

DAFTAR PUSTAKA

- Abdullah, A., Peeters, A., de Courten, M. (2010) The magnitude of association between overweight and obesity and the risk of diabetes: a meta-analysis of prospective cohort studies. *Diabetes Research & Clinical Practice*, 89(3), pp.309-19.
- American Association of Diabetes Educators. (2012) Healthy eating: incorporating nutritional management into lifestyle. *Diabetes Educ.*, 38(1): 124-128.
- American Diabetes Association. (2008) nutrition recommendations and interventions for diabetes. *Diabetes Care*, 31, pp. S61 –S78.
- Arisman. (2007) *Buku ajar ilmu gizi: Gizi dalam daur kehidupan*. Jakarta: EGC.
- Babio N, Balanza R, Basulto J, Bullo M, Salas-Salvado J. (2010) Dietary fibre: influence on body weight, glycemic control and plasma cholesterol profile. *Nutr Hosp*. 2010;25(3):327-340.
- Benelam, Bridget. (2009) *Introduction to Satiation and Satiety*. British Nutrition Foundation.
- Bergman, E.N. (1990) Energy contributions of volatile fatty acids from the gastrointestinal tract in various species. *Physiol. Rev.* 70: 567–590.
- Blundell, J.E. & Gillett, A. (2001) Control of food intake in the obese. *Obes Res*, 9(4): 263S–70S.
- Blundell, JE. & Bellisle, F. (2013) *Satiation, Satiety and The Control of Food Intake*. Woodhead Publishing: USA.
- Blundell, JE., Finlayson, G., Gibbons, C., Caudwell, P., Hopins, M. (2015) The biology of appetite control: Do resting metabolic rate and fat-free mass drive energy intake? *Physiology & Behavior*, 152: 473–478.
- Blundell, JE., Halford, JCG. (1994) Regulation of nutrient supply: the brain and appetite control. *Proceedings of the Nutrition Society*, 53: 407-418.
- Burani J & Longo PJ. (2006) Low-glycemic index carbohydrates: an effective behavioral change for glycemic control and weight management in patients with type 1 and 2 diabetes. *Diabetes Educ*, 32(1): 78-88.
- Burton-Freeman. (2000) Dietary fiber and energi regulation. *J. Nutr.*, February, 130 (2), pp. 272S-275S.
- Cani, P.D., Lecourt, E., Dewulf, E.M., Sohet, F.M., Pachikian, B.D., Naslain, D., Backer, F.D., Neyrinck, A.M., Delzenne, N.M. (2009) Gut microbiota fermentation of prebiotics increases satietogenic and incretin gut peptide production with consequences for appetite sensation and glucose response after a meal. *Am J Clin Nutri*, 90:1236–43
- Chandalia M, Garg A, Lutjohann D, von Bergmann K, Grundy SM, Brinkley LJ. (2000) Beneficial effects of high dietary fiber intake in patients with type 2 diabetes mellitus. *N Engl J Med*, 342(19):1392-1398.
- Chi, ZM., Zhang, T., Cao, TS., Liu, XY., Cui, W., Zhao, CH. (2011) Biotechnological potential of inulin for bioprocesses. *Bioresource Technology*, 102: 4295–4303.
- Crovetti, R., Porrini, M., Santangelo, A., Testolin, G. (1998) The influence of thermic effect of food on satiety. *Eur J Clin Nutria*, 52: 482–488.
- Cummings, DE. (1981) Short-chain fatty acid in the human colon. *Gut*, 22, 763-779.

- Cummings, DE., Purnell, JQ., Frayo, RS., Schmidova, K., Wisse, BE., Weigle, DS. (2001) A preprandial rise in plasma ghrelin levels suggests a role in meal initiation in humans. *Diabetes*, 50(8): 1714–1719.
