

DAFTAR PUSTAKA

- American Diabetes Association. 2014. *Diagnosis and Classification of Diabetes Mellitus*. Diabetes Care 37 (1): 581 – 590.
- Asrofiana I. 2016. *Hubungan Aktivitas Fisik Dengan Kadar Glukosa Darah Sewaktu Pada Pedagang Di Pasar Simpang Limun Medan Tahun 2015*. Skripsi, Universitas Sumatera Utara.
- Babu PD, Bhakayaraj R, Vidhyalakshmi R. 2009. *A Low Cost Nutritious “Tempeh”- A Review*. World Journal of Dairy & Food Sciences 4 (1): 22-27
- Bakker, M. I. 2004. Dietary Intake Of Phytoestrogens. RIVM report 320103002.
- Bhathena, Sam J dan Velasquez MT. 2002. *Beneficial Role Of Dietary Phytoestrogens In Obesity and Diabetes*. The American Journal of Clinical Nutrition, 76 : 1191 – 1201.
- Bintanah S dan Kusuma HS. 2010. *Pengaruh Pemberian Bekatul dan Tepung Tempe Terhadap Profil Gula Darah Pada Tikus Yang Diberi Alloxan*. Jurnal Pangan dan Gizi Vol 01 No. 02 : 01 - 09
- Bintari SH, Putriningtyas ND, Nugraheni, K. 2015. *Comparative Effect of Tempe and Soymilk on Fasting Blood Glucose, Insulin Level and Pancreatic B Cell Expression (Study on Streptozotocin-Induced Diabetic Rats)*. Pakistan Journal of Nutrition, 14 (4) : 239 – 246.
- Birru, R. L., Ahuja, V., Vishnu, A., Evans, R. W., Miyamoto, Y., Miura, K., Sekikawa, A. 2016. *The Impact of Equol-Producing Status in Modifying the Effect of Soya Isoflavones on Risk Factors for CHD: A Systematic Review of Randomised Controlled Trials*. Journal of nutritional science, 5, e30.
- Chandrasekharan, S. and Aglin, A., 2013. *Pharmacokinetics Of Dietary Isoflavones*. J Steroids Horm Sci S, 12, p.004.
- Chang JH, Kim MS, Kim TW, Lee SS. 2008. *Effects Of Soybean Supplementation On Blood Glucose, Plasma Lipid Levels, and Erythrocyte Antioxidant Enzyme Activity In Type 2 Diabetes Mellitus Patients*. Nutrition Research and Practice (2008), 2(3), 152-157
- Choquette, S., Riesco, É., Cormier, É., Dion, T., Aubertin-Leheudre, M., & Dionne, I. J. 2011. *Effects of Soya Isoflavones and Exercise on Body Composition and Clinical Risk Factors of Cardiovascular Diseases in Overweight Postmenopausal Women: A 6-Month Double-Blind Controlled Trial*. British journal of nutrition, 105(08), 1199-1209.
- Dinas Kesehatan Sleman. 2015. *Profil Kesehatan Kabupaten Sleman 2015*. [internet] tersedia dalam < <http://dinkes.slemankab.go.id/>>

