

DAFTAR PUSTAKA

- Adawiyah, D.R., Andarwulan, N., Triana, R.N., Agustin, D. dan Gitapradiwi, D. (2018) 'Evaluasi Perbedaan Varietas Kacang Kedelai terhadap Mutu Produk Susu Kedelai,' *Jurnal Mutu Pangan*, 5(1), hlm. 10–16.
- Almoraie, N.M. dan Shatwan, I.M. (2024) 'The Potential Effects of Dietary Antioxidants in Obesity: A Comprehensive Review of the Literature,' *Healthcare*, 12(4), hlm. 416. Tersedia pada: <https://doi.org/10.3390/healthcare12040416>.
- Amar, A., Makosim, S., Anggraeni, S.T. dan Listilia, N. (2021) 'The effect of saga milk (*Adenanthera pavonina*, L.) and yogurt starter culture concentration on process of yogurt,' *Food Research*, 5(6), hlm. 119–126. Tersedia pada: [https://doi.org/10.26656/fr.2017.5\(6\).011](https://doi.org/10.26656/fr.2017.5(6).011).
- AOAC (2005) *Official methods of analysis of AOAC International*. 18th ed. Gaithersburg, MD: AOAC International.
- Arab, M., Yousefi, M., Khanniri, E., Azari, M., Ghasemzadeh-Mohammadi, V. dan Mollakhalili-Meybodi, N. (2023) 'A Comprehensive Review On Yogurt Syneresis: Effect Of Processing Conditions And Added Additives,' *Journal of Food Science and Technology*. Springer, hlm. 1656–1665. Tersedia pada: <https://doi.org/10.1007/s13197-022-05403-6>.
- Augustyn, G.H. dan Tetelepta, G. (2024) 'Pengaruh Konsentrasi Gula Terhadap Karakteristik Kimia Dan Organoleptik Jus Pisang Tongka Langit (*Musa troglodytarum* L.),' *Jurnal Sains dan Teknologi Pangan*, 9(5), hlm. 7742–7750.
- Azzajela Syefani, T. dan Nuraeni, A. (2024) 'Modifikasi Pancake Mocaf dengan Penambahan Kacang Merah dan Hati Ayam untuk Pencegahan Anemia,' *Pontianak Nutrition Journal*, 7. Tersedia pada: <http://ejournal.poltekkes-pontianak.ac.id/index.php/PNJ/index>.
- Badan Standardisasi Nasional (2009) *SNI 2981:2009 Syarat Mutu Yogurt*. Jakarta: Badan Standarisasi Nasional Indonesia.
- Bakr, A.F. dan Farag, M.A. (2023) 'Soluble Dietary Fibers as Antihyperlipidemic Agents: A Comprehensive Review to Maximize Their Health Benefits,' *ACS Omega*. American Chemical Society, hlm. 24680–24694. Tersedia pada: <https://doi.org/10.1021/acsomega.3c01121>.
- Ballena-Caicedo, J., Zuzunaga-Montoya, F.E., Loayza-Castro, J.A., Vásquez-Romero, L.E.M., Tapia-Limonchi, R., De Carrillo, C.I.G. dan Vera-Ponce,

- V.J. (2025) 'Global prevalence of dyslipidemias in the general adult population: a systematic review and meta-analysis,' *Journal of Health, Population and Nutrition*, 44(1). Tersedia pada: <https://doi.org/10.1186/s41043-025-01054-3>.
- Blanco Mejia, S., Messina, M., Li, S.S., Viguiliouk, E., Chiavaroli, L., Khan, T.A., Srichaikul, K., Mirrahimi, A., Sievenpiper, J.L., Kris-Etherton, P. dan Jenkins, D.J.A. (2019) 'A meta-analysis of 46 studies identified by the FDA demonstrates that soy protein decreases circulating LDL and total cholesterol concentrations in adults,' *Journal of Nutrition*, 149(6), hlm. 968–981. Tersedia pada: <https://doi.org/10.1093/jn/nxz020>.
- BPOM (2016) *Peraturan Kepala BPOM Nomor 9 Tahun 2016 Tentang Acuan Label Gizi*. Jakarta: Badan Pengawas Obat Dan Makanan.
- BPOM (2021) *Peraturan BPOM No. 26 Tahun 2021 Tentang Informasi Nilai Gizi pada Label Pangan Olahan*. Jakarta: Badan Pengawas Obat Dan Makanan. Tersedia pada: www.peraturan.go.id.
- Caponio, G.R., Wang, D.Q.H., Di Ciaula, A., De Angelis, M. dan Portincasa, P. (2020) 'Regulation of cholesterol metabolism by bioactive components of soy proteins: Novel translational evidence,' *International Journal of Molecular Sciences*. MDPI AG, hlm. 1–18. Tersedia pada: <https://doi.org/10.3390/ijms22010227>.
