

DAFTAR PUSTAKA

- ADA, 2007. Diagnosis and Classification of Diabetes Melitus. *Diabetes Care*, Volume 30, pp. 42-47.
- ADA, 2010. Diagnosis and classification of diabetes mellitus. *Diabetes Care*, 33(1), p. 562–569..
- Adeghate, E. & Ponery, A., 2002. GABA in the endocrine pancreas: cellular localization and function in normal and diabetic rats. *Tissue Cell*, 34(1), pp. 1-6.
- Adriawan, I.R., Andrie, M., Susilowati, R., Pramono., dan Nugroho, A.E., 2014. Homa-IR Index Evaluation on Antidiabetes Mellitus Effect of Andrographis Paniculata (Burm. F.) Nees Purified Extract and Andrographolide. *Majalah Obat Tradisional*, 19(1), pp. 19-23.
- Aini, N., Wijonarko, G., dan Sustriawan, B., 2016. . Sifat Fisik, Kimia, dan Fungsional Tepung Jaung Yang Diproses Melalui Fermentasi. *Jurnal Agritech*, 36(2), p. 160–169.
- Amagliani, L., O'Regan, J., Kelly, A. L., dan O'Mahony, J. A., 2017. The composition, extraction, functionality and applications of rice proteins: A review. *Trends in Food Science & Technology*, Volume 64, pp. 1-12.
- Amanati, L., dan Anissa, 2020. Ekstraksi Pektin dari Kulit Durian (Durio Zibethinus) untuk Industri Makanan. *Jurnal Teknologi Proses dan Inovasi*, 5(2), pp. 33-36.
- Ananda, P.K., Kumarappan, C.T., Christudas, S., dan Kalaichelvan, V.K., 2012. Effect of Biophytum sensitivum on streptozotocin and nicotinamide-induced diabetic rats. *Asian Pacific Journal of Tropical Biomedicine*, Volume 2, pp. 31-35.
- Ananda, P.K., Kumarappan, C.T., Christudas, S., dan Kalaichelvan, V.K., 2012. Effect of Biophytum sensitivum on streptozotocin and nicotinamide-induced diabetic rats. *Asian Pac. J. Trop. Biomed*, Volume 2, pp. 31-35.
- Ang, J. F., dan Crosby, G. A., 2005. ormulating reduced-calorie foods with powered cellulose. *Food Technology*, Volume 59, pp. 35-38.
- Antunes, L., Elkfury, J., Jornada, M. N., Foletto, K. C., Bertoluci., M. C., 2016. Validation of HOMA-IR in a model of insulin-resistance induced by a high-fat diet in Wistar rats. *Arch Endocrinol Metab*.
- Anwer, T., 2014. Melatonin ameliorates hyperinsulinemia, glucose intolerance and insulin resistance in STZ-nicotinamide induced type 2 diabetic rats. *International Journal of Pharmacy and Pharmaceutical Sciences*, 6(2), pp. 133-136.
- AOAC, 2005. *Official Methods of Analysis of the Association of Official Analytical Chemist*. Washington DC: Association of Official Analytical Chemist.
- Argasasmita, T., 2008. *Karakterisasi Sifat Fisikokimia dan Indeks Glikemik Varietas Beras Beramilosa Rendah dan Tinggi*. Bogor: Skripsi. Institut Pertanian Bogor.
- Arivani, S., 2010. Total Antosianin Ekstrak Buah Salam dan Korelasinya dengan Kapasitas Anti Peroksidasi pada Sistem Linoleat. *Agrointek*, 4(2), pp. 121-127.
- Asdie, A., 1989. Diabetes Melitus dan Sulfonilurea. *Berkala Ilmu Kedokteran*, 21(1), pp. 1-13.
- Asman, M., 2014. Insulin resistance as a predictor of worsening of glucose tolerance in type 2 diabetes melitus. *Medicunus*, 27(2), pp. 3-8.
- Astawan, M., Wresdiyati, T., 2004. *Diet Sehat dengan Makanan Berserat*. Solo: Tiga Serangkai Pustaka Mandiri.
- Astuti, A., dan Maulana, 2017. Pangan Indeks Glikemik Tinggi dan Glukosa Darah Pasien Diabetes Melitus Tipe II. *Journal Endurance*, 2(2), pp. 225-231.

- Astuti, A. & Maulani, M., 2017. Pangan Indeks Glikemik Tinggi dan Glukosa Darah Pasien Diabetes Melitus Tipe II. *J. Endur*, Volume 2.
- Atkinson, F.S., K. Foster-Powell, dan J.C. Brand Miller., 2008. International Tables of Glycemic Index and Glycemic Load Values. *Diabetes Care*, Volume 31, pp. 2281-2283.
- Atmadani, O., 2023. *Profil Komposisi Kimia, Kandungan Total Fenolik, dan Aktivitas Antioksidan Beras Pecah kulit Pragerminasi dan Beras Putih Varietas IR-64 dan Sintanur*, Yogyakarta: Fakultas Teknologi Pertanian, Universitas Gadjah Mada.
- Ayernor, G. S., dan F. C. K., Ocloo, 2007. Physicochemical changes and diastatic activity associated with germinating paddy rice (PSB.Re 34). *Afr. J. Food Sci.*, Volume 1, pp. 37-41.
- Bajaj, S., dan Khan, A., 2012. Antioxidant and diabetes. *Indian Journal of Endocrinology and Metabolism*, 16(2), pp. 267-271.
- Banjarnahor, E., dan Wangko, S., 2012. Sel Beta Pangkreas Sintesis dan Sekresi Insulin. *Jurnal Biomedik*, 4(3), pp. 156-162.
- Bird, A. et al., 2000. Coarse brown rice increases fecal and large bowel short-chain fatty acids and starch but lowers calcium in the large bowel of pigs. *J. Nutr*, Volume 130, p. 1780-1787.
- Blake, S., & Rudolph, D., 2021. How excess dietary saturated fats induce insulin resistance. *International Journal of Translational Science*, Volume1(1), pp. 4
- Bowonsomsarit, W. et al., 2021. Four-week induction of type 2 diabetes mellitus in rats by streptozotocin and high-fat diet. *Chula Med J*, 65(4), pp. 449-457.
- Bradford, K., 1995. Water Relations in Seed Germination. In: Kigel, J. and Galili, In: *Kigel, J. and Galili, G, Eds., Seed Development and Germination*, pp. 351-396.
- Browning, K. N., Fortna, S. R. & Hajnal, A., 2013. Roux-en-Y gastric bypass reverses the effects of diet-induced obesity to inhibit the responsiveness of central vagal motoneurons. *J Physiol*, 59(9), p. 2357-2372.
- Bryant, R. J., Jackson, A. K., Yeater, K. M., Yan, W. G., Mcclung, A. M., dan Fjellstrom, R. G., 2013. Genetic variation and association mapping of protein concentration in brown rice using a diverse rice germplasm collection. *Cereal Chemistry*, 90(5), pp. 445-452.
- Burtis, G., J. Davis, dan S. Martin, 1988. *Applied Nutrition and Diet Therapy*. Philadelphia: W.B.Saunders Company. Harcourt Brace Jovanovich Inc.
- Calder, P. C., 2015. Functional roles of fatty acids and their effects on human health. *Journal of Parenteral and Enteral Nutrition*, Volume 39(1), pp. 18S-32S.
- Capanzana, M.V., dan Buckle, K.A., 1997. Optimisation of Germination Conditions by Response Surface Methodology of a High Amylose Rice (*Oryza sativa*) Cultivar. *Lebensmittel Wissenschaft und Technologie*, Volume 30, pp. 155-163.
- Chaiyasut, C. et al., 2017. Germinated Thai Black Rice Extract Protects Experimental Diabetic Rats from Oxidative Stress and Other Diabetes-Related Consequences. *Pharmaceuticals*, 10(3), pp. 1-16.
- Chao, P. C., Li, Y., Chang, C. H., Shieh, J. P., Cheng, J. T., & Cheng, K. C, 2018. Investigation of insulin resistance in the popularly used four rat models of type-2 diabetes. *Biomedicine & Pharmacotherapy*, Volume 101, pp. 155-161.
- Cheng, H. H. et al., 2010. Gamma-oryzanol ameliorates insulin resistance and hyperlipidemia in rats with streptozotocin/nicotinamide-induced type 2 diabetes. *Int J Vitam Nutr Res*, 80(1), pp. 45-53.

