

DAFTAR PUSTAKA

- Abutair, A.S., Naser, I.A. and Hamed, A.T. (2016) ‘Soluble fibers from psyllium improve glycemic response and body weight among diabetes type 2 patients (randomized control trial)’, *Nutrition Journal*, 15(1), pp. 1–7. Available at: <https://doi.org/10.1186/s12937-016-0207-4>.
- Akerina, P.A.K., Sugianti, P.P.S. and Cintari, L. (2023) ‘Kajian Pustaka Pengaruh Konseling Gizi Dm Terhadap Perilaku Makan Pasien Dm Dan Pengendalian Kadar Gula Darah’, *Jurnal Ilmu Gizi : Journal of Nutrition Science*, 12(2), pp. 116–126. Available at: <https://doi.org/10.33992/jig.v12i2.1854>.
- Al-Salmi, N., Cook, P. and D’souza, M.S. (2022) ‘Diet Adherence among Adults with Type 2 Diabetes Mellitus: A Concept Analysis’, *Oman Medical Journal*, 37(2). Available at: <https://doi.org/10.5001/omj.2021.69>.
- Aljefree N. & Ahmed F. (2015) ‘Prevalence of Cardiovascular Disease and Associated Risk Factors among Adult Population in the Gulf Region: A Systematic Review’, *Advances in Public Health*, vol. 2015, Article ID 235101
- Alkhalidi, G., Aljohani, N., Hussain, S. D., Alfawaz, H. A., Hameidi, A., Saadawy, G. M., Elsaid, M. A., Alharbi, M., Sabico, S., & M., N. (2022) ‘General Public’s Knowledge of Diabetes and Physical Activity in Saudi Arabia over Time: The Need to Refresh Awareness Campaigns’, *Healthcare*, 11(3), 286. <https://doi.org/10.3390/healthcare11030286>
- Almehmadi, A. et al. (2021) ‘The effect of a split portion of flaxseed on 24-h blood glucose response’, *European Journal of Nutrition*, 60(3), pp. 1363–1373. Available at: <https://doi.org/10.1007/s00394-020-02333-x>.
- Almutairi, O.O. et al. (2023) ‘The Influence of Eating Habits on Type 2 Diabetes in Saudi Arabia: A Systematic Review’, *Cureus*, 15(7). Available at: <https://doi.org/10.7759/cureus.42638>.
- Alsafrani T., A Abukhodair, O Khojah, E Jastania, R Alamri, A Kinsara. (2021) ‘Cardiovascular disease risk factors in the community of the western region of Saudi Arabia’, *European Heart Journal. Acute Cardiovascular Care*, Volume 10, Issue Supplement_1, April 2021, zuab020.215, <https://doi.org/10.1093/ehjacc/zuab020.215>
- Alwosais, E.Z.M. et al. (2021) ‘Chia seed (*Salvia hispanica* L.) supplementation to the diet of adults with type 2 diabetes improved systolic blood pressure: A randomized controlled trial’, *Nutrition and Health*, 27(2), pp. 181–189. Available at: <https://doi.org/10.1177/0260106020981819>.

Aman, A.M. et al. (2019) '*Pedoman pengelolaan dislipidemia di Indonesia 2019*', Perkumpulan Endokrinologi Indonesia, pp. 1–65.

American Diabetes Association (ADA). (2014). Standards of medical care in diabetes. *Diabetes Care*. 37:S14–80

American Diabetes Association. 2. (2021) 'Classification and diagnosis of diabetes: Standards of medical care in diabetes – 2021', *Diabetes Care*;44 Suppl 1:S15–33. doi: 10.2337/dc21-S002'

American Diabetes Association. (2021) '6. Glycemic Targets: *Standards of Medical Care in Diabetes-2021*', *Diabetes Care*. Jan;44(Suppl 1):S73-S84. doi: 10.2337/dc21-S006. PMID: 33298417.

American Diabetes Association. (2024). 'Know Diabetes by Heart. Lipid Management in Diabetes', *American Heart Association® and American Diabetes Association®*. Diakses 22 Juli 2024. <https://professional.diabetes.org/sites/dpro/files/2024-03/KDBH-LipidManagement.pdf>

Ansari, R.M. et al. (2017) 'Conceptual Model of Diabetes Self-Management for Middle-Aged Population of Rural Area of Pakistan', *International Journal of Diabetes Research*, 3308(3), pp. 68–72. Available at: <https://doi.org/10.5923/j.diabetes.20170603.04>.

Arif, A. Bin, Budiyanto, A. and Hoerudin (2013) 'Glicemic Index of Foods and Its Affecting Factors', *Jurnal Penelitian dan Pengembangan Pertanian*, 32(3), pp. 91–99.

Athyros, V.G. et al. (2018) 'Diabetes and lipid metabolism', *Hormones*, 17(1), pp. 61–67. Available at: <https://doi.org/10.1007/s42000-018-0014-8>.