- Caponio, G.R., Wang, D.Q.-H., Di Ciaula, A., De Angelis, M. dan Portincasa, P. (2020) 'Regulation of Cholesterol Metabolism by Bioactive Components of Soy Proteins: Novel Translational Evidence,' *International Journal of Molecular Sciences*, 22(1), hlm. 227. Tersedia pada: <https://doi.org/10.3390/ijms22010227>.
- Dhakal, D., Younas, T., Bhusal, R.P., Devkota, L., Henry, C.J. dan Dhital, S. (2023) 'Design rules of plant-based yoghurt-mimic: Formulation, functionality, sensory profile and nutritional value,' *Food Hydrocolloids*. Elsevier B.V. Tersedia pada: <https://doi.org/10.1016/j.foodhyd.2023.108786>.
- Dimas Pangestu, A., Kurniawan dan Supriyadi (2021) 'The Effect Of Temperature Variation And Storage Time On The Viability Of Lactic Acid Bacteria (Lab) And Ph Value Of Yoghurt,' *Borneo Journal Of Medical Laboratory Technology*, 3(2), hlm. 231–236. Tersedia pada: <http://journal.umpalangkaraya.ac.id/index.php/bjmlt>.
- Dini Arti Malia Ningsih, B., Widyastuti, S. dan Wayan Sweca Yasa, I. (2024) 'Pengaruh Penambahan Karagenan Terhadap Mutu Soyghurt,' *EduFood*, 2(4), hlm. 43–49.

- Dwi, W.K. dan Wulandari, A. (2022) 'Analisa Proksimat Cookies Dengan Substitusi Tepung Lokal,' *Agrointek : Jurnal Teknologi Industri Pertanian*, 16(1), hlm. 96–103. Tersedia pada: <https://doi.org/10.21107/agrointek.v16i1.12562>.
- Esteves, T.C.F., Calado, V., Farah, A., Ferreira de Faria-Machado, A., Luiz de Oliveira Godoy, R., Cristina Pessanha de Araujo Santiago, M., Pacheco, S., Deliza, R., Concórdia Carrão-Panizzi, M. dan Felberg, I. (2022) 'Impact of Thermal Processing Parameters During Black Soymilk Extraction and Pasteurization on Key Bioactive Compounds and Antioxidant Capacity,' *Journal of Food and Nutrition Research*, 10(7), hlm. 503–510. Tersedia pada: <https://doi.org/10.12691/jfnr-10-7-9>.
- Feingold, K.R. (2024) *Introduction to Lipids and Lipoproteins*. South Dartmouth (MA): MDText.com, Inc.; 2000–.
- Fiana, N., Julia, H., Jamaluddin, A. dan Korespondensi, P. (2025) 'Pengaruh Fermentasi SCOBY (Symbiotic Culture of Bacteria and Yeast) terhadap Kandungan Fenolik dan Aktivitas Antioksidan dalam Teh,' *Agroteknika*, 8(4), hlm. 791–811. Tersedia pada: <https://doi.org/10.55043/agroteknika.v8i4.623>.
- Food Safety Institute (2024) *Key Thermal Processes in Food Preservation: Blanching, Pasteurization, and Sterilization*. Tersedia pada: <https://foodsafety.institute/food-fundamentals-chemistry/thermal-processes-food-preservation-blanching-pasteurization-sterilization>.
- Găman, M.A., Dobrică, E.C., Cozma, M.A., Antonie, N.I., Stănescu, A.M.A., Găman, A.M. dan Diaconu, C.C. (2021) 'Crosstalk of magnesium and serum lipids in dyslipidemia and associated disorders: A systematic review,' *Nutrients*. MDPI AG. Tersedia pada: <https://doi.org/10.3390/nu13051411>.
- Ganesan, K. dan Xu, B. (2017) 'Polyphenol-rich dry common beans (*Phaseolus vulgaris* L.) and their health benefits,' *International Journal of Molecular Sciences*. MDPI AG. Tersedia pada: <https://doi.org/10.3390/ijms18112331>.
- Gibson, G.R., Hutkins, R., Sanders, M.E., Prescott, S.L., Reimer, R.A., Salminen, S.J., Scott, K., Stanton, C., Swanson, K.S., Cani, P.D., Verbeke, K. dan Reid, G. (2017) 'Expert consensus document: The International Scientific Association for Probiotics and Prebiotics (ISAPP) consensus statement on the definition and scope of prebiotics,' *Nature Reviews Gastroenterology and Hepatology*. Nature Publishing Group, hlm. 491–502. Tersedia pada: <https://doi.org/10.1038/nrgastro.2017.75>.
- Hamid, M.G., Elsafty, M. dan Abdelhalim, T. (2025) 'Integrating sensory evaluation into biofortification breeding: assessing consumer acceptance and market segmentation of porridge made from biofortified pearl millet

- cultivars,' *Frontiers in Nutrition*, 12. Tersedia pada: <https://doi.org/10.3389/fnut.2025.1594589>.
