

DAFTAR PUSTAKA

- Adamo, E.D.V., Northrup, R., and Weiss. (2010). Ethnic Differences In Lipoprotein Subclasses In Obese Adolescents: Importance Of Liver And Intraabdominal Fat Accretion. *The American Journal of Clinical Nutrition*, 92 (3): 500–508
- Adamo, E.D., Amagna, O., Chiarelli, F., Bartuli, A., Liccardo, D., Ferrari, F., and Nobili, V. (2014). Atherogenic Dyslipidemia And Cardiovascular Risk Factor In Obese Children. *Intl J of Endocrinology*, 15 : 9
- AKG 2013. Permenkes RI No 75 Tahun 2013 tentang Angka Kecukupan Gizi yang dianjurkan bagi bangsa Indonesia. Jakarta : Depkes, 2013. 34
- Al-domi, H., and Al-shorman, A. (2019). Increased Waist Circumference Is Associated With Subclinical Atherosclerosis In Schoolchildren. *Diabetes and Metabolic Syndrome : Clinical Research And Reviews*, 13 : 264 – 269
- Arca, Marcello. (2015). Dyslipidemia and Cardiovascular Risk in Obesity. *Multidisciplinary Approach to Obesity*, 121-130
- Arisman. (2013). *Buku Ajar Ilmu Gizi : Gizi Dalam Daur Kehidupan*. Jakarta : Penerbit Buku Kedokteran EGC
- Arisman. (2013). *Obesitas Diabetes Mellitus Dan Dislipidemia : Konsep, Teori Dan Penanganan Aplikatif*. Jakarta : Penerbit Buku Kedokteran EGC
- Assman, G., Gotto, A.M. (2004). HDL-Cholesterol and Protective Factors in Atherosclerosis. *Circulation*, 109 : 1118-14
- Banerjee, A., and Heiden, E. (2018). Chapter 11 - Obesity and the Effects on the Respiratory System A2 - Weaver, Jolanta Urszula. *Practical Guide to Obesity Medicine*, 109–21

- Benjamin, E.J., Blaha, M.J., Chiuve, S.E., Cushman, S.R., Das, R.D., et al. (2017). Heart Disease and Stroke Statistics – 2017 Update : A Report from the American Heart Association. *Circulation*, 137 : e1 – e458
- Bhowmik, B., Munir, S.B., Diep, L.M., Siddiquee, T., Habib, S.H., Samad, M.A., Khan, A.K.A., Hussain, A. (2013). Anthropometric Of Obesity For Identifying Cardiometabolic Risk Factor In A Rural Bangladesh Population. *Journal Of Diabetes Investigation*, 4 (4)
- Bo, Myat Su., Whye, Lian Cheah., Soe, Lwin., Tin, Moe New., Than, Than Win., and Myint Aung. (2018). Understanding the Relationship Between Atherogenic Index Plasma and Cardiovascular Disease Risk Factor among Staff of an University in Malaysia. *Journal of Nutrition and Metabolism*, 7027624
- Bonfrate, L., Wang, D.Q.H., Garruti, G., Portincasa, P. (2014). Obesity And The Risk And Prognosis Of Gallstone Disease And Pancreatitis. *Best Pract Res Clin Gastroenterol*, (28) : 623–35
- Bosomworth, N John. (2013). Approach to Identifying And Managing Atherogenic Dyslipidemia A Metabolic Consequence Of Obesity and Diabetes.Canadian Family Physician. *Le Médecin de famille canadien*, 59 : 1169 – 80
- Boyle, T., Jeff, K.V., Matthew, P.B., and Brigid, M.L. (2016). Reallocating Time to Sleep, Sedentary Time, or Physical Activity: Associations with Waist Circumference and Body Mass Index in Breast Cancer Survivors. *Cancer Epidemiology, Biomarkers and Prevention*, 16 : 0545
- Breneman, C.B., Polinski, K., Sarzynski, M.A., Lavie, C.J., Kokkinos, P.F., Ahmed, A., Sui, X. (2016). The Impact of Cardiorespiratory Fitness Levels on the