- Chen, H. et al., 2003. QUICKI is a useful index of insulin sensitivity in subjects with hypertension. *American Journal of Physiology-Endocrinology and Metabolism*, 284(4), p. E804–E812.
- Chinma, C.E., Anuonye, J.C., Simon, O.C., Ohiare, R.O., dan Danbaba, N., 2015. Effect of germination on the physicochemical and antioxidant characteristics of rice flour from three rice varieties from Nigeria. *Food Chemistry*, Volume 185, p. 454–458.
- Cho, K. S., Kim, H. J., Lee, J. H., Kang, J. H., dan Lee, Y. S., 2006. Determination of fatty acid composition in 120 Korean native rice cultivars. *HortScience*, 41(4), p. 1082.
- Cho, D. H. & Lim, S. T., 2015. Germinated brown rice and its bio-functional compounds. *Food Chemistry*, Volume 196, p. 259–271.
- Chu, C., 2020. Dynamics of antioxidant activities, metabolites, phenolic acids, flavonoids, and phenolic biosynthetic genes in germinating Chinese wild rice (*Zizania latifolia*).. *Food Chemistry*, p. 126483318.
- Cintya, H. et al., 2022. Analysis of Carbohydrate, Protein and Fat Levels Using Various Type Rice With Different Cooking Process. *OP Conf. Series: Earth and Environmental Science*, Volume 977, pp. 1-7.
- Coll, A. P., Sadaf, F. I. & O’Rahilly, S., 2007. The Hormonal Control of Food Intake. *Elsevier Inc*, Volume 129, pp. 251-262.
- Comas-Basté, O. et al., 2020. Histamine Intolerance: The Current State of the Art. *Biomolecules*, 10(8), p. 1181.
- Daniel, H. R., 2008. Chemical in germinated brown rice could benefit diabetics. Source: defeat-diabetes foundation Yu, R.K., S. Ysuki and T. Baker.. *Journal of Lipid Research News release*.
- Dewi, M., 2007. Resistensi insulin terkait obesitas: mekanisme endokrin dan intrinsik sel (Obesity Related Insulin Resistance: Endocrine and Cell Intrinsic Mechanism). *J Gizi dan Pangan*, 2(2), pp. 49-54.
- DiPiro, J.T., Talbert, R.L., Yee, G.C., Matzke, G.R., Wells, B.G., dan Posey, L.M. , 2008. *Pharmacotherapy: A Pathophysiologic Approach (7th Edition)*. USA: McGraw-Hill.
- Engelking, L. R., 2015. *Textbook of Veterinary Physiological Chemistry*. 3 ed. USA: Academic Press.
- Esteghamati, A., Ashraf, H., Khalilzadeh, O., dan Zandieh, A., 2010. Optimal cut-off of homeostasis model assessment of insulin resistance (HOMA-IR) for the diagnosis of metabolic syndrome: third national surveillance of risk factors of non-communicable diseases in Iran (SuRFNCD-2007). *Nutrition & Metabolism*, Volume 7, p. 26.
- Fahmi, N.F., Firdaus, N., dan Putri, N., 2020. Pengaruh Waktu Penundaan Terhadap Kadar Glukosa Darah Sewaktu dengan Metode POCT pada Mahasiswa. *Nursing Update*, 11(2), pp. 1-11.
- Fatimah, R., 2015. Diabetes Melitus Tipe 2. *Jurnal Majority*, 5(4), pp. 93-101.
- Federation, I. D., 2021. IDF Diabetes Atlas, 10th Edition. *Journal of Experimental Biology*.
- Fitria, L. & Sarto, M., 2014. Profil Hematologi Tikus (*Rattus norvegicus* Berkenhout, 1769) Galur Wistar Jantan dan Betina Umur 4, 6, dan 8 Minggu. *Biogenesis*, 2(2), pp. 94-100.
- Fitriyanto, R. E., S. & Ardiyanto, D. T., 2020. Effects of Methanol Extracts of Insulin Leaves (*Tithonia diversifolia* (hemsl.) A. Gray) on Insulin Resistance and