- Harahap, I.A., Suliburska, J., Karaca, A.C., Capanoglu, E. dan Esatbeyoglu, T. (2025) 'Fermented soy products: A review of bioactives for health from fermentation to functionality,' *Comprehensive Reviews in Food Science and Food Safety*. John Wiley and Sons Inc. Tersedia pada: <https://doi.org/10.1111/1541-4337.70080>.
- Hayati, R., Mayani, N., Husna, R. dan Sulaiman, I. (2023) 'Pengolahan Nugget Ayam Dan Penerimaannya Melalui Uji Organoleptik Di Desa Krueng Lam Kareung Kecamatan Indrapuri Aceh Besar,' *Jurnal Pengabdian Mahakarya Masyarakat Indonesia*, 1(1).
- Hernández-Ruiz, R.G., Olivares-Ochoa, X.C., Salinas-Varela, Y., Guajardo-Espinoza, D., Roldán-Flores, L.G., Rivera-Leon, E.A. dan López-Quintero, A. (2025) 'Phenolic Compounds and Anthocyanins in Legumes and Their Impact on Inflammation, Oxidative Stress, and Metabolism: Comprehensive Review,' *Molecules*. Multidisciplinary Digital Publishing Institute (MDPI). Tersedia pada: <https://doi.org/10.3390/molecules30010174>.
- Herreman, L., Nommensen, P., Pennings, B. dan Laus, M.C. (2020) 'Comprehensive overview of the quality of plant- And animal-sourced proteins based on the digestible indispensable amino acid score,' *Food Science and Nutrition*, 8(10), hlm. 5379–5391. Tersedia pada: <https://doi.org/10.1002/fsn3.1809>.
- Hu, S., Liu, C. dan Liu, X. (2023) 'The Beneficial Effects of Soybean Proteins and Peptides on Chronic Diseases,' *Nutrients*. Multidisciplinary Digital Publishing Institute (MDPI). Tersedia pada: <https://doi.org/10.3390/nu15081811>.
- Jung, S.M., Haddad, E.H., Kaur, A., Sirirat, R., Kim, A.Y., Oda, K., Rajaram, S. dan Sabaté, J. (2021) 'A non-probiotic fermented soy product reduces total and ldl cholesterol: A randomized controlled crossover trial,' *Nutrients*, 13(2), hlm. 1–16. Tersedia pada: <https://doi.org/10.3390/nu13020535>.
- Juturu, V., Wu, A.H., Ameer, K., Messina, M., Jr, E.J., Duncan, A., Messina, V., Lynch, H., Kiel, J. dan Erdman Jr, J.W. (2022) 'The health effects of soy: A reference guide for health professionals,' *Frontiers in Nutrition*, 9. Tersedia pada: <https://doi.org/10.3389/fnut.2022.970364> (Diakses: 15 Agustus 2025).
- Kang, J.H., Dong, Z. dan Shin, S.H. (2023) 'Benefits of Soybean in the Era of Precision Medicine: A Review of Clinical Evidence,' *Journal of Microbiology and Biotechnology*. Korean Society for Microbiolog and Biotechnology, hlm. 1552–1562. Tersedia pada: <https://doi.org/10.4014/jmb.2308.08016>.

- Karbasi, M., Xie, X. dan Xu, C. (2026) ‘Probiotic plant-based yogurts from common beans (*Phaseolus vulgaris*): physicochemical properties, bioactive peptides, and health-promoting activities before and after in vitro digestion,’ *Agricultural Products Processing and Storage*, 2(1), hlm. 38. Tersedia pada: <https://doi.org/10.1007/s44462-026-00071-7>.
- Kemala, I.A.A.S., Made Wihandani, D., Ayu, I. dan Wiryanthini, D. (2021) ‘Hubungan Asupan Zat Gizi Dengan Profil Lipid Pada Diet Vegetarian Di Kota Denpasar,’ *Jurnal Medika Udayana*, 10(4). Tersedia pada: <https://doi.org/10.24843.MU.2021.V10.i7.P11>.
- Kemenkes RI (2018) *Riset Kesehatan Dasar (Riskesdas) 2018: Laporan Nasional*. Jakarta: Kementerian Kesehatan Republik Indonesia. Tersedia pada: <https://repository.badankebijakan.kemkes.go.id/id/eprint/3514/1/Laporan%20Riskesdas%202018%20Nasional.pdf>.
- Kemenkes RI (2019) *Peraturan Menteri Kesehatan Republik Indonesia Nomor 28 Tahun 2019 tentang Angka Kecukupan Gizi yang Dianjurkan untuk Masyarakat Indonesia*. Jakarta: Kementerian Kesehatan Republik Indonesia. Tersedia pada: www.peraturan.go.id.
- Kemenkes RI (2020) *Tabel Komposisi Pangan Indonesia (TKPI)*. Jakarta: Kementerian Kesehatan Republik Indonesia.
