

DAFTAR PUSTAKA

- AOAC (Association of Official Analytical Chemists). 1995. *Official Methods of Analysis of AOAC International* 2 vols. 16^a edicion. Arlington, VA, USA, Asociacion de Comunidades Analiticas.
- AOAC (Association of Official Analytical Chemists). 2005. *Official Methods of Analysis of the Association of Official Analytical Chemists*. Chemist Inc. New York.
- Andersson HB, Ellegard LH, Boseaeus IG. 1999. Nondigestibility characteristics of inulin and oligofructose in humans. *Journal of Nutrition*. 129: 128S-30S
- Anonim. 1979. Classification and diagnosis of diabetes mellitus and other categories of glucose intolerance. NDDG (*National Diabetes Data Group*). *Diabetes*. Vol 28 : 1039-1057
- Anonim, 2001. AACC Report, 2001. The definition of dietary fibre. *Cereal Foods World* 46: 112-126
- Anonim. 2008. Diagnosis and classification of diabetes mellitus. *Diabetes Care* vol 31: 55-59.
- Anonim. 2003. *Obesity and overweight*. Global Strategy on Diet, Physical Activity an Health. World Health Organization. p:1-2
- Anonim. 2005. Resistant starch question and answers. BNF (*British Nutrition Foundation*).
- Anonim. 2007. *Technical meeting on prebiotics [serial online]*. FAO (Food and Agricultural Organization). <http://www.fao.org/ag/agn/agns/files/PrebioticsTechMeetingReport.pdf> diakses 2 Februari 2015 pukul 23:52.
- Anonim. 2008. *Pedoman Pengendalian Diabetes Mellitus dan Penyakit Metabolik*. Departemen Kesehatan R.I. Jakarta : Ditjen Binkesmas.
- Anonim. 2009. *Profil Kesehatan Indonesia 2008*. Penerbit: Departemen Kesehatan R.I. Jakarta
- Anonim. 2012. Plantamor your plant database. <http://www.plantamor.com/index.php?plant=1687> diakses pada 28 Januari 2015 pukul 06:49.
- Anonim. 2013. *Riset Kesehatan Dasar*. Badan Penelitian dan Pengembangan Kesehatan Kementrian Kesehatan RI. Jakarta.
- Anonim, 2015. *Culture Media Supplements : Brucella Selective Supplement*. Oxoid Microbiology Products. http://www.oxoid.com/uk/blue/prod_detail/prod_detail.asp?pr=CM0627&org=82&c=uk&lang=EN. Diakses diakses 14 januari 2015 jam 15.03
- Anonim, 2015. *Dehydrated Culture Media: Reinforced Clostridial Medium (MDM)* Oxoid Microbiology Products. http://www.oxoid.com/uk/blue/prod_detail/prod_detail.asp?pr=CM0627&org=82&c=uk&lang=EN diakses 14 januari 2015 jam 15.03
- Anonim, 2015. Tryptic Soya Agar (Tryptone Soya Agar, TSA, CASO Agar, Soybean Casein digest Agar. Product Information. Sigma-Aldrich.. <https://www.sigmaaldrich.com/content/dam/sigma-aldrich/docs/Fluka/Datasheet/22091dat.pdf> diakses 14 januari 2015 jam 15.03
- Alander, M., Mättö, J., Kneifel, W., Johansson, M., Kögler, B., Crittenden, R., .2000. Effect of galacto-oligosaccharide supplementation on human

- faecal microflora and on survival and persistence of *Bifidobacterium lactis* Bb-12 in the gastrointestinal tract. *International Dairy Journal*, 11, 817–825.
