

DAFTAR PUSTAKA

- Ainehvand, S. dkk. (2019) "The characteristic features of emergency food in national level natural disaster response programs: A qualitative study," *Journal of Education and Health Promotion*, 8(1). Tersedia pada: https://doi.org/10.4103/jehp.jehp_266_18.
- Aini, Q., Sulaeman, A. dan Sinaga, T. (2020) "Pengembangan Bee Pollen Snack Bar untuk Anak Usia Sekolah," *Jurnal Teknologi dan Industri Pangan*, 31(1), hlm. 50–59. Tersedia pada: <https://doi.org/10.6066/jtip.2020.31.1.50>.
- Arif, A. Bin, Budiyanto, A. dan Hoerudin (2013) *Nilai indeks glikemik produk pangan dan faktor-faktor yang memengaruhinya. Glycemic index of foods and its affecting factors., J. Litbang Pert.*
- Arisanti, C.I.S. dkk. (2023) "Mechanism of Anti-Diabetic Activity from Sweet Potato (*Ipomoea batatas*): A Systematic Review," *Foods*. Multidisciplinary Digital Publishing Institute (MDPI). Tersedia pada: <https://doi.org/10.3390/foods12142810>.
- Arvidsson-Lenner, R. dkk. (2004) "Glycaemic index: Relevance for health, dietary recommendations and food labelling," *Scandinavian Journal of Nutrition/Naringsforskning*. Taylor and Francis AS, hlm. 84–94. Tersedia pada: <https://doi.org/10.1080/11026480410033999>.
- Atkinson, F.S. dkk. (2021) "International tables of glycemic index and glycemic load values 2021: a systematic review," *American Journal of Clinical Nutrition*. Oxford University Press, hlm. 1625–1632. Tersedia pada: <https://doi.org/10.1093/ajcn/nqab233>.
- Auer-Frege, I. dkk. (2023) *World Risk Report 2023: Focus: Diversity*. Berlin: Bündnis Entwicklung Hilft.
- Avianty, S. dan Ayustaningwarno, F. (2014) "Indeks Glikemik Snack Bar Ubi Jalar Kedelai Hitam sebagai Alternatif Makanan Selingan Penderita Diabetes Melitus Tipe 2," *Jurnal Aplikasi Teknologi Pangan*, 3(3), hlm. 98–102. Tersedia pada: www.journal.ift.or.id.
- Badan Kebijakan Pembangunan Kesehatan dan Kementerian Kesehatan Republik Indonesia (2023) *Survei Kesehatan Indonesia 2023 dalam Angka*. Jakarta.
- Badan Nasional Penanggulangan Bencana (2024) *Data Bencana Indonesia 2024*. Badan Nasional Penanggulangan Bencana.
- Bae, J.H. dkk. (2018) "Postprandial glucose-lowering effect of premeal consumption of protein-enriched, dietary fiber-fortified bar in individuals with type 2 diabetes mellitus or normal glucose tolerance," *Journal of Diabetes*