- Kemenkes RI (2023) *Survei Kesehatan Indonesia 2023*. Jakarta: Kementerian Kesehatan Republik Indonesia. Tersedia pada: https://drive.google.com/file/d/1rjNDG_f8xG6-Y9wmhJUnXhJ-vUFevVJC/view.
- Kemenkes RI (2024) *Konsumsi Gula, Garam, Lemak (GGL) Berlebihan adalah “MAUT,” Kementerian Kesehatan Republik Indonesia*. Jakarta: Kementerian Kesehatan Republik Indonesia. Tersedia pada: https://keslan.kemkes.go.id/view_artikel/3633/konsumsi-gula-garam-lemak-ggl-berlebihan-adalah-maut.
- Kemenkes RI (2025) *Indonesia Perkuat Upaya dalam Mengatasi Risiko Konsumsi Garam dan Lemak Trans Berlebih, Kemenkes RI*. Jakarta: Kementerian Kesehatan Republik Indonesia.
- Khoo, H.E., Azlan, A., Tang, S.T. dan Lim, S.M. (2017) ‘Anthocyanidins and anthocyanins: Colored pigments as food, pharmaceutical ingredients, and the potential health benefits,’ *Food and Nutrition Research*. Swedish Nutrition Foundation. Tersedia pada: <https://doi.org/10.1080/16546628.2017.1361779>.

- Kieliszek, M., Pobiega, K., Piwowarek, K. dan Kot, A.M. (2021) ‘Characteristics of the Proteolytic Enzymes Produced by Lactic Acid Bacteria,’ *Molecules*, 26(7), hlm. 1858. Tersedia pada: <https://doi.org/10.3390/molecules>.
- Kim, H.J. dan Han, M.J. (2019) ‘The fermentation characteristics of soy yogurt with different content of d-allulose and sucrose fermented by lactic acid bacteria from Kimchi,’ *Food Science and Biotechnology*, 28(4), hlm. 1155–1161. Tersedia pada: <https://doi.org/10.1007/s10068-019-00560-5>.
- Kim, I.S. (2022) ‘Current perspectives on the beneficial effects of soybean isoflavones and their metabolites on plants,’ *Food Science and Biotechnology*, 31(5), hlm. 515–526. Tersedia pada: <https://doi.org/10.1007/s10068-022-01070-7>.
- Kristiandi, K., Rozana, R., Junardi, J. dan Maryam, A. (2021) ‘Analisis Kadar Air, Abu, Serat dan Lemak Pada Minuman Sirop Jeruk Siam (*Citrus nobilis* var. *microcarpa*),’ *Jurnal Keteknik Pertanian Tropis dan Biosistem*, 9(2), hlm. 165–171. Tersedia pada: <https://doi.org/10.21776/ub.jkptb.2021.009.02.07>.
- Kumalasari, I.D., Fathiyya, L.N. dan Septiyani, R. (2024) ‘Physicochemical, Microbiological and Organoleptic Properties of Cowpeas (*Vigna unguiculata*) Yoghurt with the Addition of Gotu Kola Leaf (*Centella asiatica* (L.) Urban) Extract,’ *Sains Malaysiana*, 53(1), hlm. 123–134. Tersedia pada: <https://doi.org/10.17576/jsm-2024-5301-10>.
- Kusnadi, J., Septi, D. dan Fibrianto, K. (2023) ‘Edamame caspian sea soygurt as plant-based yogurt alternatives,’ *Sustainable Agriculture and Agroindustrial Engineering*, 6(4), hlm. 434–450.
- Labiba, N., Marjan, A.Q. dan Nasrullah, N. (2020) ‘Pengembangan Soyghurt (Yoghurt Susu Kacang Kedelai) Sebagai Minuman Probiotik Tinggi Isoflavon Soyghurt (Soymilk Yoghurt),’ *Amerta Nutrition*, (3), hlm. 244–249. Tersedia pada: <https://doi.org/10.2473/amnt.v4i3.2020>.
- Langyan, S., Yadava, P., Khan, F.N., Dar, Z.A., Singh, R. dan Kumar, A. (2022) ‘Sustaining Protein Nutrition Through Plant-Based Foods,’ *Frontiers in Nutrition*. Frontiers Media S.A. Tersedia pada: <https://doi.org/10.3389/fnut.2021.772573>.
- Lestari, P.A., Okfrianti, Y. dan Yunita (2024) ‘Pengaruh Penambahan Kacang Merah (*Vigna angularis*) terhadap Daya Terima Organoleptik dan Kadar Protein Yoghurt,’ *Jurnal Ilmu dan Teknologi Pertanian*, 11(2), hlm. 307–320.
