

DAFTAR PUSTAKA

- Abhari, K, Shekarforoush, SS, Hosselnzadeh, S, Nazifi, S, Sajedianfard, J 2015, 'The effects of prebiotic, probiotic, and symbiotic diets containing *Bacillus coagulans* and inulin on serum lipid profile in the rat', *Veterinary Science Development*, vol.5, April 2015, p.95-98.
- Adult Treatment Panel (ATP) III 2001, 'Executive summary of the third report of the National Cholesterol Program (NCEP), expert panel of detection, evaluation, and treatment of high blood cholesterol in adults', *JAMA*, vol.285, no.19, update November 2015, p.2486-2497.
- Aktimur, SH, Suher, M, Darilmaz, DO, Aktimur, R, Ergul, E 2017, 'Effect of probiotics, prebiotics and synbiotics on serum cholesterol levels', *Clinics in Surgery*, vol.2, Oktober 2017, p.1-3.
- American Heart Association 2015, 'Heart disease and stroke-2014 update: A report from American Heart Association', *Circulation*.
- Auley, MTMc, Mooney, KM 2015, 'Computationally Modeling Lipid Metabolism and Aging: A Mini-review', *Computational and Structural Biotechnology Journal*, p.38-46.
- Bhambhani, GD, Bhambhani, RG, Thakor, NC 2015, 'Lipid profile of patients with diabetes mellitus: a cross sectional study', *International Journal of Research in Medical Science*, vol.3, no.11, p.3292-3295.
- Bustam, KA 2014, 'Type II Diabetes Mellitus With Obesity Grade I In Elderly Woman', *Medula*, vol.2, no.4, p.46-52.
- Cahyani, TDA 2017, *Pengaruh yoghurt dan soyghurt herbal sinbiotik jelly drink ekstrak jahe merah (Zingiber Officinale Var. Rubrum) terhadap kadar malondialdehid (MDA) tikus pra-sindrom metabolik*, Skripsi Departemen Ilmu Gizi, Universitas Diponegoro.
- Camacho, JDH & Camacho, MH 2017, 'Clinical update on metabolic syndrome', *Revista Espanola de Nutricion Humana y Dietetica*, vol.21, no.4, Desember 2017, p.384-392.
- Carasi, P, Racedo, SM, Jacquot, C, Romanin, DE, Serradell, MA, Urdaci, MC 2015, 'Impact of kefir derived *Lactobacillus kefiri* on the mucosal immune response and gut microbiota', *Journal of Immunology Research*, p.1-12.
- Choi, JW, Kang, HW, Lim, WC, Kim, MK, Lee, IY, Cho, HY 2017, 'Kefir prevented excess fat accumulation in diet-induced obese mice', *Bioscience, Biotechnology, and Biochemistry*, vol.81, no.5, Januari 2017, p.958-965.

- Darilmaz, DO, Sonmez, S, Beyatli, Y 2018, 'The effects of inulin as a prebiotic supplement and the synbiotic interactions of probiotics to improve oxalate degrading activity', *International Journal of Food Science and Technology*, Juli 2018, p.1-12.
- De Castro, *et al* 2013, 'Age-dependent effect of high-fuctose and high-fat diets on lipid metabolism and lipid accumulation in liver and kidney of rats', *Lipid in Health and Disease*, p.1-11.
- DiaSys Diagnostic Systems GmbH 2014, *HDL Precipitant*, Alte Strasse 9 65558 Holzheim Germany, p.1-2.
- DiaSys Diagnostic Systems GmbH 2014, *LDL Precipitant*, Alte Strasse 9 65558 Holzheim Germany, p.1-2.
- El-basithi, TA, Zabut, BM, Al-krenawie, AI 2017, 'Effect of kefir intake on growth performance and some biochemical profiles among domestic rabbits', *World Journal of Pharmacy and Pharmaceutical Sciences*, vol.6, no.2, Februari 2017, 223-240.
- Fadhilah, AN, Hafsan, Nur, F 2015, 'Penurunan kadar kolesterol oleh bakteri asam laktat asal dangke secara in vitro', *Prosiding Seminar Nasional Mikrobiologi Kesehatan dan Lingkungan*, Januari 2015, hlm.1-7.
- Gropper, SS & Smith, JL 2013, *Advanced Nutrition and Human Metabolism Sixth Edition*, United States of America.
- Hardisari, R & Amaliawati, N 2016, 'Manfaat prebiotik tepung pisang kepok (*Musa paradisiaca formatypica*) terhadap pertumbuhan probiotik *Lactobacillus casei* secara in vitro', *Jurnal Teknologi Laboratorium*, vol.5, no.2, September 2016, hlm.66-67.
- Hidayati, SN & Syauqy, A 2015, 'Pengaruh pemberian pisang kepok (*Musa paradisiaca forma typical*) terhadap kadar kolesterol total tikus sprague dawley pra sindrom metabolik', *Journal of Nutrition College*, vol.4, no.2, hlm.499-507.
- Ismiranda & Dewi, E 2017, 'Pengaruh Pakan Aterogenik Terhadap Peningkatan Kadar Kolesterol Total Serum Darah Mencit (*Mus Musculus*)', *Jurnal EduBio Tropika*, vol.5, no.1, April 2017, hlm.1-53.
- Joseph, N, Chettuvatti, K, Yadav, H, Bharadwaj, H, Kotian, SM 2017, 'Assesment of risk of metabolic syndrome and cardio vascular diseases among medical students in India', *J Cardiovasc Disease Res*, vol.8, no.3, p.89-95.
- Kamso, S 2007, 'Body mass index, total cholesterol, and ratio total to HDL cholesterol were determinants of metabolic syndrome in the Indonesian

