

DAFTAR PUSTAKA

- Ahnen, R. T., Mottet, R., Omolo, M., & Slavin, J. (2020). Carbohydrates. In B. P. Marriott, D. F. Birt, V. A. Stallings, & A. A. Yates, *Present Knowledge in Nutrition. Volume 1: Basic Nutrition and Metabolism* (11 ed., pp. 37-50). London: Academic Press.
- Akbari, H., Akbari, A., Ghiasvand, R., Tamizifar, B., Saneei, P., Feizi, A., & Pourmasoumi, M. (2022). The Association Between Dietary Patterns and The Risk of Developing Ulcerative Colitis. *Clinical Nutrition ESPEN*, 1-21.
- Akhtar, M., Chen, Y., Ma, Z., Zhang, X., Shi, D., Khan, J. A., & Liu, H. (2022). Gut microbiota-derived short chain fatty acids are potential mediators in gut inflammation. *Animal Nutrition*, 8, 350-360.
- Algera, J. P., Demir, D., Tornblom, H., Nybacka, S., & Simren, M. (2022). Low FODMAP diet reduces gastrointestinal symptoms in irritable bowel syndrome and clinical response could be predicted by symptom severity: A randomized crossover trial. *Clinical Nutrition*, 41, 2792-2800.
- Amatullah, A., & Miro, S. (2021, Juli). Pankolitis Akibat Kolitis Ulseratif. *Health and Medical Journal*, III(2), 43-50.
- Anadon, A., Martinez-Larranaga, M. R., Ares, I., & Martinez, M. A. (2016). Prebiotics and Probiotics: An Assessment of Their Safety and Health Benefits. In R. R. Watson, & V. R. Preedy, *Probiotics, Prebiotics, and Synbiotics: Bioactive Foods in Health Promotion* (pp. 3-23). London: Academic Press.
- Anderson, R. E., Olaison, G., & Tysk, C. (2001). Appendectomy and Protection Against Ulcerative Colitis. *N Engl J Med*, 808-814.
- Anwar, C. R. (2016, Desember). Fast Food: Gaya Hidup dan Promosi Makanan Siap Saji. *Jurnal Etnosia*, 1(2), 54-65.
- Argollo, M., Fiorino, M., Hindryckx, P., Peyrin-Biroulet, L., & Danese, S. (2017). Novel therapeutic targets for inflammatory bowel disease. *J. Autoimmun*, 103-116.
- Armstrong, H., Bording-Jorgensen, M., Santer, D., Zhang, Z., Valcheva, R., Rieger, A., . . . al, e. (2023). Unfermented β -fructan Fibers Fuel Inflammation in Select Inflammatory Bowel Disease Patients. *Gastroenterology*, 164, 228-240.
- Astuti, A. T., & Septriana. (2018). Asupan energi, zat gizi makro, dan zat gizi mikro pada pasien hemodialisis di RSUD Panembahan Senopati Bantul. *Nutrisia*, 20(2), 45-52.
- Austin, G. L., Dalton, C. B., Hu, Y., Morris, C. B., Hankins, J., Weinland, S. R., . . . Drossman, D. A. (2009). A very low-carbohydrate diet improves symptoms and quality of life in diarrhea-predominant irritable bowel syndrome. *Clinical Gastroenterology and Hepatology*, 706-708.
- Baliwati, F. Y. (2004). *Pengantar Pangan dan Gizi*. Jakarta: Penebar Swadaya.
- Barbara, G., Cremon, C., Bellini, M., Corsetti, M., Nardo, G., Falangone, F., . . . Marasco, G. (2023). Italian guidelines for the management of irritable bowel. *Digestive and Liver Disease*, 55, 187-207.

- Basson, A. R., Chen, C., Sagl, F., Trotter, A., Bederman, I., Gomez-Nguyen, A., . . . Rodriguez-Palacios, A. (2021). Regulation of Intestinal Inflammation by Dietary Fats. *Frontiers in Immunology*, 11.
- Belizario, J., & Napolitano, M. (2015). Human microbiomes and their roles in dysbiosis, common diseases, and novel therapeutic approaches. *Front. Microbiol*, 6. doi:<https://doi.org/10.3389/fmicb.2015.01050>
- Berg, A. (1986). *Faktor Gizi*. Jakarta: Sedia Utama.
- Berkes, J., Viswanathan, V. K., Savkovic, S. D., & Hecht, G. (2003). Intestinal epithelial responses to enteric pathogens: effects on the tight junction barrier, ion transport, and inflammation. *Gut*, 52, 439-451.
- Blanco, A., & Blanco, G. (2017). *Medical Biochemistry*. Academic Press: Cambridge.
- Blanco, A., & Blanco, G. (2017). *Medical Biochemistry*. London: Academic Press.
- Bond, J. H., & Levitt, M. D. (1976). Fate of soluble carbohydrate in the colon of rats and man. *J Clin Invest*, 57, 1158-1164.
- Brown, K., DeCoffe, D., Molcan, E., & Gibson, D. L. (2012). Diet-Induced Dysbiosis of the Intestinal Microbiota and the Effects on Immunity and Disease. *Nutrients*, 4(8), 1095-1119.
- Bruewer, M., Samarin, S., & Nusrat, A. (2006). Inflammatory bowel disease and the apical junctional complex. *Ann. N. Y. Acad. Sci*, 242-251.
- Bruner, S., & Jobin, C. (2016). Intestinal Microbiota in Inflammatory Bowel Disease and Carcinogenesis: Implication for Therapeutics. *Clin. Pharmacol. Ther*, 99(6), 585-587.
- Caldarella, M. P., Milano, A., Laterza, F., Sacco, F., Balatsinou, C., Lapenna, D., . . . Neri, M. (2005). Visceral Sensitivity and Symptoms in Patients with Constipation- or Diarrhea-predominant Irritable Bowel Syndrome (IBS). *American Journal of Gastroenterology*, 2, 383-389.
- Calder, P. C. (2013). Omega-6 and Omega-3 Polyunsaturated Fatty Acids and Inflammatory Bowel Diseases. In R. R. Watson, & V. R. Preedy, *Bioactive Food as Dietary Interventions for Liver and Gastrointestinal Disease* (pp. 55-79). Cambridge: Academic Press.
- Capili, B., Anastasi, J. K., & Chang, M. (2016). Addressing the Role of Food in Irritable Bowel Syndrome Symptom Management. *The Journal for Nurse Practitioners*, 12(5), 324-329.
- Carding, S., Verbeke, K., Vipond, D., Coref, B., & Owen, L. (2015). Dysbiosis of the gut microbiota in disease. *Micron. Ecol. Health Dis*, 26. doi:<https://doi.org/10.3402/mehd.v26.26191>
- Carey, R., Jurickova, I., Ballard, E., Bonkowski, E., Han, X., Xu, H., & Denson, L. A. (2008). Activation of an IL-6:STAT3-dependent transcriptome in pediatric-onset inflammatory bowel disease. *Inflammatory Bowel Diseases*, 14(4), 446-457.
- Carson, J., Lichtenstein, A., Anderson, C., Appel, L., Kris-Etherton, P., Meyer, K., . . . Horn, L. (2020). Dietary Cholesterol and Cardiovascular Risk: A Science Advisory From the American Heart Association. *Circulation*, 141, 39-53.

