

DAFTAR PUSTAKA

- Adeyeye, EI 2016, 'Proximate, Mineral and Antinutrient Compositions of Natural Cocoa Cake, Cocoa Liquor and Alkalized Cocoa Powders Sourced in Nigeria', *Journal Of Advanced Pharmaceutical Science And Technology*, vol.1, no.3, Februari 2016. hlm. 12–28. doi: 10.14302/issn.2328-0182.japst-15-855.
- Adiari, NWL, Yogeswara, IBA, Putra, IMWA 2017, 'Pengembangan pangan fungsional berbasis tepung okara dan tepung beras hitam (*Oryza sativa* L. indica) sebagai makanan selingan bagi remaja obesitas', *Jurnal Gizi Indonesia (The Indonesian Journal of Nutrition)*, vol.6, no.1, Maret 2016, hlm. 51–57. doi: 10.14710/jgi.6.1.51-57.
- Agustin, DS 2019, *Sifat Kimia, Fisik, dan Sensori Purple Sweet Potato Bars dengan Penambahan Pisang Ambon dan Kacang Hijau*, Skripsi Program Sarjana, Universitas Lampung.
- [AHA] American Heart Association 2019, '2019 ACC/AHA Guideline on the Primary Prevention of Cardiovascular Disease: A Report of the American College of Cardiology/American Heart Association Task Force on Clinical Practice Guidelines', *Circulation*, vol.140, no.1, September 2019, hlm. 596–646. doi: 10.1161/CIR.0000000000000678.
- Aini, N *et al.* 2018, 'Formulation and characterization of emergency food based on instan corn flour supplemented by instan tempeh (or soybean) flour', *International Food Research Journal*, vol.25, no.1, Februari 2018, hlm. 287–292.
- Aminah, S 2019, 'Karakteristik Kimia dan Organoleptik Snack Bar Biji Hanjeli (*Coix lacryma jobi*-L) dan Kacang Bogor (*Vigna subterranea* (L.) Verdcourt)', *Jurnal Agroindustri Halal*, vol.5, no.2, Maret 2019, hlm. 212–219. <http://dx.doi.org/10.30997/jah.v5i2.2029>.
- Ángel, GMJ *et al.* 2020, 'Chronic flavanol-rich cocoa powder supplementation reduces body fat mass in endurance athletes by modifying the follistatin/myostatin ratio and leptin levels', *Food and Function*, vol.11, no.4, Maret 2020, hlm. 344–350. <http://dx.doi.org/10.1039/D0FO00246A>.
- Araujo, QR *et al.* 2016, 'Cocoa and Human Health: From Head to Foot—A Review', *Critical Reviews in Food Science and Nutrition*, vol.56, no.1, November 2016, hlm. 1–12. <https://doi.org/10.1080/10408398.2012.657921>.
- [AOAC] Association of Official Analytical Chemist 2005, *Official Methods of Analysis: Association of Official Analytical Chemist 18th Edition*, AOAC

International, Amerika Serikat.