- Investigation*, 9(5), hlm. 1110–1118. Tersedia pada: <https://doi.org/10.1111/jdi.12831>.
- Boulton, A.J.M. dkk. (2025) “Diabetes and natural and man-made disasters: prevention, preparation, response and recovery,” *Diabetologia*. Springer Science and Business Media Deutschland GmbH, hlm. 2465–2478. Tersedia pada: <https://doi.org/10.1007/s00125-025-06406-6>.
- Bovell-Benjamin, A.C. (2007) “Sweet Potato: A Review of its Past, Present, and Future Role in Human Nutrition,” *Advances in Food and Nutrition Research*, hlm. 1–59. Tersedia pada: [https://doi.org/10.1016/S1043-4526\(06\)52001-7](https://doi.org/10.1016/S1043-4526(06)52001-7).
- Brand-Miller, J.C. dkk. (2009) “Glycemic index, postprandial glycemia, and the shape of the curve in healthy subjects: Analysis of a database of more than 1000 foods,” *American Journal of Clinical Nutrition*, 89(1), hlm. 97–105. Tersedia pada: <https://doi.org/10.3945/ajcn.2008.26354>.
- Brouns, F. dkk. (2005) “Glycaemic index methodology,” *Nutrition Research Reviews*, 18(1), hlm. 145–171. Tersedia pada: <https://doi.org/10.1079/NRR2005100>.
- Cao, X. dkk. (2022) “The Effect of MUFA-Rich Food on Lipid Profile: A Meta-Analysis of Randomized and Controlled-Feeding Trials,” *Foods*. MDPI. Tersedia pada: <https://doi.org/10.3390/foods11131982>.
- Chelangat, M. dkk. (2023) “Nutritional and Phytochemical Composition of Bambara Groundnut (*Vigna subterranea* [L.] Verdc) Landraces in Kenya,” *International Journal of Agronomy*, 2023. Tersedia pada: <https://doi.org/10.1155/2023/9881028>.
- Cheng, K., Li, Y. dan Cheng JT (2018) “The Areas Under Curves (AUC) used in diabetes research: Update view,” *Integrative Obesity and Diabetes*, 4(3). Tersedia pada: <https://doi.org/10.15761/iod.1000212>.
- Chukwuemeka Uro-Chukwu, H. dkk. (2024) *Hypoglycemic and antioxidant effects of high concentration of bambara groundnut (Vigna Subterranean) Flour Fed on Streptozotocin-Induced Diabetic Rats*. Tersedia pada: <https://www.researchgate.net/publication/385101353>.
- Cisneros-García, I. dkk. (2023) “Recommended food supplies under conditions of natural and provoked catastrophes,” *Innovative Food Science and Emerging Technologies*, 83(July 2022). Tersedia pada: <https://doi.org/10.1016/j.ifset.2022.103218>.
- Dewandari, K.T., Munarso, J. dan Rahmawati (2020) “Sifat Fisikokimia Berondong Hanjeli (*Coix lacryma-jobi* L),” *Jurnal Penelitian Pascapanen Pertanian*, 17(Desember), hlm. 154–164.

- Dewi, N.K.S.M. dkk. (2024) “The Potential of the Flavonoid Content of Ipomoea batatas L. as an Alternative Analog GLP-1 for Diabetes Type 2 Treatment—Systematic Review,” *Metabolites*. Multidisciplinary Digital Publishing Institute (MDPI). Tersedia pada: <https://doi.org/10.3390/metabo14010029>.
- Durkalec-Michalski, K. dkk. (2018) “Effects of low versus moderate glycemic index diets on aerobic capacity in endurance runners: Three-week randomized controlled crossover trial,” *Nutrients*, 10(3). Tersedia pada: <https://doi.org/10.3390/nu10030370>.
- Elochukwu, C.U. (2008) “Effect of Processing on the Proximate Composition of Bambara Groundnut Flours,” *International Journal of Advances in Engineering and Management (IJAEM)*, 2(10), hlm. 104. Tersedia pada: <https://doi.org/10.35629/5252-0210104107>.
- Flavel, M., Jois, M. dan Kitchen, B. (2021) “Potential contributions of the methodology to the variability of glycaemic index of foods,” *World Journal of Diabetes*, 12(2), hlm. 108–123. Tersedia pada: <https://doi.org/10.4239/wjd.v12.i2.108>.
- Floch, J.-P. Le dkk. (1990) “Blood Glucose Area Under the Curve: Methodological Aspects,” *Diabetes Care*, 13(2), hlm. 172–175. Tersedia pada: <https://doi.org/10.2337/diacare.13.2.172>.
- Le Floch, J.-P. dkk. (1990) “Blood glucose area under the curve: Methodological aspects,” *Diabetes Care*, 13(2), hlm. 172–175.
- Food and Agriculture Organization dan World Health Organization (1998) *Carbohydrates in human nutrition: Report of a Joint FAO/WHO Expert Consultation*.
- Gao, R. dan Chilibeck, P.D. (2018) “Glycemic index meal feeding and lipid profiling,” *The Molecular Nutrition of Fats*. Elsevier, hlm. 135–149. Tersedia pada: <https://doi.org/10.1016/B978-0-12-811297-7.00010-X>.
- Gerontiti, E. dkk. (2024) “The role of low glycemic index and load diets in medical nutrition therapy for type 2 diabetes: an update,” *Hormones*. Springer Science and Business Media Deutschland GmbH, hlm. 655–665. Tersedia pada: <https://doi.org/10.1007/s42000-024-00566-7>.
- Gohardehi, F., Seyedin, H. dan Moslehi, S. (2020) “Prevalence Rate of Diabetes and Hypertension in Disaster-Exposed Populations: A Systematic Review and Meta-Analysis,” *Ethiopian journal of health sciences*, 30(3), hlm. 439–448. Tersedia pada: <https://doi.org/10.4314/ejhs.v30i3.15>.
- Greenwood, D.C. dkk. (2013) “Glycemic index, glycemic load, carbohydrates, and type 2 diabetes: Systematic review and dose-response meta-analysis of