Risk of Developing Atherogenic Dyslipidemia. *The American Journal of Medicine*, 129 (10) : 1060-6

Camacho, D.R., LeMasters, P.E. (2015). Gastroesophageal Reflux Disease In The Obese. *Techniques in Gastrointestinal Endoscopy*, 17 (2) : 83–8

Chambers, E.S., Viardot, A., Psichas, A., Morrison, D.J., Murphy, K.G., ZacVarghese, S.E.K., MacDougall, K., Preston, T., Tedford, C., Finlayson, G.S. (2015). Effects Of Targeted Delivery Of Propionate To The Human Colon On Appetite Regulation, Body Weight Maintenance And Adiposity In Overweight Adults. *Gut*, 64 : 1744–1754

Chaudhri, O.B., and Salem, V. (2008). Gastrointestinal Satiety Signals. *Annu. Rev. Physiol*, (70) : 239 – 255

Chooi, Y.C., Ding, C., Magkos, F. (2018). The Epidemiology Of Obesity. *Metabolism Clinical and Experimental*, (5) : 53817

Correa, E.M.L., Medina, J., Barros, M.N.O., Valle, R., Sales, A., Magalães, F.C.A., Souza, T.B., Carvalho, J.R., Lemos, E.F., Lira, E.S., Lima, D.M.L., Galeno, L., Morales, C., Ortiz., and Carvalho. (2014). The Intake Of Fiber Mesocarp Passionfruit (*Passiflora Edulis*) Lowers Levels Of Triglyceride And Cholesterol Decreasing Principally Insulin And Leptin. *J Aging Res Clin Pract*, 3(1): 31–35

Crawford, M., Chataut, C., Avery, E.F., Janssen, I., Powell, L.H., Kravitz, H.M., Kazlauskaitė, R. (2014). Waist-to-Height Ratio Performs As Well As Waist Circumference As The Principal Adiposity Indicator Of Cardiometabolic Risk Across Five Ethnic Groups Of Midlife Women. *Clinical Studies In Obesity*, 12 (1): 906

Dahl WJ., Stewart ML. Position of the Academy of Nutrition and Dietetics: health implications of dietary fiber. *J Acad Nutr Diet*, 115: 1861–70

- DeFillippo, F.C., Cavallieri, D., Di, P.M., Ramazzotti, M., Pouliet, J.B., Massart, S., Collini, S., Pieraccini, G., Lionetti, P. (2010). Impact Of Diet In Shaping Gut Microbiota By A Comparative Study In Children From Europe And Rural Africa. *Proc. Natl. Acad. USA*, (107) : 14691 – 14696
- Deghan, P., Gargari, B.P., and Asgharijafarabadi, M. (2013). Effect of High Performance Inulin Supplementation On Glycemic Status And Lipid Profile In Women With Type 2 Diabetes : A Randomized, Placebo-Controlled Clinical Trial. *Health Promotion Perspectives*, 3 (1) : 55 - 63
- Dahl, W.J., and Maria L.S. (2015). Health Implication of Dietary Fiber. *Academy of Nutrition and Dietary Fiber*, 115 (11) : 1861 – 1870
- Diane C., Adler W., Vipul P., Asem HA., Sheila MB., Jennifer RMD., Gabriel IU., Marian TK., Christine GS., Van SH., James CR., Carson CC., Anne ES., and Jack AY. (2013). Sex-Associated Differences in Free Fatty Acid Flux of Obese Adolescents. *Endocrine Research*, 98 (4): 1676 –1684
- Dobiasova, M., and Frohlich, J. (2001). The Plasma Parameter Log (TG/HDL-C) As An Atherogenic Index : Correlation With Lipoprotein Particle Size And Esterification Rate In Apob-Lipoprotein-Depleted Plasma (FERHDL). *Clin Biochem*, 34 (8) : 583
- Dobiasova, M. (2006). AIP-Atherogenic Index Of Plasma As A Significant Predictor Of Cardiovascular Risk: From Research To Practice. *Vnitr Lek*, 2 : 64 – 71
- Du, H., Daphne, L.V.D.A., Hendriek, C.B., Nita, G.F., Nicholas, J.W., Jytte, H., Anne, T., Kim, O., Marianne, U.J., Heiner, B., Brian, B., Giovanna, M., Dominique, P., Thorkild, I.A.S., Wim, H.M.S., and Edith, J.M.F. (2010). *Am J Clin Nutr*, (91) : 329 – 36