- Chan, S. S., Luben, R., van Schaik, F., Oldenburg, B., Bueno-de-Mesquita, H. B., Hallmans, G., & al, e. (2014). Carbohydrate intake in the etiology of Crohn's disease and ulcerative colitis. *Inflammatory Bowel Disease*, 20, 2013-2021.
- Chen, C., Jin, D., Ouyang, X., Zhao, L., Qiu, X., & Wang, F. (2018). Effect of structural characteristics on the depolymerization of lignin into phenolic monomers. *Fuel*, 223, 366-372.
- Chen, Z., Wang, P. P., Woodrow, J., Zhu, Y., B., R., McLaughlin, J. R., & Parfrey, P. S. (2015). Dietary patterns and colorectal cancer: results from a Canadian population-based study. *Nutr. J.*, 14, 8-15.
- Chua, C. S., Huang, S.-Y., Cheng, C.-W., Bai, C.-H., Hsu, C.-Y., Chiu, H.-W., & Hsu, J.-L. (2017). Fatty acid components in Asian female patients with irritable bowel syndrome. *Medicine (Baltimore)*, 96(49).
- Chutkan, R., Fahey, G., Wright, W. L., & McRorie, J. (2012). Viscous versus nonviscous soluble fiber supplements: mechanisms and evidence for fiber-specific health benefits. *J Am Acad Nurse Pract*, 24, 476-487.
- Clarke, G., Fitzgerald, P., Hennessy, A. A., Cassidy, E. M., Quigley, E. M., Ross, P., . . . Dinan, T. G. (2010). Marked elevations in pro-inflammatory polyunsaturated fatty acid metabolites in females with irritable bowel syndrome. *Journal of Lipid Research*, 51, 186-192.
- Codex Alimentarius. (2009, November 2-9). *Report of the 31st session of the codex committee on nutrition and foods for special dietary uses*. Dusseldorf, Germany.
- Coffey, J. C., & O'Leary, D. P. (2016). The mesenter: structure, function, and role in disease. *Lancet Gastroenterol Hepatol*, 1, 238-247.
- Conrad, K., Roggenbuck, D., & Laass, M. W. (2014). Diagnosis and Classification of Ulcerative Colitis. *Autoimmunity Reviews*, 463-466.
- Cresci, G. A. (2018). Gut Microbiome. In M. L. Corrigan, K. Roberts, & E. Steiger (Eds.), *Adult Short Bowel Syndrome* (pp. 45-54). Cambridge: Academic Press.
- Cruz, R. M., Escobedo-Garcia, S., Salas-Tovar, J. A., Mora-Cura, Y., Chavez-Gonzalez, M. L., Castillo-Reyes, F., . . . Rodriguez-Herrera, R. (2019). Definitions and Regulatory Perspectives of Dietary Fibers. In C. M. Galanakis, *Dietary Fiber: Properties, Recovery, and Applications* (pp. 1-25). Cambridge: Academic Press.
- Cummings, J. H., & Macfarlane, G. T. (1991). The control and consequences of bacterial fermentation in the human colon. *J. Appl. Bacteriol*, 70, 443-459.
- Cundra, L., Saadeh, M., Vallabhaneni, M., Houston, K., D'Souza, S., & Johnson, D. A. (2022). Dietary Modulation of the Gut Microbiome in Inflammatory Bowel Disease. *Recent Progress in Nutrition*, 2(3).
- Dave, J. S. (2009). Inflammatory bowel disease. *Point Inst. Stand*, 9, 1-8.
- Day, A. S., Davis, R., Costello, S. P., Yao, C. K., Andrews, J. M., & Bryant, R. V. (2021). The Adequacy of Habitual Dietary Fiber Intake in Individuals With Inflammatory Bowel Disease: A Systematic Review. *Journal of The Academy of Nutrition and Dietetics*, 121(4), 688-708.

- Deng, C., Yang, X., Wang, Y., Gu, X., Zhou, J., & Xu, H. (2001). Preparation and antioxidative activities of the sulfated Hunai polysaccharide. *Chinese Journal of Biochemical Pharmaceutics*, 1-4.
- Dhaka, V., Gulia, N., Ahlawat, K. S., & Khatkar, B. S. (2011). Trans fats-sources, health risk and alternative approach - A review. *Journal of Food Science and Technology*, 48(5), 534-541.
- Dimidi, E., Christodoulides, S., Scott, S. M., & Whelan, K. (2017). Mechanisms of Action of Probiotics and the Gastrointestinal Microbiota on Gut Motility and Constipation. *Advances in Nutrition*, 8(3), 484-494.
- Du, L., & Ha, C. (2020). Epidemiology and Pathogenesis of Ulcerative Colitis. *Gastroenterol Clin*, 643-654.
- El-Salhy, M., Ystad, S. O., Mazzawi, T., & Gundersen, D. (2017). Dietary fiber in irritable bowel syndrome (Review). *International Journal of Molecular Medicine*, 40(3), 607-613.
- Fantini, J., & Yahi, N. (2015). *Brain Lipids in Synaptic Function and Neurological Disease*. Cambridge: Academic Press.
- Fearon, W. R. (1940). *An Introduction to Biochemistry* (2nd ed.). Oxford: Butterworth-Heinemann.
- Feinle-Bisset, C., & Azpiroz, F. (2013). Dietary Lipids and Functional Gastrointestinal Disorders. *The American Journal of Gastroenterology*, 108, 737-747.
- Feng, C., Zhang, W., Zhang, T., Li, B., He, Q., Kwok, L.-Y., & Zhang, H. (2022). Oral administration of pasteurized probiotic fermented milk alleviates dextran sulfate sodium-induced inflammatory bowel disease in rats. *Journal of Functional Foods*, 94, 1-13.
- Ferreira, S. S., Passoe, C. P., Madureira, P., Vilanova, M., & Coimbra, M. A. (2015). Structure-function relationships of immunostimulatory polysaccharides: a review. *Carbohydr. Polym*, 378-396.
- Fichna, J. (2020). Introduction to irritable bowel syndrome: General overview and epidemiology. In J. Fichna, *A Comprehensive Overview of Irritable Bowel Syndrome: Clinical and Basic Science Aspects* (pp. 1-7). Cambridge: Academic Press.
- Fond, G., Boukouaci, W., Chevalier, G., Regnault, A., Eberl, G., Hamdani, N., & al, e. (2015). The "psychomicrobiotic": targeting microbiota in major psychiatric disorders: a systematic review. *Pathol Biol*, 63(1), 35-42. doi:<https://doi.org/10.1016/j.patbio.2014.10.003>
- Food and Agriculture Organization of the United Nations. (2010). Fats and fatty acids in human nutrition: Report of an expert consultation. *FAO Food and Nutrition Paper*, 91.
- Frolkis, A., Dieleman, L. A., Barkema, H., Panaccione, R., Ghosh, S., Fedorak, R. N., . . . Kaplan, G. G. (2013). Environment and the inflammatory bowel disease. *Can. J. Gastroenterol. J. Can. De. Gastroenterol*, 27, 18-24.
- Fujimori, S., Gudis, K., Mitsui, K., Seo, T., Yonezawa, M., Tanaka, S., . . . Sakamoto, C. (2009). A randomized controlled trial on the efficacy of synbiotic versus probiotic or prebiotic treatment to improve the quality of life in patients with ulcerative colitis. *Nutrition*, 25, 520-525.