- Dinas Kesehatan Yogyakarta. 2013. *Profil Kesehatan Provinsi D.I Yogyakarta 2013*. [internet] tersedia dalam < <http://www.dinkes.jogjapro.go.id/>>
- Ding, M., Franke, A. A., Rosner, B. A., Giovannucci, E., van Dam, R. M., Tworoger, S. S., Sun, Q. 2015. *Urinary Isoflavonoids and Risk of Type 2 Diabetes: A Prospective Investigation in US Women*. The British journal of nutrition, 114(10), 1694.
- Dwinaningsih, E.A.2010. *Karakteristik Kimia dan Sensori Tempe dengan Variasi Bahan Baku Kedelai/Beras dan Penambahan Angkak serta Variasi Lama Fermentasi*. Skripsi, Universitas Sebelas Maret.
- Febinia, C. A. 2017. *The Gut Microbiota of Bali among the World Populations: Connecting Diet, Urbanisation, and Obesity*. Master's thesis, University of Sydney.
- Fitria, Anisa Lailatul. 2015. *Efek Pemberian Makanan Selingan Berbahan Dasar Tepung Gemili (Dioscorea Esculenta) Terhadap Perubahan Kadar Glukosa Darah, Asupan Energi Dan Zat Gizi Orang Dewasa Overweight dan Obesitas*. Skripsi, Universitas Gadjah Mada.
- Fu Z, Gilbert ER, Pfeiffer L, Zhang Y, Fu Y, Liu D. 2012. *Genistein Ameliorates Hyperglycemia In A Mouse Model Of Nongenetic Type 2 Diabetes*. Applied Physiology, Nutrition, and Metabolism, 37(3) : 480 – 488.
- Fukumitsu, S., Aida, K., Ueno, N., Ozawa, S., Takahashi, Y. and Kobori, M., 2008. *Flaxseed Lignan Attenuates High-Fat Diet-Induced Fat Accumulation and Induces Adiponectin Expression In Mice*. British Journal of Nutrition, 100(03) : 669-676.
- Gilbert ER dan Liu D. 2013. *Anti-Diabetic Functions Of Soy Isoflavone Genistein: Mechanisms Underlying Its Effects on Pancreatic β -Cell Function*. Food and Function 4(2) : 200 – 212.
- González S, Jayagopal V, Kilpatrick ES, Chapman T, Atkin SL. 2007. *Effects of Isoflavone Dietary Supplementation on Cardiovascular Risk Factors in Type 2 Diabetes*. Diabetes Care, 30(7):1871–1873
- Guyton, A. C. dan Hall, J. E., 2008. *Buku Ajar Fisiologi Kedokteran*. Edisi 11. Jakarta: EGC
- Hall, W. L., Vafeiadou, K., Hallund, J., Bugel, S., Reimann, M., Koebnick, C., Talbot, D. 2006. *Soy-Isoflavone-Enriched Foods And Markers Of Lipid And Glucose Metabolism In Postmenopausal Women: interactions with genotype and equol production*. The American journal of clinical nutrition, 83(3), 592-600.
- Handayani W, Rudijanto A, Indra MR. 2009. *Susu Kedelai Menurunkan Resistensi Insulin pada Rattus Norvegicus Model Diabetes Melitus Tipe 2*. Jurnal Kedokteran Brawijaya 25(2) : 60 – 66.