Bilbeisi, A.H., Hosseini, S. and Djafarian, K. (2017) 'Association of dietary patterns with diabetes complications among type 2 diabetes patients in Gaza Strip, Palestine: A cross sectional study', *Journal of Health, Population and Nutrition*, 36(1), pp. 1–11. Available at: <https://doi.org/10.1186/s41043-017-0115-z>.

Boonyavarakul, A. et al. (2018) 'Effects of meal replacement therapy on metabolic outcomes in Thai patients with type 2 diabetes: A randomized controlled trial', *Nutrition and Health*, 24(4), pp. 261–268. Available at: <https://doi.org/10.1177/0260106018800074>.

Boye, K.S. et al. (2022) 'The Association Between Sustained HbA1c Control and Long-Term Complications Among Individuals with Type 2 Diabetes: A Retrospective Study', *Advances in Therapy*, 39(5), pp. 2208–2221. Available at: <https://doi.org/10.1007/s12325-022-02106-4>.

- Brand-Miller, J. et al. (2006) 'Low – Glycemic Index Diets in the A meta-analysis of randomized controlled trials', *Diabetes Care*, 26(8), pp. 2261–2266.
- Brand-Miller, J. and Buyken, A.E. (2020) 'The relationship between glycemic index and health', *Nutrients*, 12(2), pp. 10–12. Available at: <https://doi.org/10.3390/nu12020536>.
- Cai, X. et al. (2017) 'Effect of high dietary fiber low glycemic index diet on intestinal flora, blood glucose and inflammatory response in T2DM patients', *Biomedical Research (India)*, 28(21), pp. 9371–9375.
- Casula, M. et al. (2021) 'HDL in atherosclerotic cardiovascular disease: In search of a role', *Cells*, 10(8), pp. 1–17. Available at: <https://doi.org/10.3390/cells10081869>.
- Centers for Disease Control and Prevention (CDC). (2019). *A guide for using telehealth technologies in diabetes self-management education and support and in the national diabetes prevention program lifestyle change program*. (1), pp. 1–23.
- Chen, C.M. et al. (2017) 'Almonds ameliorate glycemic control in Chinese patients with better controlled type 2 diabetes: A randomized, crossover, controlled feeding trial', *Nutrition and Metabolism*, 14(1), pp. 1–12. Available at: <https://doi.org/10.1186/s12986-017-0205-3>.
- Chen, Z., Khandpur, N. and Drouin-Chartier, J.P. (2024) 'Ultra-Processed Food Consumption and Risk of Type 2 Diabetes: Three Large Prospective U.S. Cohort Studies. *Diabetes Care* 2023;46:1335–1344', *Diabetes Care*, 47(2), pp. e24–e25. Available at: <https://doi.org/10.2337/dci23-0088>.
- Chiavaroli, L. et al. (2021) 'Effect of low glycaemic index or load dietary patterns on glycaemic control and cardiometabolic risk factors in diabetes: Systematic review and meta-analysis of randomised controlled trials', *The BMJ*, 374. Available at: <https://doi.org/10.1136/bmj.n1651>.
- Cho, Y. et al. (2024) 'Ultra-processed Food Intake and Risk of Type 2 Diabetes in Korean Adults', *Journal of Nutrition*, 154(1), pp. 243–251. Available at: <https://doi.org/10.1016/j.tjnut.2023.11.021>.
- Cross, L. V. and Thomas, J.R. (2021) 'Safety and Efficacy of Dietary Supplements for Diabetes', *Diabetes Spectrum*, 34(1), pp. 67–72. Available at: <https://doi.org/10.2337/ds19-0068>.
- Deeks JJ, Higgins JPT, Altman DG (editors). (2023) 'Chapter 10: Analysing data and undertaking meta-analyses. In: Higgins JPT, Thomas J, Chandler J, Cumpston M, Li T, Page MJ, Welch VA (editors)', *Cochrane Handbook for*

Systematic Reviews of Interventions version 6.4 (updated August 2023).
Cochrane, 2023. Available from www.training.cochrane.org/handbook.

Drew, B.G. et al. (2012) 'The emerging role of HDL in glucose metabolism',
Nature Reviews Endocrinology, 8(4), pp. 237–245. Available at:
<https://doi.org/10.1038/nrendo.2011.235>.

Duarte, F.G. et al. (2019) 'Sex differences and correlates of poor glycaemic control
in type 2 diabetes: A cross-sectional study in Brazil and Venezuela', *BMJ
Open*, 9(3). Available at: <https://doi.org/10.1136/bmjopen-2018-023401>.

Einarson, T.R. et al. (2018) 'Prevalence of cardiovascular disease in type 2 diabetes:
A systematic literature review of scientific evidence from across the world in
2007-2017', *Cardiovascular Diabetology*, 17(1), pp. 1–19. Available at:
<https://doi.org/10.1186/s12933-018-0728-6>.

Elfaki, F.A. et al. (2023) 'Dietary patterns and their associations with glycemic
control among type 2 diabetic patients in Jazan, Saudi Arabia: A cross-
sectional study', *Medicine (United States)*, 102(28), p. E34296. Available at:
<https://doi.org/10.1097/MD.00000000000034296>.