- Fuss, I. J., & Strober, W. (2015). Ulcerative Colitis. In J. Mestecky, W. Strober, M. W. Russel, B. L. Kelsall, H. Cheroutre, & B. N. Lambrecht (Eds.), *Mucosal Immunology (Fourth Edition)* (Vol. 2, pp. 1573-1612). Cambridge: Academic Press.
- Gajendran, M., Loganathan, P., Jimenez, G., Catinella, A. P., Ng, N., Umapathy, C., & al, e. (2019). A Comprehensive Review and Update on Ulcerative Colitis. *Dis Mon.*
- Garcia, K., Ferreira, G., Reis, F., & Viana, S. (2022). Impact of dietary sugars on gut microbiota and metabolic health. *diabetology*, 3, 549-560.
- Gearry, R. B., Irving, P. M., Barrett, J. S., Nathan, D. M., Shepherd, S. J., & Gibson, P. R. (2009). Reduction of dietary poorly absorbed short-chain carbohydrates (FODMAPs) improves abdominal symptoms in patients with inflammatory bowel disease - a pilot study. *Journal of Crohn's and Colitis*, 3, 8-14.
- Gibson, G., Hutkins, R., Sanders, M. E., Prescott, S., Reimer, R., Salminen, S., . . . Reid, G. (2017). The international scientific association for probiotics and prebiotics (ISAPP) consensus statement on the definition and scope of prebiotics. *Nat. Rev. Gastroenterol. Hepatol*, 491-502.
- Gou, Y., Sun, J., Liu, J., Chen, H., Kan, J., Qian, C., & Jin, C. (2019). Structural characterization of a water-soluble purple sweet potato polysaccharide and its effect on intestinal inflammation in mice. *Journal of Functional Foods*, 61.
- Gu, J., & Roberts, K. (2019). Probiotics and Prebiotics. In M. L. Corrigan, K. Roberts, & E. Steiger, *Adult Short Bowel Syndrome: Nutritional, Medical, and Surgical Management* (pp. 67-80). London: Academic Press.
- Gu, J., Xiao, Y., Shu, D., Liang, X., Hu, X., Xie, Y., . . . Li, H. (2019). Metabolomics Analysis in Serum from Patients with Colorectal Polyp and Colorectal Cancer by 1H-NMR Spectrometry. *Dis. Markers*, 1-14.
- Hamed, I., Ozogul, F., & Regenstein, J. M. (2016). Industrial applications of crustacean by-products (chitin, chitosan, and chitooligosaccharides): a review. *Trends in Food Science & Technology*, 48, 40-50.
- Hardinsyah, & Briawan, D. (2005). *Penilaian dan Perencanaan Konsumsi Pangan. Gizi Masyarakat dan Sumber Berdaya Keluarga*. Bogor: Fakultas Pertanian IPB.
- Hardinsyah, Riyadi, H., & Napitupulu, V. (2012). *Kecukupan Energi, Protein, Lemak, dan Karbohidrat*. Bogor: Departemen Gizi Masyarakat FEMA IPB dan Badan Litbangkes Kemenkes RI.
- Healey, G. R., Tsai, K., Schick, A., Lisko, D. J., Cook, L., Vallance, B. A., & Jacobson, K. (2021). Prebiotic Enriched Exclusive Enteral Nutrition Suppresses Colitis via Gut Microbiome Modulation and Expansion of Anti-inflammatory T Cells in a Mouse Model of Colitis. *Cellular and Molecular Gastroenterology and Hepatology*, 12(4), 1251-1266.
- Hering, N. A., Fromm, M., & Schulzke, J. D. (2012). Determinants of colonic barrier function in inflammatory bowel disease and potential therapeutic. *J. Physiol*, 590, 1035-1044.

- Hernandez-Hernandez, O., Muthaiyan, A., Moreno, F. J., Montilla, A., Sanz, M. L., & Ricke, S. C. (2012). Effect of Prebiotic Carbohydrates on The Growth and Tolerance of Lactobacillus. *Food Microbiol*, 30(2), 355-361.
- Hugot, J. P., Chamaillard, M., Zouali, H., Lesage, S., Cezard, J. P., Belaiche, J., . . . et, a. (2001). Association of NOD2 leucine-rich repeat variants with susceptibility to Crohn's disease. *Nature*, 411, 599-603.
- Irwan. (2017). *Etika dan Perilaku Kesehatan*. Yogyakarta: Absolute Media.
- Jess, T., Rungoe, C., & Peyrin-Biroulet, L. (2012). Risk of Colorectal Cancer in Patients with Ulcerative Colitis: A Meta-analysis of Population-based Cohort Studies. *Clin Gastroenterol Hepatol*, 639-645.
- Jezernik, G., & Potocnik, U. (2018). Comprehensive genetic study of fatty acids helps explain the role of noncoding inflammatory bowel disease associated SNPs and fatty acid metabolism in disease pathogenesis. *Prostaglandins, Leukotrienes and Essential Fatty Acids*, 130, 1-10.
- Jia, W., Liang, H., Wang, L., Sun, M., Xie, X., Gao, J., . . . Ma, Y. (2022). Associations between Abnormal Eating Styles and Irritable Bowel Syndrome: A Cross-Sectional Study among Medical School Students. *Nutrients*, 14, 1-11.
- Jiang, Y., Zhang, Z.-G., Qi, F.-X., Zhang, Y., & Han, T. (2016). Comparison of maintenance effect of probiotics and aminosaclylates on ulcerative colitis: A meta-analysis of randomized controlled trials. *Chronic Diseases and Translational Medicine*, 2, 34-41.
- Jimenez, J. A., Uwiera, T. C., Abbott, D. W., Uwiera, R. R., & Inglis, G. D. (2016). Impacts of resistant starch and wheat bran consumption on enteric inflammation in relation to colonic bacterial community structures and short-chain fatty acid concentrations in mice. *Gut Pathogens*, 8(1).
- Kaneko, J. J., Harvey, J. W., & Bruss, M. L. (2008). *Clinical Biochemistry of Domestic Animals* (6th ed.). Cambridge: Academic Press.
- Kashtanova, D. A., Popenko, A. S., N., T. O., Tyakht, A. B., Alexeev, D. G., & Boytsov, S. A. (2016). Association Between The Gut Microbiota and Diet: Fetal Life, Early Childhood, and Further Life. *Nutrition*, 32(6), 620-627.
- Khademi, Z., Milajerdi, A., Larijani, B., & Esmailzadeh, A. (2021). Dietary Intake of Total Carbohydrates, Sugar and Sugar-Sweetened Beverages, and Risk of Inflammatory Bowel Disease: A Systematic Review and Meta-Analysis of Prospective Cohort Studies. *Frontiers in Nutrition*, 8.
- Kian, L. K., Jawaid, M., Arrifin, H., & Karim, Z. (2018). Isolation and characterization of nanocrystalline cellulose from roselle-derived microcrystalline cellulose. *International Journal of Biological Macromolecules*, 114, 54-63.
- Kingsley, M., & Moshiree, B. (2020). Irritable Bowel Syndrome. In S. S. Rao, Y. Y. Lee, & U. C. Ghoshal, *Clinical and Basic Neurogastroenterology and Motility* (pp. 421-434). Cambridge: Academic Press.
- Kobayashi, M., Kweon, M. N., Kuwata, H., Schreiber, R. D., Kiyono, H., Takeda, K., & Akira, S. (2003). Toll-like receptor-dependent production of IL-12p40 causes chronic enterocolitis in myeloid cell-specific Stat3-deficient mice. *J. Clin. Invest*, 111, 1297-1308.