- Li, S.S., Mejia, S.B., Lytvyn, L., Stewart, S.E., Viguiliouk, E., Ha, V., de Souza, R.J., Leiter, L.A., Kendall, C.W.C., Jenkins, D.J.A. dan Sievenpiper, J.L. (2017) ‘Effect of plant protein on blood lipids: A systematic review and

- meta-analysis of randomized controlled trials,' *Journal of the American Heart Association*, 6(12). Tersedia pada: <https://doi.org/10.1161/JAHA.117.006659>.
- Malekmohammad, K., Sewell, R.D.E. dan Rafieian-Kopaei, M. (2019) 'Antioxidants and atherosclerosis: Mechanistic aspects,' *Biomolecules*. MDPI AG. Tersedia pada: <https://doi.org/10.3390/biom9080301>.
- Malenčić, D., Cvejić, J. dan Miladinović, J. (2012) 'Polyphenol content and antioxidant properties of colored soybean seeds from central Europe,' *Journal of Medicinal Food*, 15(1), hlm. 89–95. Tersedia pada: <https://doi.org/10.1089/jmf.2010.0329>.
- Marlapati, L., Basha, R.F.S., Navarre, A., Kinchla, A.J. dan Nolden, A.A. (2024) 'Comparison of Physical and Compositional Attributes between Commercial Plant-Based and Dairy Yogurts,' *Foods*, 13(7). Tersedia pada: <https://doi.org/10.3390/foods13070984>.
- Meilany, C.E. dan Utomo, D. (2025) 'Formulasi Proses Pembuatan Soygurt Dengan Penambahan Ekstrak Buah Naga Merah (*Hylocereus polyrhizus*),' *Jurnal Teknologi Pangan dan Ilmu Pertanian (JIPANG)*, 07(02), hlm. 38–48.
- Melini, F., Lisciani, S., Camilli, E., Marconi, S. dan Melini, V. (2024) 'Effect of Cooking on Phenolic Compound Content and In Vitro Bioaccessibility in Sustainable Foods: A Case Study on Black Beans,' *Sustainability (Switzerland)*, 16(1). Tersedia pada: <https://doi.org/10.3390/su16010279>.
- Messina, M. (2016) 'Soy and health update: Evaluation of the clinical and epidemiologic literature,' *Nutrients*. MDPI AG. Tersedia pada: <https://doi.org/10.3390/nu8120754>.
- Minatel, I.O., Borges, C.V., Ferreira, M.I., Gomez, H.A.G., Chen, C.-Y.O. dan Lima, G.P.P. (2017) 'Phenolic Compounds: Functional Properties, Impact of Processing and Bioavailability,' *Phenolic Compounds - Biological Activity*. InTech. Tersedia pada: <https://doi.org/10.5772/66368>.
- Modanwal, D. (2024) 'A study on extracted soymilk and their proximate analysis,' *Sustainability, Agri, Food and Environmental Research*, 12(2). Tersedia pada: <https://doi.org/10.7770/safer-v13n1-art536>.
- Mohamed-Yassin, M.S., Baharudin, N., Abdul-Razak, S., Ramli, A.S. dan Lai, N.M. (2021) 'Global prevalence of dyslipidaemia in adult populations: A systematic review protocol,' *BMJ Open*, 11(12). Tersedia pada: <https://doi.org/10.1136/bmjopen-2021-049662>.
- Mohd Fazla, S.N., Marzlan, A.A., Meor Hussin, A.S., Abd Rahim, M.H., Madzuki, I.N. dan Mohsin, A.Z. (2023) 'Physicochemical, microbiological,

- and sensorial properties of chickpea yogurt analogue produced with different types of stabilizers,' *Discover Food*, 3(1). Tersedia pada: <https://doi.org/10.1007/s44187-023-00059-3>.
- Montemurro, M., Pontonio, E., Coda, R. dan Rizzello, C.G. (2021) 'Plant-based alternatives to yogurt: State-of-the-art and perspectives of new biotechnological challenges,' *Foods*, 10(2). Tersedia pada: <https://doi.org/10.3390/foods10020316>.
- Morvaridzadeh, M., Nachvak, S.M., Agah, S., Sepidarkish, M., Dehghani, F., Rahimlou, M., Pizarro, A.B. dan Heshmati, J. (2020) 'Effect of soy products and isoflavones on oxidative stress parameters: A systematic review and meta-analysis of randomized controlled trials,' *Food Research International*, 137, hlm. 109578. Tersedia pada: <https://doi.org/10.1016/j.foodres.2020.109578>.
- Narra, F., Piragine, E., Benedetti, G., Ceccanti, C., Florio, M., Spezzini, J., Troisi, F., Giovannoni, R., Martelli, A. dan Guidi, L. (2024) 'Impact of thermal processing on polyphenols, carotenoids, glucosinolates, and ascorbic acid in fruit and vegetables and their cardiovascular benefits,' *Comprehensive Reviews in Food Science and Food Safety*. John Wiley and Sons Inc. Tersedia pada: <https://doi.org/10.1111/1541-4337.13426>.