- Herning, Apariminta. 2009. *Efek Penurunan Kadar Glukosa Darah Oleh Bubuk Kedelai Putih (Glycine max) Pada Tikus Putih dengan Kadar Glukosa Darah Normal*. Skripsi, Universitas Sebelas Maret
- International Diabetes Federation. 2015. *IDF Diabetes Atlas: Seventh Edition*. [internet]. tersedia dalam <<http://www.diabetesatlas.org/>>
- Jayagopal V, Albertazzi P, Kilpatrick ES, Howarth EM, Jennings PE, Hepburn DA, Atkin SL. 2002. *Beneficial Effects of Soy Phytoestrogen Intake In Postmenopausal Women With Type 2 Diabetes*. *Diabetes Care*, 25 : 1709 – 1714
- Karyasa, I. W. D., Kurnianda, J., & Astuti, H. 2014. *Faktor Risiko dan Asupan Isoflavon pada Pasien Kanker Payudara*. *Jurnal Gizi Klinik Indonesia (The Indonesian Journal of Clinical Nutrition)*, 10(4), 218-225.
- Kementerian Kesehatan. 2013. *Laporan Hasil Riset Dasar 2013*. Badan Penelitian dan Pengembangan Kementerian Kesehatan RI.
- Kementerian Kesehatan. 2014. *Situasi dan Analisis Diabetes*. Pusat Data dan Informasi Kementerian Kesehatan RI.
- Kusuma, Hapsari Sulistya. 2010. *Pengaruh Pemberian Bekatul dan Tempe Terhadap Profil Gula Darah Pada Tikus yang Diberi Alloxan*. Tesis, Universitas Sebelas Maret
- Kwon DY, Jang JS, Hong SM, Kim DW, Lee JE, Sung SR, et al. 2007. *Long-term Consumption Of Fermented Soybean-Derived Chungkookjang Enhances Insulinotropic Action Unlike Soybeans In 90% Pancreatectomized Diabetic Rats*. *European Journal of Nutrition* 46 (1) : 44 – 52.
- Lee, D.S. and Lee, S.H., 2001. Genistein, A Soy Isoflavone, Is A Potent α -Glucosidase Inhibitor. *FEBS letters*, 501(1) : 84-86.
- Limbong M. 2008. *Pengaruh Relaksasi Autogenik Terhadap Kadar Glukosa Darah Pada Pasien Diabetes Melitus Tipe 2*. Tesis, Universitas Sumatera Utara
- Liu, D., Zhen, W., Yang, Z., Carter, J.D., Si, H. and Reynolds, K.A., 2006. *Genistein Acutely Stimulates Insulin Secretion In Pancreatic B-Cells Through A Camp-Dependent Protein Kinase Pathway*. *Diabetes*, 55(4), pp.1043-1050.
- Liu, Z. M., Chen, Y. M., Ho, S. C., Ho, Y. P., & Woo, J. 2010. *Effects of Soy Protein and Isoflavones on Glycemic Control and Insulin Sensitivity: A 6-Mo Double-Blind, Randomized, Placebo-Controlled Trial in Postmenopausal Chinese Women with Prediabetes or Untreated Early Diabetes*. *The American journal of clinical nutrition*, 91(5), 1394-1401.
- Messina, M., & Messina, V. 2010. *The Role of Soy in Vegetarian Diets*. *Nutrients*, 2(8), 855-888.

- Mezei O, Banz WJ, Steger RW, Peluso MR, Winters TA, Shay N. 2003. *Soy Isoflavones Exert Antidiabetic and Hypolipidemic Effects Through The PPAR Pathways in Obese Zucker Rats and Murine RAW 264.7 Cells*. The Journal of Nutrition, 133 : 1238 – 1243.
- Morino, K., Petersen, K. F., & Shulman, G. I. 2006. *Molecular Mechanisms of Insulin Resistance In Humans And Their Potential Links With Mitochondrial Dysfunction*. American Diabetes Association Vol 55 : S9-S15
- Murray RK, Granner DK, Rodwell VW. 2013. *Biokimia Harper : Edisi 27*. Jakarta : Penerbit Buku Kedokteran EGC
- Nakajima N, Nozaki N, Ishihara K, Ishikawa A, Tsuji H. 2005. *Analysis of Isoflavone Content in Tempeh, A Fermented Soybean, and Preparation Of A New Isoflavone-Enriched Tempeh*. Journal of Bioscience and Bioengineering Vol.100, No. 6 : 685 – 687.
- Nakayama, J., Watanabe, K., Jiang, J., Matsuda, K., Chao, S. H., Haryono, P., Chen, K. T. 2015. *Diversity in Gut Bacterial Community of School-Age Children in Asia*. Scientific reports, 5.
- Ozougwu JC, Obimba KC, Belonwu CD, Unakalamba CB. 2013. *The Pathogenesis and Pathophysiology Of Type 1 And Type 2 Diabetes Mellitus*. Academic Journals 4(4) : 46 – 57
- Pancawati, Ni Luh PSA, Damayanti, Santi. 2016. *Pengaruh Pendidikan Kesehatan Terhadap Pengetahuan Deteksi Dini DM Pada Masyarakat di Pedukuhan Ngemplak Karang Jati Kelurahan Sinduadi Mlati Sleman Yogyakarta*. Jurnal Keperawatan Respati 3(1) : 24 – 32
- PERKENI. 2011. *Konsensus Pengelolaan Diabetes Melitus di Indonesia*. Jakarta: Perkumpulan Endokrinologi Indonesia
- Nara, K., Kachlicki, P., & Liu, D. 2012. *Isoflavones: Chemistry, Analysis, Function And Effects* (No. 5). V. R. Preedy (Ed.). Royal Society of Chemistry.
- Purwandari, Fitria Eka. 2016. *Pengaruh Pemberian Tempe Kacang Merah (Phaseolus vulgaris L.) dan Kacang Merah Kukus Terhadap Glukosa Darah Pada Tikus Sprague Dawley Jantan yang Diberi Diet Tinggi Lemak Tinggi Fruktosa*. Skripsi, Universitas Gadjah Mada
- Puspasari, Grace. 2010. *Pengaruh Pemberian Tempe Terhadap Kadar Glukosa Darah Penderita Diabetes Melitus Tipe 2 Usia Lanjut*. Tesis, Universitas Indonesia
- Rahadiyanti, Ayu. 2011. *Pengaruh Tempe Kedelai Terhadap Kadar Glukosa Darah Pada Prediabetes*. Skripsi, Universitas Diponegoro
- Retnaningsih C, Darmono, Widianarko B, Muis SF. 2013. *Peningkatan Aktivitas Antioksidan Superoksida Dismutase Pada Tikus Hiperqlikemi Dengan*