- Kofla-Dlubacz, A., Pytrus, T., Akutko, K., Sputa-Grzegorzolka, P., Piotrowska, A., & Dziegiel, P. (2022). Etiology of IBD - Is It Still a Mystery? *International Journal of Molecular Sciences*, 23, 1-13.
- Koutroubakis, I. E., & Vlachonikolis, I. G. (2000). Appendectomy and The Development of Ulcerative Colitis: Results of a Metaanalysis of Published Case-control Studies. *Am J Gastroenterol*, 171-176.
- Kris-Etherton, P. M. (1999). Monounsaturated fatty acids and risk of cardiovascular disease. *Circulation*, 100, 1253-1258.
- Kumar, M., Nagpal, R., Hemalatha, R., Yadav, H., & Marotta, F. (2016). Probiotics and prebiotics for promoting health: through gut microbiota. In R. R. Watson, & V. R. Preedy, *Probiotics, Prebiotics, and Synbiotics Bioactive Foods in Health Promotion* (pp. 77-85). London: Academic Press.
- Kumari, R., Singh, A., Yadav, A. N., Mishra, S., Sachan, A., & Sachan, S. G. (2020). Probiotics, prebiotics, and synbiotics: Current status and future uses for human health. In A. A. Rastegari, A. N. Yadav, & N. Yadav, *New and Future Developments in Microbial Biotechnology and Bioengineering* (pp. 173-190). Amsterdam: Elsevier.
- Lakatos, P. L., & Lakatos, L. (2008). Risk of Colorectal Cancer in Ulcerative Colitis: Changes, Causes, and Management Strategies. *World J Gastroenterol*, 3937-3947.
- Lakatos, P. L., Szamosi, T., & Lakatos, L. (2007). Smoking in inflammatory bowel diseases: good, bad, or ugly? *World J. Gastroenterol*, 13, 6134-6139.
- Langlands, S. J., Hopkins, M. J., Coleman, N., & Cummings, J. H. (2004). Prebiotic Carbohydrates Modify The Mucosa Associated Microflora of The Human Large Bowel. *Gut*, 53(11), 1610-1616.
- Lathrop, S. K., Bloom, S. M., & Rao, S. M. (2011). Peripheral Education of The Immune System by Colonic Commensal Microbiota. *Nature*, 250-254.
- Lee, J.-E., Kim, K. S., Koh, H., Lee, D.-W., & Kang, N. J. (2022). Diet-Induced Host-Microbe Interactions: Personalized Diet Strategies for Improving Inflammatory Bowel Disease. *Current Development in Nutrition*, 6(8), 1-16.
- Leong, S. Y., Duque, S. M., Abduh, S. B., & Oey, I. (2019). Carbohydrates. In F. J. Barba, J. M. Saraiva, G. Cravotto, & J. M. Lorenzo, *Innovative Thermal and Non-Thermal Processing, Bioaccessibility and Bioavailability of Nutrients and Bioactive Compounds* (pp. 171-206). Cambridge: Woodhead Publishing.
- Li, D., Liu, J. S., & Han, X. Y. (2017). Characteristics and curative effect of two strains of Lactobacillus against acute ulcerative colitis in mice. *Chinese Journal of Microecology*, 29(7), 787-790.
- Liu, H., Wang, J., He, T., Becker, S., Zhang, G., Li, D., & Ma, X. (2018). Butyrate: A Double-Edged Sword for Health? *Advances in Nutrition*, 9(1), 21-29.
- Liu, X., Wu, Y., Li, F., & Zhang, D. (2015). Dietary fiber intake reduces risk of inflammatory bowel disease: result from a meta-analysis. *Nutrition Research*, 35, 753-758.

- Liu, X., Wu, Y., Li, F., & Zhang, D. (2015). Dietary fiber intake reduces risk of inflammatory bowel disease: result from a meta-analysis. *Nutrition Research*, 35, 753-758.
- Liu, Y., Fang, H., Liu, H., Cheng, H., Pan, L., Hu, M., & Li, X. (2021). Goji berry juice fermented by probiotics attenuates dextran sodium sulfate-induced ulcerative colitis in mice. *Journal of Functional Foods*, 83, 1-11.
- Liu, Z., Tang, H., Liang, H., Bai, X., Zhang, H., Yang, H., . . . Qian, J. (2022). Dyslipidaemia Is Associated with Severe Disease Activity and Poor Prognosis in Ulcerative Colitis: A Retrospective Cohort Study in China. *Nutrients*, 14(3040), 1-12.
- Ma, X., Torbenson, M., Hamad, A., Soloski, M., & Li, Z. (2007). High-fat diet modulates non-CD1d-restricted natural killer T cells and regulatory T cells in mouse colon and exacerbates experimental colitis. *Clinical and Experimental Immunology*, 130-138.
- Ma, Z. F., & Lee, Y. Y. (2020). Chapter 7 - Small intestine anatomy and physiology. In S. S. Rao, Y. Y. Lee, & U. C. Ghoshal (Eds.), *Clinical and Basic Neurogastroenterology and Motility* (pp. 101-111). Cambridge: Academic Press.
- Mahid, S. S., Minor, K. S., & Soto, R. E. (2006). Smoking and Inflammatory Bowel Disease: A Meta-analysis. *Mayo Clin Proc*, 1462-1471.
- Maslowski, K. M., Vieira, A. T., Ng, A., Kranich, J., Sierro, F., Yu, D., . . . al, e. (2009). Regulation of inflammatory responses by gut microbiota and chemoattractant receptor GPR43. *Nature*, 1282-1286.
- McDonald, D., Hyde, E., Debelius, J. W., Morton, J. T., Gonzales, A., Ackermann, G., . . . al, e. (2018). American Gut: an open platform for citizen science microbiome research. *mSystems*, 1-18. doi:<http://dx.doi.org/10.1128/mSystems.00031-18>
- McRorie, J. W. (2019). The Physics of Fiber in the Gastrointestinal Tract: Laxation, Antidiarrheal, and Irritable Bowel Syndrome. In R. R. Watson, & V. R. Preedy, *Dietary Interventions in Gastrointestinal Diseases* (pp. 19-32). Cambridge: Academic Press.
- Megha, K. B., Joseph, X., Akhil, V., & Mohanan, P. (2021). Cascade of Immune Mechanism and Consequences of Inflammatory Disorders. *Phytomedicine*.
- Miyake, Y., Tanaka, K., Nagata, C., Furuwaka, S., Andoh, A., Yokoyama, T., . . . al, e. (2021). Dietary Intake of Vegetables, Fruit, and Antioxidants and Risk of Ulcerative Colitis: A Case-control Study in Japan. *Nutrition*, 1-6.
- Mokhtari, Z., & Hekmatdoost, A. (2019). Dietary Interventions and Inflammatory Bowel Disease. In R. R. Watson, & V. R. Preedy, *Dietary Interventions in Gastrointestinal Diseases* (pp. 33-42). Cambridge: Academic Press.
- Molodecky, N. A., Soon, I. S., Rabi, D. M., Ghali, W. A., Ferris, M., Chernoff, G., . . . Kaplan, G. G. (2012). Increasing Incidence and Prevalence of the Inflammatory Bowel Diseases With Time, Based on Systematic Review. *Gastroenterology*, 142(1), 46-54.
- Moser, A. M., Spindelboeck, W., Halwachs, B., H., S., Kump, P., Gorkiewicz, G., & al, e. (2019). Effects on oral synbiotic on the gastrointestinal immune

