

DAFTAR PUSTAKA

- Aditya, M. and Adifa, D. P. 2016. 'Potensi Yacon (*Smallanthus sonchifolius*) sebagai Agen Antidiabetes', *Majority*, 5(3), pp. 68–72.
- Adriano, L. S. *et al.* 2019. 'Yacon syrup reduces postprandial glycemic response to breakfast: A randomized, crossover, double-blind clinical trial', *Food Research International*, 126(March), p. 108682. doi: 10.1016/j.foodres.2019.108682.
- Afandi, F. *et al.* 2019. 'Hubungan antara Kandungan Karbohidrat dan Indeks Glikemik pada Pangan Tinggi Karbohidrat', *Jurnal Pangan*, 28(2), pp. 145–160.
- Al-Ishaq, R. K. *et al.* 2019. 'Flavonoids and their anti-diabetic effects: Cellular mechanisms and effects to improve blood sugar levels', *Biomolecules*, 9(9). doi: 10.3390/biom9090430.
- American Diabetes Association. 2018. 'Lifestyle management: Standards of medical care in Diabetes 2018', *Diabetes Care*, 41(January), pp. S38–S50. doi: 10.2337/dc18-S004.
- Annisa, I. and Ninik, R. 2015. 'Indeks Glikemik, Beban Glikemik, Kadar Protein, Serat, Dan Tingkat Kesukaan Kue Kering Tepung Garut Dengan Substitusi Tepung Kacang Merah', *Journal of Nutrition College*, 1(2), pp. 620–627. Available at: <http://ejournal-s1.undip.ac.id/index.php/jnc%0AINDEKS>.
- Anugerah, F. S., Sukarminah, E. and Rialita, T. 2019. 'Kajian Proses Produksi Dadih Susu Sapi dengan Penambahan Bakteri Asam Laktat', in *Prosiding Seminar Nasional Agroteknologi 2019*, pp. 498–507.
- Arif, A. Bin *et al.* 2013. 'Glicemic Index of Foods and Its Affecting Factors', *Jurnal Litbang Pertanian*, 32(3), pp. 91–99.
- Barber, T. M. *et al.* 2020. 'The Health Benefits of Dietary Fiber', *Nutrients*, 12(3209), pp. 1–17. doi: 10.3390/nu12103209.
- Bonet, M. E. B. *et al.* 2010. 'Prebiotic effect of yacon (*Smallanthus sonchifolius*) on intestinal mucosa using a mouse model', *Food and Agriculture Immunology*, Vol. 21, N(June), pp. 175–189. doi: 10.1080/09540100903563589.
- BPS. 2019. *Badan Pusat Statistik Provinsi Sumatera Barat*. Available at: <https://sumbar.bps.go.id/indicator/24/55/1/populasi-ternak-.html> (Accessed: 7 June 2021).