- Secretion of Alloxan Induced-obese Diabetic Rats. *Jurnal Kedokteran dan Kesehatan Indonesia*, 11(2), pp. 180-190.
- Frasch, W. & Grunwald, C., 1976. Acylated Steryl Glycoside Synthesis in Seedlings of *Nicotiana tabacum* L. *Plant Physiol*, 58(6), pp. 744-748.
- Fukagawa, N. K. & Ziska, L. H., 2019. Rice: Importance for Global Nutrition. *Journal of Nutritional Science Vitaminology*, Volume 65, pp. 82-83.
- Furman, B., 2021. Streptozotocin-Induced Diabetic Models in Mice and Rats. *Current Protocols*, Volume 1, pp. 1-21.
- G fox, J., Anderson, L. C., Loew, F. M. & Quimby, F. W., 2002. *Laboratory Animal Medicine, Second*. Second Edition ed. Massachusetts: Academic : Academic Press.
- Ghasemi, A., Khalifi, S., dan Jedi, S., 2014. Streptozotocin-nicotinamide-induced rat model of type 2 diabetes. *Acta Physiologica Hungarica*, 101(4), pp. 408-420.
- Gloyn. A., dan McCarthy, M., 2001. The Genetiks of type 2 diabetes. *Best Practice dan Reaserch Clinical Endocrinology dan Metabolism*, 15(3), pp. 293-308.
- Gomez, C., Santiago-Fernandez, C., & Garcia-Fuentes, E., 2020. Oleic Acid Protects Against Insulin Resistance by Regulating the Genes Related to the PI3K Signaling Pathway. *Journal of Clinical Medicine*, Volume 9.
- Goud, B. J., Dwarakanath, V. & Swamy, B. K. C., 2015. Streptozotocin-A Diabetagonic Agentin Animal Models. *International Journal of Pharmacy and Pharmaceutical Research*, 3(1), pp. 253-265.
- Guo, X.-x.et al., 2018. Stability of a type 2 diabetes rat model induced by high-fat diet feeding with low-dose streptozotocin injection. *Journal of Zhejiang University-SCIENCE B (Biomedicine & Biotechnology)*, 19(7), pp. 559-569.
- Hagiwara, H., Seki, T. & Ariga, T., 2004. The Effect of Pre-germinated Brown Rice Intake on Blood Glucose and PAI-1 Levels in Streptozotocin-induced Diabetic Rats. *Biosci. Biotechnol. Biochem*, 68(2), pp. , 444-447.
- Hardianto, D., 2021. Insulin: Produksi, Jenis, Analisis, dan Rute Pemberian. *Jurnal Bioteknologi & Biosains Indonesia*, 8(2), pp. 321-331.
- Harini, M., & Astirin, O. P., 2009. Kadar kolesterol darah tikus putih (*Rattus norvegicus*) hiperkolesterolemik setelah perlakuan VCO. *Bioteknologi*, Volume 6(2) pp. 57-61.
- Harsa, S. V., 2020. Pengaruh Paparan Asap Rokok terhadap Kadar Hormon Adiponektin sebagai Faktor Risiko Terjadinya Diabetes Melitus Tipe 2. *Jurnal Majority*, 9(1), pp. 1-8.
- Haryadi, 2008. *Teknologi Pengolahan Beras*. Yogyakarta: Gadjah Mada University Press.
- Hasanah, U., 2013. Insulin Sebagai Pengatur Kadar Gula Darah. *Jurnal Keluarga Sehat Sejahtera*, 11(22), pp. 42-49.
- Hasanah, U., 2013. Insulin Sebagai Pengatur Kadar Gula Darah. *Jurnal Keluarga Sehat Sejahtera*, 11(22), pp. 42-49.
- Heinemann, R. J. B. et al., 2005. Comparative study of nutrient composition of commercial brown parboiled and milled rice from Brazil. *Journal of Food Composition and Analysis*, 18(4), pp. 287-296.
- Henry, C.J.K, dan Thondre, P.S., 2011. The Glycemic Index: Concept, Recent Developments and its Impact on Diabetes and Obesity. *Smith-Gordon*, pp. 154-175.
- Hermawan, E. & Meylani, V. 2016. Analisis Karakteristik Fisikokimia Beras Putih, Beras Merah, dan Beras Hitam (*Oryza sativa* L., *Oryza Nivara* dan *Oryza sativa* L. indica). *Jurnal Kesehatan Bakti Tunas Husada*, 2016, 15:79-91.

- Hermanto, S., Muawanah, A., & Harahap, R., 2008. Profil dan Karakteristik Lemak Hewani (Ayam, Sapi dan Babi) Hasil Analisa FTIR dan GCMS. *Jurnal Valensi*, Volume 1(3), pp.108.
- Hsu, T. F., et al., 2006. Effects of germination on phytochemical contents and antioxidant activities of brown rice. *Food Chemistry*, Volume 99(4), pp. 807-813.
- Hsu, T. F. et al., 2008. Effects of Pre-Germinated Brown Rice on Blood Glucose and Lipid Levels in Free-Living Patients with Impaired Fasting Glucose or Type2 Diabetes. *Journal Nutrition Sci Vitaminol*, Volume 54, pp. 163-168.
- Imam, M. U., Musa, S. N. A., Azmi, N. H. & Ismail, M., 2012. Effects of White Rice, Brown Rice and Germinated Brown Rice on Antioxidant Status of Type 2 Diabetic Rats. *International Journal of Molecular Science*, 13(10), pp. 12952-12969.
- Indriarsih, S., Astuti M., Kanoni S., dan Rahayu, E.S., 2017. Fatty acid composition and physicochemical properties in germinated black rice. *Indonesian Food and Nutrition Progress*, Volume 14, pp. 29-36.
- International Diabetes Federation, 2021. *Indonesia Diabetes Report*. 10 ed. s.l.:International Diabetes Federation.
- IRRI, 2011. *International Rice Research Institute, annual report*.
- Isnaini & Ratnasari, 2018. Faktor risiko mempengaruhi kejadian Diabetes mellitus tipe dua. *Jurnal Keperawatan dan Kebidanan Aisyiyah*, 14(1), pp. 59-68.
- Itagi, H. N. & Singh, V., 2015. Status in Physical Properties of Coloured Rice Varieties Before and After Inducing Retro-gradation. *Journal Food Science Technology*, 52(12), pp. 7747-7758.
- Ito, Y. et al., 2005. Postprandial blood glucose and insulin responses to pre-germinated brown rice in healthy subjects. *Journal Medical Invest*, 52(3-4), pp. 159-164.
- J., 2023. Analisis Kebijakan Impor Beras terhadap Peningkatan Kesejahteraan Petani di Indonesia. *INOVASI: Jurnal Ekonomi, Keuangan dan Manajemen*, 9(1), pp. 98-110.
- Jakobs, C., J. J. & K, G., 1993. Inherited disorders of GABA metabolism. *Journal Inherit*, Volume 16, pp. 704-715.
- Jiamyangyuen, S., dan Oraikul, B., 2008. The physico-chemical, eating and sensorial properties of germinated brown rice. *Journal of Food, Agriculture and Environment*, Volume 6, pp. 119-124.
- Jiang, Susu., Wixi, C., dan Baoujun Xu, 2013. Food Quality Improvement of Soy Milk Made from Short-Time Germinated Soybeans. *Foods*, Volume 2, pp. 198-212.
- Jiuhardi, 2023. Analisis Kebijakan Impor Beras terhadap Peningkatan Kesejahteraan Petani di Indonesia. *INOVASI: Jurnal Ekonomi, Keuangan dan Manajemen*, 9(1), pp. 98-110.
- Kang, H.M., dan Kim, D.J., 2012. Body mass index and waist circumference according to glucose tolerance status in Korea: The 2005 Korean health and nutrition examination survey. *Journal of Korean Medical Science*, 27(5), pp. 518-524.
- Kesehatan, K., 2014. *Situasi dan Analisis Diabetes*, Jakarta: Pusat Data dan Informasi Kementrian Kesehatan RI.
- Kim, H. Y. et al., 2012. Chemical and functional components in different parts of rough rice (*Oryza sativa* L.) before and after germination. *Food Chemistry*, 134(1), pp. 288-293.
- Kim, M. Y. et al., 2013. Enzyme inhibition activities of ethanol extracts from germinatEnzyme inhibition activities of ethanol extracts from germinatating rough rice (*Oryza sativa* L.). *Journal Korean Soc Food Sci Nutr*, Volume 42, pp. 917-923.

