index, glycemic load, carbohydrates, and type 2 diabetes: Systematic review and dose-response meta-analysis of prospective studies’, *Diabetes Care*, 36(12), pp. 4166–4171. doi: 10.2337/dc13-0325.
- Guyton, A. C. and Hall, J. E. (2016) *guyton and hall Textbook of Medical Physiology*. 13th editi. Edited by A. C. (University of M. M. C. Guyton.
- Harahap, H. et al. (2018) ‘Association of energy intake and physical activity with overweight among Indonesian children 6-12 years of age’, *Asia*

- Pacific Journal of Clinical Nutrition*, 27(1), pp. 211–216. doi: 10.6133/apjcn.032017.05.
- Harbuwono, D. S. et al. (2018) ‘Obesity and central obesity in Indonesia : evidence from a national health survey’, *Med J Indones*, 27(2), pp. 53–59.
- Ho, J. M. et al. (2018) ‘Acute sleep disruption- and high-fat diet-induced hypothalamic inflammation are not related to glucose tolerance in mice’, *Neurobiology of Sleep and Circadian Rhythms*. Elsevier Inc., 4(June 2017), pp. 1–9. doi: 10.1016/j.nbscr.2017.09.003.
- Hong, S. A. et al. (2018) ‘The prevalence of underweight, overweight and obesity and their related socio-demographic and lifestyle factors among adult women in Myanmar, 2015-16’, *Plos One*, 13(3), p. e0194454. doi: 10.1371/journal.pone.0194454.
- Huber, C. A. et al. (2011) ‘Obesity management and continuing medical education in primary care: results of a Swiss survey’, *BMC family practice*, 12, p. 140. doi: 10.1186/1471-2296-12-140.
- Jiang, S. et al. (2016) ‘Obesity and hypertension (Review)’, *Experimental and Therapeutic Medicine*, pp. 2395–2399. doi: 10.3892/etm.2016.3667.
- Khumaida, N. et al. (2015) ‘Cassava (Manihot esculenta Crantz .) Improvement through Gamma Irradiation’, *Italian Oral Surgery*. Elsevier Srl, 3, pp. 27–34. doi: 10.1016/j.profoo.2015.01.003.
- Kramer, C. K. et al. (2014) ‘Emerging parameters of the insulin and glucose response on the oral glucose tolerance test: Reproducibility and implications for glucose homeostasis in individuals with and without diabetes’, *Diabetes Research and Clinical Practice*. Elsevier Ireland Ltd, 105(1), pp. 88–95. doi: 10.1016/j.diabres.2014.04.023.
- Kurniasari, D. (2012) *PERBEDAAN KADAR GLUKOSA DARAH PADA TIKUS WISTAR JANTAN (Rattus norvegicus) SETELAH TERPAPAR PERBEDAAN KADAR GLUKOSA DARAH PADA TIKUS WISTAR JANTAN (Rattus norvegicus) SETELAH TERPAPAR*.
- Lee, E. B. and Mattson, M. P. (2014) ‘The neuropathology of obesity: Insights from human disease’, *Acta Neuropathologica*, 127(1), pp. 3–28. doi: 10.1007/s00401-013-1190-x.
- Lestari, D. and Kresnowati, M. T. A. P. (2019) ‘Shelf-life Evaluation of Packaged Fermented Cassava Flour’, 51(1), pp. 64–82. doi: 10.5614/j.eng.technol.sci.2019.51.1.5.
- Li, Y. O. and Komarek, A. R. (2017) ‘Dietary fibre basics : Health , nutrition , analysis , and applications’, pp. 47–59. doi: 10.1093/fqs/fyx007.

- Lund, A. *et al.* (2018) ‘The Role of Glucagon in the Pathophysiology’, 93(February), pp. 217–239. doi: 10.1016/j.mayocp.2017.12.003.
- Manzoor, M. and Raza, S. (2013) ‘Proficient Handling and Restraint of the Laboratory Animal Rat (*Rattus Norvegicus*) Facilitate Essential Biochemical and Molecular Level Studies in Biomedical Sciences’, 6(2), pp. 21–33.
- Marsh, K. *et al.* (2011) ‘Glycemic index and glycemic load of carbohydrates in the diabetes diet’, *Current Diabetes Reports*, 11(2), pp. 120–127. doi: 10.1007/s11892-010-0173-8.
- Melappa, G. (2015) *Diabetes & Metabolism A Review on Role of Plant (s) Extracts and its Diabetes & Metabolism A Review on Role of Plant (s) Extracts and its Phytochemicals for the Management of Diabetes*. doi: 10.4172/2155-6156.1000565.
- Meutia, N. (2005) ‘Peran Hormon Ghrelin Dalam Meningkatkan Nafsu Makan’, (3), pp. 1–11.
- Niland, B. and Cash, B. D. (2018) ‘Health Benefits and Adverse Effects of a Gluten-Free Diet in Non – Celiac Disease Patients’, 14(2), pp. 82–91.
- Nomiyama, J. and Oka, Y. (2012) ‘Glucose tolerance test’, *Nippon rinsho. Japanese journal of clinical medicine*, 55 Suppl 1(December), pp. 229–233. doi: 10.2337/dc12-0643.
- Nutrition, S. A. C. on (2015) *Carbohydrates and Health*. London: The Stationery Office.
- Omune, D. O., Bhattacharjee, M. and Wanjama, J. K. (2019) ‘Effect of Fermented Cassava Flour on the Physical, Chemical and Sensory Properties of Brown Bread’, 29(3), pp. 413–420.
- Osman, N. M. H., Mohd-Yusof, B. N. and Ismail, A. (2017) ‘Estimating Glycemic Index of Rice-Based Mixed Meals by Using Predicted and Adjusted Formulae’, *Rice Science*, 24(5), pp. 274–282. doi: 10.1016/j.rsci.2017.06.001.
- Panawala, L. (2017) ‘Difference Between Simple and Complex Carbohydrates Main Difference – Simple vs Complex Carbohydrates’, (October).
- Pi-Sunyer, F. X. (2002) ‘Glycemic index and disease.’, *American Journal of Clinical Nutrition*, 76(1), pp. 290S–8S. doi: 10.1093/ajcn/76/1.290S.
- Priyandari, D. D. (2018) ‘Determination of Blood Glucose Level on Administration of Glucomannan Standardized Porang’.
- Rezkia, A. (2014) ‘Perbedaan indeks glikemik beberapa menu makanan berbahan dasar nasi’, pp. 4–15.