- Farooqi, I.S., Matarese, G., Lord, G.M., Keogh, J.M., Lawrence, E., Agwu, C., Sanna, V., Jebb, S.A., Perna, F., Fontana, S., Lechler, R.I., DePaoli, A.M. & O’Rahilly, S. (2002) Beneficial effects of leptin on obesity, T cell hyporesponsiveness, and neuroendocrine/metabolic dysfunction of human congenital leptin deficiency. *Journal of Clinical Investigations*, 110, 1093 – 1103.
- Freemantle, N., Holmes, J., Hockey, A. (2008) How strong is the association between abdominal obesity and the incidence of type 2 diabetes? *Int J Clin Pract*, 62(9) Juni, pp.1391-1396.
- Guérin-Deremaux, L., Pochat, M., Reifer, C., Wils, D., Cho, S., Miller, LE. (2011) The soluble fiber NUTRIOSE induces a dose-dependent beneficial impact on satiety over time in humans. *Nutrition Research*, 31: 665–672.
- Guyton, AC. & Hall, JE. (2006) *Textbook of Medical Physiology*. 11th Edition. Elsevier Inc, New Delhi.
- Halford, JCG., Harrold, JA. (2012) Satiety-enhancing products for appetite control: science and regulation of functional foods for weight management. *Proceedings of the Nutrition Society*, 71: 350–362.
- Harijono, Estiasih, T., Sunarharum, WB., Suwita, IK. (2012) Efek hipoglikemik polisakarida larut air gambili (*Dioscorea esculenta*) yang diekstrak dengan berbagai metode. *J. Teknol. dan Industri Pangan*, 23(1).
- Harijono, Teti E, Wenny BS, Komang S. (2012) Efek hipoglikemik polisakarida larut air gambili (*Dioscorea esculenta*) yang diekstrak dengan berbagai metode. *J Teknol dan Industri Pangan*, vol.23 (1).
- Harmayani, E., Kumalasari, I.D., Marsono, Y. (2011) Effect of arrowroot (*Maranta arundinacea* L.) diet on the selected bacterial population and chemical properties of caecal digesta of Sprague Dawley rats. *International Research Journal of Microbiology (IRJM)*, 2(8), September, pp.278-284.
- Harrold, JA., Hughes, GM., O’Shiel, K., Quinn, E., Boyland, EJ., Williams, NJ., Halford, JCG. (2013) Acute effects of a herb extract formulation and inulin fibre on appetite, energy intake and food choice. *Appetite*, 62:84–90.
- Heaton, KW. (1973) Food fibre as an obstacle to energy intake. *Lancet*, 2: 1418–21.
- Heini, AF., Lara-Castro, C., Schneider, H., Kirk, KA., Considine, RV, Weinsier, RL. (1998) Effect of hydrolyzed guar fiber on fasting and postprandial satiety and satiety hormones: A double-blind, placebo-controlled trial during controlled weight loss. *International Journal of Obesity*, 22, 906-909.
- Helen, OT., Olusola, AE., Eghosa, I., Bond, AU. (2013) *Dioscorea alata* L. reduces body weight by reducing food intake and fasting blood glucose level. *British Journal of Medicine & Medical Research*, 3(4): 1871-1880.
- Howarth NC, Saltzman E & Roberts SB. (2001) Dietary fiber and weight regulation. *Nutrition Reviews*, 59: 129–39
- Howarth, NC., Saltzman, E., McCrory, MA., Greenberg, AS., Dwyer, J., Ausman, L., Kramer, DG., Roberts, SB. (2003) Fermentable and nonfermentable fiber supplements did not alter hunger, satiety or body weight in a pilot study of men and women consuming self-selected diets. *J. Nutr.* 133: 3141–3144.

- Indraswari, Noormarina. (2012) *Hubungan asupan serat dan antioksidan dengan kejadian sindrom metabolik pada peserta GMC Health Center*. Skripsi. Yogyakarta: Universitas Gadjah Mada.