- Aller, R., Luiz DA., Izaola O., Calle F., Olmo L., Fernandez L. 2004. Effect of soluble fiber intake in lipid and glucose levels in healthy subjects: a randomized clinical trial. *Diabetes Res Clin Pract* 65(1): 7-11
- Apriyantono, A., D. Fardiaz, N.L. Puspitasari, S. Yasni, & S. Budiyo. 1989. *Petunjuk Praktikum Analisis Pangan*. IPB Press. Bogor
- Atlas, R.M. 2006. *The Handbook of Microbiological Media for The Examination of Food*. CRC Press Taylor and Francis Group LLC. Boca Raton, FL.
- Atlas, R.M & Synder, J.W. 2014. *Handbook of Media for Clinical and Public health Microbiology*. CRC Press Taylor and Francis Group LLC. Boca Raton, FL.
- Axelsson, L.T. 1993. *Lactic acid bacteria: classification and physiology*. In S. Salminen, and A. Von Wright (Eds.), *Lactic acid bacteria* (pp.1-64). New York. USA: Marcel Dekker.
- Basuki, E. 2005. *Penyuluhan diabetes melitus dalam Penatalaksanaan diabetes melitus terpadu*. Balai Penerbit FKUI. Jakarta.
- Bare & Suzanne. 2002, *Buku Ajar Keperawatan Medikal Bedah*, Volume 2, Edisi 8. Penerbit: EGC Jakarta.
- Bird, A. R., Brown, I. L., & Topping, D. L. 2000. Starches, resistant starch, the gut microflora, and human health. *Curr Issues Intest Microbiol*, 1: 25–37
- Bielecka, M., Biedrzycka, E., Majkowska, A., Juskiewicz, J., & Wróblewska, M. 2002. Effect of non-digestible oligosaccharides on gut microecosystem in rats. *Food Research International*, 35, 139–144..
- Bouhnik Y, Flourie´ B, Pochart P, Marteau P, Abensour L, Morin MC .1991 Oligosaccharides de synthése. Aspects nutritionnels (fructo-oligosaccharides et transgalactoside-oligosaccharides). *Cah Nutr Die´tXXVI*(6):418– 22.
- Brown, I. 2004. Applications and uses of resistant starch. *Journal of AOAC International*, 87:727-732.
- Cherbut C. 1995. Fermentation et fonction digestive colique. *Cah Nutr Die´t*: 30(3):143-146
- Chonan O, Matsumoto K, Watanuki M. 1995. Effect of galactooligosaccharides on calcium absorption and preventing bone loss in ovariectomized rats. *Biosci Biotechnol Biochem* 59:236–9.
- Collin, M.D & Gibson, G.R. 1999. Probiotics, prebiotics, and synbiotics: approaches for modulating the microbial ecology of the gut. *American Journal of Clinical Nutrition*, 69: 1052S-1057S
- Crittenden, R.G and M.J. Playne. 1999. Production, properties and applications of food grade oligosaccharide. *Trends in Food Science and Technology*. 7:353-361
- Cummings, J. H. 1984. Colon absorption: the importance of SCFAs in man. *Scand Journal of Gastroenterology*, 93: 89–99.

- Cummings J.H., Beatty E.R., Kingman S.M., Bingham S.A., & Englyst H.N. 1996. Digestion and physiological properties of resistant starch in the human large bowel. *Br. Journal of Nutrition.*, 75: 733–747
- Cummings, J.H., Macfarlane G.T., & Englyst, H.N. 2001, Prebiotic digestion and fermentation. *The American Journal of Clinical Nutrition* 73(2):415s-420s
- Cummings, J.H & Macfarlane, G.T. 2002. Gastrointestinal effects of prebiotics. *British Journal of Nutrition*, 87(2): 145-151
- Delzenne, N. M., & Roberfroid, M. R. 1994. Physiological effects of nondigestible oligosaccharides. *Lebensmittel-Wissenschaft und-Technologie*, 27, 1–6.
- Degnan, B. A., Macfarlane, S., & Macfarlane, G. T. 1997. Utilization of starch and synthesis of a combined amylase/ α -glucosidase by the human colonic anaerobe *Bacteroides ovatus*. *Journal of Applied Microbiology*, 83: 359–366.