- Kong, L., Lin, Y., Liang, J., Hu, X., Ashraf, U., Guo, X., & Bai, S., 2022. Dynamic Changes in Vitamin E Biosynthesis during Germination in Brown Rice (*Oryza sativa* L.). *Foods*, Volume 11(20).
- Kotha; P., Badri; K.R., Nagalapuram, R., Allagadda, R., Chippada, A. R., 2017. Anti-Diabetic Potential of the Leaves of *Anisomeles malabarica* in Streptozotocin Induced Diabetic Rats. *Cellular Physiology and Biochemistry*, Volume 43, pp.1689-1702.
- Kristiana, L., 2015. Penelitian sistem kesehatan. 18(4), pp. 437-445.
- Lamberts, L; Brijs, K; Mohamed, R; Verhelst, N; Delcour, J A, 2006. Impact of browning reactions and bran pigments on color of parboiled rice. *Journal of Agricultural and Food Chemistry*, 54(26), pp. 9924-9929.
- Larasati, N. H., 2024. Perubahan Sifat Fisikokimia dan Fungsional Beras Pecah Kulit Varietas Ir-64 dengan Variasi Waktu Germinasi (naskah sedang diterbitkan). Universitas Gadjah Mada
- Leedom, L. J. & Meehan, W. P., 1989. The psychoneuroendocrinology of diabetes mellitus in rodents. *Psychoneuroendocrinology*, 14(4), pp. 275-294.
- Lee, Y. R. et al., 2007. Changes in the chemical and functional components of Korean rough rice before and after germination. *Food Science and Biotechnology*, Volume 16, p. 1006–1010.
- Lenzen, S., 2008. The Mechanism of Alloxan- and Streptozotocin-induced Diabetes. *Diabetologia*, Volume 51, pp. 216-226.
- Lestari, Zulkarnain, dan Sijid, A., 2021. *Diabetes Melitus: Review Etiologi, Patofisiologi, Gejala, Penyebab, Cara Pemeriksaan, Cara Pengobatan dan Cara Pencegahan*. Gowa, UIN Alauddin Makassar.
- Liang, H. et al., 2020. Extract of pre-germinated brown rice protects against cardiovascular dysfunction by reducing levels of inflammation and free radicals in a rat model of type II diabetes. *Journal of Functional Foods*, Volume 75.
- Licholai, J.A., Nguyen, K.P., Fobss, W.C., Schuster C.J., Ali, M.A., Kravitz, A.V., 2018. Why Do Mice Overeat High-Fat Diets? How High-Fat Diet Alters the Regulation of Daily Caloric Intake in Mice. *Obesity Journal*, 26(6), pp. 1026-1033.
- Li, L., Dou, N., Zhang, H. & Wu, C., 2021. The versatile GABA in plants. *Taylor & Francis Group, LLC*, 16(3).
- Lim, S. M., Goh, Y. M., Mohtarrudin, N. & Loh, S. P., 2016. Germinated brown rice ameliorates obesity in high-fat diet induced obese rats. *BMC Complementary and Alternative Medicine*, 16(140), pp. 1-11.
- Lu, Z., Zhang, Y., Li, L., Curtis, R.B., Kong, X.L., Fulcher, R.G., Zhang, G., dan 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(3), pp. 483-487.
- Mackli, D.J., dan Kush, G.S., 2018. IR64: a high-quality and high-yielding mega variety. *Rice*, pp. 11-18.
- Maisont, S., dan Narkruga, W., 2010. The Effect of Germinated on GABA Content, Chemical Composition, Total Phenolics Content and Antioxidant Capacity of Thai Waxy Paddy Rice. *Kasetsart Journal (Natural Science)*, 44(5), pp. 912-923.
- Maligan, J. M., Lestary, M., dan Wani, Y. A., 2017. Perbedaan Aktivitas Antioksidan Kecambah Beras Pecah kulit (*Oryza sativa* L.) Berdasarkan Lama Proses Elisitasi dan Waktu Perkecambahan. *Indonesian Journal of Human Nutrition*, 4(2), pp. 108-116.
- Manickavasagan, A; Santhakumar, C., 2017. *Brown Rice*. Switzerlan: Springer Nature.

