

DAFTAR PUSTAKA

- AACC [American Association of Cereal Chemists]. (1999). AACC Approved Methods of Analysis, 11th Edition -AACC Method 61-02.01. Determination of the Pasting Properties of Rice with the Rapid Visco Analyser. Cereals & Grains Association, St. Paul, MN, U.S.A
- Adisakwattana, S., Charoenlertkul, P., & Yibchok-anun, S. (2009). α -Glucosidase Inhibitory Activity of Cyanidin-3-Galactoside and Synergistic Effect with Acarbose. *Journal of Enzyme Inhibition and Medicinal Chemistry*, 24(1), 65-69.
- Akkarachiyasit, S., Charoenlertkul, P., Yibchok-anun, S., & Adisakwattana, S. (2010). Inhibitory Activities of Cyanidin and Its Glycosides and Synergistic Effect with Acarbose against Intestinal α -Glucosidase and Pancreatic α -Amylase. *Int.J.Mol.Sci*, 11(9), 3387-3396. DOI : [10.3390/ijms11093387](https://doi.org/10.3390/ijms11093387)
- Al-Malki, A. (2016). Inhibition of α -Glucosidase by Thiosulfinate as a Target for Glucose Modulation in Diabetic Rats. *Evidence-Based Complementary and Alternative Medicine*, 2016, 1-5. DOI : <http://dx.doi.org/10.1155/2016/7687915>
- Al-Mssallem, M.Q., Al-Qarni, A.A., & Al-Jamaan, M. (2020). Dietary Carbohydrate Intake in Patients with Type 2 Diabetes Mellitus and Diabetes Control : Cross-Sectional Study. *Food & Nutrition Research*, 64.
- Amanda, E., & Bening, S. (2019). Hubungan Asupan Zink, Magnesium, dan Serat dengan Kadar Gula Darah Puasa Pasien Diabetes Mellitus Tipe 2 di RS PKU Muhammadiyah Temanggung. *Jurnal Gizi*, 8(2), 87-94.
- AOAC. (1995). *Official Methods of Analysis of The Association Analytical Chemist*. Official Methods of Analysis Methods of Analysis of The Association Analytical Chemist, Inc.
- Apostolidis, E., Kwon, Y.-I., Ghaedian, R., & Shetty, K. (2007). Fermentation of Milk and Soymilk by *Lactobacillus bulgaricus* and *Lactobacillus acidophilus* Enhances Functionality for Potential Dietary Management of Hyperglycemia and Hypertension. *Food Biotechnology*, 21(3), 217–236. doi:10.1080/08905430701534032
- Arifa, A.H., Syamsir, E., & Budijanto, S. (2021). Karakterisasi Fisikokimia Beras Hitam (*Oryza sativa* L.) dari Jawa Barat, Indonesia. *AgriTECH*, 41(1), 15-24.
- Arungarinathan G, McKay GA, Fisher M (2011) Drugs for diabetes: part 4 acarbose. *Br J Cardiol*, 18, 78–81.
- Astawan, M., dan Wresdiyati, T. (2004). *Diet Sehat dengan Makanan Berserat*. Solo: Tiga Serangkai Pustaka Mandiri.
- Azrimaidaliza, A. (2011). Asupan Zat Gizi dan Penyakit Diabetes Mellitus. *Jurnal Kesehatan Masyarakat*, 6(1), 36-41
- Badan Pusat Statistik (BPS). (2022, 1 Maret). Luas Panen dan Produksi Padi di Indonesia 2021. Diakses pada 10 Januari 2023.

<https://www.bps.go.id/website/images/Luas-Panen-dan-Produksi-Padi-2021--Angka-Tetap--ind.jpg>.

- Badan Pengawas Obat dan Makanan (BPOM). (2011). Peraturan Kepala BadanPengawas Obat dan Makanan tentang Pengawasan Klaim dalam danIklan Pangan Olahan. BPOM. Jakarta.
- 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.
- Bello-Perez, L.A., Alvarez-Ramirez, J.A., & Dhital, S. (2023). *Starch and Starchy Food Products : Improving Human Health*. Boca Raton : CRC Press.