Asupan Tempe Koro Benguk (Mucuna pruriens L.). AGRITECH, 33(2) : 154 - 161

Ricci, E., Cipriani, S., Chiaffarino, F., Malvezzi, M. and Parazzini, F., 2010. *Effects Of Soy Isoflavones and Genistein On Glucose Metabolism In Perimenopausal And Postmenopausal Non-Asian Women: A Meta-Analysis Of Randomized Controlled Trials*. *Menopause*, 17(5) : 1080-1086.

Rubenstein, David; David Wayne; John Bradley. 2007. *Lecture Notes: Kedokteran Klinis Edisi Keenam*. Jakarta : Penerbit Erlangga

Runiana, Eka DIF. 2009. *Distribusi Sel Insulin Pankreas pada Tikus Hiperglikemia yang Diberi Diet Tempe*. Skripsi, Institut Pertanian Bogor

Samuel, V. T., & Shulman, G. I. 2012. *Mechanisms For Insulin Resistance: Common Threads And Missing Links*. *Cell*, 148(5) : 852-871.

Sánchez-Calvo, J. M., Rodríguez-Iglesias, M. A., Molinillo, J. M., & Macías, F. A. 2013. *Soy Isoflavones and Their Relationship with Microflora: Beneficial Effects on Human Health in Equol Producers*. *Phytochemistry reviews*, 12(4) : 979-1000.

Setchell, K. D., & Clerici, C. 2010. *Equol: History, Chemistry, and Formation*. *The Journal of nutrition*, 140(7):1355S-1362S.

Shahbazian HB, Amani R, Siadatan J, Shahbazian H, Latifi M, Ahmadzadeh A, Haghighizadeh M. 2006. *Beneficial Effects Of Soyprotein Isoflavones on Lipid And Blood Glucose Concentrations In Type 2 Diabetic Subjects*. *Jundishapur Journal of Natural Pharmaceutical Products* Vol. 1, 48-52.

Smeltzer, S.C., dan Bare, B.G.2002. *Keperawatan Medikal Bedah Brunner and Suddarth*. Edisi 8. Volume 2. Jakarta: EGC

Suarsana IN, Priosoeryanto BP, Bintang M, Wresdiyati T.2008. *Aktivitas Daya Hambat Enzim α -Glukosidase dan Efek Hipoglikemik Ekstrak Tempe pada Tikus Diabetes*. *Jurnal Veteriner* Vol. 9 No. 3 : 122-127

Susanty, Martha. 2013. *Pengaruh Pemberian Ekstra Makanan Cair RS yang Diperkaya Tempe terhadap Asupan Zat Gizi dan Kadar Gula Darah pada Penyandang DMT2 Di Rs Dr.Cipto Mangunkusumo Jakarta*. Skripsi, Universitas Gadjah Mada

Talaei, M., & Pan, A. 2015. *Role Of Phytoestrogens In Prevention And Management Of Type 2 Diabetes*. *World journal of diabetes*, 6(2), 271.