- Nurhafisah, Hadariah, S. dan Rossanti Maruapey, E. (2018) 'Pengaruh Penambahan Gelatin Terhadap Mutu Kimia Syoghurt Yang Dihasilkan,' *Balai Besar Pengkajian dan Pengembangan Teknologi Pertanian* [Preprint].
- Nurkhasanah, Bachri, M.S. dan Yuliani, S. (2023) *Antioksidan dan Stres Oksidatif*. UAD press.
- Pan, J., Liang, J., Xue, Z., Meng, X. dan Jia, L. (2025) 'Effect of dietary anthocyanins on the risk factors related to metabolic syndrome: A systematic review and meta-analysis,' *PLoS ONE*, 20(2 February). Tersedia pada: <https://doi.org/10.1371/journal.pone.0315504>.
- PERKENI (2021) *Pedoman Pengelolaan Dislipidemia di Indonesia*. PB PERKENI.
- Pourrajab, B., Fatahi, S., Dehnad, A., Kord Varkaneh, H. dan Shidfar, F. (2020) 'The impact of probiotic yogurt consumption on lipid profiles in subjects with mild to moderate hypercholesterolemia: A systematic review and meta-analysis of randomized controlled trials,' *Nutrition, Metabolism and Cardiovascular Diseases*, 30(1), hlm. 11–22. Tersedia pada: <https://doi.org/10.1016/j.numecd.2019.10.001>.
- Pratiwi, H. dan Panunggal, B. (2016) 'Analisis Total Fenol Dan Aktivitas Antioksidan Pada Yogurt Ganyong (Canna Edulis) Sinbiotik Dengan

Substitusi Kacang Merah (*Phaseolus vulgaris L.*),’ *Journal of Nutrition College*, 5(. Tersedia pada: <http://ejournal-s1.undip.ac.id/index.php/jnc>.

- Putriningtyas, N.D. dan Wahyuningsih, S. (2017) ‘Potensi yogurt kacang merah (*Phaseolus vulgaris L.*) ditinjau dari sifat organoleptik, kandungan protein, lemak dan flavonoid,’ *Jurnal Gizi Indonesia (The Indonesian Journal of Nutrition)*, 6(1), hlm. 1858–4942.
- Reed, K.E., Camargo, J., Hamilton-Reeves, J., Kurzer, M. dan Messina, M. (2021) ‘Neither soy nor isoflavone intake affects male reproductive hormones: An expanded and updated meta-analysis of clinical studies,’ *Reproductive Toxicology*. Elsevier Inc., hlm. 60–67. Tersedia pada: <https://doi.org/10.1016/j.reprotox.2020.12.019>.
- Rizqi, L., Zakiah, Z. dan Ifadatin, S. (2024) ‘Pertumbuhan dan produktivitas kacang merah (*Phaseolus vulgaris L.*) setelah pemberian eco enzyme limbah tebu pada tanah gambut,’ *Jurnal Biologi Udayana*, 27(2), hlm. 215. Tersedia pada: <https://doi.org/10.24843/jbiounud.2023.v27.i02.p09>.
- Rizqiputri, S., Siregar, M. dan Boy, E. (2022) ‘Faktor Risiko pada Pasien Dislipidemia,’ *Jurnal Implementa Husada*, 3. Tersedia pada: <https://doi.org/10.30596/jih.v3i4.12241> (Diakses: 28 Agustus 2025).
- Rodríguez Madrera, R., Campa Negrillo, A., Suárez Valles, B. dan Ferreira Fernández, J.J. (2021) ‘Phenolic Content and Antioxidant Activity in Seeds of Common Bean (*Phaseolus vulgaris L.*)’, *Foods*, 10(4), hlm. 864. Tersedia pada: <https://doi.org/10.3390/foods10040864>.
- Rucita, A. dan Murwani, H. (2013) ‘Pengaruh Pemberian Yoghurt Kedelai Hitam (Black Soyghurt) terhadap Kadar Kolesterol LDL dan Kadar Kolesterol HDL pada Penderita Dislipidemia,’ *Journal of Nutrition College*, 2(1). Tersedia pada: <https://doi.org/10.14710/jnc.v2i1.2091>.
- Sacks, F.M., Lichtenstein, A.H., Wu, J.H.Y., Appel, L.J., Creager, M.A., Kris-Etherton, P.M., Miller, M., Rimm, E.B., Rudel, L.L., Robinson, J.G., Stone, N.J. dan Van Horn, L. V. (2017) ‘Dietary fats and cardiovascular disease: A presidential advisory from the American Heart Association,’ *Circulation*. Lippincott Williams and Wilkins, hlm. e1–e23. Tersedia pada: <https://doi.org/10.1161/CIR.0000000000000510>.