- Brouns, F. *et al.* 2005. 'Glycaemic index methodology', *Nutrition Research Reviews*, 18(1), pp. 145–171. doi: 10.1079/nrr2005100.
- BSN. 2006. 'Petunjuk Pengujian Organoleptik dan atau Sensori', *BSN (Badan Standarisasi Nasional)*. Indonesia.
- Buckland, N. J. *et al.* 2020. 'Susceptibility to increased high energy dense sweet and savoury food intake in response to the COVID-19 lockdown: The role of craving control and acceptance coping strategies', *Appetite*, 158(January). doi: <https://doi.org/10.1016/j.appet.2020.105017> Received.
- Budiarti, I. D. S., Swastawati, F. and Rianingsih, L. 2016. 'Pengaruh Perbedaan Lama Perendaman dalam Asap Cair Terhadap Perubahan Komposisi Asam Lemak dan Kolesterol Belut (*Monopterus albus*) Asap', *J. Peng. & Biotek. Hasil Pi.*, 5(1), pp. 1–10. Available at: <http://www.ejournal-s1.undip.ac.id/index.php/jpbhp>.
- Chen, Y. *et al.* 2018. 'Weight loss increases all-cause mortality in overweight or obese patients with diabetes A meta-analysis', *Medicine (United States)*, 97(35). doi: 10.1097/MD.00000000000012075.
- Choque Delgado, G. T. *et al.* 2013. 'Yacon (*Smallanthus sonchifolius*): A Functional Food', *Plant Foods for Human Nutrition*, 68(3), pp. 222–228. doi: 10.1007/s11130-013-0362-0.
- Christ-Crain, M. 2020. 'Diabetes Insipidus: New Concepts for Diagnosis', *Neuroendocrinology*, 110(9–10), pp. 859–867. doi: 10.1159/000505548.
- Collado, M. C. *et al.* 2007. 'Potential Probiotic Characteristics of Lactobacillus and Enterococcus Strains Isolated from Traditional Dadih Fermented Milk against Pathogen Intestinal Colonization', 70(3), pp. 700–705.
- Contreras-Puentes, N. and Alvíz-Amador, A. 2020. 'Hypoglycaemic Property of Yacon (*Smallanthus sonchifolius* ', *Pharmacogn Rev*, 14(27), pp. 37–44. doi: 10.5530/phrev.2020.14.7.
- Davani-Davari, D. *et al.* 2019. 'Prebiotics: Definition, Types, Sources, Mechanisms, and Clinical Applications', *Foods*, 8(92), pp. 1–27. doi: 10.3390/foods8030092.
- Debnath, S. *et al.* 2019. 'A Review on Dietary Fiber and its Application', *Research Journal of Pharmacognosy and Phytochemistry*, 11(3), p. 109. doi: 10.5958/0975-4385.2019.00019.0.
- Decroli, E. 2019. *Diabetes Melitus Tipe 2*. 1st edn. Edited by A. Kam et al. Padang: Pusat Penerbitan Bagian Ilmu Penyakit Dalam, Fakultas Kedokteran Universitas Andalas.

- Dereje, N. *et al.* 2019. ‘Glycemic index and load of selected ethiopian foods: An experimental study’, *Journal of Diabetes Research*, 2019. doi: 10.1155/2019/8564879.
- Desnilasari, D. *et al.* 2020. ‘Pengaruh Jenis Bakteri Asam Laktat dan Lama Fermentasi Terhadap Mutu Tepung Pisang Tanduk (*Musa corniculata*)’, *Biopropal Industri*, 11(1), p. 19. doi: 10.36974/jbi.v11i1.5355.
- Fikriana, R. and Devy, S. R. 2018. ‘The effects of age and body mass index on blood glucosblood cholesterol, and blood pressure in adult women’, *Indian Journal of Public Health Research and Development*, 9(11), pp. 1697–1702. doi: 10.5958/0976-5506.2018.01687.X.
- Food and Agriculture Organization. 1998. ‘Chapter 4 - The role of the glycemic index in food choice Definition of glycemic index (GI)’, *Carbohydrates in Human Nutrition*, pp. 1–5. Available at: <http://www.fao.org/3/W8079E/w8079e0a.htm> (Accessed: 8 June 2021).
- Galicia-Garcia, U. *et al.* 2020. ‘Pathophysiology of type 2 diabetes mellitus’, *International Journal of Molecular Sciences*, 21(17), pp. 1–34. doi: 10.3390/ijms21176275.
- Genta, S. *et al.* 2009. ‘Yacon syrup : Beneficial effects on obesity and insulin resistance in humans’, *Clinical Nutrition*, 28, pp. 182–187. doi: 10.1016/j.clnu.2009.01.013.
- Ginting, N. 2018. ‘Dadih bamboo ampel (*bambusa vulgaris*) and bamboo gombong (*gigantochloa verticilata*) 2 and 3 days fermented : effect on salad dressing hedonic quality’, *IOP Conference Series: Earth and Environmental Science*, 130(1). doi: 10.1088/1755-1315/130/1/012029.
- Gupta, S. and Bansal, S. 2020. ‘Does a rise in BMI cause an increased risk of diabetes?: Evidence from India’, *PLoS ONE*, 15(4), pp. 1–20. doi: 10.1371/journal.pone.0229716.
- Hamidah, N., Legowo, A. M. and Anwar, S. 2019. ‘Kualitas Sensori, Ukuran Pori, Indeks Glikemik, dan Beban Glikemik Roti Tawar Substitusi Tepung Singkong (*Manihot esculenta*) dan Tepung Tempe’, *Media Gizi Indonesia*, 14(2), pp. 154–163. Available at: <https://doi.org/10.204736/mgi.v14i2.154-163>.
- Hardianto, D. 2020. ‘Telaah Komprehensif Diabetes Melitus: Klasifikasi, Gejala, Diagnosis, Pencegahan, Dan Pengobatan’, *Jurnal Bioteknologi & Biosains Indonesia (JBBI)*, 7(2), pp. 304–317. doi: 10.29122/jbbi.v7i2.4209.
- Hipsley, E. H. 1953. ‘Dietary “fibre” and pregnancy toxemia’, *British Medical Journal*, 2(4833), pp. 420–422. doi: 10.1136/bmj.2.4833.420.
- Hirinos, R. O. C. and Evallos, L. U. I. S. C. I. 2003 ‘Andean Yacon Root (*Smallanthus sonchifolius* Poepp . Endl) Fructooligosaccharides as a