- BeMiller, J.N. (2019). *Carbohydrate Chemistry for Food Scientist*. Langford Lane : Woodheadh Publishing.
- Bertollini, A. (2010). *Starch Characterization, Properties, and Applications*. Boca Raton: CRC Press.
- Betteng, R., Pangemanan, D., & Mayulu, N. Analisis Faktor Resiko Penyebab Terjadinya Diabetes Melitus Tipe 2 Pada Wanita Usia Produktif di Puskesmas Wawonasa. *Jurnal e-Biomedik*, 2(2), 404-412.
- Bewley, J.D., Bradford, K.J., Hilhorst, H.W.M., & Nonogaki, H. (2013). *Seeds : Physiology of Development, Germination, and Dormancy*. New York : Springer.
- Bharatham, K., Bharatham, N., Park, K.H., & Lee, K.W. (2008). Binding mode analyses and pharmacophore model development for sulfonamide chalcone derivatives, a new class of α -glucosidase inhibitors. *Journal of Molecular Graphics and Modelling*, 26, 1202-1212.
- Bischoff, H. (1994). Pharmacology of α -Glucosidase Inhibition. *European Journal of Clinical Investigation*, 24(3), 3-10.
- Brennan, C.S. (2005). Dietary fibre, glycaemic response and diabetes. *Molecular Nutrition and Food Research*, 49(7), 560-570.
- Campbell, Neil A, Reece & Jane B. 2012. *Biologi*. Jakarta: Erlangga.
- Chaiyasut, C., *et al.* (2017). Optimization of conditions to achieve high content of gamma amino butyric acid in germinated black rice, and changes in biactivities. *Food Science and Technology*, 37, 83-93.
- Charoenthaikij, P., K., Jangchud, A., Jangchud, K., Piyachomkwan, P., Tungtrakul, & Prinyawiwatkul. (2009). Germination Conditions Affect Physicochemical Properties of Germinated Brown Rice Flour. *Journal of Food Science*, 74(9), 255.
- Chinma, C. E., Anuonye, J. C., Simon, O. C., Ohiare, R. O., & Danbaba, N. (2015). Effect of germination on the physicochemical and antioxidant characteristics of rice flour from three rice varieties from Nigeria. *Food Chemistry*, 185, 454–458. doi:10.1016/j.foodchem.2015.04.010

- Cho, S.S., & Dreher, M.L. (2001). *Handbook of Dietary Fiber*. New York : Marcel Dekker Inc.
- Cui, S.W. (2005). *Food Carbohydrates*. Boca Raton : Taylor & Francis.
- Daeli, E., Ardiaria, M., & Candra, A. (2018). Pengaruh Pemberian Nasi Beras Merah (*Oryza nivara*) dan Nasi Beras Hitam (*Oryza sativa* L. *indica*) terhadap Perubahan Kadar Gula Darah dan Trigliserida Tikus Wistar (*Rattus norvegicus*) Diabetes Melitus Tipe 2. *Journal of Nutrition and Health*, 6(2), 42-56.
- deMan, J.M., Finley, J., Hurst, W.J., Lee, C.Y. (2018). *Principles of Food Chemistry*. Cham : Springer.
- Dipiro, J.T., Talbert, R.L., Yee, G.C., Matzke, G.R., Wells, B.G., & Posey, L.M. (2008). *Pharmacotherapy : A Pathophysiologic Approach*. USA : McGraw-Hills.
- Dinicolantonio JJ, J Bhutani, JH O'Keefe. (2015). Acarbose : Safe and Effective for Lowering Postprandial Hyperglycaemia and Improving Cardiovascular Outcomes. *BMJ*, 2(10), 1–14.
- Donkor ON, Stojanovska L, Ginn P, Ashton J, Vasiljevic T. (2012). Germinated grains – sources of bioactive compounds. *Food Chem*, 135, 950–959. doi: 10.1016/j.foodchem. 2012.05.058.