- Elkiran, O., Yilmaz, E., Koc, M., Kamanli, A., Ustundag, B., Ilhan, N. (2013). The Association Between Intima Media Thickness, Central Obesity And Diastolic Blood Pressure In Obese And Owerweight Children: A Cross-Sectional School-Based Study. *Int J Cardiol*, 165 (3) : 528 - 532
- Essiarab, F., Taki, H., Lebrazi, H., Sabri, M., Saile, R. (2014). Usefulness Of Lipid Ratios And Atherogenic Index Of Plasma In Obese Moroccan Women With Or Without Metabolic Syndrome. *Ethnic and Disease Journal*, 24 (2) : 207 : 212
- Flint, H.J., Scott, K.P., Louis, P., and Duncan, S.H. (2012). The Role Of The Gut Microbiota In Nutrition And Health. *Nat. Rev. Gastroenterol. Hepatol*, (9) : 577–589
- Freeman, M. (2005). *Kolesterol Rendah Janung Sehat*. Jakarta : PT. Bhuana Ilmu Populer
- Frost, G., Sleeth, M.L., Sahuri-Arisoylu, M., Lizarbe, B., Cerdan, S., Brody, L., Anastasovska, J., Ghourab, S., Hankir, M., Zhang, S., et al. (2014). The Shortchain Fatty Acid Acetate Reduces Appetite Via A Central Homeostatic Mechanism. *Nat. Commun*, (5) : 3611
- Galisteo, M., Duarte, J., Zarzuelo, A. (2008). Effect Of Dietary Fibers On Disturbances Clustered In The Metabolic Syndrome. *J. Nutr. Biochem*, 19 (2) : 71 – 84
- Gao, Z., Yin, J., Zhang, J., Ward, R.E., Martin, R.J., Lefevre, M., Cefalu, W.T., and Ye, J. (2009). Butyrate Improves Insulin Sensitivity And Increases Energy Expenditure In Mice. *Diabetes*, 58 : 1509–1517
- Gearon, E., Stephanie, K.T., Christoper, S., Venurs, H.Y., Loh., Anna, P. (2018). Changes in Waist Circumference Independent of Weight : Implications for Population Level Monitoring of Obesity. *Preventive Medicine*. (111) : 378 – 383

