

DAFTAR PUSTAKA

- Abeysekera, S, Philip, D, Hasanalli, V, Gordon, A 2011, 'A Pulse-Based diet is effective for reducing total and LDL-Cholesterol in older adults', *British Journal Of Nutrition*, vol.108, diakses 8 Juli 2016.
<http://search.proquest.com/docview/1034725098/fulltextPDF/A70BA37A0E BE4740PQ/1?accountid=38628>
- Almatsier, S 2013, *Penuntun Diet, Edisi Baru : Instalasi Gizi Perjan RS. Dr. Cipto Mangunkusumo dan Asosiasi Dietisien Indonesia*, Gramedia Pustaka Utama, Jakarta
- Arikunto, S 2013, *Prosedur Penelitian Suatu Pendekatan Praktik*, Rineka Cipta, Jakarta
- Arisman, 2014 , *Buku Ajar Ilmu Gizi: Obesitas, Diabetes Mellitus dan Dislipidemia*, EGC, Jakarta.
- Anida, 2016, 'Efek Senam Tai Chi Terhadap Kadar Trigliserida dan Lingkar Pinggang Pada Wanita Pasca Menopause Di Desa Trihanggo Kecamatan Gamping', *MIKKI*, vol.4, no.1, Februari 2016, hlm.184-190.
- Antika, PR 2014, 'Hubungan Antara Rasio Lingkar Pinggang Panggul Dengan Muhammadiyah 1 Dan 2 Surakarta', Naskah Publikasi, Fakultas Kedokteran Universitas Muhammadiyah, Surakarta
- Badan Penelitian dan Pengembangan Kesehatan 2007, *Riset Kesehatan Dasar (Riskesdas) 2007*, Departemen Kesehatan Republik Indonesia, Jakarta.
- Badan Penelitian dan Pengembangan Kesehatan 2013, *Riset Kesehatan Dasar (Riskesdas) 2013*, Departemen Kesehatan Republik Indonesia, Jakarta.
- Badan Penelitian dan Pengembangan Kesehatan 2013, *Riset Kesehatan Dasar Dalam Angka (Riskesdas) 2013 Provinsi Banten*, Departemen Kesehatan Republik Indonesia, Banten.
- Badan Pusat Statistik 2005, Badan Pusat Statistik Indonesia, www.bps.go.id diakses 18 Maret 2016.

- Bish, A, Satheesh, M, Kumud, U 2012, 'An Huge Updated Review On Dyslipidemia Etiology With Various Approaches For Its Treatment', *Pharmacopore (An International Research Journal)*, vol.3, no.5, diakses 11 Maret 2016
<http://www.pharmacoporejournal.com/September-October2012article2.pdf>
- Brockop, DY, Tolsma, MTH 2000, *Dasar-Dasar Riset Keperawatan*, EGC, Jakarta
- Brownlee, I, Peter, W, Vicky, S, Jeff, P 2006, 'The Interaction of Dietary Fibres with the Colon', *Current Nutrition and Food Science*, vol.2 diakses tanggal 9 Juli 2016.
https://www.researchgate.net/publication/233619802_The_Interaction_of_Dietary_Fibres_with_the_Colon
- Cipla Initiative, 2005, 'Essence Series Essential Information In Brief Dyslipidemia', India
- Dalimartha, S, Felix, D 2014, *Tumbuhan Sakti Atasi Kolesterol*, Penebar Swadaya Group, Jakarta
- Departemen Kesehatan Indonesia 2013, *Pedoman Praktis Memantau Status Gizi Orang Dewasa*, Jakarta
- Departemen Pendidikan Nasional 2008, 'Kamus Besar Bahasa Indonesia Edisi Ketiga', Balai Pustaka, Jakarta.
- Dewantari, NM 2009, *Efektivitas Senam Ayo Bangkit Dan Diet Energi Rendah Dalam Menurunkan Berat Badan*, Prosiding Temu Ilmiah, Persagi
- Durstine, JL 2007, *Action Plan For High Cholesterol*, Human Kinetics, USA
- Du, H, Daphne, L, Vanessa, G, Susan, A, Nita, G, Nicholas, W 2009, 'Dietary Energy Density in Relation to Subsequent Changes of Weight and Waist Circumference in European Men and Women', *Plos One*, vol.4, no.4, April 2009, diakses tanggal 8 Juli 2016,
<http://search.proquest.com/docview/1290655012/E76C6EDF6568431CPQ/1?accountid=38628>
- Fairudz, A, Khairun, N 2015, 'Pengaruh Serat Pangan terhadap Kadar Kolesterol Penderita Overweight', Majority (Naskah Publikasi), Fakultas Kedokteran Universitas Lampung, Lampung.

