

DAFTAR PUSTAKA

- Amelia, R., Asrori, & Ibrahim, R. (2021). Gambaran kadar kolesterol total dosen di perguruan tinggi kesehatan kota Palembang [Overview of lecturer's total cholesterol level in health colleges in the city Palembang]. *Journal of Medical Laboratory and Science*, 1(1), 22. <https://doi.org/10.36086/medlabscience.v1i1>
- Anugrahati, N. A., & Aurielle, P. (2021). Pengaruh jenis dan rasio substitusi tepung beras hitam terhadap karakteristik fisikokimia rempeyek [The effect of different types and substitution ratios of black rice flour on physicochemical properties of rempeyek]. *TEKNOLOGI PANGAN: Media Informasi dan Komunikasi Ilmiah Teknologi Pertanian*, 12(2), 174-184. <https://doi.org/10.35891/tp.v12i2.2415>
- AOAC International. (1995). *Official methods of analysis of AOAC International*. Association of Official Analytical Chemist. Virginia, USA.
- Ardian, J., Jauhari, M., & Rahmiati, B. (2020). Pengaruh Pemberian Jus Jambu Biji Merah terhadap Penurunan Kadar Ldl (Low Density Lipoprotein) dan Kolesterol Total. *Nutriology: Jurnal Pangan, Gizi, Kesehatan*, 1(1), 26-34. <https://doi.org/https://doi.org/10.30812/nutriology.v1i1.733>
- Arifa, A. H., Syamsir, E., & Budijanto, S. (2021). Karakterisasi fisikokimia beras hitam (*Oryza sativa* L.) dari Jawa Barat, Indonesia. *AgriTECH*, 41(1), 15–24.
- Ariyanti, E. D., Nabila, U., & Rahmawati, L. (2024). Pemenuhan kebutuhan produksi beras nasional dalam meningkatkan kesejahteraan masyarakat menurut perspektif ekonomi Islam. *Maro: Jurnal Ekonomi Syariah dan Bisnis*, 7(1),
- Association of Official Analytical Chemists. (2005). *Official methods of analysis* (K. Helrich, Ed., 18th ed.). Association of Official Analytical Chemists.
- Azizah, S. N., Thaha, A. R., Salam, A., Hidayanty, H., Citrakesumasari, & Rivai, F. (2023). Analysis of the utilization of rice bran on changes in total blood cholesterol concentration: An update systematic review. *Jurnal Multidisiplin Madani (MUDIMA)*.
- Badan Pusat Statistik Pusat. (2023). *Konsumsi Beras di Indonesia*. Jakarta : BPS.
- Bahbah, E. I., Shehata, M. S. A., Alnahrawi, S. I., Sayed, A., Menshawey, A., Fisal, A., Morsi, M., Gabr, M. E., & Abd Elbasit, M. S. (2021). Safety and efficacy of evacetrapi in patients with inadequately-controlled hypercholesterolemia and high cardiovascular risk: A meta-analysis of randomized placebo-controlled trials. *Prostaglandins, Leukotrienes and Essential Fatty Acids*, 168, 102282. <https://doi.org/10.1016/j.plefa.2021.102282>
- Balitbangkes. 2013. *Laporan Hasil Riset Kesehatan Dasar Riskesdas Nasional*. Jakarta: Depkes RI
- Bangar, S. P., Maqsood, S., & Siroha, A. K. (Eds.). (2023). *Pigmented cereals and millets: Bioactive profile and food applications*. Royal Society of Chemistry. <https://doi.org/10.1039/9781839167096>
- Baskaran, G., Salvamani, S., Ahmad, S. A., Shaharuddin, N. A., Pattiram, P. D., & Shukor, M. Y. (2015). HMG-CoA reductase inhibitory activity and

- phytocomponent investigation of *Basella alba* leaf extract as a treatment for hypercholesterolemia. *Drug Design, Development and Therapy*, 9, 509-517. <https://doi.org/10.2147/DDDT.S75056>
- Belete, A. K., Kassaw, A. T., Yirsaw, B. G., Taye, B. A., Ambaw, S. N., Mekonnen, B. A., & Sendekie, A. K. (2023). Prevalence of Hypercholesterolemia and Awareness of Risk Factors, Prevention and Management Among Adults Visiting Referral Hospital in Ethiopia. *Vascular health and risk management*, 19, 181-191. <https://doi.org/10.2147/VHRM.S408703>
- Blanco, A., & Blanco, G. (2017). Chapter 15 - Lipid metabolism. In A. Blanco & G. Blanco (Eds.), *Medical Biochemistry* (pp. 325-365). Academic Press. <https://doi.org/10.1016/B978-0-12-803550-4.00015-X>
- Boonsong, T., & Khongsombat, O. (2018). The effects of germinated black glutinous rice on antioxidant defense and lipid peroxidation in male aged rats. *Thai Journal of Pharmacology*, 40(2).