- Azizahwati, A, Maryati, K, Heidi, H 2007, 'Analisis Zat Warna Sintetik Terlarang Untuk Makanan Yang Beredar Di Pasaran', *Pharmaceutical Sciences and Research (PSR)*, vol.4, no.1, November 2007, hlm. 7–25. <http://dx.doi.org/10.7454/psr.v4i1.3409>.
- Azlan, A *et al.* 2020, 'Nutritional quality and sensory evaluation of dabai-fortified cocoa bar', *International Journal of Food Properties*, vol.23, no.1, Agustus 2020, hlm. 1324–1336. <https://doi.org/10.1080/10942912.2020.1800031>.
- [BPOM] Badan Pengawas Obat Dan Makanan Republik Indonesia 2016, *Pengawasan Klaim Pada Label dan Iklan Pangan Olahan*, Badan Pengawas Obat Dan Makanan Republik Indonesia, pp. 1-54.
- [BPOM] Badan Pengawas Obat dan Makanan Republik Indonesia 2019, *Peraturan Badan Pengawas Obat Dan Makanan Nomor 22 Tahun 2019 Tentang Informasi Nilai Gizi Pada Label Pangan Olahan*, Badan Pengawas Obat dan Makanan Republik Indonesia, pp. 1-58.
- Barrios, M, Orozco, LC, Stashenko, EE 2018, 'Cocoa ingestion protects plasma lipids in healthy males against ex vivo oxidative conditions: A randomized clinical trial', *Clinical Nutrition ESPEN*, vol.26, no.1, Mei 2018, hlm. 1–7. <https://doi.org/10.1016/j.clnesp.2018.05.001>.
- Basuki, WW & Atmaka, W 2013, 'Pengaruh Penambahan Berbagai Konsentrasi Gliserol Terhadap Karakteristik Sensoris, Kimia Dan Aktivitas Antioksidan Getuk Ubi Jalar Ungu (*Ipomoea batatas*)', *Jurnal Teknosains Pangan*, vol.2, no.2, April 2013, hlm. 41–48.
- Borges, G *et al.* 2018, 'Absorption, metabolism, distribution and excretion of (–)-epicatechin: A review of recent findings', *Molecular Aspects of Medicine*, vol.61, no.1, Juni 2018, hlm. 18–30. <https://doi.org/10.1016/j.mam.2017.11.002>.
- Buil-Cosiales, P *et al.* 2017, 'Consumption of fruit or fiber-fruit decreases the risk of cardiovascular disease in a mediterranean young cohort', *Nutrients*, vol.9, no.1, Maret 2017, hlm. 1–13. doi: 10.3390/nu9030295.
- Chambers, KF *et al.* 2019, 'Polyphenol effects on cholesterol metabolism via bile acid biosynthesis, CYP7A1: A review', *Nutrients*, vol.11, no.1, Juni 2019, hlm. 1–23. doi: 10.3390/nu11112588.
- Chen, JP *et al.* 2018, 'Dietary fiber and metabolic syndrome: A meta-analysis and review of related mechanisms', *Nutrients*, vol.10, no.1, April 2018, doi: 10.3390/nu10010024.
- Davinelli, S *et al.* 2018, 'Short-term supplementation with flavanol-rich cocoa

- improves lipid profile, antioxidant status and positively influences the AA/EPA ratio in healthy subjects’, *Journal of Nutritional Biochemistry*, vol.61, no.3, Juni 2018, hlm. 33–39. doi: 10.1016/j.jnutbio.2018.07.011.
- Djajati, S, Sudaryati, S, Palupi, T 2018, ‘Es Krim Susu Biji Kecipir (*Psophocarous Tertragonolobus L.*) Dengan Penambahan Tepung Glukomanan Dan Virgin Coconut Oil’, *Jurnal Teknologi Pangan*, vol.11, no.2, Desember 2018, <https://doi.org/10.33005/jtp.v11i2.893>.
- Emilia, CO & Ionela Istrati, D 2018, ‘Functional Properties of Snack Bars’, *Functional Foods*, vol.2, no.1, November 2018, hlm. 1-15. doi: 10.5772/intechopen.81020.
- Fahrizal, F & Fadhil, R 2014, ‘Kajian Fisiko Kimia dan Daya Terima Organoleptik Selai Nenas yang Menggunakan Pektin dari Limbah Kulit Kakao’, *Jurnal Teknologi dan Industri Pertanian Indonesia*, vol.6, no.3 November 2014. <https://doi.org/10.17969/jtipi.v6i3.2314>.
- Fauzi, M 2016, *Respon Tanaman Hanjeli (Coix Lacryma-Jobi L.) Akibat Kombinasi Jarak Tanam Dengan Dosis Pupuk Organik Cair Di Kecamatan Rancakalong*, Skripsi Program Sarjana, Universitas Padjajaran.
- Fellows, PJ 2000, *Food Processing Technology Principles and Practice Second Edition*. CRC Press Boca Raton, Amerika Serikat.
- [FDA] Food and Drug Administration 2013, *A Food Labeling Guide: Guidance for Industry*, US Department of Health and Human Services, pp. 1-110.
- Fraga, CG *et al.* 2019, ‘The effects of polyphenols and other bioactives on human health’, *Food and Function*, vol.10, no.2, Desember 2019, hlm. 514–528. doi: 10.1039/c8fo01997e.
- González-Barrio, R *et al.* 2020, ‘Improvement of the flavanol profile and the antioxidant capacity of chocolate using a phenolic rich cocoa powder’, *Foods*, vol.9, no.2, Agustus 2020, hlm. 1–12. doi: 10.3390/foods9020189.
- Gu, Y *et al.* 2014, ‘Dietary Cocoa Reduces Metabolic Endotoxemia and Adipose Tissue Inflammation in High-Fat Fed Mice’, *Journal of Nutritional Biochemistry*, vol.25, no.4, April 2014, hlm. 439–445. doi: 10.1016/j.jnutbio.2013.12.004.
- Guan, H *et al.* 2016, ‘Dietary Cocoa Powder Improves Hyperlipidemia and Hepatic Endoplasmic Reticulum Stress’, *Mediators of Inflammation*, vol.16, no.1, Maret 2016, hlm.1-13 doi: 10.1155/2016/1937572.
- Guo, W, Shu, Y, Yang, X, 2016, ‘Tea Dietary Fiber Improves Serum and Hepatic Lipid Profiles in Mice Fed a High Cholesterol Diet’, *Plant Foods for Human Nutrition*, vol.71, no.2, September 2016, hlm. 145–150. doi: 10.1007/s11130-

016-0536-7.