- Potential Novel Source of Prebiotics’, *Journal of Agriculture and Food Chemistry*, 51, pp. 5278–5284. doi: 10.1021/jf0344744.
- Hoppu, U. *et al.* 2018. ‘Individual differences in the perception of color solutions’, *Foods*, 7(9), pp. 1–8. doi: 10.3390/foods7090154.
- Huang, L. and Lu, J. (2015) ‘Eat with Your Eyes: Package Color Influences The Expectation of Food Taste and Healthiness Moderated by External Eating’, *Marketing Management*, 25(2), pp. 71–87.
- Idowu, A. O., Ajiro, T. O. and Odusan, O. O. 2018. ‘Dipsogenic Form of Primary Polydipsia in a Young Man and an Emerging Treatment Modality’, *International Journal of Medical and Pharmaceutical Case Reports*, 11(3), pp. 1–6. doi: 10.9734/ijmpcr/2018/43679.
- International Diabetes Federation. 2021. *IDF Diabetes Atlas 10th Edition*. doi: ISBN: 978-2-930229-98-0.
- Jain, M. *et al.* 2018. ‘ Safety evaluation of fructooligosaccharide (FOSSENCE TM): Acute, 14-day, and subchronic oral toxicity study in Wistar rats ’, *Toxicology Research and Application*, 2(1), p. 239784731878775. doi: 10.1177/2397847318787750.
- Kemendes RI. 2018. *Hasil Riset Kesehatan Dasar Tahun 2018, Kementerian Kesehatan RI*.
- Kocsis, T. *et al.* 2020. ‘Probiotics have beneficial metabolic effects in patients with type 2 diabetes mellitus: a meta-analysis of randomized clinical trials’, *Scientific Reports*, 10(1), pp. 1–14. doi: 10.1038/s41598-020-68440-1.
- Kodariah, R. *et al.* 2019 ‘The effect of dadih in BALB/c mice on pro-inflammatory and anti-inflammatory cytokine productions’, *Journal of The Medical Sciences (Berkala Ilmu Kedokteran)*, 51(04), pp. 292–300. doi: 10.19106/medsci005104201902.
- Kokubo, E. *et al.* 2022. ‘Blood Glucose Response of a Low-Carbohydrate Oral Nutritional Supplement with Isomaltulose and Soluble Dietary Fiber in Individuals with Prediabetes: A Randomized, Single-Blind Crossover Trial’, *Nutrients*, 14(12), p. 2386. doi: 10.3390/nu14122386.
- Koziolk, M. *et al.* 2019. ‘The mechanisms of pharmacokinetic food-drug interactions – A perspective from the UNGAP group’, *European Journal of Pharmaceutical Sciences*, 134(January), pp. 31–59. doi: 10.1016/j.ejps.2019.04.003.
- Kuwabara, T. *et al.* 2017. ‘The Role of IL-17 and Related Cytokines in Inflammatory Autoimmune Diseases’, *Mediators of Inflammation*, 2017, p. 11. doi: 10.1155/2017/3908061.
- de Lima Mendes, A. H. *et al.* 2019. ‘Sensory acceptance and characterization of