- Cáceres, P. J., Martínez-Villaluenga, C., Amigo, L., & Frias, J. (2014). Assessment on proximate composition, dietary fiber, phytic acid and protein hydrolysis of germinated Ecuatorian brown rice. *Plant foods for human nutrition (Dordrecht, Netherlands)*, 69(3), 261-267. <https://doi.org/10.1007/s11130-014-0433-x>
- Chaiyasut, C., Sivamaruthi, B. S., Pengkumsri, N., Keapai, W., Kesika, P., Saelee, M., Tojing, P., Sirilun, S., Chaiyasut, K., Peerajan, S., & Lailerd, N. (2017). Germinated Thai Black Rice Extract Protects Experimental Diabetic Rats from Oxidative Stress and Other Diabetes-Related Consequences. *Pharmaceuticals*, 10(3), 1-16.
- Chung, S., Lo, L., & Kang, M. (2016). Effect of Germination on the Antioxidant Capacity of Pigmented Rice (*Oryza sativa* L. cv. Superjami and Superhongmi). *Food Science and Technology Research*, 22, 387-394. <https://doi.org/10.3136/FSTR.22.387>.
- Ciapaite, J., van den Broek, N. M., Te Brinke, H., Nicolay, K., Jeneson, J. A., Houten, S. M., & Prompers, J. J. (2011). Differential effects of short-and long-term high-fat diet feeding on hepatic fatty acid metabolism in rats. *Biochimica et biophysica acta (Bba)-molecular and cell biology of lipids*, 1811(7-8), 441-451.
- Cintya, H., Putra, E. D. L., Muhammad, M., Pranata, C., & Syahputra, H. D. (2022). Analysis of Carbohydrate, Protein and Fat Levels Using Various Type Rice With Different Cooking Process. *OP Conf. Series: Earth and Environmental Science*, 977, 1-7.
- Cunha, L. F., Ongaratto, M. A., Endres, M., & Barschak, A. G. (2021). Modelling hypercholesterolaemia in rats using high cholesterol diet. *International journal of experimental pathology*, 102(2), 74-79. <https://doi.org/10.1111/iep.12387>
- Das, M., Dash, U., Mahanand, S. S., Nayak, P. K., & Kesavan, R. K. (2023). Black rice: A comprehensive review on its bioactive compounds, potential health benefits and food applications. *Food Chemistry Advances*, 3, 100462. <https://doi.org/10.1016/j.focha.2023.100462>

- Dasgupta, A., & Wahed, A. (2021). Lipid metabolism and disorders. In A. Dasgupta & A. Wahed (Eds.), *Clinical chemistry, immunology and laboratory quality control* (2nd ed., pp. 105–126). Elsevier. <https://doi.org/10.1016/B978-0-12-815960-6.00010-8>
- Familianti, R. J., Sari, I., & Bastian. (2021). Perbedaan kadar trigliserida pada sampel darah segera disentrifugasi dan sampel darah dibekukan selama 20 menit sebelum disentrifugasi. *The Journal of Muhammadiyah Medical Laboratory Technologist*, 4(2), 120-126.
- Fatchiyah, F., Suyanto, E., Rohmah, R. N., Triprisila, L., Meidinna, H., Sari, D., & Aliyah, I. (2021). Oral administration of the hypercholesterol rat feed formula to making the animal dyslipidemia model on Sprague Dawley rats. *Biotropika: Journal of Tropical Biology*, 9(2), 153–156. <https://doi.org/10.21776/ub.biotropika.2021.009.02.08>
- Fatchiyah, M. K., Ph.D., Safitri, A., S.Si., M.Sc., Ph.D., Kurnianingsih, N., M.Biomed., Suyanto, E., S.Si., M.Sc., Tito Sari, D. R., S.Si., M.Si., Cairns, J. R. K., Nugraha, Y., MP., Sitaresmi, T., Mulsanti, I., & Yunani, N. (2021). Beras berpigmen asli Indonesia: Profil genomik, proteomik, dan kajian nutrigenomik. Jawa Timur: Media Nusa Creative (MNC Publishing).
- Fatmawati, N. K., Ali, M., & Widjajanto, E. (2012). Efek Proteksi Kombinasi Minyak Wijen (Sesame Oil) dengan α -Tocopherol terhadap Steatosis melalui Penghambatan Stres Oksidatif pada Tikus Hiperkolesterolemia. *The Journal of Experimental Life Science*, 2(2), 56-64.