- prospective studies,” *Diabetes Care*, 36(12), hlm. 4166–4171. Tersedia pada: <https://doi.org/10.2337/dc13-0325>.
- Hafizi, A. dkk. (2024) “Hubungan antara usia, jenis kelamin dan indeks massa tubuh dengan kejadian diabetes mellitus tipe 2 di Rumah Sakit Pertamina Bintang Amin Husada,” *Jurnal Medika Malahayati*, 8(4), hlm. 900–907.
- Hamid, N.F. (2026) *Potensi Imunomodulator Pangan Darurat Berbasis Ubi Cilembu, Kacang Bogor, dan Hanjeli pada Situasi Bencana*. Universitas Pembangunan Nasional “Veteran” Jakarta.
- Handayani, V.W., Aryanto, A.F. dan Kurniawan, D. (2020) “Systematic Review; Akibat Bencana Alam Terhadap Penderita Diabetes Mellitus,” *Jurnal Ilmiah: J-HESTECH*, 3(2), hlm. 105–118. Tersedia pada: <https://doi.org/10.25139/htc.v%vi%i.2927>.
- Hanna, M. dkk. (2022) “B Vitamins: Functions and Uses in Medicine,” *Perm J*, 26. Tersedia pada: <https://doi.org/10.7812/TPP>.
- Hätönen, K.A. dkk. (2006) “Methodologic considerations in the measurement of glycemic index: Glycemic response to rye bread, oatmeal porridge, and mashed potato,” *American Journal of Clinical Nutrition*, 84(5), hlm. 1055–1061. Tersedia pada: <https://doi.org/10.1093/ajcn/84.5.1055>.
- Jenkins, D.J. dkk. (2002) “Glycemic index: overview of implications in health and disease,,,” *The American Journal of Clinical Nutrition*, 76(1), hlm. 266S–273S. Tersedia pada: <https://doi.org/10.1093/ajcn/76.1.266S>.
- Kementerian Kesehatan RI (2019) *PMK Nomor 28 Tahun 2019 tentang Angka Kecukupan Gizi yang Dianjurkan untuk Masyarakat Indonesia*.
- Kementerian Kesehatan RI (2020) *Tabel Komposisi Pangan Indonesia*.
- Kim, D. (2020) “Glycemic index,” *Obesity: Global Impact and Epidemiology*. Elsevier, hlm. 183–189. Tersedia pada: <https://doi.org/10.1016/B978-0-12-818839-2.00014-4>.
- Kiromi, N.A., Nengah Kencana Putra, I. dan Gusti Ayu Ekawati, I. (2023) “The Effect of Wheat Flour and Cilembu Sweet Potato Flour (Ipomoea Batatas (L). Lam Cv. Cilembu) Comparison on the Characteristics of Putu Ayu Cake,” *Jurnal Ilmu dan Teknologi Pangan Ayu Nuriya dkk / Itepa*, 12(1), hlm. 181–194.
- Komariah dan Rahayu, S. (2020) “Hubungan usia, jenis kelamin dan indeks massa tubuh dengan kadar gula darah puasa pada pasien diabetes melitus tipe 2 di Klinik Pratama Rawat Jalan Proklamasi, Depok, Jawa Barat,” *Jurnal Kesehatan Kusuma Husada*, 11, hlm. 41–50.