- yoghurt supplemented with yacon syrup and cashew apple extract as a source of bioactive compounds’, *Brazilian Journal of Food Technology*, 22, pp. 1–11. doi: 10.1590/1981-6723.15318.
- Listyaningrum, R. S. *et al.* 2021. ‘Evaluation of glycemic index determination method’, *Pharmaciana*, 11(2), pp. 175–184. doi: 10.12928/pharmaciana.v11i2.20666.
- Livovsky, D. M., Pribic, T. and Azpiroz, F. 2020. ‘Food, eating, and the gastrointestinal tract’, *Nutrients*, 12(4), p. 14. doi: 10.3390/nu12040986.
- Ma, Q. *et al.* 2019. ‘Research progress in the relationship between type 2 diabetes mellitus and intestinal flora’, *Biomedicine and Pharmacotherapy*, 117(May), p. 109138. doi: 10.1016/j.biopha.2019.109138.
- Maligan, J. M. *et al.* 2018. ‘Analisis Preferensi Konsumen Terhadap Karakteristik Organoleptik Produk’, 6(2), pp. 86–93.
- Manrique, I., Párraga, A. and Hermann, M. 2005. *Yacon syrup: Principles and processing*. Conservaci, *Applied Spectroscopy*. Conservaci. Edited by M. Hermann and O. A. Hidalgo. Lima, Peru: . International Potato Center, Universidad Nacional Daniel Alcides Carrión, Erbacher Foundation, Swiss Agency for Development and Cooperation.
- Mao, T. *et al.* 2021. ‘Effects of dietary fiber on glycemic control and insulin sensitivity in patients with type 2 diabetes: A systematic review and meta-analysis’, *Journal of Functional Foods*, 82, p. 104500. doi: 10.1016/j.jff.2021.104500.
- Miyagi, S. *et al.* 2021. ‘Moderate alcohol consumption is associated with impaired insulin secretion and fasting glucose in non-obese non-diabetic men’, *Journal of Diabetes Investigation*, 12(5), pp. 869–876. doi: 10.1111/jdi.13402.
- Morquecho-Campos, P., de Graaf, K. and Boesveldt, S. 2020. ‘Smelling our appetite? The influence of food odors on congruent appetite, food preferences and intake’, *Food Quality and Preference*, 85(November 2019), p. 103959. doi: 10.1016/j.foodqual.2020.103959.
- Mudgil, D. 2017a. ‘Dietary Fiber for the Prevention of Cardiovascular Disease’, in *Dietary Fiber for the Prevention of Cardiovascular Disease: Fiber’s Interaction between Gut Microflora, Sugar Metabolism, Weight Control and Cardiovascular Health*, pp. 35–59. doi: 10.1016/B978-0-12-805130-6.00003-3.
- Mudgil, D. 2017b. ‘The Interaction Between Insoluble and Soluble Fiber’, *Dietary Fiber for the Prevention of Cardiovascular Disease: Fiber’s Interaction between Gut Microflora, Sugar Metabolism, Weight Control and Cardiovascular Health*, (December), pp. 35–59. doi: 10.1016/B978-0-12-

805130-6.00003-3.

- Nakrani, M. N., Wineland, R. H. and Anjum, F. 2021. *Physiology, Glucose Metabolism, StatPearls*. Available at: <https://www.ncbi.nlm.nih.gov/books/NBK560599/> (Accessed: 13 July 2022).
- Negara, J. K. *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*, 4(2), pp. 286–290. doi: 10.29244/jipthp.4.2.286-290.
- Nugroho, L. N. M., Ayumuyas, N. P. and Suharjono. 2019. 'Probiotics Usage as Therapy on Diabetes Mellitus Type II: A Literature Review', *Pharmaceutical Journal of Indonesia*, 4(2), pp. 73–77.
- Nurdyansyah, F. and Hasbullah, U. H. A. 2018. 'Optimasi Fermentasi Asam Laktat oleh *Lactobacillus casei* pada Media Fermentasi yang Disubstitusikan Tepung Kulit Pisang', *Al-Kaunyah: Jurnal Biologi*, 11(1), pp. 64–71. doi: 10.15408/kaunyah.v11i1.6166.
- Nurhayati, Y. 2014. 'Implementasi Metode Perbandingan Eskponensial Dalam Penentuan Asisten Laboratorium (Studi Kasus : Di Lab . FKOM UNIKU)', *Jurnal Nuansa Informatika*, 10(1), pp. 1–10.
- Ojo, O. *et al.* 2018. 'The effect of dietary glycaemic index on glycaemia in patients with type 2 diabetes: A systematic review and meta-analysis of randomized controlled trials', *Nutrients*, 10(3), pp. 1–15. doi: 10.3390/nu10030373.
- Olokoba, A. B., Obateru, O. A. and Olokoba, L. B. 2012. 'Type 2 Diabetes: a Review of Current Trends -', *Oman Medical Journal*, 7(18), pp. 61–66. doi: 10.5001/omj.2012.68.
- PERKENI. 2021. *Pedoman Pengelolaan dan Pencegahan Diabetes Melitus Tipe 2 di Indonesia 2021*, PB PERKENI. Available at: www.ginasthma.org.
- Plaza-Diaz, J. *et al.* 2019. 'Mechanisms of Action of Probiotics', in *Advances in Nutrition*, pp. S49–S66. doi: 10.1093/advances/nmy063.
- Pratiwi, I. D. P. K. and Sughita, I. M. 2020. 'Kandungan Tanin dan Serat Pangan dari Tepung Kecambah Millet dan Tepung Kecambah Millet Terfermentasi The Content of Tannin and Dietary Fiber from Fermented Millet Spouts Flour and Millet Sprout Flour', *Jurnal Ilmiah Teknologi Pertanian*, 5(1), pp. 34–38.
- Ramachandran, A. 2014. 'Know the sign and symptoms of diabetes', *Indian J Med Res*, (November), pp. 579–581.
- Reynolds, A. N., Akerman, A. P. and Mann, J. 2020. 'Dietary fibre and whole