- Elmaki, H. B., Babiker, E. ., & El Tinay, A. H. (1999). Changes in chemical composition, grain malting, starch and tannin contents and protein digestibility during germination of sorghum cultivars. *Food Chemistry*, 64(3), 331–336. doi:10.1016/s0308-8146(98)00118-6
- Ferdiawan, N., Nurwantoro, & Dwiloka, B. (2019). Pengaruh Lama Waktu Germinasi terhadap Sifat Fisik dan Sifat Kimia Tepung Kacang Tolo (*Vigna unguiculata* L). *Jurnal Teknologi Pangan*, 3(2), 349-354.
- Fitri, R.I., & Wirawanni, Y. (2014). Hubungan Konsumsi Karbohidrat, Konsumsi Total Energi, Konsumsi Serat, Beban Glikemik dan Latihan Jasmani dengan Kadar Glukosa Darah pada Pasien Diabetes Mellitus Tipe 2. *JNF*, 2(3), 1-27.
- 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, 395–402.
- Gong, L., Feng, D., Wang, T., Ren, Y., Liu, Y., & Wang, J. (2020). Inhibitors of α -amylase and α -glucosidase: Potential linkage for whole cereal foods on prevention of hyperglycemia. *Food Science & Nutrition*, 8(12), 6320–6337.
- Goyal, M.R., Malik, J.A., & Pandiselvam, R. (2023). *Enzyme Inactivation in Food Processing : Technologies, Materials, and Applications*. Boca Raton : CRC Press.
- Hawash, M., Jaradat, N., Elaraj, J., Hamdan, A., Lebdeh, S. A., & Halawa, T. (2019). Evaluation of the hypoglycemic effect of seven wild folkloric edible plants from Palestine. *Journal of complementary & integrative medicine*, 17(1).

- Hiemori, M., Koh, E., & Mitchell, A.E. (2009). Influence of Cooking on Anthocyanins in Black Rice (*Oryza sativa* L. *japonica* var. SBR). *J.Agric.Food.Chem*, 57(5), 1908-1914.
- Hillebrand, I., Boehme, K., Frank, G., Fink, H., & Berchtold, P. (1979). The Effects of The α -Glucosidase Inhibitor BAY g 5421 (Acarbose) on Meal-Stimulated Elevations of Circulating Glucose, Insulin, and Triglyceride Levels in Man. *Res.Exp.Med*, 175, 81-86.
- Hu, E., Pan, A., Malik, V. & Sun, Q., 2012. White rice consumption and risk of Type 2 diabetes: Meta-analysis and systematic review. *British Medical Journal*, 344, 1-9.
- IDF, I.D.F. (2021). *IDF Diabetes Atlas 10th Edition*.
- 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.
- Indrianti, N., Kumalasari, R., Ekafitri, R., dan Darmajana, D. (2013). Pengaruh Penggunaan Pati Ganyong, Tapioka, dan Mocaf Sebagai Bahan Substitusi Terhadap Sifat Fisik Mie Jagung Instan. *Agritech*. 33 (4), 391-398.
- IRRI. (1971). *A Simplified Assay for Milled-Rice Amylose*. International Rice Research Institute : Philippines.
- James, W., & Bird, A. (2010). The effect of a brief salivary alpha amylase exposure during chewing on subsequent in vitro starch digestion curve profiles. *Int J Molecular Sci*, 11(8), 2780-90.
- Jayadeep, A., & Malleshi, N. G. (2011). Nutrients, composition of tocotrienols, tocopherols, and γ -oryzanol, and antioxidant activity in brown rice before and after biotransformation. *Journal of Food*, 9(1), 82–87. doi:10.1080/19476331003686866
- 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, & D.V. Goff. (1981). Glycemic index of foods: a physiological basis for carbohydrate exchange. *Am. J. Clin. Nutr*, 34, 362- 366.
- Juliano, B.O. (1992). Structure chemistry and function of the rice grain and its fraction. *Cereal Foods World*, 37, 772–774.
- Juliano, Bienvenido O. (2019). *Rice : Gross structure and composition of the rice grain*. 31–53. doi:10.1016/B978-0-12-811508-4.00002-2
- Jung, C., & Choi, K.M. (2017). Impact of High-Carbohydrate Diet on Metabolic Parameters in Patients with Type 2 Diabetes. *Nutrients*, 9(4), 322. doi: 10.3390/nu9040322.