Emerging Risk Factors Collaboration; Di Angelantonio E, Sarwar N, Perry P,
Kaptoge S, Ray KK, Thompson A, Wood AM, Lewington S, Sattar N,
Packard CJ, Collins R, Thompson SG, Danesh J. (2009) 'Major lipids,
apolipoproteins, and risk of vascular disease'. *JAMA*. 11;302(18):1993-2000.
doi: 10.1001/jama.2009.1619. PMID: 19903920; PMCID: PMC3284229.

Erkkila AT, Sarkkinen ES, Lindi V, et al. (2001) 'APOE polymorphism and the
hypertriglyceridemic effect of dietary sucrose', *Am J Clin Nutr*, 73:746–752

European Medicines Agency. (2018) '*Committee for Medicinal Products for
Human Use. Guideline on clinical investigation of medicinal products in the
treatment or prevention of diabetes mellitus (Draft Guidance)*'. CPMP/
EWP/1080/00 Rev 2. Diakses pada 22 Juli 2024
[https://www.ema.europa.eu/en/documents/scientific-guideline/guideline-
clinical-investigation-medicinal-products-treatment-or-prevention-diabetes-
mellitus-revision-2_en.pdf](https://www.ema.europa.eu/en/documents/scientific-guideline/guideline-clinical-investigation-medicinal-products-treatment-or-prevention-diabetes-mellitus-revision-2_en.pdf)

Evert, A.B. et al. (2019) 'Nutrition therapy for adults with diabetes or prediabetes:
A consensus report', *Diabetes Care*, 42(5), pp. 731–754. Available at:
<https://doi.org/10.2337/dci19-0014>.

Foster-Powell, K., Holt, S.H.A. and Brand-Miller, J.C. (2002) 'International table
of glycaemic index and glycaemic load values: 2002', *American Journal of
Clinical Nutrition*, 76(1), pp. 5–56. Available at:
<https://doi.org/10.1093/ajcn/76.1.5>.

- Fleming, P. and Godwin, M. (2013) 'Low-glycaemic index diets in the management of blood lipids: A systematic review and meta-analysis', *Family Practice*, 30(5), pp. 485–491. Available at: <https://doi.org/10.1093/fampra/cmt029>.
- Gao, J. et al. (2016) 'Tartary buckwheat (*Fagopyrum tataricum* Gaertn.) starch, a side product in functional food production, as a potential source of retrograded starch', *Food Chemistry*, 190, pp. 552–558. Available at: <https://doi.org/10.1016/j.foodchem.2015.05.122>.
- Giuntini, E.B., Sardá, F.A.H. and de Menezes, E.W. (2022) 'The Effects of Soluble Dietary Fibers on Glycemic Response: An Overview and Futures Perspectives', *Foods*, 11(23), pp. 1–26. Available at: <https://doi.org/10.3390/foods11233934>.
- Goff, L.M. et al. (2013) 'Low glycaemic index diets and blood lipids: A systematic review and meta-analysis of randomised controlled trials', *Nutrition, Metabolism and Cardiovascular Diseases*, 23(1), pp. 1–10. Available at: <https://doi.org/10.1016/j.numecd.2012.06.002>.
- González-Padilla, D.A. and Dahm, P. (2023) 'Evaluating the Certainty of Evidence in Evidence-based Medicine', *European Urology Focus*, 9(5), pp. 708–710. Available at: <https://doi.org/10.1016/j.euf.2023.10.014>.
- Gopalan, H.S., Misra, A. and Jayawardena, R. (2018) 'Nutrition and diabetes in South Asia', *European Journal of Clinical Nutrition*, 72(9), pp. 1267–1273. Available at: <https://doi.org/10.1038/s41430-018-0219-6>.
- Gray, N. et al. (2015) 'The Relationship between BMI and Onset of Diabetes Mellitus and its Complications', *South Med J.*, 108(1), pp. 29–36. Available at: <https://doi.org/10.14423/SMJ.00000000000000214>.The.
- Grylls, W., McKenzie, J., Horwath, C. et al. (2003) 'Lifestyle factors associated with glycaemic control and body mass index in older adults with diabetes', *Eur J Clin Nutr* 57, 1386–1393 (2003). <https://doi.org/10.1038/sj.ejcn.1601700>
- Gu, Xiao., Jean-Philippe Drouin-Chartier, Frank M. Sacks, Frank B. Hu, Bernard Rosner, Walter C. Willett (2023) 'Red meat intake and risk of type 2 diabetes in a prospective cohort study of United States females and males', *The American Journal of Clinical Nutrition*, Volume 118, Issue 6, Pages 1153–1163, ISSN 0002-9165, <https://doi.org/10.1016/j.ajcnut.2023.08.021>.
- Gulati, S. and Misra, A. (2014) 'Sugar intake, obesity, and diabetes in India', *Nutrients*, 6(12), pp. 5955–5974. Available at: <https://doi.org/10.3390/nu6125955>.