- Jacobs, DM *et al.* 2017, 'Effect of theobromine consumption on serum lipoprotein profiles in apparently healthy humans with low HDL-cholesterol concentrations', *Frontiers in Molecular Biosciences*, vol.4, no.1, Agustus 2017, hlm. 1–11. doi: 10.3389/fmolb.2017.00059.
- Jannah, NI, Tamrin, T, Asyik, N 2018, 'Kajian Penambahan Bubuk Kakao (*Theobroma Cacao L.*) Dalam Komposisi Adonan Terhadap Penilaian Organoleptik, Karakteristik Fisik, Aktivitas Antioksidan Dan Masa Simpan Roti Tawar', *Jurnal Sains dan Teknologi Pangan*, vol.3, no.2, September 2018, hlm. 1247–1259.
- Jørgensen, T *et al.* 2013 'Population-level changes to promote cardiovascular health', *European Journal of Preventive Cardiology*, vol.20, no.3, Mei 2013, hlm. 409–421. doi: 10.1177/2047487312441726.
- Kaur, R *et al.* 2018, 'Development of gluten-free cereal bar for gluten intolerant population by using quinoa as major ingredient', *Journal of Food Science and Technology*, vol.55, no.9, Mei 2018, hlm. 3584–3591. doi: 10.1007/s13197-018-3284-x.
- Khairani, FS 2019, *Pemanfaatan tepung Gembili (Dioscorea esculenta) Sebagai Substitusi Tepung Terigu Dalam Pembuatan Snack Bar Sebagai Kudapan Sumber Serat untuk Remaja Obesitas*, Skripsi Program Sarjana, Universitas Pembangunan Nasional Veteran Jakarta.
- Khan, RH, Siddiqi, MK, Salahuddin, P 2017, 'Protein Structure and Function', *Basic Biochemistry*, vol.23, no.1, November 2017, hlm. 1–19. doi: 10.1146/annurev.pc.23.100172.001121.
- Khaw, KT *et al.* 2018, 'Randomised trial of coconut oil, olive oil or butter on blood lipids and other cardiovascular risk factors in healthy men and women', *BMJ Open*, vol.8, no.3, April 2018, hlm. 45.67. doi: 10.1136/bmjopen-2017-020167.
- Leiva, E *et al.* 2015, *Role of oxidized LDL in atherosclerosis, Hypercholesterolemia*, Intechopen, Inggris.
- Liu, L *et al.* 2019, 'Exploitation of job's tears in Paleolithic and Neolithic China: Methodological problems and solutions', *Quaternary International*, vol.52, no.9, Januari 2019, hlm. 25–37. doi: 10.1016/j.quaint.2018.11.019.
- Manach, C *et al.* 2005, 'Bioavailability and bioefficacy of polyphenols in humans. I. Review of 97 bioavailability studies', *The American journal of clinical nutrition*, vol.8, no.11, November 2005, hlm. 230–242. doi: 10.1093/ajcn/81.1.230s.