- Fatmah 2010, *Gizi Usia Lanjut*, Erlangga, Jakarta
- Gilang, M 2007, *Pendidikan Jasmani Olahraga dan Kesehatan*, Ganeca Exact, Jakarta
- Guyton, AC., dan Hall, JE. 2007. *Text Book of Medical Psysiology*. Philadelphia: Elsevier Saunders.
- Handajani, A, Betty, R, Herti, M 2009, 'Faktor-Faktor Yang Berhubungan Dengan Pola Kematian Pada Penyakit Degeneratif di Indonesia', *Buletin Penelitian Sistem Kesehatan*, vol.13, no.1, Januari 2010, hlm.42-53.
- Harland, J 2012, 'Food combinations for cholesterol lowering', *Nutrition Research Review*, vol.25, diakses tanggal 9 Juli 2016.
<http://search.proquest.com/docview/1194626421/fulltextPDF/93D29EB38F4D6FPQ/1?accountid=38628>
- Hartono, A 2013, *Terapi gizi dan diet rumah sakit edisi dua*, EGC, Jakarta
- Indonesia, Undang-Undang 2003, Undang-undang Republik Indonesia no.20 tahun 2003 tentang jenis pendidikan
- Janssen, I, Anne, F, Robert, H, Robert, R 2002, 'Effects of an Energy- Restrictive Diet With or without Exercise on Abdominal fat, Intermuscular Fat, and metabolic Risk Factors in Obese Women', *Journal Diabetes Care*, vol. 25, no.3, Maret 2003, p.431-438
- Joffers, M, Margot, S, Mark, ST, Sarah, CG 2013, 'Dyslipidemia Prevalence, Treatment, Control, and Awareness in the Canadian Health Measures Survey', *Canadian Journal Public Health*, vol.104, no.3, diakses tanggal 17 Maret 2016,
<http://search.proquest.com/docview/1426037078/fulltextPDF/E10B6F8870294109PQ/1?accountid=38628>
- Joshi, SR, Ranjit, MA, Mohan, D, Rajendra, P, Anil, B, Vinay, KD, Prashnat, PJ, Ranjit, U, Elangovan, N, Radhakirsan, S, Sri VM, Paturi, VR, Ashok, KD, Taniv K, Deepak, KS, Viswanathan, M 2014, 'Prevalence of Dyslipidemia in Urban and Rural India: The ICMR-INDIAB Study', *Plose One Journal*, vol. 9, no.5, diakses tanggal 17 Maret 2016. <http://search.proquest.com>
- Kustiyah, L, Maya, U, Mira, D 2013, 'Hubungan asupan serat dengan status gizi dan profil lipid darah pada orang dewasa dislipidemia', *Jurnal Gizi Pangan*.

- Kuswari, M, Budi, S, Rimbawan 2015, 'Frekuensi Senam Aerobik Intensitas Sedang Berpengaruh Terhadap Lemak Tubuh Pada Mahasiswi IPB', *Jurnal Gizi Pangan*, vol.10, no.1, hlm.25-32.
- Krisnata, A 2014, 'Pengaruh Senam Pilates Terhadap Penurunan Lingkar Pinggang Pada Wanita Usia 40-50 Tahun', *Naskah Publikasi Universitas Muhamadiyah Surakarta*.
- Listiyana, A, Mardiana, Galuh, N 2013, 'Obesitas Sentral Dan Kadar Kolesterol Darah Total', *Jurnal Kesehatan Masyarakat UNNES*, vol.9, no.1, hlm.37-43.
- Mann, S, Christoper, B, Alfonso, J 2014, 'Differential Effects of Aerobic Exercise, Resistance Training, and Combined Exercise Modalities on Cholesterol and The Lipid Profile: Review, Synthesis, and Recommendation', *Sport Med*, vol.44, diakses tanggal 15 Maret 2016.
<http://search.proquest.com/docview/1624972317/fulltextPDF/3284CD523BD34AB0PQ/1?accountid=38628>
- Marks, D, Allan, M, Collen MS 2000, *Basic Medical Biochemistry : A clinical Approach*, Lippincot Williams and Willkins, USA
- Martin, RA, Anna, PN, Menuel, JC, Manuel TV, Ana, MT 2010, 'The effect of aerobic versus strength-based training on high-sensitivity C-reactive protein in older adults', *Europa Journal*, vol.110, p.161-169
- Ma,rufi, R 2014, 'Hubungan dislipidemia dengan penyakit jantung korner', *JKKI*, Vol.6, no.1, Januari-April 2014, hlm.47-53
- Maryanto, S, Fatimah, S, Sugiri, Yustinus, M 2013, 'Efek Pemberian Buah Jambu Biji Merah Terhadap Produksi SCFA Dan Kolesterol Dalam Caecum Tikus Hiperkolesterolemia', *ARGITECH Jurnal Teknologi Pangan UGM*, diakses 8 Juli 2016, <http://jurnal.ugm.ac.id/agritech/article/view/9556/7131>
- Medeiros, D, Robert, W 2015, *Advanced Human Nutrition Third Edition*, Jones & Bartlett Learning, USA
- Meyer, AL, Thomas, PG (eds) 2012, *Physical Activity Across The Lifespan*, Spinger, London
- Murray, RK, Granner, DK, Rodwell, V 2009, *Biokimia Harper Edisi 27*, EGC, Jakarta