- Kaczmarska, K. T., Chandra-Hioe, M. V., Zabaras, D., Frank, D., and Arcot, J. (2017). Effect of Germination and Fermentation on Carbohydrate Composition

- of Australian Sweet Lupin and Soybean Seeds and Flours. *Journal of Agricultural and Food Chemistry*, 65(46), 10064–10073
- Kalita, D., Sarma, B., and Srivastava, B. (2017). Influence of germination conditions on malting potential of low and normal amylose paddy and changes in enzymatic activity and physico chemical properties. *Food Chemistry*, 220, 67–75.
- Kang, M. Y., Kim, J. H., Rico, C. W., & Nam, S. H. (2011). A comparative study on the physicochemical characteristics of black rice varieties. *International Journal of Food Properties*, 14(6), 1241–1254. <https://doi.org/10.1080/10942911003637350>
- Kang, H.W., Lim, W.C., Lee, J.K., Ho, J.N., Lim, E.J., & Cho, H.Y. (2017). Germinated Waxy Black Rice Ameliorates Hyperglycemia and Dyslipidemia in Streptozotocin-Induced Diabetic Rats. *Biol.Pharm.Bull*, 40(11), 1846-1855.
- Kayahara, H., Tsukahara, K. dan Tatai, T. (2000). *Food Flavors and Chemistry: Advances of the New Millenium*. Cambridge: Royal Society of Chemistry.
- Kemenkes. (2018). *Tabel Komposisi Pangan Indonesia 2017*. Jakarta:Kementerian Kesehatan RI 2018.
- Kementerian Pertanian. (2022). *Statistik Konsumsi Pangan 2022*. Jakarta : Kementerian Pertanian.
- Kim, H. S., Patel, B., & Bemiller, J. N. (2013). Effects of the amylose-amylopectin ratio on starch-hydrocolloid interactions. *Carbohydrate Polymers*, 98(2), 1438–1448. <https://doi.org/10.1016/j.carbpol.2013.07.035>
- Kim H-K, Nanba T, Ozaki M, Chijiki H, Takahashi M, Fukazawa M, Okubo J, Shibata S. (2020). Effect of the Intake of a Snack Containing Dietary Fiber on Postprandial Glucose Levels. *Foods*, 9(10), 1500. <https://doi.org/10.3390/foods9101500>
- Kong, X., Zhu, P., Sui, Z., & Bao, J. (2015). Physicochemical properties of starches from diverse rice cultivars varying in apparent amylose content and gelatinisation temperature combinations. *Food Chemistry*, 172, 433–440. <https://doi.org/10.1016/j.foodchem.2014.09.085>
- Kristantini, Taryono, Basunanda, P., Murti, R.H., Supriyanta, Widyayanti, S., & Sutarno. (2012). Morphological of Genetic Relationships Among Black Rice Landraces from Yogyakarta and Surrounding Areas. *ARPN Journal of Agricultural and Biological Science*, 7(12), 982-989.
- Kusnandar, F. (2010). *Kimia Pangan : Komponen Makro*. Jakarta : Dian Rakyat.
- Kusumastuty, I., Handayani, D., Attamimi, N., Affandy, Y., Innayah, A., & Puspitasari, D. (2021). Kepatuhan Diet Berbasis Beras Coklat terhadap Glukosa Darah dan Lemak Tubuh Pasien Diabetes Mellitus. *Indonesian Journal of Human Nutrition*, 8(2), 182-194.

- Lee, Y.R., Lee, S.H., Jang, G.Y., Lee, Y.J., Kim, M.Y., Kim, Y.B., Lee, J., & Jeong, H.S. (2019). Antioxidative and Antidiabetic Effects of Germinated Rough Rice Extract in 3T3-LI Adipocytes and C57BLKS/J-db/db Mice. *Food & Nutrition Research*, 63. <https://doi.org/10.29219/fnr.v63.3603>
- Li, C., Jeong, D., Lee, J.H., & Chung, H.J. (2020). Influence of Germination on Physicochemical Properties of Flours From Brown Rice, Oat, Sorghum, and Millet. *Food.Sci.Biotechnol*, 29(9), 1223-1231. DOI : <https://doi.org/10.1007/s10068-020-00770-2>
- Liang, Z. F., Wang, W. J., & Wang, X. Y. (2015). Determination of trace elements content of the same origin of black rice and ordinary rice. *Chemical Engineer*, 9, 27-31.