- Masharani, U. & Karam, J. H., 2001. *Pancreatic Hormones & Diabetes Mellitus*. In *Basic & Clinical Endocrinology*. 6th ed. New York: The McGraw-Hill Companies, Inc.
- Mather, K., 2009. Surrogate measures of insulin resistance: of rats, mice, and men. *Am Physiol Endocrinol Metab*, Volume 296, p. 398–399.
- Matos, S.L., Paula, H., Pedrosa, M.L., Santos, R.C., Oliveira, E.L., Junior, D.A.C. dan Silva, M.E., 2005. Dietary models for inducing hypercholesterolemia in rats. *Brazilian Archives of Biology and Technology*, Volume 48, pp. 203-209.
- Matsui, T. et al., 2007. alpha-Glucosidase inhibitory profile of catechins and theaflavins. *Journal Agriculture Food Chemistry*, 55(1), pp. 99-105.
- Matsumoto, K., Yasuyoshi, E., Nishi, K., Honda, Y., Nakaya, M., dan Kitamura, S., 2016. Resistant starch-rich wx/ae, brown rice prevents insulin resistance and hypertriglyceridaemia in type 2 diabetic NSY mice. *Journal of Functional Foods*, Volume 23, p. 556–564.
- Matsuzawa, N. et al., 2007. Lipid-Induced Oxidative Stress Causes Steatohepatitis in Mice Fed an Atherogenic Diet. *Hepatology*, 46(5), pp. 1392-1403.
- Merentek, E., 2006. *Resistensi Insulin pada Diabetes Melitus Tipe 2*. Jakarta: Cermin Dunia Kedokteran.
- Miller, J.B., E. Pang, dan L. Bramall, 1992. Rice: a high or low glycaemic food. *The American Journal of Clinical Nutrition*, Volume 56, pp. 1034-1036.
- Minatel, Francisqueti, F. V., Corrê, C. R., Lima, G. P., 2016. Antioxidant Activity of γ Oryzanol: A Complex Network of Interactions. *Int. J. Mol. Sci*, Volume 17, pp. 1107.
- Miura, D. et al., 2006. Hypocholesterolemic action of pre-germinated brown rice in hepatoma-bearing rats. *Journal Life Science*, 79(3), pp. 259-64.
- Mohan, V., Spiegelman, D., Sudha, V., Gayathri, R., Hong, B., Praseena, K., . . . Krishnaswamy, K, 2014. Effect of brown rice, white rice, and brown rice with legumes on blood glucose and insulin responses in overweight Asian Indians: A randomized controlled trial. *Diabetes Technology & Therapeutics*, Issue 16, pp. 317-325.
- Moini, J., 2019. *Epidemiology of Diabetes*. 1st ed. Amsterdam: Elsevier.
- Moongngarm, A. & Saetung, N., 2010. Comparison of chemical compositions and bioactive compounds of germinated rough rice and brown rice. *Food Chemistry*, Volume 122, p. 782–788.
- Moriyama, T. et al., 2006. BENEFICIAL EFFECT OF MODERATE FOOD RESTRICTION IN TOXICITY STUDIES IN RATS. *The Journal of Toxicological Science*, 31(3), pp. 197-206.
- Munarko, H., Sitanggang, A.B., Kusnandar, F., dan Budijanto, S., 2019. Kecambah Beras Pecah Kulit : Proses Produksi dan Karakteristiknya. *Southeast Asian Food and Agricultural Science and Technology*, 28(3).
- Myers, P. & D, A., 2004. *Rattus norvegicus*. [Online] Available at: https://animaldiversity.org/accounts/Rattus_norvegicus/ [Accessed Jumat Februari 2024].
- Nagasaka, R. et al., 2011. γ -Oryzanol recovers mouse hypoadiponectinemia induced by animal fat ingestion. *Phytomedicine*, 18(8-9), pp. 669-671.
- Nakagawa, T., Yokozawa, T., Kim, H. J. & Shibahara, N., 2005. Protective effects of gamma-aminobutyric acid in rats with streptozotocin-induced diabetes. *J Nutr Sci Vitaminol (Tokyo)*, 51(4), pp. 278-82.
- Nambirajan, G. et al., 2018. Evaluation of antidiabetic activity of bud and flower of Avaram Senna (*Cassia auriculata* L.) In high fat diet and streptozotocin induced diabetic rats. *Biomedicine & Pharmacotherapy*, Volume 108, p. 1495–1506.

- Nashrurrokhman, M. et al., 2019. Macronutrient and Mineral Contents of Five Local Black Rice (*Oryza sativa*) Cultivars in Indonesia. *Bodiversitas*, 20(12), pp. 3647-3653.
- Nesti, D.R., Baidowi, A., Ariyanti, F., dan Tjahajati, I., 2018. Deteksi penyakit zoonosis Ehrlichiosis pada pasien anjing di klinik hewan Jogja. *Jurnal Nasional Teknologi Terapan*, Volume 2, pp. 191-197.
- Neutzsky-Wulff, A. V., Andreassen, K. V. & Hjuler, S. T., 2012. Future detection and monitoring of diabetes may entail analysis of both β -cell function and volume: How markers of β -cell loss may assist.. *Journal of Translational Medicine* 2, 10(214), pp. 1-16.
- Ningsih, I., 2014. Pengaruh Elisitor Biotik Dan Abiotik Pada Produksi Flavonoid Melalui Kultur Jaringan Tanaman. Bagian Biologi Farmasi. *Pharmacy*, 11(2), pp. 1693-3591 .
- Nugerahani, I., Sutedia, A.M., Srinta, I., Widharma, R.M., dan Marsono, Y., 2017. In vivo evaluation of *Monascus*-fermented durian seed for antidiabetic and antihypercholesterol agent. *Food Research*, 1(3), pp. 83-88.
- Nugraha, M. R. & Hasanah, A. N., 2018. Review Artikel:Metode Pengujian Aktivitas Antidiabetes. *Farmaka*, 16(3), pp. 28-34.
- Nurhidajah, N. & Nurrahman, N., 2016. Efek Hipoglikemik Kecambah Beras Merah pada Tikus yang Diinduksi STZ-NA dengan Parameter Kadar Insulin, Indeks HOMA-IR dan HOMA β . *AGRITECH*, 36(4), pp. 433-439.
- Ohinata, K. et al., 2009. Orally administered zinc increases food intake via vagal stimulation in rats. *J Nutr*, 139(3), pp. 611-616.
- Oh, S. H., Moon, Y. J., Soh, J. R. & Cha, Y. S., 2005. Effect of water extract of germinated brown rice on adiposity and obesity indices in mice fed a high fat diet. *J Food Sci Nutr*, 10(3), pp. 251-256.
- Ohtsubo, K., Suzuki, K., Yasui, Y., dan Kasumi, T., 2005. Bio-functional components in the processed pre-germinated brown rice by a twin-screw extruder. *J. Food Compos. Anal.*, Volume 18, p. 303–316.
- Oliveira, D. M. et al., 2019. Feruloyl esterases: Biocatalysts to overcome biomass recalcitrance and for the production of bioactive compounds. *Bioresource Technology*, Volume 278, pp. 408-423
- Organization, W. H., 2011. *Diabetes Mellitus*, s.l.: World Health Organization.
- Panlasigui, L. N. & Thompson, L. U., 2006. Blood glucose lowering effects of brown rice in normal and diabetic subjects. *International Journal of Food Sciences and Nutrition*, 57(3-4), pp. 151-158.
- Parasuraman, S., Raveendran, R., dan Kesavan, R., 2010. Blood sample collection in small laboratory animals. *Journal of pharmacology & pharmacotherapeutics*, 1(2), pp. 87-93.
- Parnsakhorn, S., dan Langkapin, J., 2018. Effects of drying temperatures on physicochemical properties of germinated brown rice. *Songklanakarin J. Sci. Technol.*, 40(1), pp. 127-134.
- Patel, D. K., Kumar, R., Laloo, D. & Hemalatha, S., 2012. Diabetes Mellitus: an Overview on Its Pharmacological Aspects and Reported Medicinal Plants Having Antidiabetic Activity. *Asian Pacific Journal of Tropical Biomedicine*, 2(5), pp. 411-420.
- Patil, S.B., dan Khan K., 2011. Germinated brown rice as a value added rice product : A review. *Journal of Food Science and Technology*, 48(6), pp. 661-667.
- Peris-Sampedro, F. et al., 2021. The Orexigenic Force of Olfactory Palatable Food Cues in Rats. *Nutrients*, Volume 13.