- Feng, Y., & Xu, D. (2023). Short-chain fatty acids are potential goalkeepers of atherosclerosis. *Frontiers in pharmacology*, 14, 1271001. <https://doi.org/10.3389/fphar.2023.1271001>
- Gania, N., Momuat, L. I., & Pitoia, M. M. (2013). Profil lipida plasma tikus wistar yang hiperkolesterolemia pada pemberian gedi merah (*Abelmoschus manihot* L.). *Jurnal MIPA UNSRAT Online*, 2(1), 44-49. Retrieved from <http://ejournal.unsrat.ac.id/index.php/jmuo>
- Ganong, W. F. (2002). Buku ajar fisiologi kedokteran. EGC.
- Gileta, A. F., Fitzpatrick, C. J., Chitre, A. S., St Pierre, C. L., Joyce, E. V., Maguire, R. J., McLeod, A. M., Gonzales, N. M., Williams, A. E., Morrow, J. D., Robinson, T. E., Flagel, S. B., & Palmer, A. A. (2022). Genetic characterization of outbred Sprague Dawley rats and utility for genome-wide association studies. *PLoS genetics*, 18(5), e1010234. <https://doi.org/10.1371/journal.pgen.1010234>
- Global Health Observatory Data. 2019. Raised Cholesterol: Situation and Trends. World Health Organization.
- Graf, D., Seifert, S., Jaudszus, A., Bub, A., & Watzl, B. (2013). Anthocyanin-rich juice lowers serum cholesterol, leptin, and resistin and improves plasma fatty acid composition in Fischer rats. *PLoS ONE*, 8(6), e66690. <https://doi.org/10.1371/journal.pone.0066690>
- Gunathunga, C., Senanayake, S., Jayasinghe, M. A., Brennan, C. S., Truong, T., Marapana, U., & Chandrapala, J. (2024). Germination effects on nutritional quality: A

- comprehensive review of selected cereals and pulses changes. *Journal of Food Composition and Analysis*, 128, Article 106024. <https://doi.org/10.1016/j.jfca.2024.106024>
- Gunness, P., & Gidley, M. J. (2010). Mechanisms underlying the cholesterol-lowering properties of soluble dietary fibre polysaccharides. *Food & Function*, 1(2), 149. <https://doi.org/10.1039/c0fo00080a>
- Hasan, I., Rosada, I., & Nurliani. (2022). Preferensi konsumen terhadap keputusan pembelian beras berdasarkan kualitas beras medium dan premium pada pasar tradisional di Kota Makassar. *Jurnal Ilmiah Ecosystem*, 22(2), 231-236.
- Hosseini Dastgerdi, A., Sharifi, M., & Soltani, N. (2021). GABA administration improves liver function and insulin resistance in offspring of type 2 diabetic rats. *Scientific Reports*, 11, 23155. <https://doi.org/10.1038/s41598-021-02324-w>
- Husen, F., Ratnaningtyas, N. I., Hidayah Khasanah, N. A., & Yuniati, N. I. (2022). Peningkatan kadar kolesterol dan usia pada ibu rumah tangga. *Jurnal Ilmiah Kesehatan Sandi Husada*, 11(2).
- Imam, M. U., Ismail, M., Omar, A. R., & Ithnin, H. (2013). The hypocholesterolemic effect of germinated brown rice involves the upregulation of the apolipoprotein A1 and low-density lipoprotein receptor genes. *Journal of diabetes research*, 2013, 134694. <https://doi.org/10.1155/2013/134694>
- Indriarsih, S., Astuti, M., Kanoni, S., & Rahayu, E. S. (2017). Fatty acid composition and physicochemical properties in germinated black rice. *Indonesian Food and Nutrition Progress*, 14(1).
- Istiqomah, K., Saraswati, H. A. C., & Sardjiman, S. (2024). Hubungan tingkat pengetahuan pasien hiperkolesterolemia dengan ketepatan penggunaan obat simvastatin di apotek Kecamatan Weru Sukoharjo. *OBAT: Jurnal Riset Ilmu Farmasi dan Kesehatan*, 2(4), 269–281. <https://doi.org/10.61132/obat.v2i3.584>
- Ito, V. C., & Lacerda, L. G. (2019). Black rice (*Oryza sativa* L.): A review of its historical aspects, chemical composition, nutritional and functional properties, and applications and processing technologies. *Food Chemistry*, 301, 125304. <https://doi.org/10.1016/j.foodchem.2019.125304>
- Jang, H.-H., Hwang, I.-G., & Lee, Y.-M. (2023). Effects of anthocyanin supplementation on blood lipid levels: a systematic review and meta-analysis. *Frontiers in Nutrition*, 10. <https://doi.org/10.3389/fnut.2023.1207751>
- Jung, A. J., Sharma, A., Lee, S.-H., Lee, S.-J., Kim, J.-H., & Lee, H.-J. (2021). Efficacy of black rice extract on obesity in obese postmenopausal women: A 12-week randomized, double-blind, placebo-controlled preliminary clinical trial. *Menopause*, 28(12), 1391-1399. <https://doi.org/10.1097/GME.0000000000001862>
- Karwiti, W., Fitriana, E., Mustopa, R., & Siregar, S. (2022). Deteksi dini dan peningkatan pengetahuan masyarakat tentang kolesterol di wilayah kerja Puskesmas Depati VII Kabupaten Kerinci. *Jurnal Abdikemas*, 4(2). <https://doi.org/10.36086/j.abdikemas.v4i2>

- Kemenkes.RI. (2019). Profil Penyakit Tidak Menular. In *Journal of Chemical Information and Modeling*, 53(9).