- Indriyani, Ari. (2007) *Cookies tepung garut (Maranta arundinaceae L) dengan pengkayaan serat pangan*. Skripsi. Yogyakarta: Universitas Gadjah Mada.
- Infante, B., García, O., Rivera, C. (2013) Characterization of dietary fiber and pectin of cassava bread obtained from different regions of Venezuela. *Rev Chil Nutria*, 40, Juni, pp.169-173.
- Jones, J. (2000) Update on defining dietary fiber. *Cereal Foods World*, 45: 219-220.
- Juvonen, KR., Salmenkallio-Marttila, M., Lyly, M., Liukkonen, KH., Lahteenmaki, L., Laaksonen, DE., Uusitupa, ML., Herzig, KH., Poutanen, KS., Karhunen, LJ. (2011) Semisolid meal enriched in oat bran decreases plasma glucose and insulin levels, but does not change gastrointestinal peptide responses or short-term appetite in healthy subjects. *Nutrition, Metabolism & Cardiovascular Diseases*, 21, 748e756.
- Kahn, SE., Hull, RL., Utzschneider, KM. (2006) Mechanisms linking obesity to insulin resistance and type 2 diabetes. *Nature*, 444(7121): 840-846.
- Kaku K (2010). Pathophysiology of type 2 diabetes and its treatment policy. *JMAJ*, 53(1):41-46.
- Kasno, A., Saleh, N. & Ginting, E. (2006) Pengembangan pangan berbasis kacang-kacangan dan umbi-umbian guna pemantapan ketahanan pangan nasional. *Buletin Palawija*, 12:43-51.
- Kasubuchi, M., Hasegawa, S., Hiramatsu, T., Ichimura, A., Kimura, I. (2015) Dietary gut microbial metabolites, short-chain fatty acid, and host metabolic regulation. *Nutrients*, 7, 2839-2849.
- Kemenkes RI. (2013) *Riset Kesehatan Dasar 2013*. Badan Penelitian dan Pengembangan Kesehatan Kementerian Kesehatan RI. Jakarta.
- Koidis, F., Brunger, L., Gibbs, M., Hampton, S. (2014) The effect of eating rate on satiety in healthy and overweight people: A pilot study. *e-SPEN Journal*, 9: e54ee58.
- Koswara. (2009) Pengolahan Umbi Non Konvensional (Ganyong, Garut, Gadung, Gembili Dan Uwi).
- Kristensen, M. & Jensen, MG. (2011) Dietary fibres in the regulation of appetite and food intake. Importance of viscosity. *Appetite*, 56: 65–70.
- Kusharto, MC. (2006) Serat makanan dan peranannya bagi kesehatan. *Jurnal Gizi dan Pangan*, 1(2), November, pp.45-54.
- Lattimer, JM. & Haub, MD. (2010) Effects of dietary fiber and its components on metabolic health. *Nutrients*, 2: 1266-1289.
- Loghmani, E. Diabetes mellitus: type 1 and type 2 dalam Stang J, Story M (eds) (2005) *Guidelines for Adolescent Nutrition Services* 167.
- Lunn, J. & Buttriss, JL. (2007) Carbohydrates and dietary fibre. *Nutrition Bulletin*, 32: 21-64.
- Lyly, M., Liukkonen, KH., Salmenkallio-Marttila, M., Karhunen, L., Poutanen, K., Lähteenmäki, L. (2009) Fibre in beverages can enhance perceived satiety. *Eur J Nutria*, 48:251-8.

- Mahmud, MK., Hermana, Zulfianto, NA., Apriyantono, RR., Ngadiarti, I., Hartati, B., Bernadus, Tinexcelly. (2008) *Tabel Komposisi Pangan Indonesia (TKPI)*. Jakarta: PT Elex Media Komputindo.
- Maljaars, J., Peters, HP., & Masclee, AM. (2007) the gastrointestinal tract. neuroendocrine regulation of satiety and food intake. *Alimentary, Pharmacology and Therapeutics*, 26(2): 241–250.