- Ghanemi A, St-Amant J. (2018). Redefining obesity toward classifying as a disease. *European journal of internal medicine*. 55 (2018) : 20 - 22
- Goh, L.G.H., Dhaliwal, S.S., Welborn, T.A., Lee, A.H., Della, P.R. (2014). Anthropometric Measurements Of General And Central Obesity And The Prediction Of Cardiovascular Disease Risk In Women: A Cross-Sectional Study. *BMJ Open*, 4 (2) : 004138
- Goodwin., Susan, M.S., RN, CNS, CPAN. (2000). The Practical Guide Identification, Evaluation, and Treatment of Overweight and Obesity in Adults. *NHLBI Obesity Education Initiative*, 00-4084
- Guerin, D.L., Pochat, M., Reifer, C., Wils, D., Cho, S., Miller, L.E. (2011). The Soluble Fiber Nutriose Induces A Dose Dependent Beneficial Impact On Satiety Over Time In Humans. *Nutr. Res*, (31) : 665 : 672
- Haines, J., Sztainer, D.N., Wall, M., Story, M. (2007). Personal, Behavioral, And Environmental Risk And Protective Factors For Adolescent Overweight. *Obesity*, (15) : 11
- Han, SF., Jun JM., Wei ZM., Jia YX., Weiguo Z., Chun LF., Li QQ. (2017). Lypolysis and thermogenesis in adipose tissues as new potential mechanisms for metabolic benefits of dietary fiber. *Nutrition*, 33: 118 - 124
- Hanandita, W., and Tampubolon, G. (2015). The Double Burden Of Malnutrition In Indonesia: Social Determinants And Geographical Variations. *SSM-Population Health*, (1) : 16-25
- Hartopo., Anggoro, B., Irsyad, A.A., Budi, Y.S. (2016). Low Plasma Atherogenic Index Associated With Poor Prognosis In Hospitalized Patients With Acute Myocardial Infarction. *Acta Medica Indonesiana*, 48 (2)
- Hasdianah. (2014). *Pemanfaatan Gizi, Diet dan Obesitas*. Yogyakarta: Nuha Medika

- Heymsfield, S.B., and Wadden, T.A. (2017). Mechanisms, Pathophysiology, And Management Of Obesity. *Engl J Med*, (376) : 254-266
- Ho, Hoang Vi Thanh., Elena J., Andreea Z., Sonia B M., John L S., Fei A-Y., Alexandra L J, Lea D., Lawrence L and Vladimir V. (2017). A Systematic Review And Meta-Analysis Of Randomized Controlled Trials Of The Effect Of Konjac Glucomannan, A Viscous Soluble Fiber, On Ldl Cholesterol And The New Lipid Targets Non-Hdl Cholesterol And Apolipoprotein B. *American Journal Clinic Nutrition*, 105 : 1239–47
- Hoffman E.L., VonWald, T., Hansen, K. (2015). The Metabolic Syndrome. *S D Med*, 24–8
- Holzer, Peter., and Farzi, Aitak. (2019). Peptida YY (PYY). *Encyclopedia of endocrine disease (second edition)*, 1 : 546 - 554
- Hopping, B.N., Erber, E., Grandinetti, A., Park, S.Y., Kolonel, L.N., Maskarinec, G. (2010). Dietary Fiber, Magnesium, And Glycemic Load Alter Risk Of Type 2 Diabetes In A Multiethnic Cohort In Hawaii. *J. Nutr*, (140) : 68 - 74
- Howarth N.C., Salzman, E., Roberts, S.B. (2001). Dietary Fiber And Weight Regulation. *Nutr. Rev*, (59) : 129 – 139
- Ilhami, Fithri. (2017). Korelasi Indeks Aterogenik Plasma dengan Derajat Stenosis Arteri Koroner pada Sindrom Koroner Akut. *Masters thesis*, Universitas Andalas
- Janssen, I., Heymsfield, S., Allison, D.B., et al. (2002). Body Mass Index And Waist Circumference Independently Contribute To The Prediction Of Non Abdominal Subcutaneous And Visceral Fat. *Am J Clin Nut*, (75) : 683 – 688
- Jia, W.P., Xiang, K.S., Chen, L., Lu, J.X., Wu, Y.M. (2002). Epidemiological Study On Obesity And Its Comorbidities In Urban Chinese Older Than 20 Years Of Age In Shanghai. *China Obesity Reviews*, 157–65