- system and microbiota in patients with diarrhea-predominant irritable bowel syndrome. *Eur J Nutr*, 58(7), 2767-2778.
- Mosinska, P., Tarasiuk, A., Fabisiak, A., Krajewska, J., Niewinna, K., Bartoszek, A., . . . Fichna, J. (2019). Dietary fatty acid content influences the expression of genes involved in the lipid turnover and inflammation in mouse colon and spleen. *Pharmacological Reports*, 71, 899-908.
- Mudgil, D., & Barak, S. (2013). Composition, properties and health benefits of indigestible carbohydrate polymers as dietary fiber: a review. *International Journal of Biological Macromolecules*, 61, 1-6.
- Mudgil, D., & Barak, S. (2019). Classification, Technological Properties, and Sustainable Sources. In C. M. Galanakis, *Dietary Fiber: Properties, Recovery, and Applications* (pp. 27-58). Cambridge: Academic Press.
- Mudyandono, A. F. (2013). *Pengaruh Ekstrak Larva Stadium Tiga Heligmosomoides polygyrus Terhadap Ekspresi TNF- α pada Limpa Mencit Balb/c Model Ulseratif Kolitis*. Malang: Fakultas Kedokteran Universitas Brawijaya.
- Muna, F., & Khariri. (2020). Bakteri Patogen Penyebab Foodborne Diseases. *Prosiding Seminar Nasional Biologi di Era Pandemi COVID-19*, 74-79.
- Nakarai, H., Yamashita, A., Nagayasu, S., Iwashita, M., Kumamoto, S., Ohyama, H., . . . Nishimura, F. (2012). Adipocyte-macrophage interaction may mediate LPS-induced low-grade inflammation: potential link with metabolic complications. *Innate Immun*, 18(1), 164-170.
- Neurath, M. F. (2015). Crohn's Disease. In J. Mestecky, W. Strober, M. W. Russell, B. L. Kelsall, H. Cheroutre, & B. N. Lambrecht, *Mucosal Immunology* (4th ed., pp. 1613-1635). Cambridge: Academic Press.
- Ng, S. C., Tang, W., Ching, J. Y., Wong, M., Chow, C. M., Hui, A. J., . . . Ng, K. K. (2013). Incidence and phenotype of inflammatory bowel disease based on results from the Asia-Pacific Crohn's and colitis epidemiology study. *Gastroenterology*, 145(1), 158-165.
- Ng, S., Kaplan, G., Tang, W., Banerjee, R., Adigopula, B., Underwood, F., . . . al, e. (2019). Population Density and Risk of Inflammatory Bowel Disease: A Prospective Population-Based Study in 13 Countries or Regions in Asia-Pacific. *The American Journal of Gastroenterology*, 114(1), 107-115.
- Niaz, K., Khan, F., & Shah, M. A. (2020). Chapter 18 - Analysis of Carbohydrates (Monosaccharides, Polysaccharides). In A. S. Silva, S. F. Nabavi, M. Saeedi, & S. M. Nabavi (Eds.), *Recent Advances in Natural Products Analysis* (pp. 621-633). Amsterdam: Elsevier.
- Nie, S., Cui, S. W., & Xie, M. (2017). *Chapter 1 - Introduction*. Cambridge: Academic Press.
- Nilholm, C., Larsson, E., Sonestedt, E., Roth, B., & Ohlsson, B. (2021). Assessment of a 4-Week Starch- and Sucrose-Reduced Diet and Its Effects on Gastrointestinal Symptoms and Inflammatory Parameters among Patients with Irritable Bowel Syndrome. *Nutrients*, 13(416), 1-20.
- Noble, E. E., Hsu, T. M., & Kanoski, S. E. (2017). Gut to brain dysbiosis: mechanisms linking western diet consumption, the microbiome, and cognitive impairment. *Front Behav Neurosci*, 11.