- Manosroi, J, Khositsuntiwong, N, Manosroi, A 2014, 'Biological activities of fructooligosaccharide (FOS)-containing *Coix lachryma-jobi* Linn. Extract', *Journal of Food Science and Technology*, vol.51, no.2, Maret 2014, hlm. 341–346. doi: 10.1007/s13197-011-0498-6.
- Martínez-López, S *et al.* 2014, 'Realistic intake of a flavanol-rich soluble cocoa product increases HDL-cholesterol without inducing anthropometric changes in healthy and moderately hypercholesterolemic subjects', *Food and Function*, vol.5, no.2, April 2014, hlm. 364–374. doi: 10.1039/c3fo60352k.
- Mendonça, RD *et al.* 2019, 'Total polyphenol intake, polyphenol subtypes and incidence of cardiovascular disease: The SUN cohort study', *Nutrition, Metabolism and Cardiovascular Diseases*, vol.29, no.1, Maret 2019, hlm. 69–78. doi: 10.1016/j.numecd.2018.09.012.
- Mirmiran, P. *et al.* (2016) 'A prospective study of different types of dietary fiber and risk of cardiovascular disease: Tehran lipid and glucose study', *Nutrients*, 8(11), pp. 1–12. doi: 10.3390/nu8110686.
- Mouminah, HH & Aljeheny, BM 2019, 'Effect of Cocoa Powder and its Extracts on Lipid Profile, Oxidative Enzyme and Liver Function in Obese Rats', vol.14, no.1, Oktober 2019, hlm. 71–78. doi: 10.5829/idosi.wjdfs.2019.71.78.
- Negara, JK *et al.* 2016, 'Aspek mikrobiologis, serta Sensori (Rasa, Warna, Tekstur, Aroma) Pada Dua Bentuk Penyajian Keju yang Berbeda', *Jurnal Ilmu Produksi dan Teknologi Hasil Peternakan*, vol.4, no.2, Juni 2016, hlm. 286–290. doi: 10.29244/jipthp.4.2.286-290.
- Niknezhad, SV *et al.* 2016, 'Production of xanthan gum by free and immobilized cells of *Xanthomonas campestris* and *Xanthomonas pelargonii*', *International Journal of Biological Macromolecules*, vol.8, no.2, November 2016, hlm. 751–756. doi: 10.1016/j.ijbiomac.2015.10.065.
- Nurhayati, A, Lasmanawati, E, Yulia, C 2012, 'Pengaruh Mata Kuliah Berbasis Gizi Pada Pemilihan Makanan Jajanan Mahasiswa Program Studi Pendidikan Tata Boga', *Jurnal Penelitian Pendidikan*, vol.13, no.1, September 2012, hlm. 1–6. Available at: <http://jurnal.upi.edu/file/1-ai.pdf>.
- O'Flaherty, M, Buchan, I, Capewell, S 2013, 'Contributions of treatment and lifestyle to declining CVD mortality: Why have CVD mortality rates declined so much since the 1960s?', *Heart*, vol.99, no.3, Mei 2013, hlm. 159–162. doi: 10.1136/heartjnl-2012-302300.
- Ogunsina, BS *et al.* 2017, 'Direct energy utilization in the processing of cocoa beans into powder', *Agricultural Engineering International: CIGR Journal*, vol.19, no.3, Oktober 2017, hlm. 213–218.
- Parekh, JH *et al.* 2014, 'Quality Evaluation of Mango Bar with Fortified Desiccated

Coconut Powder during Storage’, *Journal of Bioresource Engineering and Technology*, vol.3, no.3, April 2014, hlm. 40–47.

Parnanto, NHR, Utami, R, Amalia, R 2011, ‘Kajian Karakteristik Fisikokimia dan Sensori Snackbars dengan Bahan Dasar Tepung Tempe dan Buah Nangka Kering sebagai Alternatif Pangan CFGF (Casein Free Gluten Free)’, *Jurnal Teknologi Hasil Pertanian*, vol.3, no.5, Maret 2011, hlm. 50–57.

Perangin-angin, MI & Putri, RE 2017, ‘Uji Organoleptik Produk Permen Cokelat Dengan Variasi Penambahan Virgin Coconut Oil (VCO)’, *Agrica Esktsensia*, vol.11, no.2, September 2017, hlm. 35–39.

Pérez-Jiménez, J *et al.* 2010, ‘Identification of the 100 richest dietary sources of polyphenols: An application of the Phenol-Explorer database’, *European Journal of Clinical Nutrition*, vol.6, no.4, hlm. 112–120. doi: 10.1038/ejcn.2010.221.

[PERKENI] Perkumpulan Endokrinologi Indonesia 2015, *Panduan Pengelolaan Dislipidemia di Indonesia*, EGC, Jakarta.

Polagruto, JA *et al.* 2006, ‘Cocoa Flavanol-Enriched Snack Bars Containing Phytosterols Effectively Lower Total and Low-Density Lipoprotein Cholesterol Levels’, *Journal of the American Dietetic Association*, vol.106, no.11, Oktober 2006, hlm. 1804–1813. doi: 10.1016/j.jada.2006.08.012.

Potì, F *et al.* 2019, ‘Polyphenol health effects on cardiovascular and neurodegenerative disorders: A review and meta-analysis’, *International Journal of Molecular Sciences*, vol.20, no.2, Februari 2019, hlm. 1–26. doi: 10.3390/ijms20020351.