National Cholesterol Education Program 2001, *Third Report of the National Cholesterol Education Program (NCEP) Expert Panel (NCEP ATP III)*, National Institute Of Health

Nuada, IN 2013, 'Pelatihan Senam Ayo Bangkit Lebih Meningkatkan Kebugaran Fisik Ditinjau Dari Daya Tahan Umum Daripada Senam Ayo Bersatu Seri 2 Pada Mahasiswi Jurusan Kebidanan Politeknik Kesehatan Kementerian Kesehatan Denpasar', Tesis Program Pasca Sarjana, Universitas Udayana, Denpasar, hlm.22-25

Notoatmodjo, S, 2010, *Metodologi Penelitian Kesehatan*, Rineka Cipta, Jakarta

Padmastrimaya, A 2013, 'Pola Dislipidemia dan hubungannya dengan jenis kelamin pada penderita penyakit jantung koroner di RSUP DR.Kariadi Semarang', Karya Tulis Ilmiah Fakultas Kedokteran Universitas, Diponegoro, Semarang

Pal, S, Alireza, K, Colin, B, Stavinder, D, Vanessa, E 2011, 'The effect of a fibre supplement compared to a healthy diet on body composition, lipids, glucose, insulin and other metabolic syndrome risk factors in overweight and obese individuals', *British Journal Of Nutrition*, vol.105, diakses 14 Maret 2016,
<http://search.proquest.com/docview/840584665/fulltextPDF/B4B0E71F1BC047F1PQ/1?accountid=38628>

Plowman, S, Denise, LS 2008, *Exercise Physiologi For Health, Fitness And Performance*, Lippincott Williams and Willkins, USA

Preddy, VR (ed) 2012, *Handbook Of Anthropometry Physical Measures Of Human Form In Healt and Disease*, Springer, London

Pereira, LP, Rosely, S, Segri, NJ, Regina, MVG, Marcia, GF 2015, 'Self-reported dyslipidemia in central-west Brazil: prevalence and associated factors', *Ciencia and Saude Coletiva*, vol. 20, no.6, diakses tanggal 16 Maret 2016,
<http://search.proquest.com/docview/1693631925/7D5A1413939040C6PQ/1?accountid=38628>

Rachmat, M, Cahya, AG, Etika, R (eds) 2014, *Buku Ajar Ilmu Gizi Edisi 4*, EGC, Jakarta

Rahmawati, N 2016, 'Hubungan asupan lemak dan rasio lingkaran pinggang panggul dengan kadar Low Density Lipoprotein (LDL) pada wanita

menopause di posyandu ngudi waluyup surakarta', Artikel Ilmiah Universitas Muhammadiyah Surakarta

Ramayulis, R 2014, *Slim Is Easy*, Penebar Plus, Jakarta

Rodaneilli, M, Opizzi, A, Monterferrario, Klersy, Cazzola, Cestaro 2011, 'Beta-glucan- or rice bran-enriched foods: a comparative crossover clinical trial on lipidic pattern in mildly hypercholesterolemic men', *European Journal Of Clinic Nutrition*, vol. 65, diakses 14 Maret 2016
<http://search.proquest.com/docview/878062419/CEA24A4A7B8C46DBPQ/1?accountid=38628>

Rodriguez, JM, Maria, JMD, Rosa, PH 2013, 'Aerobic exercise program on blood lipids in women between 40 and 55 years old', *Faculty Of Physical Education and Sports Science University Chihuahua Autonomous Mexico*, vol.5, no.8, Juli 2013, diakses 15 Maret 2016.
<http://search.proquest.com/docview/1436059034/8B07BA69854946BAPQ/1?accountid=38628>

Reksiprayitno, S 2009, *Ekonomi Makro*, Badan Penerbit Fakultas Ekonomi UGM, Yogyakarta

Ruxton, C, Emma, D 2014, 'The Health Benefits Of Whole Grains And Fibre', *Nutrition & Food Science Emerald Publishing*, vol.44, no.6, diakses 9 Juli 2016. www.emeraldinsight.com/0034-6659.htm

Saputra, A, Shane, HR, Djon, W 2015, ' Pengaruh Senam Poco-Poco Terhadap Kadar Kolesterol LDL Dalam Darah', *Jurnal eBiomedik* , vol.3, no.1, Januari-April 2015.