- Notoatmojo, S. (2007). *Prinsip-prinsip Dasar Ilmu Kesehatan Masyarakat*. Jakarta: Rineka Cipta.
- Orholm, M., Binder, V., & Sorensen, T. I. (2000). Concordance of Inflammatory Bowel Disease Among Danish Twins. Results of a Nationwide Study. *Scand J Gastroenterol*, 1075-1081.
- O'Riordan, K. J., Collins, M. K., Moloney, G. M., Knox, E. G., Aburto, M. R., Fulling, C., . . . Cryan, J. F. (2022). Short chain fatty acids: Microbial metabolites for gut-brain axis signalling. *Molecular and Cellular Endocrinology*, 546.
- Osuntokun, B., & Kocoshis, S. A. (2006). Anatomy and physiology of the small and large intestine. In R. Wyllie, J. S. Hyams, & M. Kay (Eds.), *Pediatric Gastrointestinal and Liver Disease (Third Edition)* (pp. 459-474). Philadelphia: Saunders. doi:<https://doi.org/10.1016/B978-0-7216-3924-6.50033-0>
- Pan, X., Yin, M., Guo, M., Niu, X., & Han, L. (2022). The latest progress of natural food polysaccharides preventing ulcerative colitis by regulating intestinal microbiota. *Journal of Functional Foods*, 96, 1-9.
- Parkes, M. (2012). The genetics universe of Crohn's disease and ulcerative colitis. *Dig. Dis*, 30, 78-81.
- Pearl, D. S., Masoodi, M., Eiden, M., Brümmer, J., Gullick, D., McKeever, T. M., . . . Trebble, T. M. (2014). Altered Colonic Mucosal Availability of n-3 and n-6 Polyunsaturated Fatty Acids in Ulcerative Colitis and The Relationship to Disease Activity. *Journal of Crohn's and Colitis*, 70-79.
- Petras, R. E., & Frankel, W. L. (2009). Large Intestine (Colon). In N. Weidner, R. J. Cote, S. Suster, & L. M. Weiss (Eds.), *Modern Surgical Pathology (Second Edition)* (pp. 755-836). Philadelphia: Saunders.
- Piotrowska, M., Binienda, A., & Fichna, J. (2021). The role of fatty acids in Crohn's disease pathophysiology - An overview. *Molecular and Cellular Endocrinology*, 538, 1-9.
- Porter, R. J., Kalla, R., & Ho, G.-T. (2020). Ulcerative Colitis: Recent Advances in the Understanding of Disease Pathogenesis. *F1000 Research*.
- Puspadewi, R. H., & Briawan, D. (2014). Persepsi Tentang Pangan Sehat, Alasan Pemilihan Pangan dan Kebiasaan Makan Sehat Pada Mahasiswa. *Jurnal Gizi Pangan*, 9(3), 211-218.
- Pyeritz, R. E. (2020). Inflammatory Bowel Disease. In R. E. Pyeritz, B. R. Korf, & W. W. Grody, *Emery and Rimoin's Principles and Practice of Medical Genetics and Genomics: Cardiovascular, Respiratory, and Gastrointestinal Disorders* (7th ed., pp. 485-505). Cambridge: Academic Press.
- Qiu, J., Ma, Y., & Qiu, J. (2022). Regulation of intestinal immunity by dietary fatty acids. *Mucosal Immunology*, 15, 846-856.
- Quezada, S. M., & Cross, R. K. (2012). Association of Age at Diagnosis and ulcerative Colitis Phenotype. *Dig Dis Sci*, 57(9), 2402-2407.
- Rachmilewitz, D., Karmeli, F., Takabayashi, K., Hayashi, T., Leider-Trejo, L., Lee, J., . . . Raz, E. (2002). Immunostimulatory DNA ameliorates experimental and spontaneous murine colitis. *Gastroenterology*, 122, 1428-1441.

- Rahmah, A. D., & Rasma, F. R. (2017). Perilaku konsumsi serat pada mahasiswa angkatan 2013 fakultas kesehatan masyarakat universitas halu oleo tahun 2017. *Jurnal Ilmiah Mahasiswa Kesehatan Masyarakat*, 2(6), 1-10.
- Rahmawati, N. D., & Sartika, R. A. (2020). Analisis faktor-faktor risiko kejadian dislipidemia pada karyawan pria head office PT.X, Cakung, Jakarta Timur. *Nutrire Diaita*, 12(1), 1-9.
- Rawla, P., Sunkara, T., & Barsouk, A. (2019). Epidemiology of colorectal cancer: Incidence, mortality, survival, and risk factors. *Przegląd gastroenterologiczny*, 14(2).
- Riordan, S., McIver, C., Thomas, D., Dunscombe, V., Bolin, T., & Thomas, M. (1997). Luminal bacteria and small-intestinal permeability. *Scand J Gastroenterol*, 556-563.
- Roberfroid, M., Gibson, G. R., Hoyles, L., McCartney, A. L., Rastall, R., Rowland, I., & al, e. (2010). Prebiotic effects: Metabolic and health benefits. *British Journal of Nutrition*, 104(2), 1-63.
- Roopashree, P. G., Shetty, S. S., & Kumari, N. S. (2021). Effect of medium chain fatty acid in human health and disease. *Journal of Functional Foods*, 87, 1-11.
- Ross Products Division. (2005). *Ross Medical Nutrition Pocket Guide*. Columbus: Abbot Laboratories.
- Sambo, M., Ciuantasari, F., & Maria, G. (2020). Hubungan Pola Makan Dengan Status Gizi Pada Anak Usia Prasekolah. *Jurnal Ilmiah Kesehatan Sandi Husada*, 11(1), 423-429.
- Sanchez-Fidalgo, S., Villegas, I., Cardeno, A., Talero, E., Sanchez-Hidalgo, M., Motilva, V., & Lastra, C. A. (2010). Extra-virgin olive oil-enriched diet modulates DSS-colitis-associated colon carcinogenesis in mice. *Clinical Nutrition*, 663-673.
- Santacruz, A., Marcos, A., Warnberg, J., Marti, A., Martin-Matillas, M., Campoy, C., . . . Garagorri, J. M. (2009). Interplay Between Weightloss and Gut Microbiota Composition in Overweight Adolescents. *Obesity (Silver Spring)*, 1906-1915.
- Sarwono, S. (1993). *Sosiologi Kesehatan: Beberapa Konsep Beserta Aplikasinya*. Yogyakarta: Gadjah Mada University Press.
- Saura-Calixto, F. (2011). Dietary fiber as a carrier of dietary antioxidants: an essential physiological function. *Journal of Agricultural and Food Chemistry*, 59(1), 43-49.
- Sayogo, S. (2006). *Gizi dan Pertumbuhan Remaja*. Jakarta: Fakultas Kedokteran Universitas Indonesia.
- Schneider, A., & Feussner, H. (2017). *Anatomy, Physiology, and Selected Pathologies of the Gastrointestinal Tract*. Cambridge: Academic Press.
- Schneider, V. S., Bark, J. M., Winnischofer, S. M., Santos, E. F., Iacomini, M., & Cordeiro, L. M. (2020). Dietary fibres from guavira pomace, a co-product from fruit pulp industry: Characterization and cellular antioxidant activity. *Food Research International*, 1-6.
- Schroeder, B. O., Birchenough, G. M., Stahlman, M., Arike, L., Johansson, M. E., Hansson, G. C., & Backhed, F. (2018). Bifidobacteria or fiber protects