- Kulshreshtha, B., Sharma, N., Pant, S., Sharma, L., Pahuja, B., & Singh, P. (2023). Isocaloric diet is as effective as the hypocaloric diet in ameliorating symptoms in PCOS patients. *International Journal of Diabetes in Developing Countries*. <https://doi.org/10.1007/s13410-023-01256-7>
- Laili, A., Astuti, M., & Kanoni, S. (2015). Pengaruh waktu perkecambahan beras hitam varietas Cempo terhadap sifat fisik, komposisi gizi, dan daya cerna protein secara in vitro (Skripsi Sarjana, Universitas Gadjah Mada).
- Larsen, M. L., & Schmidt, E. B. (2008). Penghambat HMG-CoA-Reduktase. Dalam S. Offermanns & W. Rosenthal (Eds.), *Ensiklopedia farmakologi molekuler*. Springer. https://doi.org/10.1007/978-3-540-38918-7_75.
- Li, P., Chen, Y.-H., Lu, J., Zhang, C.-Q., Liu, Q.-Q., & Li, Q.-F. (2022). Genes and their molecular functions determining seed structure, components, and quality of rice. *Rice*, 15(18). <https://doi.org/10.1186/s12284-022-00562-8>
- Lim, M. Y. C., & Ho, H. K. (2024). Pharmacological modulation of cholesterol 7 α -hydroxylase (CYP7A1) as a therapeutic strategy for hypercholesterolemia. *Biochemical Pharmacology*, 220, 115985. <https://doi.org/10.1016/j.bcp.2023.115985>
- Ling, W. H., Cheng, Q. X., Ma, J., & Wang, T. (2001). Red and black rice decrease atherosclerotic plaque formation and increase antioxidant status in rabbits. *The Journal of Nutrition*, 131(5), 1421-1426. <https://doi.org/10.1093/jn/131.5.1421>
- Liu, D., Ji, Y., Zhao, J., Wang, H., Guo, Y., & Wang, H. (2020). Black rice (*Oryza sativa* L.) reduces obesity and improves lipid metabolism in C57BL/6J mice fed a high-fat diet. *Journal of Functional Foods*, 64, 103605. <https://doi.org/10.1016/j.jff.2019.103605>
- Lu, M., Sun, J., Zhao, Y., Zhang, H., Li, X., Zhou, J., Dang, H., Zhang, J., Huang, W., Qi, C., & Li, D. (2022). Prevention of High-Fat Diet-Induced Hypercholesterolemia by *Lactobacillus reuteri* Fn041 Through Promoting Cholesterol and Bile Salt Excretion and Intestinal Mucosal Barrier Functions. *Frontiers in nutrition*, 9, 851541. <https://doi.org/10.3389/fnut.2022.851541>
- Lu, Y., Fan, C., Li, P., & dkk. (2016). Asam lemak rantai pendek mencegah obesitas yang disebabkan oleh diet tinggi lemak pada tikus dengan mengatur reseptor yang digandeng protein G dan mikrobiota usus. *Scientific Reports*, 6, 37589. <https://doi.org/10.1038/srep37589>
- Mahdi, C., Citrawati, P., & Hendrawan, V. F. (2020). The effect of rice bran on triglyceride levels and histopathologic aorta in rat (*Rattus norvegicus*) of high cholesterol dietary model. In *The 2nd International Conference on Chemistry and Material Science (IC2MS)* (Vol. 833, No. 1, p. 012022). IOP Publishing. <https://doi.org/10.1088/1757-899X/833/1/012022>

- Mamonto, M., Sumanpouw, J. E., & Walaelang, R. G. M. (2022). Kadar low-density lipoprotein (LDL) dalam darah pada mahasiswa Poltekkes Manado dengan kondisi obesitas. *Indonesian Journal of Medical Laboratory Technology*, 1(2), 51–56.
- Mangiri, J., Mayulu, N., & Kawengia, S. E. S. (2016). Gambaran kandungan zat gizi pada beras hitam (*Oryza sativa* L.) kultivar Pare Ambo Sulawesi Selatan. *eBiomedik*, 4(1).