- Hassan, S. et al. (2020) 'Dietary Supplements: Types, Health Benefits, Industry and Regulation', *Functional Foods and Nutraceuticals*, (October), pp. 23–38. Available at: https://doi.org/10.1007/978-3-030-42319-3_3.
- Hernández-Alonso, P., Bulló, M. and Salas-Salvadó, J. (2016) 'Pistachios for health: What do we know about this multifaceted nut?', *Nutrition Today*, 51(3), pp. 133–138. Available at: <https://doi.org/10.1097/NT.0000000000000160>.
- Higgins JPT, Thomas J, Chandler J, Cumpston M, Li T, Page MJ, Welch VA (editors). (2023) 'Cochrane Handbook for Systematic Reviews of Interventions version 6.4 (updated August 2023)'. *Cochrane*, Available from www.training.cochrane.org/handbook.
- International Diabetes Federation. (2021). *IDF Diabetes Atlas 10th edition*.
- International Expert Committee. (2009) 'International Expert Committee report on the role of the A1C assay in the diagnosis of diabetes', *Diabetes Care*. 2009 Jul;32(7):1327-34. doi: 10.2337/dc09-9033. Epub 2009 Jun 5. PMID: 19502545; PMCID: PMC2699715.
- IQWiG. (2024) 'InformedHealth.org [Internet]. Cologne, Germany: Institute for Quality and Efficiency in Health Care (IQWiG) 2006-. In brief: What are dietary supplements? [Updated 2024 Jan 23]'. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK279425/>
- Jenkins, D.J.A. et al. (2002) 'Glycemic index: Overview of implications in health and disease', *American Journal of Clinical Nutrition*, 76(1), pp. 266S-273S. Available at: <https://doi.org/10.1093/ajcn/76.1.266s>.
- Jeon, J., Jang, J. and Park, K. (2019) 'Effects of consuming calcium-rich foods on the incidence of type 2 diabetes mellitus', *Nutrients*, 11(1). Available at: <https://doi.org/10.3390/nu11010031>.
- Jialal, I. and Singh, G. (2019) 'Management of diabetic dyslipidemia: An update', *World Journal of Diabetes*, 10(5), pp. 280–290. Available at: <https://doi.org/10.4239/wjd.v10.i5.280>.
- Joshi, S.R. et al. (2014) 'Results from a dietary survey in an Indian T2DM population: A STARCH study', *BMJ Open*, 4(10), pp. 1–9. Available at: <https://doi.org/10.1136/bmjopen-2014-005138>.
- Juarez, D.T. et al. (2014) 'Significance of HbA1c and its measurement in the diagnosis of diabetes mellitus: US experience', *Diabetes, Metabolic Syndrome and Obesity*, 7, pp. 487–494. Available at: <https://doi.org/10.2147/DMSO.S39092>.

- Kamchansuppasin, A. et al. (2021) 'Glycaemic index and glycaemic load of commonly consumed Thai fruits', *International Food Research Journal*, 28(4), pp. 788–794. Available at: <https://doi.org/10.47836/ifrj.28.4.15>.
- Kamus Besar Bahasa Indonesia. 2023. *Umur*. <https://kbbi.web.id/umur>
- Kazemi, M. et al. (2021) 'Effects of Dietary Glycemic Index and Glycemic Load on Cardiometabolic and Reproductive Profiles in Women with Polycystic Ovary Syndrome: A Systematic Review and Meta-analysis of Randomized Controlled Trials', *Advances in Nutrition*, 12(1), pp. 161–178. Available at: <https://doi.org/10.1093/advances/nmaa092>.
- Kondo, K. et al. (2017) 'Fiber-rich diet with brown rice improves endothelial function in type 2 diabetes mellitus: A randomized controlled trial', *PLoS ONE*, 12(6), pp. 1–16. Available at: <https://doi.org/10.1371/journal.pone.0179869>.
- Kwiterovich PO. (2000) 'Influence of genetic polymorphisms on responsiveness to dietary fat and cholesterol', *Am J Clin Nutr*, 72:1275S–1284S. 27.
- Lennartsson, A.K. and Jonsdottir, I.H. (2011) 'Prolactin in response to acute psychosocial stress in healthy men and women', *Psychoneuroendocrinology*, 36(10), pp. 1530–1539. Available at: <https://doi.org/10.1016/j.psyneuen.2011.04.007>.
- Levitan EB, Cook NR, Stampfer MJ, Ridker PM, Rexrode KM, Buring JE, Manson JE, Liu S. (2008) 'Dietary glycemic index, dietary glycemic load, blood lipids, and C-reactive protein', *Metabolism*, 57(3):437-43. doi: 10.1016/j.metabol.2007.11.002. PMID: 18249220; PMCID: PMC2262400.
- Lewgood, J. et al. (2021) 'Efficacy of dietary and supplementation interventions for individuals with type 2 diabetes', *Nutrients*, 13(7), pp. 1–28. Available at: <https://doi.org/10.3390/nu13072378>.
- Li, D. et al. (2014) 'Taking a low glycemic index multi-nutrient supplement as breakfast improves glycemic control in patients with type 2 diabetes mellitus: A randomized controlled trial', *Nutrients*, 6(12), pp. 5740–5755. Available at: <https://doi.org/10.3390/nu6125740>.
- Li, X. et al. (2016) 'Short-and long-term effects of wholegrain oat intake on weight management and glucolipid metabolism in overweight type-2 diabetics: A randomized control trial', *Nutrients*, 8(9), pp. 1–14. Available at: <https://doi.org/10.3390/nu8090549>.
- Little RR, Rohlfing CL. (2009) 'HbA 1c standardization: Background, progress and current issues', *Lab Med*;40(6):368–73.