- PERKENI. (2015). *Konsensus Pengelolaan dan Pencegahan Diabetes Mellitus Tipe 2 di Indonesia*. Jakarta : PB Perkeni.
- PERKENI, 2021. *Pedoman Pengelolaan dan Pencegahan Diabetes Mellitus Tipe 2 di Indonesia*. Jakarta: PB Perkeni.
- Pertanian, D., 2012. *Outlook Komoditas Pertanian Tanaman Pangan*. Jakarta: Departemen Pertanian.
- Pertanian, K., 2019. *Varietas Unggul Padi*. [Online] Available at: <https://tanamanpangan.pertanian.go.id/detil-konten/berita/249> [Accessed 5 Januari 2024].
- Pierre Pirot, Alessandra K. Cardozo, Décio L. Eizirik, 2008. Mediators and Mechanisms of Pancreatic. *Arquivos Brasileiros de Endocrinologia & Metabologia*, 52(2), pp. 156-65.
- Pletsch, E A, dan Hamaker, B R, 2017. Brown rice compared to white rice slows gastric emptying in humans. *European Journal of Clinical Nutrition*, 72(3), pp. 367-373.
- Pletsch, E. A., dan Hamaker, B. R., 2017. Brown rice compared to white rice slows gastric emptying in humans. *European Journal of Clinical Nutrition*, 72(3), p. 367–373.
- Pranoto, H. S., W. Q. Mugnisjah., E. Muniarti., 1990. *Biologi Benih*. Bogor: IPB Press.
- Prasad, B. J., Sharavanan, P. S. & Sivaraj, R., 2019. Health benefits of black rice – A review. *Grain & Oil Science Technology*, Volume 2, pp. 109-113.
- Pratiwi, E., 2020. *Pengaruh Variasi High Fat Diet terhadap Kadar Trigliserida Serum dan Histologi Hati pada Pengembangan Model NAFLD di Mencit*, Surabaya: Fakultas Farmasi Universitas Airlangga.
- Priya, R., Nelson, A. R. L. E., Ravichandran, K., & Antony, U., 2019. Nutritional and Functional Properties of Coloured Rice Varieties of South India: A Review. *Journal of Ethnic Food*, 6(11), pp. 1-11.
- Priya, R., Nelson, A. R. L. E., Ravichandran, K. & Antony, U., 2019. Nutritional and Functional Properties of Coloured Rice Varieties of South India: A Review. *Journal of Ethnic Food*, 6(11), pp. 1-11.
- Pujiatiningsih, A. S., 2014. *Pemberian Ekstrak Daun Putri Malu (Mimosa pudica Linn) secara Oral Menurunkan Kadar Gula Darah Post Prandial pada xvii Tikus (RattusNorvegicus) Jantan Galur WistarPerdiabetesi*. Diss (Tesis), Palu: Universitas Tadulako.
- Puspitasari, 2015. *Pengaruh Pemberian Pisang Kepok (Musa paradisiaca forma typical) Terhadap Kadar Malondialdehyde (MDA) Tikus Sprague dawley PraSyndrome Metabolik.. Tesis*.
- Putri, J., 2024. *Potensi Antidiabetik Beras Coklat Germinasi Varietas IR-64 secara In vitro* (naskah sedang diterbitkan). Universitas Gadjah Mada. *Skripsi*.
- Reed, M.J., Meszaros, K., Entes, L.J., Claypool, M.D., Pinkett, J.G., dan Gadbois, T.M., 2000. A new rat model of type 2 diabetes: The fat-fed, streptozotocin-treated rat. *Metabolism*, 49(11), pp. 1390-1394.
- Reeves, G., 1997. Components of the AIN-93 Diets as Improvements in the AIN-76A Diet. *J. Nutr.*, Volume 127, p. 838S–841S.
- Rezazadeh, H., Sharifi, M. R., Shafiri, M. & Soltani, N., 2021. Gamma-aminobutyric acid attenuates insulin resistance in type 2 diabetic patients and reduces the risk of insulin resistance in their offspring. *Biomedicine & Pharmacotherapy*, Volume 138, pp. 1-13.
- Kementerian Kesehatan RI, 2005. *Pharmaceutical Care untuk Penyakit Diabetes Melitus*. Jakarta: : DIREKTORAT BINA FARMASI KOMUNITAS DAN KLINIK

DITJEN BINA KEFARMASIAN DAN ALAT KESEHATAN DEPARTEMEN
KESEHATAN.