- Liu, S., Ai, Z., Qu, F., Chen, Y., & Ni, D. (2017). Effect of steeping temperature on antioxidant and inhibitory activities of green tea extracts against α -amylase, α -glucosidase and intestinal glucose uptake. *Food Chemistry*, 234, 168–173. doi:10.1016/j.foodchem.2017.04.151
- Lu, Z. H., Zhang, Y., Li, L. T., Curtis, R. B., Kong, X. L., Fulcher, R. G., Zhang, G., Cao, W. (2010). Inhibition of microbial growth and enrichment of gamma-aminobutyric acid during germination of brown rice by electrolyzed oxidizing water. *Journal of Food Protection*, 73, 483–487. DOI : [10.4315/0362-028x-73.3.483](https://doi.org/10.4315/0362-028x-73.3.483)
- Marbun, T.S.G., Susyani, & Podojoyo. (2023). Pengaruh Pemberian Food Bar Tinggi Serat Terhadap Kadar Glukosa Darah Pasien Diabetes Melitus Tipe 2. *Journal of Nutrition College*, 12(2), 105-112.
- Marlida, Y., & Anggraini, L. (2022). *GABA : Asam Amino Anti Stres*. Padang:Andalas University Press.
- Masharani, U., Karam, J. H., & German, M. S. (2004). *Basic And Clinical Endocrinology*, USA : Mc. Graw Hill.
- Mudhor, M.A., Dewanti, P., Handoyo, T., & Ratnasari, T. (2022). Pengaruh Cekaman Kekeringan Terhadap Pertumbuhan dan Produksi Tanaman Padi Hitam Varietas Jeliteng. *Jurnal Agrikultura*, 33(3), 247-256.
- Munarko, H., Sitanggang, A.B., Kusnandar, F., & Budijanto, S. (2019). Kecambah Beras Pecah Kulit : Proses Produksi dan Karakteristiknya. *Pangan*, 28(3), 239-252
- Mohan, B.H., Malleshi, N.G., Koseki, T. (2010). Physico-chemical Characteristic and Non-Starch Polysaccharide Contents *Indica* and *Japonica* Brown Rice and Their Malts. *LWT-Food Science and Technology*, 43(5), 784-791.
- Nonmusig, J. et al., 2018. The effect of low and high glycemic index based rice varieties in test meals on postprandial blood glucose, insulin and incretin hormones response in prediabetic subjects. *International Food Research Journal*, 25(2), 835-841.

- Noviasari S., Kusnandar F., Setiyono A., Budijanto S. (2022). Antioxidant activity and inhibition of α -amylase and α -glucosidase in fermented black rice bran-based analog rice. *AIMS Agriculture and Food*, 7(1), 61-72.
- Nurarif, A. H dan Kusuma, H. (2015). *Aplikasi Asuhan Keperawatan Berdasarkan Diagnosa Medis & NANDA NIC-NOC*. Jogjakarta: Medi Action.
- Nurhidajah, Ulvie, Y.N.S., & Suyanto, A. (2018). Karakteristik Fisik dan Kimia Beras Hitam dengan Variasi Metode Pengolahan. *Prosiding Seminar Nasional Unimus*, 1, 216-221.
- Oboh, G., Ogunsuyi, O.B., Ogunbadejo, M.D., & Adefegha, S.A. (2016). Influence of Gallic Acid on α -Amylase and α -Glucosidase Inhibitory Properties of Acarbose. *Journal of Food and Drug Analysis*, 24(3), 627-634.
- Ou, S., Kwok, K., Li, Y., & Fu, L. (2001). In Vitro Study of Possible Role of Dietary Fiber in Lowering Postprandial Serum Glucose. *Journal of Agricultural and Food Chemistry*, 49(2), 1026–1029. doi:10.1021/jf000574n
- Owolabi, I.O., Chakree, K., & Yupanqui, T. (2019). Bioactive Components, Antioxidative and Anti-Inflammatory Properties (on RAW 264.7 macrophage cells) of Soaked and Germinated Purple Rice Extracts. *International Journal of Food Science and Technology*, 54, 2374-2386.