- Safitri, S., Tjiptaningrum, A., Angraini, D.I. dan Ayu, R. (2017) ‘Hubungan Konsumsi Protein Kedelai serta Konsumsi Serat Makanan dengan Kadar Kolesterol Total pada Pasien Puskesmas Kedaton Bandar Lampung,’ *Jurnal Kedokteran Universitas Lampung* [Preprint]. Tersedia pada: <https://juke.kedokteran.unila.ac.id/index.php/agro/article/viewFile/1804/pdf> (Diakses: 28 Agustus 2025).

- Santosa, A.P., Purnawanto, A.M. dan Salsabilah, A.M. (2022) ‘Karakteristik Minuman Sinbiotik Soyghurt Kedelai (Glycine Max) Dan Edamame (Glycine Max (L) Merrill) Dengan Penambahan Inulin Pada Konsentrasi Yang Berbeda,’ *Jurnal Ilmu Pangan dan Hasil Pertanian*, 6(1), hlm. 91–102. Tersedia pada: <https://doi.org/10.26877/jiphp.v6i1.11822>.
- Sari, A.R., Azkia, M.N., Fitriana, I., Siqhny, Z.D., Putra, F.I.R. dan Sugiharto, A.R. (2026) ‘Characteristic Nutritional Composition, Protein Digestibility, and Total Lactic Acid Bacteria of Plant-Based Yogurt from Different Legume,’ *agriTECH*, 46(1), hlm. 89. Tersedia pada: <https://doi.org/10.22146/agritech.111109>.
- Sarıtaş, S., Portocarrero, A.C.M., Miranda López, J.M., Lombardo, M., Koch, W., Raposo, A., El-Seedi, H.R., de Brito Alves, J.L., Esatbeyoglu, T., Karav, S. dan Witkowska, A.M. (2024) ‘The Impact of Fermentation on the Antioxidant Activity of Food Products,’ *Molecules*. Multidisciplinary Digital Publishing Institute (MDPI). Tersedia pada: <https://doi.org/10.3390/molecules29163941>.
- Shah, A.M., Tarfeen, N., Mohamed, H. dan Song, Y. (2023) ‘Fermented Foods: Their Health-Promoting Components and Potential Effects on Gut Microbiota,’ *Fermentation*. MDPI. Tersedia pada: <https://doi.org/10.3390/fermentation9020118>.
- Shahidi, F. dan Hossain, A. (2022) ‘Role of Lipids in Food Flavor Generation,’ *Molecules*. MDPI. Tersedia pada: <https://doi.org/10.3390/molecules27155014>.
- Sinaga, E.F., Suparthana, P. dan Hapsari, N.M. (2021) ‘The Effect of Adding Red bean (*Phaseolus vulgaris*) Puree Additions on the Characteristic of Oyster Mushroom (*Pleurotus ostreatus*) Nuggets,’ *Jurnal Ilmu dan Teknologi Pangan*, 10(3), hlm. 2021–472.
- Soliman, G.A. (2019) ‘Dietary fiber, atherosclerosis, and cardiovascular disease,’ *Nutrients*, 11(5). Tersedia pada: <https://doi.org/10.3390/nu11051155>.
- Soodbar, M., Mojgani, N., Sanjabi, M.R., Mirdamadi, S. dan Soltani, M. (2025) ‘Physicochemical, Antioxidant Characteristics and Sensory Evaluation of Functional Pro-Biogenic Ice Cream,’ *Food Science and Nutrition*, 13(1). Tersedia pada: <https://doi.org/10.1002/fsn3.4619>.
- Srenuja, D., Hema, V., Anand, M.T., Mohan, R.J. dan Vidyalakshmi, R. (2023) ‘Kidney bean: Protein’s treasure trove and creates avenues for a healthy lifestyle,’ *Legume Science*. John Wiley and Sons Inc. Tersedia pada: <https://doi.org/10.1002/leg3.193>.
- Sumi, K., Tagawa, R., Yamazaki, K., Nakayama, K., Ichimura, T., Sanbongi, C. dan Nakazato, K. (2023) ‘Nutritional Value of Yogurt as a Protein Source:

- Digestibility/Absorbability and Effects on Skeletal Muscle,' *Nutrients*. Multidisciplinary Digital Publishing Institute (MDPI). Tersedia pada: <https://doi.org/10.3390/nu15204366>.
- Tarung, A.F., IH, H. dan Nurbaeti, S.N. (2023) 'Pengaruh penambahan susu kacang kedelai terhadap karakteristik fisik, kimia dan mikrobiologi yoghurt,' *Sasambo Journal of Pharmacy*, 4(2), hlm. 85–92. Tersedia pada: <https://doi.org/10.29303/sjp.v4i2.277>.
- Temple, N.J. (2022) 'A rational definition for functional foods: A perspective.' Tersedia pada: 10.3389/fnut.2022.957516 (Diakses: 24 Februari 2026).
- Thongtang, N., Sukmawan, R., Llanes, E.J.B. dan Lee, Z.V. (2022) 'Dyslipidemia management for primary prevention of cardiovascular events: Best in-clinic practices,' *Preventive Medicine Reports*, 27. Tersedia pada: <https://doi.org/10.1016/j.pmedr.2022.101819>.