- Kementerian Kesehatan RI, 2018. *Hasil Utama RISKESDAS*, Jakarta: Kementerian Kesehatan RI.
- Rao, R. S. P. & Muralikrishna, G., 2006. Water soluble feruloyl arabinosylans from rice and ragi: Changes upon malting and their consequence on antioxidant activity. *Phytochemistry*, 67(1), pp. 91-99.
- Riskesdas, 2018. *Laporan Hasil Riset Kesehatan Dasar*, Jakarta: Badan Penelitian dan Pengembangan Kesehatan, Kementerian Kesehatan RI.
- Road, S., Valmiki, N. & Thiruvanniyur, 2003. CPCSEA Guidelines For Laboratory Animal Facility.. *Indian Journal of Pharmacology*, Volume 35, pp. 257-274.
- R. & S., 2004. *Indeks Glikemik Pangan*. s.l.:PT. Penebar Swadaya.
- Roohinejad, S., Omidzadeh, A., Mirhosseini, H., Saari, N.,Manap, M., 2010. Effect of pre-germination time of brown rice on serum cholesterol levels of hypercholesterolaemic rats. *J Sci Food Agric*, Volume 90, pp. 245-251.
- Sakinah, E., 2017. The role of Cholecalciferol in the Improvement of Insulin Resistance in Diabetic Mice Model. *Journal of Agromedicine and Medical Sciences*, 3(3).
- Saleh, A.S.M., Wang, P., Wang, N., Yang, L., dan Xiao, Z., 2019. Brown Rice Versus White Rice: Nutritional Quality, Potential Health Benefits, Development of Food Products, and Preservation Technologies.. *Comprehensive Reviews in Food Science and Food Safety*, 18(4), pp. 1070-1096.
- Savira, A. P. I., Wahyuni, S. & Faradilla, R. F., 2020. Analisis Kandungan Gizi, Organoleptik dan Aktivitas Antioksidan Snack Bar Berbasis Beras Warna Organik (*Oryza sativa* L.) Varietas Lokal (Merah Wakawondu, Hitam Wakombe, dan Cokelat Warumbia) sebagai Alternatif Makanan Selingan Penderita Diabetes Melitus. *Jurnal Sains dan Teknologi Pangan*, 5(6), pp. 3436-3452.
- Schein, P. S., Cooney, D. A., & Vernon, M. L., 1967. The use of nicotinamide to modify the toxicity of streptozotocin diabetes without loss of antitumor activity. *Cancer Research*, Volume 27, p. 2324-2332.
- Sharma, A. K., Bharti, S. & Ojha, S., 2011. Up-regulation of PPARgamma, heat shock protein-27 and-72 by naringin attenuates insulin resistance, beta-cell dysfunction, hepatic steatosis and kidney damage in a rat model of type 2 diabetes. *British Journal of Nutrition*, Volume 106, p. 1713-1723.
- Shen, K. P. et al., 2014. Pre-germinated brown rice prevents high-fat diet induced hyperglycemia through elevated insulin secretion and glucose metabolism pathway in C57BL/6J strain mice. *J. Clin. Biochem. Nutr.*, 56(1), p. 28-34.
- Shobhit, Sindhu, R. & Khatkar, B. S., 2020. Assessment of physicochemical properties of popular brands of corn starch for custard preparation. *International Journal of Chemical Studies*, 8(4), pp. 3631-3637.
- Siddiqui, A.A. et al., 2013. Diabetes mechanism, pathophysiology, and management-A review. *International Journal of Drugs Development and Research*, 5(2), pp. 1-23.
- Sirois, M., 2005. *Laboratory Animal Medicine: Principles And Procedures*. Philadelphia: s.n.
- Skovsø, S., 2014. Review Article: Modeling type 2 diabetes in rats using high fat diet and streptozotocin. *J Diabetes Invest*, 5(4), pp. 349-358.
- Slavin, J. & Green, H., 2007. Dietary fibre and satiety. *Nutr Bull*, Volume 32, pp. 32-42.
- Soegondo, Sidartawan, Soewondo, P., dan Subekti, I., 2004. *Penatalaksanaan Diabetes Melitus Terpadu*. Jakarta: Balai Penerbit FKUI.

- Soetrisno, U., dan P., Suryana., 1991. Pengembangan Prosedur Analisis Zat Antitripsin (Trypsin Inhibitor) pada Sumber Protein Nabati. *PGM*, Volume 14, pp. 153-158.
- Sohrabipour, S. et al., 2018. GABA dramatically improves glucose tolerance in streptozotocin-induced diabetic rats fed with high-fat diet. *Eur J Pharmacol*, Volume 826, pp. 75-84.
- Sohrabipou, r. S. et al., 2018. GABA dramatically improves glucose tolerance in streptozotocin-induced diabetic rats fed with high-fat diet.. *Eur J Pharmacol*, Volume 826, p. 75–84.
- Srihardyastutie, A, 2014. The relationship between HbA1c, insulin resistance, and changes of insulin secretion in Indonesia type 2 diabetic subjects. *Adv. in Nat. Appl. Sci.*, 8(8), pp. 25-30.
- Srinivasan, K. et al., 2005. Combination of high-fat diet-fed and low-dose streptozotocin-treated rat: A model for type 2 diabetes and pharmacological screening. *Pharmacological Research*, Volume 52, pp. 313-320.
- Subiyono, Martisingsih, A.M., dan Gabrela, D., 2016. Gambaran Kadar Glukosa Darah Metode GOD-PAP (Glucose Oksidase – Peroxidase Aminoantipirin) Sampel Serum dan Plasma EDTA (Ethylen Diamin Terta Acetat). *Jurnal Teknologi Laboratorium*, 5(1), pp. 45-48.
- Sudargo, T., Pertiwi, S., Alexander, R., Siswati, T., dan Ernawati, Y., 2016. The relationship between fried food consumption and physical activity with diabetes mellitus in Yogyakarta Indonesia. *International Journal Of Community Medicine And Public Health*, 4(1), pp. 38-44.
- Sudarmadji, S., Haryono, B., dan Suhardi, 1996. *Analisa Bahan Makanan dan Pertanian*. Yogyakarta: Liberty Yogyakarta.
- Sugiyono, 2012. *Memahami Penelitian Kualitatif*. Bandung: Alfabeta.
- Suhardjono, 1995. *Percobaan Hewan Coba Laboratorium*. Yogyakarta: Gadjah Mada University Press
- Sulistiyorini, R., Sarjadi, Andrew, J., dan Kis, D., 2015. Pengaruh Ekstrak Etanol Daun Kelor (*Moringa oleifera*) pada Ekspresi Insulin dan insulitis Tikus Diabetes Melitus. *MKB*, 47(2), pp. 69-76.
- Sunita, R., Sadewa,A.H., Farmawati, A., 2015. Lower HOMA-b values are detected among individuals with variant of E23K polymorphism of potassium inwardly-rectifying channel, subfamily J, member 11 (KCNJ11) gene. *The Egyptian Journal of Medical Human Genetics*, Volume 16, p. 227-231.
- Sunte, J., Srijesdaruk, V. & Tangwongchai, R., 2007. Effects of soaking and germinating process on gamma-aminobutyric acid (GABA) content in germinated brown rice (Hom mali 105). *Agricultural Science Journal (Suppl)*, Volume 38, p. 103–106.
- Sutjahjo, A., 2015. Adiponektin High Molecular Weight dan Kekakuan Vaskular di Penyakit Diabetes Melitus Tipe 2 terkait Gabungan Glimepiride Metformin Dosis Tetap. *Indonesian Journal of Clinical Pathology and Medical Laboratory*, Volume 21, pp. 120-124.
- Sutopo, L., 2002. *Teknologi Benih Ed*. Jakarta: Revisi. PT Raja Grafindo Persada..
- Suzuki, H., Asakawa, A., , Li, J. B., Tsa, M., Amitani, H., Ohinata, K., Komai, M., & Inui, A., 2011. Zinc as an Appetite Stimulator - The Possible Role of Zinc in the Progression of Diseases Such as Cachexia and Sarcopenia. *Recent Patents on Food, Nutrition & Agriculture*, Volume 3, pp. 226-231.
- Szkudelski, T., 2012. Streptozotocin-nicotinamide-induced diabetes in the rat. Characteristics of the experimental model. *Exp. Biol. Med.*, Volume 237, p. 481–490.