- Padmashree, A., Negi, N., Handu, S., Khan, M. A., Semwal, A. D., & Sharma, G. K. (2019). Effect of germination on nutritional, antinutritional and rheological characteristics of Chenopodium quinoa. *Defence Life Science Journal*, 4(1), 55–60.
- Panesar, P. S., dan Kaur, S. (2016). *Rice: Types and Composition*. Academic Press. <https://doi.org/10.1016/B978-0-12-384947-2.00596-1>.
- Patria, D.G., Sukamto, & Sumarji, (2021). *Rice Science and Technology*. Malang : Literasi Nusantara.
- Peng, B., Lou, A., Luo, X., Tu, S., Xue, Z., Qiu, J., Tian, X., Yang, F., Zhang, Y., Huang, Y., Sun, Y., Chen, P., Zhou, W., & Wang, Q. (2021). The Nutritional Value and Application of Black Rice-A Review. *Journal of Biotechnology Research*, 7(4), 63-72.
- Perkeni. (2021). *Pengelolaan dan Pencegahan Diabetes Melitus Tipe 2 di Indonesia*. Jakarta : PB Perkeni.
- Phan, V.M., Tran, C.H., Thi, H.H.P., & Le, T.T. (2021). The Study of Soaking and Germination Times to Improve The Nutritional Quality of White and Black Glutinous Rice. *Asia-Pacific Journal of Science and Technology*, 27(3), 1-10.
- Piero, M.N., Nzaro, G.M., Njagi, J.M. (2015). Diabetes Mellitus – A Devastating Metabolic Disorder. *Asian Journal of Biomedical and Pharmaceutical Sciences*. Kenya, 4(40), 1–7.

- Pradeep, P.M., & Sreerama, Y.N. (2015). Impact of processing on the phenolic profiles of small millet: evaluation of their antioxidant and enzyme inhibitory properties associated with hyperglycemia. *Food Chem*, 169, 455–63. doi: 10.1016/j.foodchem.2014.08.010
- Pranoto, H. S., W. Q. Mugnisjah., E. Muniarti. (1990). *Biologi Benih*. Bogor : IPB.
- Putra, A.S., Setyowati, N., & Ani, S.W. (2016). Efisiensi Usaha Tani Padi Beras Hitam di Kabupaten Karanganyar. *SEPA*, 31(1), 48-52.
- Rahman, A.N.F., Asfar, M., & Suwandi, N. (2020). Pengaruh Perkecambahan Gabah Terhadap Rendemen, Kualitas Fisik, dan Nilai Sensori Beras. *Jurnal Penelitian Pascapanen Pertanian*, 17(3), 177-183.
- Rusydi, M.R., Noraliza, C.W., Azrina, A., & Zulhairi, A. (2011). Nutritional Changes in Germinated Legumes and Rice Varieties. *International Food Research Journal*, 18(2), 705-713.
- Sani, W., Iswadi & Samingan. (2014). Kandungan Pati pada Bonggol Pisang. *Prosiding Seminar Nasional Biologi*, 2, 187-192.
- Seki, T., Nagase, R., Torimitsu, M., Yanagi, M., Ito, Y., Kise, M., Mizukuchi, A., Fujimura, N., Hayamizu, K. dan Ariga, T. (2005). Insoluble fiber is a major constituent responsible for lowering the post-prandial blood glucose concentration in the pre-germinated brown rice. *Biological and Pharmaceutical Bulletin*, 28(8), 1539-1541.
- Sharif, M. K., Butt, M. S., Anjum, F. M., & Khan, S. H. (2014). Rice bran: A novel functional ingredient. *Food Science and Nutrition*, 54, 807–816.
- Siswoputranto. (1976). *Komoditi Ekspor Indonesia*. Jakarta:Gramedia.