- Tian, T., Teng, F., Zhang, S., Qi, B., Wu, C., Zhou, Y., Li, L., Wang, Z. dan Li, Y. (2019) 'A Study of Structural Change during In Vitro Digestion of Heated Soy Protein Isolates,' *Foods*, 8(12), hlm. 594. Tersedia pada: <https://doi.org/10.3390/foods8120594>.
- USDA (2025a) *Glycine max*. Washington: United States Departement of Agriculture. Tersedia pada: <https://acir.aphis.usda.gov/s/cird-taxon/a0ut0000000rCGDAA2/glycine-max>.
- USDA (2025b) *Phaseolus vulgaris L*. Washington: United States Departement of Agriculture. Tersedia pada: <https://plants.usda.gov/plant-profile/PHVU>.
- USDA (2025c) *Glycine max*. Washington: United States Departement of Agriculture. Tersedia pada: <https://npgsweb.ars-grin.gov/gringlobal/taxon/taxonomydetail?id=17711>.
- Vital, A.C.P., Croge, C., da Silva, D.F., Araújo, P.J., Gallina, M.Z. dan Matumoto-Pintro, P.T. (2018) 'Okara residue as source of antioxidants against lipid oxidation in milk enriched with omega-3 and bioavailability of bioactive compounds after in vitro gastrointestinal digestion,' *Journal of Food Science and Technology*, 55(4), hlm. 1518–1524. Tersedia pada: <https://doi.org/10.1007/s13197-018-3069-2>.
- Wang, Q., Zhang, H., Jin, Q. dan Wang, X. (2023) 'Effects of Dietary Linoleic Acid on Blood Lipid Profiles: A Systematic Review and Meta-Analysis of 40 Randomized Controlled Trials,' *Foods*. MDPI. Tersedia pada: <https://doi.org/10.3390/foods12112129>.
- Wening K, D., Purbowati dan Nafisah (2022) 'Optimasi Yoghurt Sari Kedelai (Glycine Max L) Tinggi Serat dan Protein,' *Amerta Nutrition*, 6, hlm. 194–199. Tersedia pada: <https://doi.org/10.20473/amnt.v6i1SP.2022.194>.

- Wijayanti, D.E. dan Purnama, M.A. (2024) ‘Agribisnis Kedelai Lahan Kering Untuk Mendukung Keamanan Pangan di Kecamatan Galis, Bangkalan,’ *Mimbar Agribisnis: Jurnal Pemikiran Masyarakat Ilmiah Berwawasan Agribisnis*, 10, hlm. 2242–2250.
- William L. Stone, Tram Pham dan Shamim S. Mohiuddin (2023) *Biochemistry, Antioxidants*. Tersedia pada: <https://www.ncbi.nlm.nih.gov/books/NBK541064>.
- Yuniritha, E., Dwiyanthi, D. dan Christyana, A. (2022) ‘Yoghurt Kacang Merah (Phaseolus Vulgaris L.) Efektif Menurunkan Kadar Kolesterol Total Penderita Hiperkolesterolemia,’ *Jurnal Sehat Mandiri*, 17. Tersedia pada: <https://doi.org/10.33761/jsm.v17i2.830> (Diakses: 28 Agustus 2025).
- Zhu, L., Zhan, C., Yu, X., Hu, X., Gao, S., Zang, Y., Yao, D., Wang, C. dan Xu, J. (2024) ‘Extractions, Contents, Antioxidant Activities and Compositions of Free and Bound Phenols from Kidney Bean Seeds Represented by ‘Yikeshu’ Cultivar in Cold Region,’ *Foods*, 13(11). Tersedia pada: <https://doi.org/10.3390/foods13111704>.
- Ziarno, M., Zaręba, D., Ścibisz, I. dan Kozłowska, M. (2023) ‘Comprehensive studies on the stability of yogurt-type fermented soy beverages during refrigerated storage using dairy starter cultures,’ *Frontiers in Microbiology*, 14. Tersedia pada: <https://doi.org/10.3389/fmicb.2023.1230025>.
- Zong, L., Qu, H., Wang, W., Chen, D., Wa, Y., Huang, Y. dan Gu, R. (2025) ‘Effect of key flavor compounds in fermented soymilk on sensory attributes: Integrating electronic sensory technology with GC–MS analysis,’ *Food Chemistry: X*, 29. Tersedia pada: <https://doi.org/10.1016/j.fochx.2025.102750>.
- Żulewska, J., Baranowska, M., Bielecka, M.M., Dąbrowska, A.Z., Tarapata, J., Kielczewska, K. dan Łobacz, A. (2025) ‘Effect of Fortification with High-Milk-Protein Preparations on Yogurt Quality,’ *Foods*, 14(1). Tersedia pada: <https://doi.org/10.3390/foods14010080>.