- Durst, L. 1996. Inclusion of fructooligosaccharides in broiler diets.. *Archiv. Geflugelkunde* 60:160-164.
- Ebihara, K., Nakai, Y., & Kishida, T. 2006. Hydroxypropyl-distarch phosphate from potato starch increases fecal output, but does not reduce zinc, iron, calcium, and magnesium absorption in rats. *Journal of Food Science*, 71: S163-S168.
- Engfer MB, Stahl B, Finke B, Sawatzki G, Daniel H. 2000. Human milk oligosaccharides are resistant to enzymatic hydrolysis in the upper gastrointestinal tract. *Am J Clin Nutr* 71(6):1589– 96.
- Engfer, M.B., Stahl B., Finke B., Sawatzki G., Daniel H. 2007. Human milk oligosaccharides are resistant to enzymatic hydrolysis in the upper gastrointestinal tract. *American Journal Clinical Nutrition*, 71(6):1589-96
- Eprilianti, I. 2000. Potensi *Dioscorea*. *Jurnal Teknologi Pangan*. Fakultas Teknologi Pertanian Universitas Widya Mandala. Surabaya.
- Fauzan, M. 2013. Pengaruh substitusi tepung ampas kelapa terhadap kandungan gizi, serat dan volume pengembangan roti. *Artikel Penelitian Skripsi*. Program Studi Ilmu Gizi Fakultas Kedokteran Universitas Diponegoro Semarang.
- Flaws, B., Kuchinski L., & Casanas R. 2002. *The treatment of diabetes mellitus with chinese medicine: A text book and clinical manual*. Blue Poppy Press. Western Ave, Suite 2, Boulder, CO. p: 4-5
- Flourie B, Achour L., Briet F. 1995. Les substrats de la fermentation colique chez l'homme. *Cah Nutr Die't*: 30(3):159-162
- Fotiadis C.I., Stoidis C.N., Spyropoulos BG & Zografos E.D. 2008. Role of probiotics, prebiotics and synbiotics in chemoprevention for colorectal cancer. *World Journal of Gastroenterology*: 14(42): 6453-6457.
- Franck, A.M.E. 2000. *Inulin and oligofructose*. LRFA limited. United Kingdom.
- Garber A.J., Handelsman Y., Einhorn D., Bergman D.A, Bloomgarden Z., & Fonseca V. 2008. Diagnosis and Management of Prediabetes in the Continuum of Hyperglycemia—When Do the Risks of Diabetes Begin? A Consensus Statement from the American College of Endocrinology and

- the American Association of Clinical Endocrinologists. *Endocrinologist Practical*.14(7):933-46
- Gibson, G.R & Roberfroid, M.D. 1995. Dietary modulation of the human colonic microbiota: introducing the concept of prebiotic. *Journal of Nutrition* 125: 1401-1412.
- Gibson, G.R., Beatty, E.R., Wang X & Cummings, J.H. 1995. Selective stimulation of *Bifidobacteria* in human colon by oligofructosa and inulin. *Gastroenterology* 108: 975-982
- Gibson, G.R & William, C.M. 2000. *Functional foods*. Woodhead Publishing Limited, Cambridge, England.
- Gibson, G. R., Probert, H. M., Van Loo, J., Rastall, R. A., & Roberfroid, M. 2004. Dietary modulation of the human colonic microbiota: updating the concept of prebiotics. *Nutrition Res Review*, 17: 259–275.
- Gibson, G. R., & Roberfroid, M. B. 2008. *Handbook of Prebiotics*. New York: CRC Press. Taylor and Francis Group.
- Gibson G.R., Scott K.P., Rastall R.A., Tuohy K.M., Hotchkiss A., Dubert-Ferrandon A., Gareau M., Murphy E.F., Saulnier D., Loh G., Macfarlane S., Delzeme N., Ringle Y., Kozianowski G., Dickmann R., Lenoir-Wijnkoop I., Walker C & Buddington R. 2010. Dietary prebiotics: current status and new definition. *Food Science and Technology Bulletin: Functional Foods* 7:1-9.