- against diet-induced microbiota-mediated colonic mucus deterioration. *Cell Host Microbe*, 23, 27-40.
- Scully, C. (2015). Gastrointestinal and pancreatic disorders. In C. Scully, *Scully's Medical Problems in Dentistry* (7th ed., pp. 199-211). London: Churchill Livingstone.
- Seidner, D. L., Lashner, B. A., Brzezinski, A., Banks, P. J., Goldblum, J., Fiocchi, C., . . . Demichele, S. J. (2005). An oral supplement enriched with fish oil, soluble fiber, and antioxidants for corticosteroid sparing in ulcerative colitis: a randomized, controlled trial. *Clin. Gastroenterol. Hepatol*, 358-369.
- Selvamani, S., Mehta, V., Enshasy, H. A., Thevarajoo, S., Adawi, H. E., Zeini, I., . . . Abomoelak, B. (2022). Efficacy of Probiotics-Based Interventions as Therapy for Inflammatory Bowel Disease: A Recent Update. *Saudi Journal of Biological Sciences*, 29, 3546-3567.
- Shao, X., Sun, C., Tang, X., Zhang, X., Han, D., Liang, S., & Chen, C. (2020). Anti-inflammatory and Intestinal Microbiota Modulation Properties of Jinxiang Garlic (*Allium sativum* L.) Polysaccharides toward Dextran Sodium Sulfate-Induced Colitis. *Journal of Agriculture and Food Chemistry*, 68, 12295-12309.
- Sharma, P., Bhandari, C., Kumar, S., Sharma, B., Bhadwal, P., & Agnihotri, N. (2018). Dietary Fibers: A Way to a Healthy Microbiome. In A. M. Holban, & A. M. Grumezescu, *Diet, Microbiome and Health: A volume in Handbook of Food Bioengineering* (pp. 299-345). Cambridge: Academic Press.
- Shawki, S., Ashburn, J., Signs, S. A., & Huang, E. (2018). Colon Cancer: Inflammation-associated Cancer. *Urg. Oncol. Clin. North Am*, 27(2), 269-287.
- Shen, B. (2020). *Atlas of Endoscopy Imaging in Inflammatory Bowel Disease*. Cambridge: Academic Press.
- Shinta, A. (2010). Identifikasi Angka Kecukupan Gizi dan Strategi Peningkatan Gizi Keluarga di Kota Probolinggo (Studi Kasus di Kecamatan Kedopok dan Mayangan). *SEPA*, 7(1), 1-5.
- Shoaib, M., Shehzad, A., Omar, M., Rakha, A., Raza, H., Sharif, H. R., & al, e. (2016). Inulin: Properties, health benefits and food applications. *Carbohydrate Polymers*, 147, 444-454.
- Siahaan, R. F. (2017). Mengawal Kesehatan Keluarga Melalui Pemilihan dan Pengolahan Pangan yang Tepat. *Jurnal Keluarga Sehat Sejahtera*, 15(2), 57-64.
- Sikander, A., Rana, S. V., & Prasad, K. K. (2009). Role of serotonin in gastrointestinal motility and irritable bowel syndrome. *Clinica Chimica Acta*, 403, 47-55.
- Sikora, P., Niedz'wiadek, J., Mazur, E., Paluch-Oles, J., Zajączkowska, M., & Kozioł-Montewka, M. (2009). Intestinal colonization with oxalobacter formigenes and its relation to urinary oxalate excretion in pediatric patients with idiopathic calcium urolithiasis. *Arch Med Res*, 40(5), 369-373.
- Silva, P. S., Luben, R., Shrestha, S. S., Khaw, K. T., & Hart, A. R. (2014). Dietary arachidonic and oleic acid intake in ulcerative colitis etiology: a prospective

- cohort study using 7-day food diaries. *European Journal of Gastroenterology and Hepatology*, 26(1), 11-18.
- Sousa, H. S., & Fiocchi, C. (2016). Immunopathogenesis of IBD: current state of the art. *Nat. Rev. Gastroenterol. Hepatol*, 13(1), 13-27.
- Suci, S. P. (2011). *Faktor-faktor yang Berhubungan dengan Pola Makan Mahasiswa Kesehatan Masyarakat*. Jakarta: Fakultas Kedokteran dan Ilmu Kesehatan Universitas Islam Negeri Syarif Hidayatullah.
- Suhardjo. (1989). *Sosio Budaya Gizi*. Bogor: PAU Pangan dan Gizi. IPB.
- Sun, M., Wu, W., Liu, Z., & Cong, Y. (2017). Microbiota metabolite short chain fatty acids, GPCR, and inflammatory bowel disease. *Journal of Gastroenterology*, 52(1), 1-8. doi:<https://doi.org/10.1007/s00535-016-1242-9>
- Surijati, K. A., Hapsari, P. W., & Rubai, W. L. (2021). Faktor-faktor yang Mempengaruhi Pola Makan Siswa Sekolah Dasar di Kabupaten Banyumas. *Nutriology Jurnal: Pangan, Gizi, dan Kesehatan*, 2(1), 95-100.
- Thomas, A., & Quigley, E. M. (2016). Dietary Interventions and Irritable Bowel Syndrome. In N. Hyland, & C. Stanton, *The Gut-Brain Axis: Dietary, Probiotic, and Prebiotic Interventions on the Microbiota* (pp. 423-438). Cambridge: Academic Press.
- Tian, Y., Zuo, L., Guan, B., Wu, H., He, Y., Xu, Z., . . . Qian, J. (2022). Microbiota from Patients with Ulcerative Colitis Promote Colorectal Carcinogenesis in Mice. *Nutrition*, 1-8.
- Tim Biomedis Riset Kesehatan Dasar. (2010). Badan Penelitian dan Pengembangan Kesehatan Kementerian Kesehatan Republik Indonesia. *Laporan Riset Kesehatan Dasar (Riskesdas) Bidang Biomedis*, 20-25.
- Tokudome, Y., Imaeda, N., Nagaya, T., Ikeda, M., Fujiwara, N., & Sato, J. (2002). Daily, weekly, seasonal, within- and between-individual variation in nutrient intake according to four season consecutive 7 day weighed diet records in Japanese female dietitians. *J. Epidemiol*, 12, 85-92.
- Tucker, O. N., Szomstein, S., & Rosenthal, R. J. (2007). Nutritional consequences of weight-loss surgery. *Med Clin North Am*, 91, 499-514.
- Tungland, B. C., & Meyer, D. (2002). Nondigestible oligo- and polysaccharides (Dietary Fiber): Their physiology and role in human health and food. *Comprehensive Reviews in Food Science and Food Safety*, 1(3), 90-109.
- Tysk, C., Lindberg, E., & Jarnerot, G. (1988). Ulcerative Colitis and Crohn's Disease in an Unselected Population of Monozygotic and Dizygotic Twins. A Study of Heritability and The Influence of Smoking. *Gut*, 990-996.
- Ulfa, V. R., Subagio, H. W., & Nuryanto. (2017). Gambaran Konsumsi Asam Lemak Trans di Pedesaan. *Journal of Nutrition College*, 6(2), 210-218.
- Umu, O., Rudi, K., & Diep, D. B. (2017). Modulation of the gut microbiota by prebiotic fibres and bacteriocins. *Microb Ecol Health Dis*, 28(1).
- Ungaro, R., Mehandru, S., & Allen, P. B. (2017). Ulcerative Colitis. *Lancet*, 1756-1770.
- Uranga, J. A., Lopez-Miranda, V., Lombo, F., & Abalo, R. (2016). Food, nutrients and nutraceuticals affecting the course of inflammatory bowel disease. *Pharmacological Reports*, 499, 1-11.