- Marsono, Y. (2002) Indeks glikemik umbi-umbian. *Agritech Majalah Ilmu dan Teknologi Pertanian*, 22:13-6.
- Mary, G., Caroline, H., Naomi, H., Helen, O., Lorraine, O., Anna, C., Louisa, E. (2014) *Adult Obesity and Type 2 Diabetes*. Public Health England.
- Maulida, D. & Estiasih, T. (2014) Efek hipoglikemik polisakarida larut air umbi gadung (*Dioscorea hispida*) dan alginat : kajian pustaka. *Jurnal Pangan dan Agroindustri*, 2(3) Juli, pp.136-140.
- Montagnac, J.A., Davis, C.R., Tanumihardjo, S.A. (2009) Nutritional value of cassava for use as a staplefood and recent advances for improvement. *Comprehensive Reviews in Food Science and Food Safety*, 8: 181-194.
- Morgan, LM., Tredger, JA., Wright, J., Marks, V. (1990) The effect of soluble- and insoluble-fibre supplementation on post-prandial glucose tolerance, insulin and gastric inhibitory polypeptide secretion in healthy subjects. *Br J Nutr*, 64:103-10.
- Muhamad, H.F.L., Fitria, A.L.F., Kusumawardhani, D.A., Amalia, R., Hapsari, D.D., Susilowati, R., Sunarti. (2014) The Role of Lesser Yam based Cookies on fasting Glucagon-Like Peptide 1, appetite and dietary intake in overweight/obese with ad libitum diet. *Unpublished*.
- Muoio, Deborah M. & Christopher B. Newgard. (2008) Molecular and metabolic mechanisms of insulin resistance and β -cell failure in type 2 diabetes. *Nature Reviews, Molecular Cell Biology*, 9 : 193 – 205.
- Myers, MG., Cowley, MA., dan Munzberg, H. (2008) Mechanisms of Leptin Action and Leptin Resistance. *Annu. Rev. Physiol*, 70:537–56.
- Ndraha, Suzanna. 2013. Diabetes melitus tipe 2 dan tatalaksana terkini. *Medicinus*, 27(2) Agustus, pp.9-16.
- Neary, NM., Goldstone, AP., Bloom, SR. (2004) Appetite regulation: from the gut to the hypothalamus. *Clinical Endocrinology*, 60, 153–160.
- Orr, DP. (2000) Contemporary management of adolescents with diabetes mellitus. Part 1: Type 1 diabetes. *Adolescent Health Update*, 12(2), p.3.
- Ozougwu, JC., Obimba, KC., Belonwu, CD., Unakalamba, CB. (2013) The pathogenesis and pathophysiology of type 1 and type 2 diabetes mellitus. *Journal of Physiology and Pathophysiology*, 4(4) September, pp.46-57.
- Paddon-Jones, D., Westman, E., Mattes, RD., Wolfe, RR., Astrup, A., Westerterp-Plantenga, M. (2008) Protein, weight management, and satiety. *Am J Clin Nutria*, 87(suppl):1558S– 61S.
- Panneerselvam, R., Jaleel, CA., Somasundaram, R., Sridharan, R., Gomathinayagam, M. (2007) Carbohydrate metabolism in *Dioscorea esculenta* (Lour.) burk. tubers and *Curcuma longa* L. rhizomes during two phases of dormancy. *Colloids and Surfaces B: Biointerfaces*, 59:59–66.

- Pasman, WJ. dan Saris, WHM., Wauters, MAJ., Westerterp-plantenga, MS. (1997) Effect of one week of fibre supplementation on hunger and satiety ratings and energy intake. *Appetite*, 29: 77–87.
- Pasman, WJ., Saris, WH., Wauters, MA. (1997) Effect of one week of fibre supplementation on hunger and satiety ratings and energi intake. *Appetite* 29: 77–87.