- Little RR, Sacks DB. (2009) ‘HbA1c: How do we measure it and what does it mean?’, *Curr Opin Endocrinol Diabetes Obes*;16(2):113–18. doi: 10.1097/MED.0b013e328327728d.
- Liu, Y. et al. (2023) ‘Associations between Total and Added Sugar Intake and Diabetes among Chinese Adults: The Role of Body Mass Index’, *Nutrients*, 15(14). Available at: <https://doi.org/10.3390/nu15143274>.
- Luo, M. et al. (2018) ‘Longitudinal trends in HbA1c patterns and association with outcomes: A systematic review’, *Diabetes/Metabolism Research and Reviews*, 34(6). Available at: <https://doi.org/10.1002/dmrr.3015>.
- Malik, V.S. et al. (2010) ‘Sugar-sweetened beverages, obesity, type 2 diabetes mellitus, and cardiovascular disease risk’, *Circulation*, 121(11), pp. 1356–1364. Available at: <https://doi.org/10.1161/CIRCULATIONAHA.109.876185>.
- Minari, T.P. et al. (2023) ‘Nutritional Strategies for the Management of Type 2 Diabetes Mellitus: A Narrative Review’, *Nutrients*, 15(24), pp. 1–27. Available at: <https://doi.org/10.3390/nu15245096>.
- Miranda-ramos, K., Millán Linares, M. del C. and Haros, C.M. (2020) ‘*Nutritional Quality, Mineral Availability, and Glycemic Index of Bread*’, pp. 1–18.
- Mori, A.M., Considine, R. V. and Mattes, R.D. (2011) ‘Acute and second-meal effects of almond form in impaired glucose tolerant adults: A randomized crossover trial’, *Nutrition and Metabolism*, 8(1), p. 6. Available at: <https://doi.org/10.1186/1743-7075-8-6>.
- Mousa S, Ahmed M. (2021) ‘Healthy food trends among Saudi consumers’, *PJAE..* 18:212-23
- Mulyo, G.P.E. et al. (2022) ‘Fruit and Vegetable Effect Changes in Blood Sugar Levels and Food Glycemic Index’, *Open Access Macedonian Journal of Medical Sciences*, 10, pp. 38–44. Available at: <https://doi.org/10.3889/oamjms.2022.7811>.
- Navarro, G. et al. (2015) ‘The role of androgens in metabolism, obesity, and diabetes in males and females’, *Obesity*, 23(4), pp. 713–719. Available at: <https://doi.org/10.1002/oby.21033>.
- Ni, C. et al. (2022) ‘Low-Glycemic Index Diets as an Intervention in Metabolic Diseases: A Systematic Review and Meta-Analysis’, *Nutrients*, 14(2), pp. 1–15. Available at: <https://doi.org/10.3390/nu14020307>.
- Nikbina, M. et al. (2020) ‘Effectiveness of nutrition education and counseling on metabolic control parameters of diabetes mellitus type 2 patients in primary