- Jiao, Jun., Jia, Ying Xu., Weiguo, Zhang., Shufen, Han., and Li-Qiang, Qin. (2015). Effect Of Dietary Fiber On Circulating C-Reactive Protein In Overweight And Obese Adults: A Meta-Analysis Of Randomized Controlled Trials. *International Journal of Food Sciences and Nutrition*, 66 (1) : 114-119
- Jung, Un Jud and Choi, Myung-Sook. (2014). Obesity And Its Metabolic Complications : The Role Of Adipokines And The Relationship Between Obesity, Inflammation, Insulin Resistance, Dyslipidemia And Nonalcohol Fatty Liver Disease. *Int. J. Mol. Sci*, (15) : 6184 – 6223
- Kanthe, P.S., Patil, B.S., Bagali, S., Deshpande, A., Shaikh, G.B., Aithala, M. (2012). Atherogenic Index as A Predictor of Cardiovascular Risk among Women with Different Grades of Obesity. *Int. J. Collab. Res. Intern. Med. Public Health*, 10: 1767-1774.
- Kasubuchi, M., Hasegawa, S., Hiramatsu, T., Ichimura, T., Kimura, I. (2015). Dietary Gut Microbial Metabolites, Short-chain Fatty Acids, and Host Metabolic Regulation. *Nutrients*, 7 : 2839-2849
- Khan, S.S., Ning, H., Wilkins, J.T. (2018). Association Of Body Mass Index With Lifetime Risk Of Cardiovascular Disease And Compression Of Morbidity. *JAMA Cardiol*, 3 (4) : 280-287
- Kristensen M, Jensen MG. Dietary Fibres In The Regulation of Appetite and Food Intake: Importance of Viscosity. *Appetite*, 2011;56:65–70
- Kulkarni, K., Karssiens, T., Kumar, V., Pandit, H. (2016). Obesity And Osteoarthritis. *Maturitas*, (89) : 22–8
- Kurdanti, W., Suryani, I., Syamsiatun, N.H., Siwi, L.P., Adityanti, M.M., Mustikaningsih, D., Sholihah, K.I. (2015). Faktor – Faktor Yang Mempengaruhi Kejadian Obesitas Pada Remaja. *Jurnal gizi klinik Indonesia*, 4 : 179 – 190

- Kusumawardhani. (2015). Efek Pemberian Makanan Selingan Berbahan Dasar Tepung Gembili (*Dioscorea Esculenta*) Terhadap Kadar Total Trigliserida Dan Lingkar Pinggang Pada Orang Dewasa Dengan Status Gizi Berlebih (Overweight) Dan Obesitas. *Skripsi*, Universitas Gadjah Mada
- Lafontan, M dan Lagin, D. (2009). Lipolysis and lipid mobilization in human adipose tissue. *Progress in Lipid Research*, 48 : 275-297
- Lam, B.C., Koh, G.H., Chen, C., Wong, M.K., Fallows, S.J. (2014). Comparison Of Body Mass Index (BMI), Body Adiposity Index (BAI), Waist Circumference (WC), Waist-To-Hip Ratio (WHR) And Waist-To-Height Ratio (WHTR) As Predictors Of Cardiovascular Disease Risk Factors In An Adult Population In Singapore. *Obesity research and clinical practice*, 8 (1) : 55 – 56
- Lambanita. (2016). Pengaruh Makanan Selingan Berbahan Dasar Umbi – Umbian Terhadap Lingkar Pinggang Dan Tekanan Darah Penderita Diabetes Mellitus Tipe 2. *Skripsi*, Universitas Gadjah Mada
- Lambert, J.E., Jill A.P., Jasmine, M.T., Jay, H., Troy, S., Raylene,A.R. (2018). Consuming yellow pea fiber reduce voluntary energy intake and body fat in overweight/obese adults in a 12-week randomized controlled trial. *Clinical Nutrition*, (36) : 126 – 133
- Lemeshow, S., Hosmer, D. W., Klar, J., Lwanga, S. (1990). *World Health Organization : Adequacy of sample size in health studies*. England : Jhon Wiley & Son
- Lavie, C.J., Milani, R.V., Ventura, H.O. (2009) Obesity and Cardiovascular Disease: Risk Factor, Paradox, And Impact Of Weight Loss. *J. Am. Coll. Cardiol*, (53) : 1925-1932
- Li, Q., Cai, W., Cui, G., Wange, J., He, A.R. (2018). Economic Burden Of Obesity And Four Obesity-Related Chronic Disease In Rural Yunnan Province, China. *Journal of Public Health*, Vol 164, pages 91-98