Qiu, J *et al.* 2016, ‘Dietary tartary buckwheat intake attenuates insulin resistance and improves lipid profiles in patients with type 2 diabetes: a randomized controlled trial’, *Nutrition Research*, vol.36, no.12, Maret 2016, hlm. 1392–1401. doi: 10.1016/j.nutres.2016.11.007.

Rabadan-Chávez, G *et al.* 2016, ‘Cocoa powder, cocoa extract and epicatechin attenuate hypercaloric diet-induced obesity through enhanced β -oxidation and energy expenditure in white adipose tissue’, *Journal of Functional Foods*, vol.20, no.4, hlm. 54–67. doi: 10.1016/j.jff.2015.10.016.

Rabadán-Chávez, G *et al.* 2016, ‘Modulating the expression of genes associated with hepatic lipid metabolism, lipoperoxidation and inflammation by cocoa, cocoa extract and cocoa flavanols related to hepatic steatosis induced by a hypercaloric diet’, *Food Research International*, vol.8, no.9, hlm. 937–945. doi: 10.1016/j.foodres.2016.03.019.

Rangkuti, AH 2011, ‘Teknik Pengambilan Keputusan Multi Kriteria Menggunakan Metode BAYES, MPE, CPI DAN AHP’, *ComTech*, vol.2, no.9, Oktober

2011, hlm. 229–238.

- Roth, GA *et al.* 2017, ‘Global, Regional, and National Burden of Cardiovascular Diseases for 10 Causes, 1990 to 2015’, *Journal of the American College of Cardiology*, vol.70, no.1, April 2017, hlm. 1–25. doi: 10.1016/j.jacc.2017.04.052.
- Ruminta, R, Yuwariah, Y, Sabrina, N 2017, ‘Respon Pertumbuhan dan Hasil Tanaman Hanjeli (*Coix lacryma-jobi* L.) terhadap Jarak Tanam dan Pupuk Pelengkap Cair’, *Agrikultura*, vol.28, no.2, Maret 2017, hlm. 82–89. doi: 10.24198/agrikultura.v28i2.14958.
- Santoso, A 2011, ‘Serat Pangan (Dietary Fiber) Dan Manfaatnya Bagi Kesehatan’, *Magistra*, vol.7, no.5, September 2011, hlm. 35–40. doi: 10.1108/eb050265.
- Serino, A & Salazar, G 2019, ‘Protective role of polyphenols against vascular inflammation, aging and cardiovascular disease’, *Nutrients*, vol.11, no.1, Maret 2019, hlm. 1–23. doi: 10.3390/nu11010053.
- Sharma, C *et al.* 2014, ‘Cereal bars - A healthful choice a review’, *Carpathian Journal of Food Science and Technology*, vol.6, no.2, Maret 2014, hlm. 29–36.
- Soliman, G 2019, ‘Dietary Fiber, Atherosclerosis, and Cardiovascular Disease’, *Nutrition*, vol.11, no.1, Februari 2019, hlm. 1–11. doi: 10.1016/B978-1-4377-0398-6.00086-X.
- Surampudi, P *et al.* 2016, ‘Lipid Lowering with Soluble Dietary Fiber’, *Current Atherosclerosis Reports*, vol.18, no.12, April 2016, hlm. 58-70. doi: 10.1007/s11883-016-0624-z.
- Sutiawati, M, Nurhaedar, J, Yustini 2013, ‘Pengaruh Edukasi Gizi Terhadap Pengetahuan, Pola Makan Dan Kadar Glukosa Darah Pasien DM Tipe 2 RSUD Lanto DG Pasewang Jeneponto’, *Media Gizi Masyarakat Indonesia*, vol.2, no.2, hlm. 78-84.
- Wang, L *et al.* 2012, ‘Protective effect of polyphenols extract of adlay (*Coix lachryma-jobi* L. var. *ma-yuen* Stapf) on hypercholesterolemia-induced oxidative stress in rats’, *Molecules*, vol.17, no.8, Maret 2012, hlm. 8886–8897. doi: 10.3390/molecules17088886.
- Yamashita, Y *et al.* 2012, ‘Prevention mechanisms of glucose intolerance and obesity by cacao liquor procyanidin extract in high-fat diet-fed C57BL/6 mice’, *Archives of Biochemistry and Biophysics*, vol.527, no. 2, September 2012, hlm. 95–104. doi: 10.1016/j.abb.2012.03.018.