- Gisca, B. 2013. Penambahan gembili pda flakes jewawut ikan gabus sebagai alternative makanan tambahan anak gizi kurang. *Artikel Penelitian*. Program Studi Ilmu Gizi Fakultas Kedokteran Universitas Diponegoro.
- Haryati, T., Supriyati & J.W.R Susana. 2010. Senyawa oligosakarida dari bungkil kedelai dan ubi jalar sebagai probiotik untuk ternak. *Pros. Seminar Nasional Teknologi Peternakan dan Veteriner*. Bogor, 3 – 4 Agustus 2010. Puslitbang Peternakan, Bogor. hlm. 511 – 518.
- Haryati, T. 2011. Probiotik dan prebiotik sebagai pakan imbuhan nonruminansia.
- Hernot, D. C., Boileau, T. W., Bauer, L. L., Middelbos, I. S., Murphy, K. S., & Fahey, G.C. 2009. In vitro fermentation profiles, gas production rates, and microbiota modulation as affected by certain fructans, galactooligosaccharides, and polydextrose. *Journal of Agricultural Food Chemistry*, 57, 1357– 1361.
- Hidaka H, Eida T, Tarizawa T, Tokunaga T, Tashiro Y. 1986. Effects fructooligosaccharides on intestinal flora and human health. *Bifidobact Microflora*. 5(1):37-50
- Holazpfel, W.H., Haberer, P., Geisen, R., Bjorkroth, J., & Schillinger, U. 2001. Taxonomy and important feature of prebiotics microorganisms in food and nutrition. *American Journal of Clinical Nutririon* 72: 365-373.
- Jenie B.S.L, Putra R.P, & Kusnandar F. 2012. Fermentasi kultur campuran bakteri asam laktat dan pemanasan otoklaf dalam meningkatkan kadar pati resisten dan sifat fungsional tepung pisang tanduk (*Musa paradisiaca formatypica*). *Jurnal Pascapanen* 9 (1): 18-26
- Juliana, R. 2007. Resistant starch tipe III dan tipe IV pati singkong (*Manihot esculenta* Crantz), suweg (*Amorphophallus campanulatus*), dan ubi jalar

- (*Ipomoea batatas* L.) sebagai prebiotik. Skripsi. Fakultas Teknologi Pertanian Bogor.
- Kunz C & Rudloff S. 1993. Biological functions of oligosaccharides in human milk. *Acta Paediatr*, 82:903-12
- Kusharto, C.M. 2006. Serat makanan dan perannya bagi kesehatan. *Jurnal Gizi dan Pangan*. 1(2):45-54
- Krisnayudha, K. 2007. *Mempelajari potensi garut (Maranta arundinacea L.) dan ganyong (Canna edulis, Kerr) untuk mendukung pertumbuhan bakteri asam laktat*. Skripsi. Institut Pertanian Bogor.
- Langhendries JP., Detry J., Van Hees J. 1995. Effect of fermented infant formula containing viable bifidobacteria on the fecal flora composition and pH of healthy fullterm infants. *Journal of Pediatric Gastroenterology Nutrition*, 21:177-181
- Langlands, J.T.C., Paula, M., Fernanda, E. X., Murr & Park K.J. 2004. Study of inulin concentration by physical methods. *Proceedings of the international Drying Symposium (IDS 2004)* vol B, pp: 868-875.