- Linder, M. (2006). *Biokimia Nutrisi dan Metabolisme*. Jakarta : UI Press
- Lupton, J.R., and Turner, D. (2004). Microbial Degradation Products Influence Colon Cancer Risk: The Butyrate Controversy. *J. Nutr*, (134) : 479–482
- Manjunath, C.N., Jayesh, R., Rawal., Madhu, K. (2011). Atherogenic dyslipidemia. *Indian Journal of endocrinology and metabolism*, (1) : 17
- Mansour, M., Yasser, E.N., Mones, A.S., Ali, A.A., Heba, E.A.M. (2016). Metabolic Syndrome and Cardiovascular Risk Factors in Obese Adolescent. *Macedonian Journal of Medical Science*, 4 (1) : 118 – 121
- Martinez, J.A., and Fermin, I.M. (2015). Genetics Of Weight Loss : A Basis Of Personalized Obesity Management. *Trends in Food Science and Technology*, (42) : 97 – 115
- Mason, T.M. (2008). The Role Of Factors That Regulate The Synthesis And Secretion Of Very Low Density Lipoprotein By Hepatocytes. *Clinical Laboratory Science*, 461 – 487
- Mayo Clinic Proceeding. www.mayoclinicproceedings.org. April 2017 : 92 (4) : 680 - 686
- Menkes RI. (2013). *Permenkes RI No 75 tahun 2013 tentang angka kecukupan gizi yang dianjurkan bagi bangsa Indonesia*. Jakarta
- Misra, A., and Shrivastava, U. (2013). Obesity and Dyslipidemia In South Asians. *Nutrients*, 5 : 2708-2733
- Mucunguzi, O., Melouane, A., Ghanemi, A., Yoshioka, M., Boivin, A., Calvo. (2017). Identification Of The Principal Transcriptional Regulators For Low-Fat And High-Fat Meal Responsive Genes In Small Intestine. *Nutr Metab*, (14) : 66
- Murray, R., Graner, D., Mayes, P., Rodwell, P. (2009). *Biokimia Harper Edisi 27*. Jakarta : Penerbit Buku Kedokteran EGC
- Niroumand, S., Khajedaluae, M., Rezaiyan, M.K., Abrishami, M., Juya, M., Khodae, G., Dadgarmoghaddam, M. (2015). Atherogenic Index Of

Plasma (AIP) : A Marker Of Cardiovascular Disease. *Med J. Islam Republic Iran*, (29) : 240

Nurisa, Fadhila. (2010). Hubungan Lingkar Pinggang dan Rasio Lingkar Pinggang Terhadap Pelvis dengan Profil Lipid Pada Penduduk Kecamatan Berbah, Kabupaten Sleman, Daerah Istimewa Yogyakarta. *Skripsi*. Universitas Gadjah Mada

Packard, C.J. (2003). Triacylglycerol Rich-Lipoproteins And The Generation Of Small Dense Low Density Lipoprotein. *Biochemical Chemistry Transaction*, 31 (5) : 1066-1069

Parisi, G.C., Zilli, M., Miani, M.P., Carrara, M., Verdianelli, G., Battaglia, G., Desidera, S., Faedo, A., Malzolino, C., Tonon, A. (2002). High Fiber Diet Supplementation In Patients With Irritable Bowel Syndrome (IBS) : A Multicenter, Randomized, Open Trial Comparison Between Wheat Bran Diet And Partially Hydrolyzed Guar Gum (PHGG) *Dig. Dis. Sci*, (47) : 1697 – 1704

PERKENI. (2004). *Petunjuk Praktis Penatalaksanaan Dislipidemia*. Kementerian Kesehatan RI