- PERKENI. (2011) *Konsensus Pengendalian dan Pencegahan Diabetes Mellitus Tipe2 di Indonesia*.
- Permana, Hikmat. (2009) Sel Adiposit sebagai organ endokrin. Universitas Padjadjaran, Bandung. Diunduh dari http://pustaka.unpad.ac.id/wp-content/uploads/2009/09/sel_adiposit_sebagai_organ_endokrin.pdf pada tanggal 4 Februari 2016.
- Pesta, DH. & Samuel, VT. (2014) A high-protein diet for reducing body fat: mechanisms and possible caveats. *Nutrition & Metabolism*, 11: 53.
- Prabowo, AY., Estiasih, T. & Purwatinigrum, I. (2014) Umbi gembili (*Dioscorea esculenta* L.) sebagai bahan pangan mengandung senyawa bioaktif : kajian pustaka. *Jurnal Pangan dan Agroindustri*, 2(3) Juli, pp.129-135.
- Ramachandran, A., Snehalatha, C. & Wan Ma, RC. (2014) Diabetes in South-East Asia: An update. *Diabetes Research and Clinical Practice*, 103, pp. 231-237.
- Ranakusuma, B. (1990) Obesitas dan Manfaat Serat. *Gizi Indonesia*, 15 (1): 76-80.
- Rebello, C.J., Johnson, W.D., Martin, C.K., Xie, W., O'Shea, M., Kurilich, A., Bordenave, N., Andler, S., Klinken, J.W., Chu, Y.F., Greenway, F.L. (2013) Acute effect of oatmeal on subjective measures of appetite and satiety compared to a ready-to-eat breakfast cereal: a randomized crossover trial. *Journal of the American College of Nutrition*, 32(4), September, pp.272–279.
- Riaz, Samreen. (2009) Diabetes mellitus. *Scientific Research and Essay*, 4(5) Mei, pp. 367-373.
- Richana, Nur. (2004) Karakterisasi Sifat Fisikokimia tepung Umbi dan Tepung Pati dari Umbi Ganyong, Suweg, Ubikelapa dan Gembili. Balai Besar Penelitian dan Pengembangan Pascapanen Pertanian. Fakultas Teknologi Pertanian. ITB. Bogor.
- Rosa, M.L., Falcão, P.M., Yokoo, E.M., da Cruz Filho, R.A., Alcoforado, V.M., Nalin de Souza, Pinto, F.N., Nery, A.B. (2014) Brazil's staple food and incident of diabetes. *Nutrition*, 30(3), Maret, pp.365-368.
- Russell, W., Horowitz M., Ritz M., MacIntosh C., Fraser R. & Chapman IM. (2001) The effect of acute hyperglycaemia on appetite and food intake in type 1 diabetes mellitus. *DiabetesUK.DiabeticMedicine*, 18, 718±725
- Samra, SA. dan Anderson, GH. (2007) Insoluble cereal fiber reduces appetite and short-term food intake and glycemic response to food consumed 75 min later by healthy men. *Am J Clin Nutria*, 86:972–9.
- Samreen Riaz. Diabetes mellitus. (2009) *Scientific Research and Essay*, 4 (5) May, pp. 367-373.
- Saputro, PS., Estiasih, T. (2015) Pengaruh polisakarida larut air (PLA) dan serat pangan umbi-umbian terhadap glukosa darah: kajian pustaka. *Jurnal Pangan dan Agroindustri*, 3(2) April, pp.756-762.
- Scheen, AJ. (2003) Pathophysiology of type 2 diabetes. *Acta Clinica Belgica*, 58-6.

- Schoeninger MJ, Bunn HT, Murray SS, Marlett JA. (2000) Composition of tubers used by hadza foragers of Tanzania. *J of Food Compos and Anal*, 14: 15-25.
- Schoeninger, MJ., Bunn, HT., Murray, SS., Marlett, JA. (2000) Composition of tubers used by hadza foragers of Tanzania. *J of Food Compos and Anal*, 14: 15-25.