- Mangiri, J., Mayulu, N., & Kawengian, S. E. S. (2024). Gambaran kandungan zat gizi pada beras hitam (*Oryza sativa* L.) kultivar Pare Ambo Sulawesi Selatan. *eBiomedik*, 4(1). <https://doi.org/10.35790/ebm.v4i1.11050>
- Marques, C., Meireles, M., Norberto, S., Leite, J., Freitas, J., Pestana, D., Faria, A., & Calhau, C. (2016). High-fat diet-induced obesity Rat model: a comparison between Wistar and Sprague-Dawley Rat. *Adipocyte*, 5, 11 - 21. <https://doi.org/10.1080/21623945.2015.1061723>.
- Maulita, I., Nurkhairi, & Herdayanti, R. (2015). Uji aktivitas ekstrak beras hitam (*Oryza sativa* L) terhadap penurunan berat badan tikus (*Rattus norvegicus*). *Jurnal FARBAL*, 3(2), 38.
- Monikasari, M., Nugroho, K. P. A., Natawirarindy, C., & Esperansa, P. E. S. (2024). The relationship of nutritional status with cholesterol levels in junior high school students in Malang. *Indonesian Journal of Global Health Research*, 6(1).
- Monikasari, N. S. Widyastiti, E. Mahati, A. Syauby, & A. N. Al-Baarri. (2023). Pengaruh pemberian ekstrak bekatul beras hitam (*Oryza sativa* L. indica) terhadap kadar MDA, SOD dan trigliserida pada tikus diabetes mellitus tipe 2 [Effect of black rice bran extract (*Oryza sativa* L. indica) on MDA, SOD, and triglyceride levels in mice with type 2 diabetes mellitus]. *Aceh Nutrition Journal*, 8(1), 129-138. <http://dx.doi.org/10.30867/action.v8i1.731>
- 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.
- Nascimento, L. Á., Abhilasha, A., Singh, J., Elias, M. C., & Colussi, R. (2022). Rice germination and its impact on technological and nutritional properties: A review. *Rice Science*, 29(3), 201–215. <https://doi.org/10.1016/j.rsci.2022.01.009>
- Nascimento, L. Á., Abhilasha, A., Singh, J., Elias, M. C., & Colussi, R. (2022). Rice germination and its impact on technological and nutritional properties: A review. *Rice Science*, 29(3), 201–215. <https://doi.org/10.1016/j.rsci.2022.01.009>
- National Cholesterol Education Program. (1988). Cholesterol: Current concepts for clinicians (Updated version). U.S. Department of Health and Human Services, Public Health Service, National Institutes of Health, Hahnemann University.
- Nurfitri, N., & Venita, L. (2023). METODE Uji FARMAKODINAMIK SEBAGAI SALAH SATU PEMBUKTIAN KHASIAT OBAT BAHAN ALAM SEBAGAI ALTERNATIF PILIHAN TERAPI THALASEMIA. *HEALTHY : Jurnal Inovasi Riset Ilmu Kesehatan*. <https://doi.org/10.51878/healthy.v2i1.1937>
- Nurhidajah, N., Astuti, R., & Nurrahman, N. (2019). Black rice potential in HDL and LDL profile in Sprague Dawley rat with high cholesterol diet. *IOP Conference*

- Series: Earth and Environmental Science, 292(1), 012019.
<https://doi.org/10.1088/1755-1315/292/1/012019>
- Nussa, O. R. P. A., Kurnianto, A., & Sigit, M. (2024). Histopathological changes of the liver in male white rats (*Rattus norvegicus*) exposed to conventional and herbal cigarette smoke. *Jurnal Medika Veterinaria*, 18(1), 1–6.
<https://doi.org/10.21157/j.med.vet..v14i2.35643>.
- Oliveira, M. E. A. S., Coimbra, P. P. S., Galdeano, M. C., Carvalho, C. W. P., & Takeiti, C. Y. (2022). How does germinated rice impact starch structure, products and nutritional evidences? – A review. *Trends in Food Science & Technology*, 122, 13–23. <https://doi.org/10.1016/j.tifs.2022.02.015>
- Otto, G. M., Franklin, C. L., & Clifford, C. B. (2015). Biology and diseases of rats. In J. G. Fox, L. C. Anderson, G. M. Otto, K. R. Pritchett-Corning, & M. T. Whary (Eds.), *Laboratory animal medicine* (3rd ed., pp. 151–207). Academic Press.
<https://doi.org/10.1016/B978-0-12-409527-4.00004-3>
- Panesar, P. S., & Kaur, S. (2016). Rice: Types and composition. In B. Caballero, P. M. Finglas, & F. Toldrá (Eds.), *Encyclopedia of Food and Health* (pp. 646–652).