- Lesmanawati, W., Widanarni., Sukenda., & Purbiantoro, W. 2013. Potensi ekstrak oligosakarida ubi jalar sebagai prebiotik bakteri probiotik akuakultur. *Jurnal Sains Terapan Edisi III*. 3(1): 21-25
- Lina, B. A. R., Jonker, D., & Kozianowsky, G. 2002. Isomaltulose (Palatinose): A review of biological and toxicological studies. *Food and Chemical Toxicology*, 40, 1375–1381
- Lingyun, W., Jianhua, W., Xiaodong, Z., Da, T., Yalin, Y., Chenggang, C., Tianhua, F. and Fan, Z. 2011. Studies on the extracting technical conditions of inulin from *Jerusalem artichoke* tubers. *Journal of Food Engineering* 79:1087- 1093.
- Louis, P., Scoot, K.P., Duncan, S.H and Flint, H.J. 2007. Understanding the effect of diet on bacterial metabolism in the large intestine. *Journal of Applied Microbiology*. 102:1197-1208.
- Lu Z.X., Walker K.Z., Muir J.G., O'Dea K. 2004 Arabinoxylan fiber improves metabolic control in people with type II diabetes. *Europe Journal of Clinical Nutrition*. 58:621-628
- Makinen, A.M, & Bigret, M. 1993. *Industrial use and production of LAB*. In S. Salminen, & A.von Wright (Eds.), *Lactic acid bacteria* (pp.65-96). New York, USA: Marcel Dekker.
- Mandalari, G., Palop CN., Tuohy K., Gibson GR., Bennet RN., Waldron KW., Bisignano G, Narbad A, Faulds CB. 2007. In vitro evaluation of the prebiotic activity of a pectic oligosaccharide extract enzymatically derived from bergamot peel. *Appl Microbio Biotechnol* 73:1173-1179
- Manning, T.S and Gibson, G.R. 2004. Prebiotics. Best Practice & Research Clinical. *Gastroenterology*, 18: 287-298
- Marlis, A. 2008. Isolasi oligosakarida ubi jalar (*Ipomoea batatas* L.) dan pengaruh pengolahan terhadap potensi prebiotiknya. *Tesis*. Sekolah Pascasarjana Institut Pertanian Bogor.

- Mikulínova, D., Masar, S. & Kraic, J. 2008. Biodiversity of legume health-promoting starch. *Starch*, 60: 426-432.
- Muchtadi, D. 1989. Petunjuk Laboratorium Evaluasi Nilai Gizi Pangan. Pusat Antar Universitas Pangan dan Gizi. Institut Pertanian Bogor. Bogor.
- Musita, N. 2009. Kajian kandungan dan karakteristik pati resisten dari berbagai varietas pisang. *Jurnal Teknologi Industri dan Hasil Pertanian* Vol 14 (1).
- Mussato, S.I & Mancilha, I.M. 2007. Non-digestible oligosaccharides: A review. *Carbohydrate Polymers* 68: 587-597
- Nainggolan, O. & Adimunca. 2005. Diet sehat dengan serat. *Cermin Dunia Kedokteran* No.147. Jakarta: Departemen Kesehatan RI.
- Nathan, D.M., Cleary P.A., Backhung J.C., Genuth MD., Lachin J.M., Orchard., T.J., Raskin P., & Zimman B. 2005. Intensive diabetes treatment and cardiovascular disease in patients with type 1 diabetes. *Nutrition Engl Journal of Medical* .353 (25): 2643-2653.
- Nilsson A.C, Ostman E.M, Granfeldt Y., & Bjork I.M.E. 2008. Effect of cereal test breakfasts differing in glycemic index and content of indigestible carbohydrates on daylong glucose tolerance in healthy subjects. *AM Journal Clinical Nutrition*. 87:645-654
- Palframan, R., Gibson, G. R., & Rastall, R. A. 2003. Development of a quantitative tool for the comparison of the prebiotic effect of dietary oligosaccharides. *Lett Appl Microbiol*, 37: 281–284.