- health care centers', *Clinical Diabetology*, 9(5), pp. 293–299. Available at: <https://doi.org/10.5603/DK.2020.0030>.
- O'Hearn, M. et al. (2023) 'Incident type 2 diabetes attributable to suboptimal diet in 184 countries', *Nature Medicine*, 29(4), pp. 982–995. Available at: <https://doi.org/10.1038/s41591-023-02278-8>.
- Ojo, O. et al. (2018) 'The effect of dietary glycaemic index on glycaemia in patients with type 2 diabetes: A systematic review and meta-analysis of randomized controlled trials', *Nutrients*, 10(3), pp. 1–15. Available at: <https://doi.org/10.3390/nu10030373>.
- Ojo, O. et al. (2019) 'The effect of diabetes-specific enteral nutrition formula on cardiometabolic parameters in patients with type 2 diabetes: A systematic review and meta-analysis of randomised controlled trials', *Nutrients*, 11(8). Available at: <https://doi.org/10.3390/nu11081905>.
- Okura, T. et al. (2018) 'Body mass index ≥ 23 is a risk factor for insulin resistance and diabetes in Japanese people: A brief report', *PLoS ONE*, 13(7), pp. 1–11. Available at: <https://doi.org/10.1371/journal.pone.0201052>.
- Ozawa, H. et al. (2021) 'Maximum body mass index before onset of type 2 diabetes is independently associated with advanced diabetic complications', *BMJ Open Diabetes Research and Care*, 9(2), pp. 1–8. Available at: <https://doi.org/10.1136/bmjdr-2021-002466>.
- Page MJ, McKenzie JE, Bossuyt PM, Boutron I, Hoffmann TC, Mulrow CD, Shamseer L, Tetzlaff JM, Akl EA, Brennan SE, Chou R, Glanville J, Grimshaw JM, Hróbjartsson A, Lalu MM, Li T, Loder EW, Mayo-Wilson E, McDonald S, McGuinness LA, Stewart LA, Thomas J, Tricco AC, Welch VA, Whiting P, Moher D. (2021) 'The PRISMA 2020 statement: an updated guideline for reporting systematic reviews', *BMJ*. doi: 10.1136/bmj.n71. PMID: 33782057; PMCID: PMC8005924.
- Parham, M. et al. (2014) 'Effects of pistachio nut supplementation on blood glucose in patients with type 2 diabetes: a randomized crossover trial', *The review of diabetic studies: RDS*, 11(2), pp. 190–196. Available at: <https://doi.org/10.1900/RDS.2014.11.190>.
- Pavithran, N. et al. (2020) 'The effect of a low gi diet on truncal fat mass and glycated hemoglobin in south indians with type 2 diabetes—a single centre randomized prospective study', *Nutrients*, 12(1). Available at: <https://doi.org/10.3390/nu12010179>.
- Pelkman, C. L. (2001) 'Effects of the glycemic index of foods on serum concentrations of high-density lipoprotein cholesterol and triglycerides', *Curr. Atheroscler. Rep.* 3, 456–461.

- Penlioglou, T., Lambadiari, V. and Papanas, N. (2021) 'The contribution of dietary glycemic index and glycemic load to the development of microvascular complications of diabetes', *Nutrition*, 89, p. 111234. Available at: <https://doi.org/10.1016/j.nut.2021.111234>.
- Phillips PJ. (2012) 'HbA1c and monitoring glycaemia', *Aust Fam Physician*;41(1–2):37–40
- Purwandari, C.A.A., Wirjatmadi, B. and Mahmudiono, T. (2022) 'Faktor Risiko Terjadinya Komplikasi Kronis Diabetes Melitus Tipe 2 pada Pra Lansia', *Amerta Nutrition*, 6(3), pp. 262–271. Available at: <https://doi.org/10.20473/amnt.v6i3.2022.262-271>
- Qiu, J. et al. (2016) 'Dietary tartary buckwheat intake attenuates insulin resistance and improves lipid profiles in patients with type 2 diabetes: a randomized controlled trial', *Nutrition Research*, 36(12), pp. 1392–1401. Available at: <https://doi.org/10.1016/j.nutres.2016.11.007>.
- Radulian, G. et al. (2009) 'Metabolic effects of low glycaemic index diets', *Nutrition Journal*, 8(1), pp. 1–8. Available at: <https://doi.org/10.1186/1475-2891-8-5>.
- Rahim, A.F., Norhayati, M.N. and Zainudin, A.M. (2021) 'The effect of a brown-rice diets on glycemic control and metabolic parameters in prediabetes and type 2 diabetes mellitus: A meta-analysis of randomized controlled trials and controlled clinical trials', *PeerJ*, 9. Available at: <https://doi.org/10.7717/peerj.11291>.
- Ranabir, S. and Reetu, K. (2011) 'Stress and hormones', *Indian Journal of Endocrinology and Metabolism*, 15(1), p. 18. Available at: <https://doi.org/10.4103/2230-8210.77573>.
- Rao, A.G. et al. (2021) 'Efficacy of green jackfruit flour as a medical nutrition therapy replacing rice or wheat in patients with type 2 diabetes mellitus: a randomized, double-blind, placebo-controlled study', *Nutrition and Diabetes*, 11(1), pp. 1–6. Available at: <https://doi.org/10.1038/s41387-021-00161-4>.
- Rasyid, N., Muawanah and Rahmawati (2018) 'Gangguan Dislipidemia Pada Pasien Diabetes Mellitus', *Prosiding Seminar Hasil Penelitian (SNP2M)*, 2018(2014), pp. 149–152.
- Rawal Gautam et al. (2016) 'Glycosylated hemoglobin (HbA1C): A brief overview for clinicians', *Indian Journal of Immunology and Respiratory Medicine*, 1(2), pp. 33–36. Available at: https://www.researchgate.net/publication/305500515_Glycosylated_hemoglobin_HbA1C_A_brief_overview_for_clinicians.