- Tangvarasittichat, S., 2015. Oxidative stress, insulin resistance, dyslipidemia and type 2 diabetes melitus. *World Journal of Diabetes*, p. 456.
- Tazakori, Z., M. Dehghan, M. Iranparvar, M. Zare Foladi, dan N. Mohammadi, 2007. Research journal of Biological Scienciee. 2(3), pp. 252-255.
- Tepalla, S., dan Shankar, A., 2010. Association Between Serum IGF-1 and Diabetes Among U.S. Adults. *Diabetes Journals*, 33(10), pp. 2257-2260.
- Tjandrawinata, R., 2014. Diabetes Melitus. *MEDICUNUS*, 27(2), pp. 3-16.
- Tortora, G. J. & Derrickson, B., 2009. *Principles of Anatomy & Physiology*. USA: John Wiley & Sons. Inc..
- Tsatsoulis, A., Mantzaris, M. D., Bellou, S. & Andrikoula, M., 2013. Insulin resistance: An adaptive mechanism becomes maladaptive in the current environment — An evolutionary perspective. *Metabolism Clinical and Experimental*, 62(5), pp. 622-633.
- Tuan, P. A. et al., 2019. Molecular Mechanisms of Seed Germination. In: *Sprouted Grains*. s.l.:Elsevier Inc., pp. 1-24.
- Ukpong, E. S., Onyeka, E. U. & Oladeji, B. S., 2023. Bioactive compounds, nutrients and pasting properties of parboiled milled rice, brown rice and germinated brown rice of selected cultivars and the effects of germination durations. *Food Chemistry Advances*, Volume 2, pp. 1-11.
- Untereiner, A. et al., 2018. GABA promotes β -cell proliferation, but does not overcome impaired glucose homeostasis associated with diet-induced obesity. *FASEB J*, 33(3), pp. 3968-3984.
- US Department of Agriculture, 2023. *Leading countries based on the production of milled rice in 2021/2022*. [Online] Available at: <https://www.statista.com/statistics/255945/top-countries-of-destination-for-us-rice-exports-2011/> [Accessed 12 Agustus 2023].
- Usuki, S., Tsai, Y., Morikawa, K., Nonaka, S., Okuhara, Y., Kise, M., dan Yu, R. K., 2011. IGF-1 Induction by Acylated Steryl b-Glucosides Found in a Pre-Germinated Brown Rice Diet Reduces Oxidative Stress in Streptozotocin-Induced Diabetes. *Plos One*, 6(12), pp. 1-12.
- Usuki, S. et al., 2011. IGF-1 Induction by Acylated Steryl Glucosides Found in a Pre-Germinated Brown Rice Diet Reduces Oxidative Stress in Streptozotocin-Induced Diabetes. *Plos One*, pp. 1-12.
- Vergnes, L. et al., 2003. Cholesterol and Cholate Components of an Atherogenic Diet Induce Distinct Stages of Hepatic Inflammatory Gene Expression. *The Journal of Biochemical Chemistry*, Volume 278, p. 42774-42784.
- Wahjuni, S, 2013. *Metanolisme Biokimia*. Bali: Udayana University Press.
- Wang, H., Zhang, Kun., Chen, X., Han, M., Lu, J., & Zhang, Y., 2022. In Vitro and In Vivo Evaluation of Antidiabetic Properties and Mechanisms of Ficus tikoua Bur. *Nutrients*, Volume 4, pp. 4413.
- Wang, L., Wu, J., Luo, X., Li, Y., Wang, R., Li, Y., dan Chen, Z., 2018. Dynamic highpressure microfluidization treatment of rice bran: Effect on Pb(II) ions adsorption in vitro.. *Journal of Food Science*, 83(7), p. 1980-1989.
- Waspadji, S., 2007. *Diabetes melitus. Dalam Penatalaksanaan Diabetes Melitus Terpadu*. Jakarta: Fakultas Kedokteran Universitas Indonesia.
- Watchararparpaiboon, W., Laohakunjit, N. & Kerdchoechuen, O., 2010. An improved process for high quality and nutrition of brown rice production. *Food Science and Technology International*, Volume 16, pp. 147-158.

- Weickert, M. O., Pfeiffer, A. F. H., 2018. Impact of dietary fiber consumption on insulin resistance and the prevention of type 2 diabetes. *J Nutr*, Volume 148, pp. 7-12.
- WHO, 2016. *Global Report on Diabetes*, Switzerland: World Health Organization Library Cataloguing.
- Wihastuti, T. A., Sargowo, D., Tjokoprawiro, A., Permatasari, N., Widodo, M. A., & Seoharto, S. 2014. Vasa vasorum anti-angiogenesis through H₂O₂, HiF-1 α , nF- κ B, and inOs inhibition by mangosteen pericarp ethanolic extract (*Garcinia mangostana* linn) in hypercholesterol-diet-given *Rattus norvegicus* Wistar strain. *Vascular Health and Risk Managemen*, Volume 10, pp. 523-531.
- Williams, C. L. et al., 2002. Cardiovascular health in childhood. A Statement for health professionals from the committee on atherosclerosis, hypertension and obesity in the young (AHOY) of the council on cardiovascular disease in the young. *American Heart Association Circulation*, Volume 106, pp. 143-160.
- Winarno, F., 2004. *GMP dalam Industri Penggilingan Padi*. Jakarta: Sinar Jaya Bogor.
- World Health Organization, 2012. *Diabetes Fact Sheet*. s.l.:Department of Sustainable Development and Healthy Environments.
- Wu, F., Yang, N., Touré, A., Jin, Z., dan Xu, X., 2013. Germinated Brown Rice and Its Role in Human Health. *Critical Reviews in Food Science and Nutrition*, Volume 53, pp. 451-463.
- Wu, X., Guo, T., Luo, F., Lin, Q., 2023. Brown rice: a missing nutrient-rich health food.. *Food Science and Human Wellness*, 12(5), pp. 1458-1470.
- Wulandari, E; Hapsari, R, 2013. *Peran Hormon Sebagai Regulator Fungsi Organ*. Jakarta: UIN Jakarta Press.
- Wu, X., Guo, T., Luo, F. & Lin, Q., 2023. Brown rice: a missing nutrient-rich health food. *Food Science and Human Wellness*, Volume 12, pp. 1458-1470.
- Yen, H. W. et al., 2017. Effects of pre-germinated brown rice treatment high-fat diet-induced metabolic syndrome in C57BL/6J mice. *Bioscience, Biotechnology, and Biochemistry*, 81(5), p. 979–986.
- Zhao, R., Fajardo, J. & Shen, G. X., 2023. Influence of Brown or Germinated Brown Rice Supplementation on Fecal Short-Chain Fatty Acids and Microbiome in Diet-Induced Insulin-Resistant Mice. *Microorganisms*, Volume 11, pp. 1-15.