- Pavri, S.K.R. 2001. *Essentials of diabetes mellitus and its treatment by homeopathy*. B. Jain Publishers (P) Ltd. New Delhi. p: 1-12
- Polnaya, F.J. 2013. Karakteristik Fisiko-Kimia dan Potensi Prebiotik Pati Sagu (*Metroxylon rumphii*) Fosfat. *Disertasi*. Program Pascasarjana Fakultas Teknologi Pangan Universitas Gadjah Mada Yogyakarta.
- Pompei, A.L., Cordisco, S., Raimoondi, A., Amaretti & U.M Pagnoni. 2008. In vitro comparison of the prebiotic effect of two inulin-type fruktans. *Aerobe* 14:280-286.
- Possemiers, S., Grootaert, C., Vermeiren, J. Gross, G., Marzorati, M., Cerstraete, W., & de Wiele, T. 2009. The intestinal environment in health disease-recent insights on the potential of intestinal bacteria to influence human health. *Current Pharmaceutical Design* 15: 2051-2065.
- Prabowo, A.Y., Estiasih, T., & Purwantiningrum, I. 2014. Umbi gembili (*Dioscorea esculenta* L.) sebagai bahan pangan mengandung senyawa bioaktif: Kajian Pustaka. *Jurnal Pangan dan Agroindustri* 2(3) : 129-135.
- Prana, M. S. 2008. Penyerbukan Buatan pada Acung (*Amorphophallus decussilvae* Back. & v. A.V.R). *Biodiversitas*, 9 (4): 292-295.
- Price, S.A. 2005. *Patofisiologi konsep klinis proses-proses penyakit*, Volume 2. Penerbit: EGC. Jakarta.
- Pryde, S. E., Duncan, S. H., Hold, G. L., Colin, S., Stewart, C. S., & Flint, H. J. 2002. The microbiology of butyrate formation in the human colon. *FEMS Microbiol Lett*, 217: 133–39.
- Purnomo., Daryono, B.S., & Sumardi, I. 2012. Studi etnobotani *Dioscorea* spp. (*Dioscoreaceae*) dan kearifan budaya local masyarakat di sekitar hutan

- wonosadi gunung kidul Yogyakarta. *Jurnal Natur Indonesia*. 14(3):191-198
- Rao, V. A. 2001. The prebiotic properties of FOS at low intake level. *Nutr Res*, 21: 843–848.
- Reksohadwinto, B.S. 2014. Mengenal Kinerja Probiotik: Produk, Aplikasi dan Mekanisme Kerja. <http://biotek.bppt.go.id/index.php/artikel-sains/134-mengenal-kinerja-probiotik-produk-aplikasi-mekanisme-kerja> diakses 13 Januari 2015 pukul 16.15
- Richana, N dan Sunarti, T. C. 2004. Karakterisasi sifat dan fisikokimia tepung umbi dan tepung pati dari umbi ganyong, suweg, ubikelapa, dan gembili. *Jurnal Pascapanen* 1(1): 29-37.
- Rivero-Urgell, M., & Santamaria-Orleans, A. 2001. Oligosaccharides: Application in infant food. *Early Human Development*, 65, S43–S52.
- Roberfroid, M.B.1997. Health benefits of non-digestible oligosaccharides. *Adv Exp Med Biol* 427(21):1-9
- Roberfroid MB.2000. Prebiotics and probiotics: are they functional foods? *Am J Clin Nutr*71: 1682S– 7S.
- Roberfroid, M., & Slavin, J. 2000. Nondigestible oligosaccharides. *Critical Reviews in Food Science and Nutrition*, 40, 461–480.
- Roberfroid, M.B., 2001. Functional foods: concepts and strategy. *Journal de Pharmacie de Belgique* 56: 43–44.
- Roberfroid, M. 2007. Prebiotics: the concept revisited. *Journal of Nutrition*, 137: 830S–837S.