- Reynolds, A. and Mitri, J. (2024) 'Dietary Advice For Individuals with Diabetes', *Endotext* [Preprint]. Available at: <http://www.ncbi.nlm.nih.gov/pubmed/38078584> <http://www.pubmedcentral.nih.gov/articlerender.fcgi?artid=PMC10725816>.
- Reynolds, A.N., Akerman, A.P. and Mann, J. (2020) 'Dietary fibre and whole grains in diabetes management: Systematic review and meta-analyses', *PLoS medicine*, 17(3), p. e1003053. Available at: <https://doi.org/10.1371/journal.pmed.1003053>.
- Reynolds, P.S. (2023) 'Prediction Intervals', A Guide to Sample Size for Animal-based Studies, pp. 127–132. Available at: <https://doi.org/10.1002/9781119800002.ch11>.
- Rostami, Z. et al. (2021) 'Moderate Consumption of Red Meat, Compared to Soy or Non-Soy Legume, Has No Adverse Effect on Cardio-Metabolic Factors in Patients with Type 2 Diabetes', *Experimental and Clinical Endocrinology and Diabetes*, 129(6), pp. 429–437. Available at: <https://doi.org/10.1055/a-0929-6287>.
- Ryan R, Hill S. (2016) 'How to GRADE the quality of the evidence', Cochrane Consumers and Communication Group, available at <http://cccrgr.cochrane.org/author-resources>. Version 3.0 December 2016.
- Salasa, Rosfiah A., et al. (2019) 'Faktor Risiko Diabetes Mellitus Tipe 2 Pada Populasi Asia: a Systematic Review.' *Jurnal Biosaintek*, vol. 1, no. 01, Jul. 2019, pp. 95-107, doi: [10.52046/biosainstek.v1i01.306](https://doi.org/10.52046/biosainstek.v1i01.306).
- Schaefer EJ, Lamon-Fava S, Ausman LM, et al (1997) 'Individual variability in lipoprotein cholesterol response to National Cholesterol Education Program Step 2 diets', *Am J Clin Nutr*, 65:823–830. 26. Ye SQ,
- Schwingshackl, L., Hobl, L.P. and Hoffmann, G. (2015) 'Effects of low glycaemic index/low glycaemic load vs. high glycaemic index/ high glycaemic load diets on overweight/obesity and associated risk factors in children and adolescents: A systematic review and meta-analysis', *Nutrition Journal*, 14(1). Available at: <https://doi.org/10.1186/s12937-015-0077-1>.
- Sherwani, S.I. et al. (2016) 'Significance of HbA1c test in diagnosis and prognosis of diabetic patients', *Biomarker Insights*, 11, pp. 95–104. Available at: <https://doi.org/10.4137/Bmi.s38440>.
- Shibabaw, Y.Y., Dejenie, T.A. and Tesfa, K.H. (2023) 'Glycemic control and its association with sleep quality and duration among type 2 diabetic patients', *Metabolism Open*, 18(March), p. 100246. Available at: <https://doi.org/10.1016/j.metop.2023.100246>.

- Singh, B. et al. (2023) 'A step in the right direction: exploring the effects of aerobic exercise on HbA1c reduction', *The Egyptian Journal of Internal Medicine*, 35(1), pp. 4–9. Available at: <https://doi.org/10.1186/s43162-023-00247-8>.
- Siregar, F.A. and Makmur, T. (2020) 'Metabolisme Lipid Dalam Tubuh', *Jurnal Inovasi Kesehatan Masyarakat*, 1(2), pp. 60–66. Available at: <http://ejournal.delihusada.ac.id/index.php/JIKM>.
- Soelistijo, S. (2021) 'Pedoman Pengelolaan dan Pencegahan Diabetes Melitus Tipe 2 Dewasa di Indonesia 2021', *Global Initiative for Asthma*, p. 46. Available at: www.ginasthma.org.
- Soltanian, N. and Janghorbani, M. (2018a) 'Effect of flaxseed or psyllium vs. placebo on management of constipation, weight, glycemia, and lipids: A randomized trial in constipated patients with type 2 diabetes', *Clinical Nutrition ESPEN*, 29, pp. 41–48. Available at: <https://doi.org/10.1016/j.clnesp.2018.11.002>.
- Soltanian, N., Mohsen, J. and Payman, A. (2018b) 'Effects of psyllium vs. placebo on constipation, weight, glycemia, and lipids: A randomized trial in patients with type 2 diabetes and chronic constipation', *Complementary Therapies in Medicine*, 40(June), pp. 1–7. Available at: <https://doi.org/10.1016/j.ctim.2018.07.004>.
- Soumya, P.S. and Divakar, S. (2021) 'Standardization and Development of Jackfruit-Based Nutri Flour', 9, pp. 77–84.
- Szmuilowicz, Jami, B.M. (2017) 'Definition, Diagnosis, Detection, And', *Physiology & behavior*, 176(10), pp. 139–148. Available at: <https://doi.org/10.1016/j.ecl.2019.05.001>. Gestational.
- Thomas, D. and Elliott, E.J. (2009) 'Low glycaemic index, or low glycaemic load, diets for diabetes mellitus', *Cochrane Database of Systematic Reviews* [Preprint], (1). Available at: <https://doi.org/10.1002/14651858.CD006296.pub2>.
- Ushula, T.W. et al. (2023) 'Dietary patterns and young adult body mass change: A 9-year longitudinal study', *European Journal of Nutrition*, 62(4), pp. 1657–1666. Available at: <https://doi.org/10.1007/s00394-023-03101-3>.
- Utomo, A.A. (2018) 'Faktor Risiko Diabetes Mellitus Tipe 2', *Jurnal Kebidanan dan Keperawatan Aisyiah*, 13(2), pp. 120–127. Available at: <https://doi.org/10.31101/jkk.395>.
- Venn, B., Green, T. (2007) 'Glycemic index and glycemic load: measurement issues and their effect on diet–disease relationships', *Eur J Clin Nutr* 61 (Suppl 1), S122–S131. <https://doi.org/10.1038/sj.ejcn.1602942>