Nurul A'daalah, 2022

ANALISIS KANDUNGAN SERAT PANGAN, INDEKS GLIKEMIK DAN BEBAN GLIKEMIK PANGAN TRADISIONAL DADIH SUSU SAPI DENGAN PENAMBAHAN SIROP YAKON (*Smallanthus sonchifolius*).

UPN Veteran Jakarta, Fakultas Ilmu Kesehatan, Gizi Program Sarjana

[www.upnvj.ac.id – www.library.upnvj.ac.id – www.repository.upnvj.ac.id]

- grains in diabetes management: Systematic review and meta-analyses', *PLoS medicine*, 17(3), p. e1003053. doi: 10.1371/journal.pmed.1003053.
- Rimbawan and Siagian, A. 2004. *Indeks Glikemik Pangan*. Jakarta: Penebar Swadaya. Available at: http://pustaka.poltekkes-pdg.ac.id:80/index.php?p=show_detail&id=1502.
- Salmerón, J. *et al.* 1997. 'Dietary fiber, glycemic load, and risk of NIDDM in men', *Diabetes Care*, 20(4), pp. 545–550. doi: 10.2337/diacare.20.4.545.
- Sami, W. *et al.* 2017. 'Effect Of Diet Counseling On Type 2 Diabetes Mellitus', *International Journal of Scientific & Technology Research*, 11(2), pp. 65–71.
- Setiabudi, U. M. 2021. 'Sifat Organoleptik Kue Brownies dengan Penambahan Rumpaut Laut (*Eucheuma cottoni*)', 3(2), pp. 69–75.
- Silvaa, M. de F. G. da *et al.* 2018. 'Evaluation of nutritional and chemical composition of yacon syrup using 1 H NMR and UPLC-ESI-Q-TOF-MSE', *Food Chemistry*, 245. doi: <https://doi.org/10.1016/j.foodchem.2017.11.092>.
- Sircana, A. *et al.* 2018. 'Altered Gut Microbiota in Type 2 Diabetes: Just a Coincidence?', *Current Diabetes Reports*, 18(98), pp. 1–11. doi: 10.1007/s11892-018-1057-6.
- Sliwiska-Mosson, M. and Milnerowicz, H. 2017. 'The impact of smoking on the development of diabetes and its complications', *Diabetes and Vascular Disease Research*, 14(4), pp. 265–276. doi: 10.1177/1479164117701876.
- Surono, I. S. 2003. 'In vitro probiotic properties of indigenous dadih lactic acid bacteria', *Asian-Australasian Journal of Animal Sciences*, 16(5), pp. 726–731. doi: 10.5713/ajas.2003.726.
- Tandon, D. *et al.* 2019. 'A prospective randomized, double-blind, placebo-controlled, dose-response relationship study to investigate efficacy of fructo-oligosaccharides (FOS) on human gut microflora', *Scientific Reports*, 9(1), pp. 1–15. doi: 10.1038/s41598-019-41837-3.
- Tao, Y. W. *et al.* 2020. 'Effects of probiotics on type II diabetes mellitus: A meta-analysis', *Journal of Translational Medicine*, 18(1), pp. 1–11. doi: 10.1186/s12967-020-02213-2.
- Taufik, E. 2004. 'Dadiah Susu Sapi Hasil Fermentasi Starter Bakteri Probiotik yang Disimpan pada Suhu Rendah : Karakteristik Kimiawi', *Media Peternakan*, 27(3), pp. 88–100.
- Transl, J. *et al.* 2020. 'Effects of probiotics on type II diabetes mellitus : a meta - analysis', *Journal of Translational Medicine*, pp. 1–11. doi: 10.1186/s12967-020-02213-2.