Pi - Sunyer, F.X. (2002). The Obesity Epidemic : Pathophysiology and Consequences of Obesity. *Obesity Research*, 10 (S12) : 97S – 104S

Ponnalagu, S., Bi, X., Henry, C.J. (2019). Is Waist Circumference More Strongly Associated With Metabolic Risk Factors Than Waist-To-Height Ratio In Asians?. *Nutrition*, (60) : 30 – 34

Raveendran, R., Wong, J., Chung, F. (2017). Morbid Obesity, Sleep Apnea, Obesity Hypoventilation Syndrome: Are We Sleepwalking Into Disaster?. *Perioperative Care and Operating Room Management*, (9) : 24–32

- Richard J.E., Anderberg, R.H., Goteson, A., Gribble, F.M., Reimann, F., Skibicka, K.P. (2015). Activation of the GLP-1 Receptors in the Nucleus of the Solitary Tract Reduces Food Reward Behavior and Targets the Mesolimbic System. *PLoS ONE*, 10 (3) : 0119034
- Risikesdas (Riset Kesehatan Dasar) 2018. Badan Penelitian dan Pengembangan Kesehatan Kementerian Kesehatan RI (Balitbang Kemenkes). Terdapat pada: <http://www.depkes.go.id/resources/download/general/Hasil%20Risikesdas%202013.pdf>
- Rozenboom, Sari Rahat. (2016). The role of short chain fatty acids in obesity. *Thesis*. https://tspace.library.utoronto.ca/bitstream/1807/76805/3/Rahat-Rozenbloom_Sari_201611_PhD_thesis.pdf
- Saavedra, J.M and Tscernia, A. (2002). Human Studies With Probiotics And Prebiotics : Clinical Implications. *Br. J. Nutr*, (87) : 241 – 246
- Samson S.L and Garber, A.J. (2014). Metabolic syndrome. *Endocrinol Metab Clin North Am*, (43) : 123
- Sarker and Rahman. (2017). Dietary Fiber and Obesity Management : a review. *Advance in Obesity Weight Management and Control*. (7) : 3
- Sawicki, C.M., Livingston, K.A., Obin, M., Roberts, S.B., Chung, M., McKeown, N.M. (2017). Dietary Fiber And The Human Gut Microbiota: Application Of Evidence Mapping Methodology. *Nutrients*, (9) : 125
- Shen, Shi Wei., Yun, Lu., Feng, Li., Cheng, Jian Yang., Yin, Bo Feng., Hong, Wei Li., Wei, Feng Yao and Zhen, Hai Shen. (2018). Atherogenic Index Of Plasma Is An Effective Index for estimating abdominal obesity. *Lipids in Health And Disease*, 17 : 11
- Silva, A.O., Silva M.V., Pereira, L.K.N., Feitosa, W.M.N., Ritti-Dias, R.M., Diniz, P.R.B. (2016). Association Between General And Abdominal Obesity With

High Blood Pressure: Difference Between Genders. *J Pediatr (Rio J)*, (92) : 174–80

Slavin, Joanne L. (2005). Review Fiber and Prebiotics: Mechanisms and Health Benefits. *Nutrient journal*, 21 (3) : 411 - 418

Slavin, Joanne L. (2013). Review Fiber and Prebiotics: Mechanisms and Health Benefits. *Nutrient journal*, (5) : 1417-1435

Soliman, Ghada A. 2019. Dietary Fiber, Atherosclerosis, and Cardiovascular Disease. *Nutrients*, 11 (5) : 1155

Steinberger, J., Daniels, S.R., Eckel, R.H., et al. (2009). Progress And Challenges In Metabolic Syndrome In Children And Adolescents: A Scientific Statement From The American Heart Association Atherosclerosis, Hypertension, and Obesity in the Young Committee of the Council on Cardiovascular Disease in the Young. *Council on Cardiovascular Nursing and Council on Nutrition, Physical Activity, and Metabolism*, (119 / 4) : 628–747