<https://doi.org/10.1016/B978-0-12-384947-2.00596-1>
- Pasaribu, S., Wiboworini, B., & Kartikasari, L. (2021). Analisis antosianin dan flavonoid ekstrak kecambah beras hitam [Analysis of anthocyanins and flavonoids in germinated black rice extract]. *Jurnal Dunia Gizi*, 4(1), 8–14.
<https://doi.org/10.33085/jdg.v4i1.4852>
- Pinatih, P. T. P., Dewi, N. N. A., & Sutadarma, I. W. G. (2022). Effects of high-fat diet feeding on lipid profile in rats (*Rattus norvegicus*). *Jurnal Medika Udayana*, 11(10).
- Pratiwi, R., & Purwestri, Y. A. (2017). Black rice as a functional food in Indonesia. *Functional Foods in Health and Disease*, 7(3), 182–194.
<https://doi.org/10.31989/ffhd.v7i3.310>
- Purwansyah, T. S., Rosanti, D., & Kartika, T. (2021). Morfometri beberapa varietas tanaman padi (*Oryza sativa* L.) di Kecamatan Pulau Rimau Banyuwasin. *Jurnal Indobiosains*, 3(2), 28.
- Qin, Y., Xia, M., Ma, J., Hao, Y. T., Liu, J., Mou, H. Y., Cao, L., & Ling, W. H. (2009). Anthocyanin supplementation improves serum LDL- and HDL-cholesterol concentrations associated with the inhibition of cholesteryl ester transfer protein in dyslipidemic subjects. *The American Journal of Clinical Nutrition*, 90(3), 485–492. <https://doi.org/10.3945/ajcn.2009.27814>
- Rachma, Y., Anggraeni, D., Surja, L., Susanti, S., & Pratama, Y. (2018). Karakteristik Fisik dan Kimia Tepung Malt Gabah Beras Merah dan Malt Beras Merah dengan Perlakuan Malting pada Lama Germinasi yang Berbeda. *Jurnal Aplikasi Teknologi Pangan*. <https://doi.org/10.17728/JATP.2707>.
- Rafsanji, M. S., Asriati, A., Kholidha, A. N., & Alifariki, L. O. (2019). Hubungan kadar high-density lipoprotein (HDL) dengan kejadian hipertensi. *Jurnal Profesi Medika: Jurnal Kedokteran dan Kesehatan*, 13(2).
<https://doi.org/10.33533/jpm.v13i2.1274>.

- Rahim, M. A., Umar, M., Habib, A., Imran, M., Khalid, W., Lima, C. M. G., Shoukat, A., Itrat, N., Nazir, A., Ejaz, A., Zafar, A., Awuchi, C. G., Sharma, R., Santana, R. F., & Emran, T. B. (2022). Photochemistry, functional properties, food applications, and health prospective of black rice. *Hindawi Journal of Chemistry*, 2022, Article ID 2755084, 21 pages. <https://doi.org/10.1155/2022/2755084>
- Rahman, A. N. F., Asfar, M., Suwandi, N., & Amir, M. R. R. (2019). The effect of grain germination to improve rice quality. *IOP Conference Series: Earth and Environmental Science*, 355(1), 1–8. <https://doi.org/10.1088/1755-1315/355/1/012110>
- Rahman, A., Syarifuddin, A., & Amir, S. (2021). Effect of temperature and relative humidity on chemical analysis of red rice germination. *IOP Conference Series: Earth and Environmental Science*, 807(2), 022060. <https://doi.org/10.1088/1755-1315/807/2/022060>
- Rahmayuni, E., Sukmadewi, R., Kurniati, & Herman, W. (2024). Peningkatan produksi tanaman padi hitam (*Oryza sativa* L. indica) varietas Jeliteng dengan pemberian pupuk silika cair. *Agrovital: Jurnal Ilmu Pertanian*, 9(1).
- Reeves P. G. (1997). Components of the AIN-93 diets as improvements in the AIN-76A diet. *The Journal of nutrition*, 127(5 Suppl), 838S–841S. <https://doi.org/10.1093/jn/127.5.838S>
- Riset Kesehatan Dasar (Riskesdas) (2018). Badan Penelitian dan Pengembangan Kesehatan Kementerian RI tahun 2018.