- Roberfroid, M.B., 2005. Introducing inulin-type fructans. *British Journal of Nutrition*, 93, Suppl.1,S13-S25
- Roberfroid, M.B., 2005. Inulin-type fructans. *Functional Food Ingredients*. CRC Series in Modern Nutrition. CRC Press
- Rosa, N. 2010. Pengaruh penambahan umbi garut (*Maranta arundinaceae* L) dalam bentuk tepung dan pati sebagai prebiotik pada yoghurt sebagai produk sinbiotik terhadap daya hambat bakteri *Escherichia coli*. *Artikel Penelitian*. Prodi Ilmu Gizi Fakultas Kedokteran Universitas Diponegoro.
- Sachdev, Y. 2009. *Clinical Endocrinology and Diabetes Mellitus*. Jaypee Brothers: New Delhi.p:862–920.
- Sako, T., Matsumoto, K & Tanaka, R. 1999. Recent progress on research and applications of non digestible galacto-oligosaccharides. *International Dairy Journal* 9:69-80
- Sangeetha, P.T., Ramesh, M.N & Prapulla, S.G. 2005. Recent trends in the microbial production, analysis and application of fructooligosaccharides. *Trends in Food Science & Technology* 16:442-457
- Saputro, P.S & Estiasih, T. 2015. Pengaruh polisakarida larut air (PLA) dan serat pangan umbi-umbian terhadap glukosa darah: kajian pustaka. *Jurnal Pangan dan Agroindustri* 3(2): 756-762.
- Sardesai, V.M.2003. *Introduction to clinical nutrition Ed. 2*. Marcel Dekker, Inc. USA.

- Seaquist, E. R. 2004. Pancreatic Islet Hormones, Diabetes Mellitus, and Hypoglycemia. In : Catherine B. Niewohner. 2nd ed. *Endocrine Pathophysiology*. USA: Hayes Barton Press.
- Soebito, S. 1988. Analisis Farmasi. Gajah Mada University Press. Yogyakarta.
- Sunarti, T. C. & N. Richana. 2003. Pemanfaatan Tepung Umbi Minor Indonesia sebagai Tepung Komposit. *Prosiding Seminar Nasional Peningkatan Daya Saing Pangan Tradisional*. Bogor.
- Thammarutwasik P., Hongpattarakere T., Chanthacum S., Kijroongrojana K., Itharat A., Reanmongkol W., Tewtrakul S., & Ooraikul B. 2009. Prebiotics-A Review. *Songklanakarin Journal of Science and Technology*, 31(4):401-8
- Tester, R. F., Karkalas, J., & Qi, X. 2004. Starch structure and digestibility enzyme substrate relationship. *World Poultry Science Journal* 60: 186–195.
- Tomomatsu, H. 1994. Health effects of oligosaccharides. *Food Technology*. 48(10):61-65
- Topping, D.L., & Clifton, P.M. 2001. Short Chain fatty acid and human colonic function: roles of resistant starch and nonstarch polysaccharides. *Physiological Review*, 81:1031-1064
- Topping, D. L., Anthony, M. F., & Bird, F. 2003. Resistant starch as prebiotic and synbiotic: State of the art. *Proceedings of the Nutrition Society*, 62: 171–176.
- Utami, P. 2003. *Tanaman obat untuk mengatasi diabetes melitus*. Penerbit: Agromedia Pustaka. p: 8-10
- Utami, P. Y. 2009. *Peningkatan Mutu Pati Ganyong (*Canna edulis* Ker) Melalui Perbaikan Proses Produksi*. Skripsi, Institut Pertanian Bogor.
- Vardakou, M., Palop, C. N., Christakopoulos, P., Faulds, C. B., Gasson, M. A., & Narbad, A. 2008. Evaluation of the prebiotic properties of wheat arabinoxylan fractions and induction of hydrolase activity in gut microflora. *International Journal Food Microbiology*, 123: 166–170.
- Vázquez, M. J., Alonso, J. L., Dominguez, H., & Parajó, J. C. 2000. Xylooligosaccharides: Manufacture and applications. *Trends in Food Science & Technology*, 11, 387–393.