Stone, N.J., Robinson, J.G., Lichtenstein, A.H., et al. (2013). American College of Cardiology/American Heart Association Task Force on Practice Guidelines. ACC/AHA Guideline On The Treatment Of Blood Cholesterol To Reduce Atherosclerotic Cardiovascular Risk In Adults: A Report Of The American College of Cardiology/American Heart Association Task Force on Practice Guidelines. *Circulation*, 129 : S1-S45

Stipanuk, Martha H., and Marie, Caudill. (2013). *Third Edition : Biochemical, Physiological, and Molecular Aspects of Human Nutrition*. United States of America : Elsevier Saunders Inc

Sunarti., Sri, L.S.R., Sinorita, H., Ariani, D. (2018). Effect of Fiber-Rich Snacks on C-Reactive Protein and Atherogenic Index in Type 2 Diabetes Patients. *Romania Journal Diabetes Nutrition Metabolism Disease*, 25 (3) : 271-276

- Sutardhio, H. (2006). *Dislipidemia*. Meditek Majalah Kedokteran Fakultas Kedokteran Universitas Kristen Duta Wacana. 14 : 19 – 26
- Taksali, S.E., Caprio, S., Dziura, J., et al. (2008). High Visceral And Low Abdominal Subcutaneous Fat Stores In The Obese Adolescent,” *Diabetes*, 57 (2) : 367–371
- Tucker, L.A and Thomas, K.S. (2009). Increasing Total Fiber Intake Reduce Risk Of Weight And Fat Gains In Women. *J. Nutr*, (139) : 576 – 581
- Vinik, Aaron I. (2005). The Metabolic Basis Of Atherogenic Dyslipidemia. *Cardiometabolic Risk Management*, (7) : 2-3
- Wajchenberg, B.L. (2000). Subcutaneous and Visceral Adipose Tissue: Their Relation to the Metabolic Syndrome, *Endocrine Reviews*, 21 (6) : 697–738
- Wang, Haiyuan., Tao, Hong., Na, Li., Bin, Zang., Xingmao, Wu. (2018). Soluble Dietary Fiber Improves Energy Homeostasis In Obese Mice By Remodeling The Gut Microbiota. *Biochemical and Biophysical Research Communications*, (498) : 146-151
- World Health Organization (WHO). (2000). *The Asia Pacific Perspective : Redefining Obesity and It’s Treatment*. WHO Western Pacific Region
- World Health Organization (WHO). (2002). *Obesity: Preventing And Managing The Global Epidemic*. Report of a WHO Consultation. 894 (i-xii) : 1-2530
- World Health Organization (WHO). (2008). *Waist Circumference And Waist-Hip Ratio*. Report Of Who Expert Consultation. Geneva
- World Health Organization (WHO). (2015). *Obesity and Overweight*. <https://www.who.int/news-room/fact-sheets/detail/obesity-and-overweight>

- Wu, H.Y., Chen, L.L., Zheng, J., Liao, Y.F., Zhou, M. (2007). Simple Anthropometric Indices In Relation To Cardiovascular Risk Factors In Chinese Type 2 Diabetic Patients. *Chin. J. Physiol*, 50 : 135-142.
- Zhao, Y., Lin, L., Jing, L., Xiao, Z., Chen, B., Wan, L., Li, M., Wu, X., Cho, C.H., Shen, J. (2018). CD4+ T Cells In Obesity-Associated Disease. *Cellular immunology*, 332 : 1-6
- Zhou, Q., Wu, J., Tang, J., Wang, J.J., Lu, C.H. dan Wang, P.X. (2015). Beneficial Effect of Higher Dietary Fiber Intake on Plasma HDL-C and TC/HDL-C Ratio among Chinese Rural-to-Urban Migrant Workers. *Int.J. Environ. Res. Public Health*, 12 : 4726-4738