- Slama G, Elgrably F, Mbemba J, & Larger E. (2006). Postprandial glycaemia: a plea for the frequent use of delta postprandial glycaemia in the treatment of diabetic patients. *Diabetes Metab*, 32, 187–192
- Sompong, R., Siebenhandl-Ehn, S., Linsberger-Martin, G., & Berghofer, E. (2011). Physicochemical and antioxidative properties of red and black rice varieties from Thailand, China and Sri Lanka. *Food Chemistry*, 124(1), 132–140. <https://doi.org/10.1016/j.foodchem.2010.05.115>
- Song, Xu, & Sun. (2014). Effect of motivational interviewing on selfmanagement in patients with type 2. *International Journal of Nursing Sciences*, 291-297.
- Soviana, E., & Maenasari, D. (2019). Asupan Serat, Beban Glikemik, dan Kadar Glukosa Darah Pada Pasien Diabetes Melitus Tipe 2. *Jurnal Kesehatan*, 12(1), 19-29.
- Srikaeo, K., & Sangkhiaw, J. (2014). Effect of Amylose and Resistant Starch on Glycemic Index of Rice Noodles. *LWT-Food Science and Technology*, 59(2), 1129-1135.
- Suardi, D., & Ridwan, I. (2009). Beras Hitam, Pangan Berkhasiat yang Belum Populer. *Warta Penelitian Dan Pengembangan Pertanian*, 31(2), 9–10.

- Suarni, Aqil, M., & Azrai, M. (2020). Prospek Pengembangan Komoditas Sumber Karbohidrat Kaya Antosianin Mendukung Diversifikasi Pangan Fungsional. *Jurnal Penelitian dan Pengembangan Pertanian*, 39(2), 117-128.
- Suda, I., Oki, T., Masuda, M., Kobayashi, M., Nishiba, Y. dan Furuta, S. (2003). Physiological functionality of purplefleshed sweet potatoes containing anthocyanins and their utilization in foods. *Japan Agricultural Research Quarterly*, 37(3), 167-173.
- Sugiarto, R., B. A. Kristanto, dan D. R. Lukiwati. (2018). Respon Pertumbuhan dan Produksi Padi Beras Merah (*Oryza nivara*) terhadap Cekaman Kekeringan pada Fase Pertumbuhan Berbeda dan Pemupukan Nanosilika. *J. Agro Complex*, 2(2), 169-179.
- Sun, Q. et al. (2010). White rice, brown rice and risk of Type 2 diabetes in US men and women. *Journal Archives of Internal Medicine*, 170(11), 961-969.
- Sunani, & Hendriani, R. (2023). Review Article : Indeks Glikemik (IG) dan Beban Glikemik (BG) Sebagai Faktor Resiko Diabetes Mellitus Tipe II Pada Pangan Sumber Karbohidrat. *Farmaka*, 21(1), 116-123.
- Sunarti. (2017). *Serat Pangan dalam Penanganan Sindrom Metabolik*. Yogyakarta: Gadjah Mada University Press
- Sutharut, J., & Sudarat, J. (2012). Total anthocyanin content and antioxidant activity of germinated colored rice. *International Food Research Journal*, 19(1), 215-221.
- Sutopo, L. (2002). *Teknologi Benih Ed. Revisi*. Jakarta: PT Raja Grafindo Persada.
- Suzuki, K., & T. Maekawa. (1999). Microorganisms control during processing of germinated brown rice. *J. Soc. Agric. Struct*, 30, 137–144.
- Tethool, E.F., Santoso, B., & Dewi, A.M.P. (2019). *Teknologi Pengolahan Ubi-ubian dan Sagu*. Yogyakarta:deePublish.
- Thomas, R., Bhat, R., Kuang, Y. T., & Abdullah, W. N. W. (2014). Functional and pasting properties of locally grown and imported exotic rice varieties of malaysia. *Food Science and Technology Research*, 20(2), 469–477. <https://doi.org/10.3136/fstr.20.469>
- Vega-lopez, S., Venn, B.J., & Slavin, J.L. (2018). Relevance of The Glycemic Index and Glycemic Load for Body Weight, Diabetes, and Cardiovascular Disease. *Journal Nutrients*, 10(1361), 1-27.