- Vernazza C.L., Gibson, G.R., & Rastall, R.A. 2006. Carbohydrate preference, acid tolerance and bile tolerance of *Bifidobacterium*. *Journal of Applied Microbiology*. 100: 846-853
- Voragen, A. G. J. 1998. Technological aspects of functional food-related carbohydrates. *Trends in Food Science & Technology*, 9, 328–335.
- Vulevic, J., Rastall, R. A., & Gibson, G. R. 2004. Developing a quantitative approach for determining the *in vitro* prebiotic potential of dietary oligosaccharides. *FEMS Microbiology Lett*, 236: 153–159.
- Waspadji, S., Suryono, S. Sukardji K., & Moenarko. 2003. *Indeks glikemik berbagai makanan Indonesia*. Balai Penerbitan FKUI. Jakarta.
- Weese, J.S. 2002. Probiotics, Prebiotics, and Synbiotics. *Elsevier Science*. 22(8).
- Widowati, S. M. G. dan B. A. Santosa. 1998. Ekstraksi dan Karakterisasi Sifat Fisikokimia dan Fungsional Pati Beberapa Varietas Talas (*Colocasia esculenta* (L) Schott). *Prosiding Seminar Nasional Teknologi Pangan*.

- Buku I. Multi Pangan Selina. Jakarta.*
- Wild, S., Roglic, G., Green, A., Sicree, R. & King, H. 2004. Global Prevalence of Diabetes : Estimates for the year 2000 and Projections for 2030. *Diabetes Care* 27(5) :1047–1053.
- Winarti, S., Harmayani, E. and Nurismanto, R. 2011. Karakteristik dan profil inulin beberapa jenis umbi uwi (*Dioscorea* spp). *AGRITECH*, 31(4): 378-383
- Winarti, S. 2014. Karakterisasi dan evaluasi sifat prebiotik inulin umbi gembili (*Dioscorea esculenta*). *Disertasi*. Universitas Gadjah Mada Yogyakarta.
- Witasari, U., Rahwamaty, S., & Zulaekah, S. 2009. Hubungan tingkat pengetahuan, asupan karbohidrat dan serta dengan pengendalian kadar glukosa darah pada penderita diabetes melitus tipe 2. *Jurnal Penelitian Sains dan Teknologi* 10(2): 130-138.
- Yang, S.C., Chen, J.Y., Shang, H.F., Cheng, T.Y., Tsou, S.C., and Chen, J.R., 2005. Effect of synbiotics on intestinal microflora and digestive enzyme activities in rats. *World Journal of Gastroenterology* 11(47):7413-7417.
- Yang, Z., Hu, J. and Zhao, M. 2011. Isolation and quantitative determination of inulin type oligosaccharides in roots of *Morinda officinalis*. *Carbohydrate Polymers* 83:1997-2004.
- Younes, H., Demigné, C., & Rémésy, C. 1996. Acidic fermentation in the caecum increases absorption of calcium and magnesium in the large intestine of the rat. *British Journal of Nutrition*, 75, 301–314.
- Yun, J. W. 1996. Fructooligosaccharides – occurrence, preparation and application. *Enzyme and Microbial Technology*, 19, 107–117.
- Yuniar, D. 2010. Karakteristik beberapa umbi uwi (*Dioscorea* spp.) dan Kajian Potensi Kadar Inulinnya. *Skripsi*. Fakultas Teknologi Industri Universitas Pembangunan Nasional “Veteran”. Surabaya.
- Ziemer, C. J., & Gibson, G. R. 1998. An overview of probiotics, prebiotics and synbiotics in the functional food concept: Perspectives and future strategies. *International Dairy Journal*, 8, 473–479.
- Zdunczyk, Z., Juskewicz., Jankowski J., Konciki A. 2004. Performance and caecal adaptation of turkys to diets without or with antibiotic and with different levels of mannan-oligosaccharide. *Arch A Nim Nutr* 58:367-378