- Leone, A. dkk. (2022) "Absence of a sexual dimorphism in postprandial glucose metabolism after administration of a balanced mixed meal in healthy young volunteers," *Nutrition and Diabetes*, 12(1). Tersedia pada: <https://doi.org/10.1038/s41387-022-00184-5>.
- Li, Z. dkk. (2023) "Screening and Activity Analysis of α -Glucosidase Inhibitory Peptides Derived from Coix Seed Prolamins Using Bioinformatics and Molecular Docking," *Foods*, 12(21). Tersedia pada: <https://doi.org/10.3390/foods12213970>.
- Lim, T.K. (2013) "Coix lachryma-jobi," *Edible Medicinal And Non-Medicinal Plants*. Springer Netherlands, hlm. 243–261. Tersedia pada: https://doi.org/10.1007/978-94-007-5653-3_14.
- Listyaningrum, R.S. dkk. (2021) "Evaluation of glycemic index determination method," *Pharmaciana*, 11(2), hlm. 175. Tersedia pada: <https://doi.org/10.12928/pharmaciana.v11i2.20666>.
- Mahmood, I. dkk. (2025) "In vitro evaluation of antidiabetic potential of Coix lacryma-jobi fruit extract," *International Journal of Food Science and Technology*, 60(1). Tersedia pada: <https://doi.org/10.1093/ijfood/vvaf107>.
- Maphosa, Y., Jideani, V.A. dan Maphosa, L. (2022) "Bambara groundnut production, grain composition and nutritional value: opportunities for improvements," *Journal of Agricultural Science*, 160(6), hlm. 448–458. Tersedia pada: <https://doi.org/10.1017/S0021859622000521>.
- Mariam, S. (2019) "Pengembangan Pangan Darurat untuk Memenuhi Kebutuhan Gizi Masyarakat di Daerah Terdampak Bencana," *Seminar Nasional matematika, Sains, dan Teknologi Fakultas Sains dan Teknologi Tahun 2019 (Peran Matematika, Sains, dan Teknologi dalam Kebencanaan)*. Universitas Terbuka.
- Marsh, K. dkk. (2011) "Glycemic index and glycemic load of carbohydrates in the diabetes diet," *Current Diabetes Reports*, hlm. 120–127. Tersedia pada: <https://doi.org/10.1007/s11892-010-0173-8>.
- Matthan, N.R. dkk. (2016) "Estimating the reliability of glycemic index values and potential sources of methodological and biological variability," *American Journal of Clinical Nutrition*, 104(4), hlm. 1004–1013. Tersedia pada: <https://doi.org/10.3945/ajcn.116.137208>.
- Mesquita, C. de B. dkk. (2016) "Characterization of banana starches obtained from cultivars grown in Brazil," *International Journal of Biological Macromolecules*, 89, hlm. 632–639. Tersedia pada: <https://doi.org/10.1016/j.ijbiomac.2016.05.040>.
- Moghaddam, E., Vogt, J.A. dan Wolever, T.M.S. (2006) "The effects of fat and protein on glycemic responses in nondiabetic humans vary with waist

circumference, fasting plasma insulin, and dietary fiber intake,” *The Journal of Nutrition Nutrient Physiology, Metabolism, and Nutrient-Nutrient Interactions*, 136(10), hlm. 2506–2511.