Tomás, E., LIN, Y. S., Dagher, Z., Saha, A., Luo, Z., Ido, Y., & Ruderman, N. B. 2002. *Hyperglycemia And Insulin Resistance: Possible Mechanisms*. *Annals of the New York Academy of Sciences*, 967(1), 43-51.

- Tsuchihashi, R., Sakamoto, S., Kodera, M., Nohara, T., & Kinjo, J. 2008. *Microbial Metabolism of Soy Isoflavones by Human Intestinal Bacterial Strains*. Journal of natural medicines, 62(4) : 456-460.
- Utari,DM, Rimbawan, Hadi R, Muhilal, Purwastyastuti. 2010. *Pengaruh Pengolahan Kedelai Menjadi Tempe dan Pemasakan Tempe Terhadap Kadar Isoflavon*. Penel Gizi Makan 2010, 33(2): 148-153.
- Veloso, R.V., Latorraca, M.Q., Arantes, V.C., Reis, M.A., Ferreira, F., Boschero, A.C. and Carneiro, E.M., 2008. *Soybean Diet Improves Insulin Secretion Through Activation Of CAMP/PKA Pathway In Rats*. The Journal of nutritional biochemistry, 19(11) : 778-784.
- Villa, P., Costantini, B., Suriano, R., Perri, C., Macrì, F., Ricciardi, L., Panunzi, S. and Lanzone, A., 2009. *The Differential Effect Of The Phytoestrogen Genistein On Cardiovascular Risk Factors In Postmenopausal Women: Relationship With The Metabolic Status*. The Journal of Clinical Endocrinology & Metabolism, 94(2) : 552-558.
- Villegas R, Gao YT, Yang G, Li HL, Elasy TA, Zheng W, Shu XO. 2008. *Legume and Soy Food Intake and The Incidence of Type 2 Diabetes in The Shanghai Women's Health Study*. The American Journal of Clinical Nutrition, 87 : 162 – 167.
- Wood, I.S. and Trayhurn, P., 2003. *Glucose transporters (GLUT and SGLT): expanded families of sugar transport proteins*. British Journal of Nutrition, 89(01) : 3-9.
- World Health Organization. 2016. *Global Report On Diabetes*. [internet] tersedia dalam < <http://www.who.int/diabetes/global-report/en/>>
- Ye, Y. B., Chen, A. L., Lu, W., Zhuo, S. Y., Liu, J., Guan, J. H., ... & Chen, Y. M. 2015. *Daidzein and Genistein Fail To Improve Glycemic Control And Insulin Sensitivity In Chinese Women With Impaired Glucose Regulation: A Double-Blind, Randomized, Placebo-Controlled Trial*. Molecular nutrition & food research, 59(2): 240-249.
- Yuan, J. P., Wang, J. H., & Liu, X. 2007. *Metabolism of Dietary Soy Isoflavones to Equol by Human Intestinal Microflora—Implications For Health*. Molecular nutrition & food research, 51(7), 765-781.
- Yulistianingsih, Ari. 2014. *Hubungan Asupan Isoflavon dengan Kejadian Sindroma Metabolik pada Wanita Menopause*. Skripsi, Universitas Diponegoro
- Zhang YB, Chen WH, Guo JJ, Fu ZH, Yi C, Zhang M, Na XL. 2013. *Soy Isoflavone Supplementation Could Reduce Body Weight And Improve Glucose Metabolism In Non-Asian Postmenopausal Women-A Meta Analysis*. Nutrition, 29: 8-14.