- Ulfa, M., Sugitha, I. M. and Damayanti, L. P. T. 2020. ‘Pengaruh Penambahan Skim terhadap Karakteristik Dadih Susu Sapi yang Dibuak dalam Ruas Bambu Wuluh (*Schizostachyum silicatum*) di Bali’, *Jurnal Ilmu dan Teknologi Pangan (ITEPA)*, 9(2), p. 211. doi: 10.24843/itepa.2020.v09.i02.p11.
- Vega-López, S., Venn, B. J. and Slavin, J. L. 2018. ‘Relevance of the glycemic index and glycemic load for body weight, diabetes, and cardiovascular disease’, *Nutrients*, 10(10), pp. 1–27. doi: 10.3390/nu10101361.
- Venn, B. J. and Green, T. J. 2007. ‘Glycemic index and glycemic load: Measurement issues and their effect on diet–disease relationships’, *European Journal of Clinical Nutrition*, 61(May 2014), pp. S122–S131. doi: 10.1038/sj.ejcn.1602942.
- Visuthranukul, C. *et al.* 2022. ‘Glycemic index and glycemic load of common fruit juices in Thailand’, *Journal of Health, Population and Nutrition*, 41(1), pp. 1–7. doi: 10.1186/s41043-022-00284-z.
- Vlachos, D. *et al.* 2020. ‘Dietary Interventions for Optimizing Postprandial Hyperglycemia in Patients with T2 Diabetes: A Review’, *Nutrients*, 12(1561), pp. 1–13. doi: doi.org/10.3390/nu12061561.
- Wahdah, R., Isdiantoni and Wahyuni, P. R. 2021. ‘Analisis Preferensi Konsumen Terhadap Kecap Cap Ikan Terbang PT. Surya Mandala di Pasar Anom Kecamatan Kota Sumenep’, *Journal of Food Technology and Agroindustry Volume*, 2(1), pp. 13–20. doi: https://doi.org/10.24929/jfta.v2i1.957.
- Widyastuti, Y., Rohmatussolihat and Febrisiantosa, A. 2014. ‘The Role of Lactic Acid Bacteria in Milk Fermentation’, *Food and Nutrition Sciences*, 05(04), pp. 435–442. doi: 10.4236/fns.2014.54051.
- Willis, S. K. *et al.* 2020. ‘Glycemic load, dietary fiber, and added sugar and fecundability in 2 preconception cohorts’, *American Journal of Clinical Nutrition*, 112(1), pp. 27–38. doi: 10.1093/ajcn/nqz312.
- Wirawati, C. U. *et al.* 2017. ‘Karakteristik dan Pengembangan Dadih dari Susu Sapi sebagai Alternatif Dadih Susu Kerbau’, *WARTAZOA*, 27(2), pp. 95–103. doi: http://dx.doi.org/10.14334/wartazoa.v27i2.1595 Karakteristik.
- Wirawati, C. U. *et al.* 2018. ‘Characteristic and Development of Cow’s Milk Dadih as an Alternate of Buffalo’s Milk Dadih’, *Indonesian Bulletin of Animal and Veterinary Sciences*, 27(2), p. 95. doi: 10.14334/wartazoa.v27i2.1595.
- Wirawati, C. U. *et al.* 2019. ‘Diversity of lactic acid bacteria in dadih produced by either back-slopping or spontaneous fermentation from two different regions of West Sumatra, Indonesia’, 12, pp. 823–829. doi: 10.14202/vetworld.2019.823-829.

Wu, Y. *et al.* 2014. 'Risk factors contributing to type 2 diabetes and recent advances in the treatment and prevention', *International journal of medical sciences*, 11(11), pp. 1185–1200. doi: 10.7150/ijms.10001.