Sargowo, D dan Sri, A 2011, 'The Relationship Between Food Intake And Adolescent Metabolic Syndrome', *Jurnal Kardiologi Indonesia*, vol.32, hlm.14-23

Sari, DY, Sri, P, Krisnawati, B 2014, 'Asupan Serat Makanan Dan Kadar Kolesterol-Ldl Penduduk Berusia 25-65 Tahun Di Kelurahan Kebon Kalapa, Bogor', *Penel Gizi Makan*, vol.37, Juni 2014, hlm.51-58

Sari, FP 2014, 'Pengaruh Penurunan Kadar Kolesterol Total Darah Sebagai Respon Terhadap Senam Aerobik Di Aerobik dan Fitnes Center Sonia Bandar Lampung', Skripsi Fakultas Kedokteran Universitas Lampung.

- Shabana, S, Sasisekhar, TVD 2013, 'Effect og gender, age and duration on dyslipidemia in type 2 diabetes mellitus', *IJCRR*, vol.5, issue 6, p. 104-113.
- Sastroasmoro, S, Sofyan, I 2014, *Dasar-Dasar Metodologi Penelitian Klinis Edisi ke-5*, Sagung Seto, Jakarta
- Smith, E, Chaterine, L 2011, ' *Health benefits of cereal fibre: a review of clinical trials* ', *Nutrition Research Review*, vol. 24, diakses 8 Juli 2016.
<http://search.proquest.com/docview/866336221/fulltextPDF/EDC47B8F27194D39PQ/1?accountid=38628>
- Sorace, P 2006, ' *Exercise, physical activity and dyslipidemia* ', National Strange and Conditionig Association, diakses 19 Maret 2016.
<http://search.proquest.com/docview/212582552/fulltextPDF/385A29465D7740B8PQ/1?accountid=38628>
- Sudoyo, WA, Bambang, S, Idrus, A, Marcellus, SK, Siti, S (eds) 2007, *Ilmu Penyakit Dalam*, Fakultas Kedokteran Universitas Indonesia, Jakarta
- Sugianti, E, Hardinsyah, Nurfi, A 2010, 'Faktor Resiko Obesitas Sentral Pada Orang Dewasa di DKI Jakarta: Analisis Lanjut Data RISKESDAS 2007', *Jurnal Gizi Indonesia*, vol.32, no.2, hlm.105-116
- Supriasa, IDN, Bakri, B, Fajar, I 2012, *Penilaian Status Gizi*, EGC, Jakarta
- Supriyadi 2014, *Statistik Kesehatan*, Salemba Medika, Jakarta
- Swarjana, IK 2015, *Metodologi Penelitian Kesehatan Edisi Revisi*, ANDI, Denpasar
- Thompson, JL, Melinda, MM, Linda, AV 2011, *The Science Of Nutrition*, Pearson Education, Benjamis Cummings Perason, USA
- Wahyuningsih, R 2013, *Penatalaksanaan Diet Pada Pasien*, Graha Ilmu, Jakarta
- Wang, CJ, Yu, QL, Ling, W, Lin, LL, Yi, RG, Ling, YZ, Mei, XZ, Rong, HB 2012, ' *Development and Evaluation of a Simple and Effective Prediction Approach for Identifying Those at High Risk of Dyslipidemia in Rural Adult Residents* ', diakses tanggal 18 Maret 2015,
<http://search.proquest.com/docview/1330882777/fulltextPDF/62071B9F5A9242D5PQ/1?accountid=38628>

Wang, S, Liang, X, Josh, BJ, Qi, SY, Ya, XW, Hua, Y 2011, 'Prevalence and associated factors of dyslipidemia in the adult chinese population', *Plose One Journal*, vol.6, no.3, Maret 2011, diakses 17 Maret 2016.
<http://search.proquest.com/docview/1295610546/fulltextPDF/AE2B158345F54BE5PQ/1?accountid=38628>

Widiyastuti, P (ed) 2005, *Epidemiologi Suatu Pengantar*, EGC, Jakarta

Willerson, JT, Jay, NC, Hein, JJ, Wellens, David, RH (eds) 2007, *Cardivascular Medicine*, Springer, London

World Health Organization 2008, *Waist Circumference And Waist-Hip Ratio Report Of a WHO Expert Consultation*, Geneva.

Wulandari, N, Leo, R, Linda, D, Liena, Dany, F, Luqman, YR (eds) 2009, *Biokimia Harper*, EGC, Jakarta