- Wang, H.J., Chang, L., & Lin, Y.S. (2021). Changes in Functionality of Germinated and Non-Germinated Brown Rice Fermented by *Bacillus natto*, *Foods*, 10(11), 2779. DOI <https://doi.org/10.3390/foods10112779>
- Wani, A. A., Singh, P., Shah, M. A., Schweiggert-Weisz, U., Gul, K., & Wani, I. A. (2012). Rice Starch Diversity: Effects on Structural, Morphological, Thermal, and Physicochemical Properties-A Review. *Comprehensive Reviews in Food Science and Food Safety*, 11(5), 417–436.

- Wardani, N. A. K., Andini, Indriani, P. T., & Sarinastiti, D. I. (2017). Enzim α -Amilase Inhibitor Pada Ekstrak Air Kacang Merah (*Phaseolus vulgaris* L.) Untuk Penanggulangan Diabetes Melitus. *Jurnal Ilmu Pangan dan Hasil Pertanian*, 1(2), 50-59.
- WHO. (2006). *Guidelines for The Prevention, Management, and Care of Diabetes Mellitus*. Kairo : WHO Regional Office for Eastern Mediterranean.
- Williams, P.A. & Phillips, G.O. (2009). Handbook of Hydrocolloids. Dalam *Handbook of Hydrocolloids*. DOI : doi:10.1094/1891127381.toc.
- Winarno, F.G. (2007). *Kimia Pangan dan Gizi*. Jakarta : Gramedia Pustaka Utama
- Wu, F., Chen, H., Yang, N., Wang, J., Duan, X., Jin, Z., & Xu, X. (2013). Effect of Germination Time on Physicochemical Properties of Brown Rice Flour and Starch from Different Rice Cultivars. *Journal of Cereal Science*, 58(2), 263-271. DOI :10.1016/j.jcs.2013.06.008
- Xie, L. H., Luo, Y. K., and Chen, N., (2003). Research Progress on nutritional efficacy of red rice and black rice. *China Western Cereals and Oils Technology*, 6, 35-37.
- Yadav, B. S., Yadav, R. B., & Kumar, M. (2011). Suitability of pigeon pea and rice starches and their blends for noodle making. *LWT - Food Science and Technology*, 44(6), 1415–1421. <https://doi.org/10.1016/j.lwt.2011.01.004>
- Yamuangmorn, S., Dell, B., & Prom-u-thai, C. (2020). Anthocyanin and Phenolic Acid Profiles in Purple, Red, and Non-Pigmented Rice during Germination. *J.Nat.Sci*, 19(4), 865-878.
- Yang, Y.X., Wang, H.W., Cui, H.M., Wang, Y., Yu, L.D., Xiang, S.X., & Zhou, S.Y. (2006). Glycemic index of cereals and tubers produced in China. *World J Gastroenterol*, 12(21), 3430-3433.
- Yuda, I.P., Juniarti, Yuhernita, Ferlianti, R., & Nasrullah. (2019). Uji Aktivitas Antidiabetes Infusa Beras Hitam (*Oryza sativa* L. *indica*) dengan Metode Toleransi Glukosa dan Inhibisi α -Glukosidase. *PharmaMedika*, 11(2), 123-132.
- Yuliyana, T. (2021). Pengaruh Waktu Perendaman Terhadap Kadar Vitamin B1 (Thiamin) dan Serat Kasar pada Nasi Beras Merah. *Jurnal Gizi & Kesehatan Manusia*, 2(1).
- Zabidi, N.A., Ishak, N.A., Hamid, M., Ashari, S.E., & Latif, M.A.M. (2021). Inhibitory Evaluation of *Curculigo Latifolia* on α -Glucosidase, DPP (IV) and *In Vitro* Studies in Antidiabetic with Molecular Docking Relevance to Type 2 Diabetes Mellitus. *Journal of Enzyme Inhibition and Medicinal Chemistry*, 36(1), 109-121. <https://doi.org/10.1080/14756366.2020.1844680>
- Zheng, Y.M., He, R.G., Huang, X., Zheng, L., Hu, Q.L., & Hua, P. (2006). Effects of Germination on Composition of Carbohydrate and Activity of Relevant Enzymes in Different Varieties of Brown Rice. *Cereal and Feed Ind*, 5, 1–3.