- Runtu, J. G., Kawengian, S. E. S., Mayulu, N., & Bolang, A. S. L. (2016). Perubahan kadar LDL dan HDL pada kelinci New Zealand White yang diberi ekstrak beras hitam (*Oryza sativa* L.). *Jurnal e-Biomedik (eBm)*, 4(2)
- Salgado, J. M., de Oliveira, A. G. C., Mansi, D. N., Donado-Pestana, C. M., Bastos, C. R., & Marcondes, F. K. (2010). The role of black rice (*Oryza sativa* L.) in the control of hypercholesterolemia in rats. *Journal of Medicinal Food*, 13(6), 1355-1362. <https://doi.org/10.1089/jmf.2009.024>
- Samyori, D., Das, A. B., & Deka, S. C. (2017). Pigmented rice: A potential source of bioactive compounds: A review. *International Journal of Food Science*. <https://doi.org/10.1111/ijfs.13378>
- Saputra, W. D., Saputra, A. D., & Triwitono, P. (2024). Germination changes the chemical composition and improves antioxidant activity of Indonesian local brown rice var Mentikwangi [Germinasi merubah komposisi kimia dan meningkatkan aktivitas antioksidan pada beras pecah kulit lokal var Mentikwangi]. *JITIPARI*, 9(2), 141-153.
- Sari, N. M. R. E., Wisaniyasa, N. W., & Wiadnyani, A. A. I. S. (2020). Studi kadar gizi, serat dan antosianin tepung kacang merah dan tepung kecambah kacang merah (*Phaseolus vulgaris* L.). *Jurnal Itepa*, 9(3), 282–290.
- Setyowati, P., Zubaidah, E., & Sutrisno, A. (2023). Angkak (red mold rice) as an antihypercholesterolemic and antihypertensive effect: A review. *Advances in Food Science, Sustainable Agriculture and Agroindustrial Engineering, Special Issue*, 51-64.

- Shafitri, N., Fauziyah, A., & Puspareni, L. D. (2021). Pengaruh penambahan bekatul terhadap kadar serat, aktivitas antioksidan, dan sifat organoleptik minuman kedelai. *Ghidza: Jurnal Gizi dan Kesehatan*, 5(1).
- Shangrangi, A. B. (2009). Medicinal and therapeutic potentialities of tea (*Camellia sinensis* L.) – A review. *Food Research International*, 42(5–6), 529–535. <https://doi.org/10.1016/j.foodres.2009.01.007>
- Sharp, P., & Villano, J.S. (2012). *The Laboratory Rat* (2nd ed.). CRC Press. <https://doi.org/10.1201/b13862>
- Sholihah, A., Aini, N., & Dwiyanti, H. (2021). Optimasi ekstraksi antosianin pada beras hitam Sirampog menggunakan metode ultrasound extract assist (UAE). *Jurnal Aplikasi Teknologi Pangan*, 10(3), 71. <https://doi.org/10.17728/jatp.6687>
- Sihite, N. W., & Hutasoit, M. S. (2023). Potensi bahan pangan lokal Indonesia sebagai pangan fungsional dan manfaatnya bagi kesehatan: Review. *Jurnal Riset Gizi*, 11(2).
- Sinaga, Y. O., Tiho, M., & Mewo, Y. M. (2013). Gambaran kadar kolesterol high density lipoprotein darah pada mahasiswa angkatan 2011 Fakultas Kedokteran Universitas Sam Ratulangi dengan indeks massa tubuh $\geq 23,0$ kg/m². *Jurnal e-Biomedik (eBM)*, 1(3), 1096.
- Singh, R., Srivastava, M., & Shukla, A. (2016). Environmental sustainability of bioethanol production from rice straw in India: A review. *Renewable and Sustainable Energy Reviews*, 54, 202–216. <https://doi.org/10.1016/j.rser.2015.10.005>
- Singh, U. N., Kumar, S., & Dhakal, S. (2017). Study of oxidative stress in hypercholesterolemia. *International Journal of Contemporary Medical Research*, 4(5), 2454–7379.
- Sirisontarak, P., Keatikasemchai, S., Mancharoen, C., & Na Nakornpanom, N. (2020). Development of lightly milled black rice with easy cooking and retaining health benefits. *Journal of food science and technology*, 57(10), 3762–3771. <https://doi.org/10.1007/s13197-020-04408-3>
- Sofyantoro, F., Syam, A. M., Adania, B. A., Almunawar, M. F., Nasution, N. P. B., Hidayat, R. F. A., Mataram, M. B. A., Maharesi, C. E., Nurhidayah, S., Purwestri, Y. A., Nuriliani, A., Hidayati, L., & Pratiwi, R. (2024). Therapeutic effects of BRC functional food from Indonesian black rice on body weight and haematological parameters in obese rats. *Journal of Tropical Biodiversity and Biotechnology*, 9(1), jtbb85847. <https://doi.org/10.22146/jtbb.85847>
- Soliman, G. A. (2019). Dietary Fiber, Atherosclerosis, and Cardiovascular Disease. *Nutrients*, 11(5), 1155. <https://doi.org/10.3390/nu11051155>
- Srikaeo, H. (2014). Organic rice bran oils in health. In R. R. Watson, V. R. Preedy, & S. Zibadi (Eds.), *Wheat and rice in disease prevention and health* (pp. 453–465). Academic Press. <https://doi.org/10.1016/B978-0-12-401716-0.00035-0>
- Stapleton, P. A., Goodwill, A. G., James, M. E., Brock, R. W., & Frisbee, J. C. (2010). Hypercholesterolemia and microvascular dysfunction: interventional strategies.