- elderly', *Medical Journal of Indonesia*, vol.16, no.3, September 2007, hlm.195-200.
- Kamso, S, Purwentyastuti, Lubis, DU, Juwita, R, Robbi, YK, Besral 2011, 'Prevalensi dan determinan sindrom metabolik pada kelompok eksekutif di Jakarta dan sekitarnya', *Jurnal Kesehatan Masyarakat Nasional*, vol.6, no.2, Oktober 2011, hlm.1-6.
- Kavitha, K, Reddy, AG, Reddy, KK, Kumar, CSVS, Boobalan, G, Jayakanth, K 2016, 'Hypoglycemic, hypolipidemic and antioxidant effects of pioglitazone, insulin and symbiotic in diabetic rats', *Veterinary World*, vol.9, no.2, Februari 2016, p.118-122.
- Lara, MJS, Sanchez, CR, Ojeda, FJR, Diaz, JP, Gill, A 2016, 'Effects of probiotics and synbiotics on obesity, insulin resistance syndrome, type 2 diabetes and non-alcoholic fatty liver disease: a review of human clinical trials', *International Journal of Molecular Sciences*, Juni 2016, p.1-15.
- Laurance, DR & Bacharach, AL 1964, 'Evaluation of drug activities: pharmacometrics', *Academic Press*.
- Liyanage, R et al 2016, 'Banana blossom (*Musa acuminata colla*) incorporated experimental diets modulate serum cholesterol and serum glucose level in wistar rats fed with cholesterol', *NCBI*, November 2016, p.1-6.
- Marimuthu, A, Sivasankari, B, Rani, RP 2014, 'Effects of probiotics, prebiotics, and synbiotics on hypercholesterolemia: A review', *Chinese Journal of Biology*, Januari 2014, p.1-7.
- Markowiak, P & Slizweska, K 2017, 'Effects of probiotics, prebiotics, and synbiotics on human health', *Nutrients*, p.1-30.
- Martharini, D & Indratiningsih, I 2017, 'Kualitas mikrobiologis dan kimiawi kefir susu kambing dengan penambahan *Lactobacillus acidophilus* FNCC 0051 dan tepung kulit pisang kepok (*Musa Paradisiaca*)', *Agritech*, vol.37, no.1, Februari 2017, hlm.22-29.
- McCracken, E, Monaghan, M, Sreenivasan, S, Edin 2018, 'Pathophysiology of the metabolic syndrome', *Clinics in Dermatology*, vol.36, p.14-20.
- Mehta, V & Bhatt, K 2017, 'Lipids and its metabolism', *Journal of Cardiology & Cardiovascular Therapy*, vol.4, no.2, April 2017, p.1-6.
- Mohamed, DA, Minar, MH, Tamer, ME, Mohamed, TF, Marwa, ME, Karen, AF et al. 2017, 'Amelioration of Diabetes in a rat model through yoghurt supplemented with probiotics and olive pomace extract', vol.17, no.2, p.320-333.