- Schwiertz, A., Taras, D., Schäfer, K., Beijer, S., Nicolaas, AB., Donus, C., Hardt, PD. (2009) Microbiota and SCFA in lean and overweight healthy subjects. *Obesity*, 18(1): 190-195.
- Shanthakumari, S., Mohan, VR., Britto, J. (2008) Nutritional evaluation and elimination of toxic principles in wild yam (*Dioscorea* spp.). *Tropical and Subtropical Agroecosystems*, 8: 319 – 325.
- Slavin, J., Green, H. (2007) Dietary fibre and satiety. *British Nutrition Foundation Nutrition Bulletin*, 32(1): 32–42.
- Slavin, J., Green, H. (2007) Dietary fibre and satiety. *Nutr Bull*, 32:32-42.
- Slavin, JL. (2005) Dietary fiber and body weight. *Nutrition*, 21: 411-418.
- Southgate, DAT. (1975) Fiber and other available carbohydrate and energi effects in the diet. *Proc.western Hemisphere Nutria.*, 4: 51–55.
- Suzuki, K., Jayasena, CN., Bloom, SR. (2011) The gut hormones in appetite regulation. *Journal of Obesity*.
- Thomas D, Elliott EJ. (2009) Low glycaemic index, or low glycaemic load, diets for diabetes mellitus. *Cochrane Database Syst Rev*, 1:CD006296.
- Wanders, AJ., van den Born, JJGC., de Graaf Cet. (2011) Effect of dietary fibre on subjective appetite, energi intake and body weight: a systematic review of randomised controlled trials. *Obes Rev*, 12: 724–739.
- Weickert MO, Mohlig M, Koebnick C, Holst JJ, Namsolleck P, Ristow M, et al. Impact of cereal fibre on glucose-regulating factors. *Diabetologia* 2005;48:2343-53.
- Westerterp, KR. (2004) Diet induced thermogenesis. *Nutr Metab (Lond)*, 1:5.
- Westerterp-Plantenga, MS., Luscombe-Marsh, N., Lejeune, MPGM., Diepvens, K., Nieuwenhuizen, A., Engelen, MPKJ., Deutz, NEP., Azzout-Marniche, D., Tome, D., Westerterp, KR. (2006) Dietary protein, metabolism, and body-weight regulation: dose–response effects. *International Journal of Obesity*, 30: S16–S23.
- Whiting DR, Guariguata L, Weil C, Shaw J. (2011) IDF Diabetes Atlas: global estimates of the prevalence of diabetes for 2011 and 2030. *Diabetes Res Clin Pract*, 94(3):311-321.
- Wicker, MO. & Pfeiffer, AFH. (2008) Metabolic effects of dietary fiber consumption and prevention of diabetes. *J Nutria*, 138: 439-442.
- Wijayanti, Yovita Roessalina. (2007) *Substitusi tepung gandum (Triticum aestivum) dengan tepung garut (Maranta arundinaceae L.) pada pembuatan roti tawar*. Skripsi. Yogyakarta: Universitas Gadjah Mada.
- Willis, HJ., Eldridge, AL., Beiseigel, J., Thomasc, W., Slavin, JL. (2009) Greater satiety response with resistant starch and corn bran in human subjects. *Nutrition Research*, 29: 100–105.
- Wong, J.M. & Jenkins, D.J. (2007) Carbohydrate digestibility and metabolic effects. *J. Nutria*, 137: 2539S-2546S.
- Yi, CX. and Tschöp, MH. (2012). Brain-gut-adipose-tissue communication pathways at a glance. *Dis Model Mech*, 5, 583–587.

Yuniar, D.P. (2010) *Karakteristik Beberapa Umbi Uwi (Dioscorea spp.) dan Kajian Potensi Kadar Inulinnya*. Skripsi, Universitas Pembangunan Nasional "Veteran".