- Journal of inflammation (London, England), 7, 54. <https://doi.org/10.1186/1476-9255-7-54>
- Suci, L., & Adnan, N. (2020). Hubungan Kadar Kolesterol Tinggi (Hiperkolesterol) Dengan Kejadian Hipertensi Derajat 1 Pada Pekerja di Bandara Soekarno Hatta Tahun 2017. *PROMOTIF: Jurnal Kesehatan Masyarakat*, 10(02), 97–104.
- Sumarni, T. A., & Supriyo, S. (2023). Gambar Profil Lipid (HDL, LDL, Kolesterol dan Triglisericid) pada Orang dengan Status Gizi Berlebih. *The Journal of Cross Nursing*. Program Studi Keperawatan Pekalongan Poltekkes Kemenkes Semarang, Indonesia.
- Tandi, J., Rahmawati, Isminarti, R., & Lapangoyu, J. (2018). Efek ekstrak biji labu kuning terhadap glukosa, kolesterol, dan gambaran histopatologi pankreas tikus hiperkolesterolemia-diabetes. *TM Conference Series*, 1, 144–151
- Ukpong, E. S., Campus, A., Okpalanma, F., & Ezegbe, C. (2022). Effects of milling, germination durations and germination temperatures on bioactive compounds and nutritional composition of FARO 57 brown rice cultivar. *Journal of Food Chemistry & Nanotechnology*, 08, 181–191
- Ukpong, E. S., Okpalanma, E. F., & Ezegbe, C. C. (2024). Effect of milling and temperature of germination on nutrients, bioactive compounds and pasting properties of FARO 44, FARO 57 and NERICA-8 brown rice cultivars. *Food Chemistry Advances*, 4, 100616. <https://doi.org/10.1016/j.focha.2024.100616>
- Untari, H. D., Suryanto, B. R., Famia, Z., & Suprihatin. (2018). Optimalisasi penerapan prinsip kesejahteraan hewan (animal welfare) pada hewan coba di BBVET Wates untuk mendukung diagnosis laboratorium. *Prosiding Penyidikan Penyakit Hewan: Rapat Teknis dan Pertemuan Ilmiah (RATEKPIL) dan Surveilans Kesehatan Hewan Tahun 2018*.
- Vann, K., Techaparin, A., & Apiraksakorn, J. (2020). Beans germination as a potential tool for GABA-enriched tofu production. *Journal of Food Science and Technology*, 57(11), 3947-3954. <https://doi.org/10.1007/s13197-020-04423-4>
- Wangko, W. S. (2020). Aspek fisiologik short chain fatty acid (SCFA). *Medical Scope Journal (MSJ)*, 2(1), 26-35. <https://doi.org/10.35790/msj.2.1.2020.31669>
- Widyaningsih, W. A. H. Y. U., Prabowo, A., & Sumiasih, S. (2010). Pengaruh Ekstrak Etanol Daging Bekicot (*Achantina fulica*) Terhadap Kadar Kolesterol Total, HDL, dan LDL Serum Darah Tikus Jantan Galur Wistar. *Jurnal Sains dan Teknologi Farmasi*, 15(1), 1-10.
- World Health Organization. 2000. *General Guidelines for Methodologies on Research and Evaluation of Traditional Medicine*.
- Wu, N.-N., Li, R., Li, Z.-J., & Tan, B. (2022). Effect of germination in the form of paddy rice and brown rice on their phytic acid, GABA, γ -oryzanol, phenolics, flavonoids and antioxidant capacity. *Food Research International*, 159, 111603. <https://doi.org/10.1016/j.foodres.2022.111603>
- Wulandari, E., Djali, M., & Rahayu, G. G. (2021). Pengaruh waktu dan suhu perkecambahan terhadap karakteristik tepung kecambah sorgum kultivar lokal Bandung. *Chimica et Natura Acta*, 9(1), 25-35. <http://jurnal.unpad.ac.id/jcena>

- Yudha, A. K., & Suidah, H. (2023). Studi korelasi pola makan dengan kadar kolesterol pada pasien stroke. *Jurnal Pengembangan Ilmu dan Praktik Kesehatan*, 2(1).
- Zawistowski, J., Kopec, A., & Kitts, D. D. (2009). Effects of a black rice extract (*Oryza sativa* L. indica) on cholesterol levels and plasma lipid parameters in Wistar Kyoto rats. *Journal of Functional Foods*, 1(1), 50–56. <https://doi.org/10.1016/j.jff.2008.09.008>