- Valcheva, R., & Dieleman, L. A. (2016). Prebiotics: Definition and protective mechanisms. *Best Practice & Research. CLinical Gastroenterology*, 30(1), 27-37.
- Volp, A. C., Oliveira, F. C., Alves, R. D., Esteves, E. A., & Bressan, J. (2011). Energy expenditure: components and evaluation methods. *Nutricion Hospitalaria*, 26(3), 430-440.
- Wakimoto, P., & Block, G. (2001). Dietary intake, dietary patterns, and changes with age: An epidemiological perspective. *Journals of Gerontology: SERIES A*, 56A(2), 65-80.
- Wang, B., Bohe, G., LaPres, J. J., & Bourquin, L. D. (2009). High sucrose diets promote intestinal epithelial cells proliferation and tumorigenesis in APC (Min) mice by increasing insulin and IGF-I levels. *Nutr. Cancer*, 61, 81-93.
- Wang, D., Zhang, Y., Yang, S., Zhao, D., & Wang, M. (2019). A polysaccharide from cultured mycelium of *Hericiu* erinaceus relieves ulcerative colitis by counteracting oxidative stress and improving mitochondrial function. *International Journal of Biological Macromolecules*, 572-579.
- Wang, F., Feng, J., Gao, Q., Ma, M., Lin, X., Liu, J., . . . Zhao, Q. (2017). Carbohydrate and Protein Intake and Risk of Ulcerative Colitis: Systematic Review and Dose-response Meta-analysis of Epidemiological Studies. *Clinical Nutrition*, 1259-1265.
- Wang, G., Liu, Y., Lu, Z., Yang, Y., Xia, Y., Lai, P. F., & Ai, L. (2019). The ameliorative effect of a *Lactobacillus* strain with good adhesion ability against dextran sulfate sodium-induced murine colitis. *Food & Function*, 10(1), 397-409.
- Wang, Y.-J., Li, Q.-M., Zha, X.-Q., & Luo, J.-P. (2022). Intervention and Potential Mechanism of Non-starch Polysaccharides from Natural Resources on Ulcerative Colitis: A Review. *International Journal of Biological Macromolecules*, 545-564.
- Wasilewska, E., Zlotkowska, D., & Wroblewska, B. (2019). Yogurt starter cultures of *Streptococcus thermophilus* and *Lactobacillus bulgaricus* ameliorate symptoms and modulate the immune response in a mouse model of dextran sulfate sodium-induced colitis. *Journal of Dairy Science*, 102(1), 37-53.
- Watanabe, T., Konishi, T., Kishimoto, J., Kotake, K., Muto, T., & Sugihara, K. (2011). Japanese Society for Cancer of the Colon and Rectum. UlcerativeColitis-associated ColorectalCancer Shows a Poorer Survival than Sporadic Colorectal Cancer: A Nationwide Japanese Study. *Inflamm Bowel Dis*, 802-808.
- Wilson, B., Rossi, M., Dimidi, E., & Whelan, K. (2019). Prebiotics in irritable bowel syndrome and other functional bowel disorders in adults: a systematic review and meta-analysis of randomized controlled trials. *American Journal Clinic Nutrition*, 109, 1098-1111.
- Windey, K., DePreter, V., & Verbeke, K. (2012). Relevance of protein fermentation to gut health. *Mol. Nutr. Food Res*, 56, 184-196.
- Włodarczyk, J., & Szałwińska, P. (2020). Pathogenesis of irritable bowel syndrome. In J. Fichna, *A Comprehensive Overview of Irritable Bowel Syndrome* (pp. 9-25). Cambridge: Academic Press.

- Wong, W.-Y., Chan, B. D., Leung, T.-W., Chen, M., & Tai, W. C.-C. (2022). Beneficial and anti-inflammatory effects of formulated prebiotics, probiotics, and synbiotics in normal and acute colitis mice. *Journal of Functional Foods*, 88, 1-12.
- Wood, J. D. (2018). Normal Anatomy, Digestion, Absorption. In M. L. Corrigan, K. Roberts, & E. Steiger (Eds.), *Adult Short Bowel Syndrome*. Cambridge: Academic Press.
- Yamamoto, T., Shimoyama, T., & Kuriyama, M. (2017). Dietary and enteral interventions for Crohn's disease. *Current Opinion in Biotechnology*, 44, 69-73.
- Yao, W., Gong, Y., Li, L., Hu, X., & You, L. (2022). The effects of dietary fibers from rice bran and wheat bran on gut microbiota: An overview. *Food Chemistry: X*, 13, 1-11.
- Yi, G., Li, H., Liu, M., Ying, Z., Zhang, J., & Liu, X. (2020). Soybean protein-derived peptides inhibit inflammation in LPS-induced RAW264. 7 macrophages via the suppression of TLR4-mediated MAPK-JNK and NF- κ B activation. *Journal of Food Biochemistry*, 44.
- Yosy, D. S., & Salwan, H. (2014, April). Inflammatory Bowel Disease Pada Anak. *Majalah Kedokteran Sriwijaya*, 46(2), 158-163.
- Yu, B.-l., Wang, S.-h., Peng, D.-q., & Zhao, S.-p. (2010). HDL and immunomodulation: an emerging role of HDL against atherosclerosis. *Immunol Cell Biol*, 88(3), 285-290.
- Zeece, M. (2020). *Chapter Three - Carbohydrates*. Cambridge: Academic Press.
- Zeng, W., He, D., Xing, Y., Liu, J., Su, N., Zhang, C., . . . Xing, X. (2021). Internal connections between dietary intake and gut microbiota homeostasis in disease progression of ulcerative colitis: a review. *Food Science and Human Wellness*, 10, 119-130.
- Zhan, Y.-l., Zhan, Y.-a., & Dai, S.-x. (2017). Is a low FODMAP diet beneficial for patients with inflammatory bowel disease? A meta-analysis and systematic review. *Clinical Nutrition*.
- Zhang, C., Zhang, M., Wang, S., Han, R., Cao, Y., Hua, W., . . . Wei, C. (2010). Interactions between gut microbiota, host genetics and diet relevant to development of metabolic syndromes in mice. *ISME J*, 232-241.
- Zhang, M., & Yang, X. (2016). Effects of a high fat diet on intestinal microbiota and gastrointestinal diseases. *World Journal Gastroenterol*, 22(40). doi:<https://doi.org/10.3748/wjg.v22.i40.8905>
- Zhang, X., Ma, Y., Ji, J., Zhao, X., Yuan, J., Wang, H., & Lv, G. (2022). High-fat diet alleviates colitis by inhibiting ferroptosis via solute carrier family seven member 11. *Journal of Nutritional Biochemistry*, 109, 1-10.
- Zhao, L., Huang, Y., Lu, L., Yang, W., Huang, T., Lin, Z., . . . Bian, Z. (2018). Saturated long-chain fatty acid-producing bacteria contribute to enhanced colonic motility in rats. *Microbiome*, 6(107).
- Zhao, R., Ji, Y., Chen, X., Su, A., Ma, G., Chen, G., & Zhao, L. (2020). Effects of a beta-type glycosidic polysaccharide from *Flammulina velutipes* on an anti-inflammation and gut microbiota modulation in colitis mice. *Food & Function*, 11, 4259-4274.

Zimmer, J., Lange, B., Frick, J. S., Sauer, H., Zimmermann, K., Schwiertz, A., . . .
Enck, P. (2012). A Vegan or Vegetarian Diet Substantially Alters The
Human Colonic Faecal Microbiota. *Eur. J. Clin. Nutr*, 53-60.