- Moroti, C, Magri, LFS, Costa, MDR, Cavallini, DCU, Sivieri, K 2012, 'Effect of consumption of a new symbiotic shake on glycemia and cholesterol levels in elderly people with type 2 diabetes mellitus', *Lipid in Health and Disease*, vol.11, no.29, p.1-8.
- Musita, N 2012, 'Kajian kandungan dan karakteristiknya pati resisten dari berbagai varietas pisang', *Jurnal Dinamika Penelitian Industri*, vol.23, no.1, Juni 2012, hlm.57-65.
- Musita, N 2014, 'Pemanfaatan tepung pisang batu (*Musa balbisiana colla*) pada pembuatan kue brownies', *Jurnal Riset Industri*, vol.8, no.3, Desember 2014, hlm.171-178.
- Nikjooy, S & Hashemi, S 2015, 'Study the possibility of producing symbiotic yogurt containing *Lactobacillus casei* and wild thyme extract', *Intl J Agri Crop Sci*, vol. 8, no. 1, p. 61-67.
- Nolan, PB, Carrick-Ranson, G, Stinear, JW, Reading, SA, Dalleck, LC 2017, 'Prevalence of metabolic syndrome and metabolic syndrome components in young adults: A pooled analysis', *Preventive Medicine Reports* 7, p.211-215.
- Notoatmodjo, S 2012, *Metodologi Penelitian Kesehatan*, Rineka Cipta, Jakarta.
- Noviyanti, F, Decroli, E, Sastri, S 2015, 'Perbedaan kadar LDL-kolesterol pada pasien Diabetes Mellitus Tipe 2 dengan dan tanpa Hipertensi di RS Djamil Padang tahun 2011', *Jurnal Kesehatan Andalas*, vol.4, no.2, p.545-550.
- Nur Cahyo, TA & Kartasurya, MI 2015, 'Pengaruh pemberian yoghurt kacang merah terhadap kadar kolesterol LDL pada wanita dislipidemia', *Journal of Nutrition College*, vol. 4, no.2, hlm.133-140.
- Nurliyani, H & Eni, S 2014, 'Manfaat kefir susu kambing dan susu kedelai dalam perbaikan profil lipid tikus yang diinduksi diabetes type 2', *Annual Scientific Meeting*, hlm.29-37.
- Nurliyani, Harmayanti, E, Sunarti 2018, 'Goat milk kefir supplemented with porang glucomannan improves lipid profile and haematological parameter in rats fed high fat and high fructose diet', *Romanian Journal of Diabetes Nutrition & Metabolic Diseases*, vol.25, no.1, Maret 2018, p.11-21.
- Nurliyani, Widodo, Suranindyah, Y, Rahmatulloh, S 2017, 'Kefir fermented with glucomannan from porang tuber to improve the health of metabolic syndrome rats,' <https://repository.ugm.ac.id/id/eprint/273130> diakses pada 22 Maret 2019.
- Octavia, ZF, Djamiyatun, K, Suci, N 2017, 'Pengaruh pemberian yogurt sinbiotik tepung pisang tanduk terhadap profil lipid tikus sindrom metabolik', *Jurnal Gizi Klinik Indonesia*, vol.13, no.4, April 2017, hlm. 159-169.