- Vlachos, D. et al. (2020) 'Dietary Interventions for Optimizing Postprandial Hyperglycemia in Patients with T2 Diabetes : A Review'. *Nutrients*. 12(1561), pp. 1–13.
- Wang, Q. et al. (2015) 'Effects comparison between low glycemic index diets and high glycemic index diets on HbA1c and fructosamine for patients with diabetes: A systematic review and meta-analysis', *Primary Care Diabetes*, 9(5), pp. 362–369. Available at: <https://doi.org/10.1016/j.pcd.2014.10.008>.
- Wasana, K.G.P. et al. (2023) 'Association of dietary intake with body mass index and glycemic profile among newly diagnosed patients with type 2 diabetes mellitus', *American journal of human biology: the official journal of the Human Biology Council*, 35(6), p. e23870. Available at: <https://doi.org/10.1002/ajhb.23870>.
- WHO. (2023) 'Diabetes' <https://www.who.int/news-room/fact-sheets/detail/diabetes>. Diakses 20 Juli 2024
- Wolever, T.M.S. et al. (2008) 'The Canadian Trial of Carbohydrates in Diabetes (CCD), a 1-y controlled trial of low-glycemic-index dietary carbohydrate in type 2 diabetes: No effect on glycated hemoglobin but reduction in C-reactive protein', *American Journal of Clinical Nutrition*, 87(1), pp. 114–125. Available at: <https://doi.org/10.1093/ajcn/87.1.114>.
- Yan, H. et al. (2019) 'Estrogen improves insulin sensitivity and suppresses gluconeogenesis via the transcription factor Foxo1', *Diabetes*, 68(2), pp. 291–304. Available at: <https://doi.org/10.2337/db18-0638>.
- Yari Zahra, Behrouz Vahideh, Zand Hamid, Pourvali Katayoun, (2020) 'New Insight into Diabetes Management: From Glycemic Index to Dietary Insulin Index', *Current Diabetes Reviews*; Volume 16, Issue 4. DOI: 10.2174/1573399815666190614122626
- Yazdanpanah, Z. et al. (2017) 'Effect of Ziziphus jujube Fruit Infusion on Lipid Profiles, Glycaemic Index and Antioxidant Status in Type 2 Diabetic Patients: A Randomized Controlled Clinical Trial', *Phytotherapy Research*, 31(5), pp. 755–762. Available at: <https://doi.org/10.1002/ptr.5796>.
- Yun H, Park JW, Kim JK. (2023) 'A Comparative Evaluation of HbA1c Measurement Methods and Their Implications for Diabetes Management', *Diagnostics (Basel)*. 15;13(22):3449. doi: 10.3390/diagnostics13223449. PMID: 37998585; PMCID: PMC10670690.
- Zafar, Mohammad Ishraq et al. (2019a) 'Low-glycemic index diets as an intervention for diabetes: A systematic review and meta-analysis', *American Journal of Clinical Nutrition*, 110(4), pp. 891–902. Available at: <https://doi.org/10.1093/ajcn/nqz149>.

- Zafar, M. I. et al. (2019b) 'Low glycaemic index diets as an intervention for obesity: a systematic review and meta-analysis', *Obesity Reviews*, 20(2), pp. 290–315. Available at: <https://doi.org/10.1111/obr.12791>.
- Zhang, K. et al. (2021) 'Oat-based foods: Chemical constituents, glycemic index, and the effect of processing', *Foods*, 10(6), pp. 1–21. Available at: <https://doi.org/10.3390/foods10061304>.
- Zhang, Z. et al. (2010) 'A high legume low glycemic index diet improves serum lipid profiles in men', *Lipids*, 45(9), pp. 765–775. Available at: <https://doi.org/10.1007/s11745-010-3463-7>.
- Zhao Z, Li M, Li C, Wang T, Xu Y, Zhan Z, Dong W, Shen Z, Xu M, Lu J, Chen Y, Lai S, Fan W, Bi Y, Wang W, Ning G. (2019) 'Dietary preferences and diabetic risk in China: A large-scale nationwide Internet data-based study'. *J Diabetes* ;12(4):270-278. doi: 10.1111/1753-0407.12967. Epub. PMID: 31290214.