- Roberts, R. E. and Duong, H. T. (2013) ‘Obese youths are not more likely to become depressed, but depressed youths are more likely to become obese’, *Psychological Medicine*, 43(10), pp. 2143–2151. doi: 10.1017/S0033291712002991.
- Rodwell, V. et al. (2015) *Harper’s Illustrated Biochemistry*. 30th Ed. New York : The McGraw-Hill Education.
- Samuel, V. T. and Shulman, G. I. (2016) ‘The pathogenesis of insulin resistance: Integrating signaling pathways and substrate flux’, *Journal of Clinical Investigation*, 126(1), pp. 12–22. doi: 10.1172/JCI77812.
- Saputro, P. S. and Estiasih, T. (2015) ‘Effect of Water Soluble Polysacarides and Dietary Fiber Tubers on Blood Glucose : A review’, 3(2), pp. 756–762.
- Sariningrat, N. L. P. A. P. (2016) ‘Pengaruh Densitas Makanan terhadap Pola Sekresi Ghrelin dan Rasa Lapar pada Remaja Perempuan Obesitas’, pp. 3–4.
- Septianingrum, E. and Kusbiantoro, B. (2016) ‘Review Indeks Glikemik Beras: Faktor-Faktor yang Mempengaruhi dan Keterkaitannya terhadap Kesehatan Tubuh Rice Glycemic Index: The Factors Affecting and The Impact on Human Health’, *Review Indeks Glikemik Beras ... (Elis Septianingrum Bram Kusbiantoro) Jl. Raya Tromol Pos*, 9(11), pp. 1–9.
- Sherwood, L. (2012) *Fundamental of Human Physiology*. 4th Ed.
- Silva, K. C. et al. (2016) ‘Influence of glycemic index and glycemic load of the diet on the risk of overweight and adiposity in childhood’, *Revista Paulista de Pediatria (English Edition)*. Sociedade de Pediatria de São Paulo, 34(3), pp. 293–300. doi: 10.1016/j.rppede.2015.12.009.
- Simonds, S. E., Pryor, J. T. and Cowley, M. A. (2018) ‘Repeated weight cycling in obese mice causes increased appetite and glucose intolerance’, *Physiology and Behavior*. Elsevier, 194(June 2017), pp. 184–190. doi: 10.1016/j.physbeh.2018.05.026.
- Susanti, N. (2014) ‘Suplementasi Tepung Porang (Amorphophallus muelleri blume) Sebagai Nutraceutical dalam Manajemen Diabetes Mellitus Tipe 2’, *El-hayah*, 5(1), pp. 9–16.
- Sutriningsih, A. and Ariani, N. L. (2017) ‘Efektivitas Umbi Porang (Amorphophallus oncophillus) terhadap Penurunan Kadar Glukosa Darah Penderita Diabetes Mellitus’, *Jurnal Care*, 2(1), pp. 48–58.
- Wang, J. et al. (2017) ‘Phytol increases adipocyte number and glucose tolerance through activation of PI3K/Akt signaling pathway in mice fed high-fat and high-fructose diet’, *Biochemical and Biophysical Research*

Communications. Elsevier Ltd, 489(4), pp. 432–438. doi: 10.1016/j.bbrc.2017.05.160.

WHO (2016) ‘Key facts Facts about overweight and obesity’.

Zhang, M. *et al.* (2017) ‘Cumulative increased risk of incident type 2 diabetes mellitus with increasing triglyceride glucose index in normal-weight people: The Rural Chinese Cohort Study’, *Cardiovascular Diabetology*. BioMed Central, 16(1), pp. 1–11. doi: 10.1186/s12933-017-0514-x.