- Ostadrahimi A, Taghizadeh A, Mobasseri M, Farrin N, Payahoo L, Beyramalipoor Gheshlaghi Z, et al 2015, 'Effect of probiotic fermented milk (kefir) on glycemic control and lipid profile in type 2 diabetic patients: a randomized double-blind placebo-controlled clinical trial', *Iran J Public Health*, vol.44, no.2, p.228-237.
- Pandey, KR, Naik, SR, Vakil, BV 2015, 'Probiotics, prebiotics and synbiotics- a review', *J Food Sci Technol*, vol.52, no.12, Desember 2015, p.7577-7587.
- Park, YW 2017, 'Goat milk-chemistry and nutrition ', *Agricultural Research Station*, p.42-83.
- Pereira, MCDA, Barcelos, MDFP, Sousa, MSB, Pereira, JDAR 2013, 'Effects of the kefir and banana pulp and skin flours on hypercholesterolemic rats', *Acta Cirurgica Brasileira*, vol.28, no.7, p.481-486.
- Pimenta et al 2018, 'Mechanisms of action of kefir in chronic cardiovascular and metabolic diseases', *S. Karger*, Agustus 2018, p.1901-1914.
- Prayogi, S, Fitmawati, Sofiyanti, N 2016, 'Karakteristik morfologi dan uji kandungan nutrisi pisang batu (*Musa balbisiana Colla*) di kabupaten Kuantan Singingi', *Jurnal Biologi Papua*, vol.8, no.2, Oktober 2016, hlm. 97-110.
- Rabiei, S, Hedayati, M, Rashidkhani, B, Saadat, N, Shakerhossini, R 2018, 'The effects of symbiotic supplementation on body mass index, metabolic and inflammatory biomarkers, and appetite in patients with metabolic syndrome : a triple-blind randomized controlled trial', *Journal of Dietary Supplements*, p.1-13.
- Rahmawati, FC, Djamiyatun, K, Suci, N 2017, 'Pengaruh yogurt sinbiotik pisang terhadap kadar glukosa dan insulin tikus sindrom metabolik', *Jurnal Gizi Klinik Indonesia*, vol.14, no.1, Juli 2017, hlm.10-18.
- Ratya, N, Taufik, E, Arief, II 2017, 'Karakteristik kimia, fisik dan mikrobiologis susu kambing peranakan etawa di Bogor', *Jurnal Ilmu Produksi dan Teknologi Hasil Peternakan*, vol.5, no.1, Januari 2017, hlm.1-4.
- Ridwan, E 2013, 'Etika pemanfaatan hewan percobaan dalam penelitian kesehatan', *J Indon Med Assoc*, vol.63, no.3, Maret 2013, hlm.112-116.
- Riesanti, DG, Padaga, MC, Herawati, 'Kadar HDL, Kadar LDL dan Gambaran Histopatologi Aorta Pada Hewan Model Tikus (*Rattus norvegicus*) Hipertolesterolemia dengan Terapi Ekstrak Air Benalu Mangga (*Dendrophthoe pentandra*), Program Studi Kedokteran Hewan, Universitas Brawijaya.

- Rosa, DD, Dias, MMS, Grzeskowiak, LM, Reis, SA, Conceicao, LL, Peluzio, MDCG 2017, 'Milk kefir nutritional, microbiological and health benefits', *Nutrition Research Reviews*, Februari 2017, p.1-15.
- Rusdaina & Syauqy, A 2015, 'Pengaruh pemberian pisang kepok (*Musa paradisiaca forma typical*) terhadap kadar trigliserida tikus *sprague dawley* pra sindrom metabolik', *Journal of Nutrition College*, vol.4, no.2, hlm.585-592.
- Saputra, S & Margawati, A 2015, ' Pengaruh pemberian yoghurt sinbiotik tanpa lemak dengan penambahan tepung gembili (*Dioscorea esculenta*) terhadap kadar kolesterol total tikus hiperkolesterolemia', *Journal of Nutrition College*, vol.4, no.2, hlm.104-109.
- Shakeri, H et al 2014, 'Consumption of symbiotic bread decreases triacylglycerol and VLDL levels while increasing HDL levels in serum from patients with type-2 diabetes', *Lipids*, vol.49, p.695-701.
- Soleha, TU & Bimandama, MA 2016, 'Hubungan sindrom metabolik dengan penyakit kardiovaskular', *Majority*, vol.5, no.2, April 2016, hlm.49-55.
- Towil, AS & Pramono, A 2014, 'Pengaruh pemberian yoghurt sinbiotik tanpa lemak ditambah tepung gembili terhadap kadar kolesterol LDL tikus hiperkolesterolemia', *Jurnal Gizi Indonesia*, vol.3, no.1, Desember 2014, hlm.46-51.
- Tufan, T & Bolacali 2017, 'Effects of dietary addition of symbiotic on the performance, carcass traits, and serum parameters of Japanese quails', *Brazilian Journal of Animal Science*, vol.46, no.10, p.805-813.
- Wahyuni, PT & Syauqy, A 2015, 'Pengaruh pemberian pisang kepok (*Musa paradisiaca forma typical*) terhadap kadar glukosa darah puasa pada tikus *sprague dawley* pra sindrom metabolik', *Journal of Nutrition College*, vol.4, no.2, hlm.547-556.
- Wang, HH, Garruti, G, Liu, Min, Portincasa, Piero, Wang, David QH 2017, 'Cholesterol and lipoprotein metabolism and atherosclerosis: recent advances in reverse cholesterol transport', *Annals of Hepatology*, vol.16, no.1, September 2017, p.27-42.
- Warraich HJ, Wong ND, Rana JS 2015, 'Role for combination therapy in diabetic dyslipidemia', *Curr Cardiol Rep*, p.17:32.
- World Health Organization 2001, 'General guidelines for methodologies on research and evaluation of traditional medicine', *Geneva*.