Monro, J.A. dan Shaw, M. (2008) “Glycemic impact, glycemic glucose equivalents, glycemic index, and glycemic load: definitions, distinctions, and implications,” *The American Journal of Clinical Nutrition*, 87(1), hlm. 237S-243S. Tersedia pada: <https://doi.org/10.1093/ajcn/87.1.237S>.

Nameni, R.O. dkk. (2024) “Nutritional, Antioxidant, and Functional Properties of Cameroonian Cowpea and Bambara Groundnut and Their Culinary Forms,” *Cureus* [Preprint]. Tersedia pada: <https://doi.org/10.7759/cureus.74543>.

Nurdin, N.M. dkk. (2020) “Soy flour-based snack bar as potential snack alternative for diabetes mellitus,” *Jurnal Gizi dan Pangan*, 15(3), hlm. 125–132. Tersedia pada: <https://doi.org/10.25182/jgp.2020.15.3.125-132>.

Nurhayati, A.D. dkk. (2019) “Potensi Penggunaan Metode In Vitro dalam Memperkirakan Pemeringkatan Indeks Glikemik In Vivo pada Beberapa Varietas Beras yang Dimasak,” *Indonesian Journal of Human Nutrition*, 6(2), hlm. 119–138. Tersedia pada: <https://doi.org/10.21776/ub.ijhn.2019.006.02.6>.

Odeniran, O.M. (2025) “Exploring the Potential of Bambara Groundnut Flour as an Alternative for Diabetic and Obese Patients in the USA: A Comprehensive Review,” *Cureus*, 17(1), hlm. 1–12. Tersedia pada: <https://doi.org/10.7759/cureus.78258>.

Oguntuase, S.O. dkk. (2022) “Nutritional, antioxidant, carbohydrate hydrolyzing enzyme inhibitory activities, and glyceamic index of wheat bread as influence by bambara groundnut substitution,” *SN Applied Sciences*, 4(4). Tersedia pada: <https://doi.org/10.1007/s42452-022-05018-8>.

Ozdemir, S. dan Ozturk, S. (2025) “Impact of a Major Earthquake on Glycemic Control in Adults with Type 2 Diabetes: A Retrospective Cohort Study from Türkiye,” *Diagnostics*, 15(18). Tersedia pada: <https://doi.org/10.3390/diagnostics15182361>.

Panahi, S. dkk. (2024) “Disaster health literacy for diabetics: A scoping review towards a framework,” *Journal of Education and Health Promotion*. Wolters Kluwer Medknow Publications. Tersedia pada: https://doi.org/10.4103/jehp.jehp_1415_23.

Pasupuleti, V.R. dkk. (2020) “A review on oxidative stress, diabetic complications, and the roles of honey polyphenols,” *Oxidative Medicine and Cellular Longevity*. Hindawi Limited. Tersedia pada: <https://doi.org/10.1155/2020/8878172>.

- Pramudya, R. dan Amiralevi, S.H. (2025) “Tata Laksana Hipoglikemia pada Pasien Diabetes,” *Cermin Dunia Kedokteran*, 52(1), hlm. 20–26. Tersedia pada: <https://doi.org/10.55175/cdk.v52i1.1254>.
- Probosari, E. (2019) “Pengaruh protein diet terhadap indeks glikemik,” *JNH (Journal of Nutrition and Health)*, 7(1).
- Puspita, W., Sulaeman, A. dan Damayanthi, E. (2019) *Snack bar berbahan pati sagu (Metroxylon sp.), tempe, dan beras hitam sebagai pangan fungsional berindeks glikemik rendah*, *The Indonesian Journal of Nutrition*). Tersedia pada: <https://ejournal.undip.ac.id/index.php/jgi/>.
- Rahelic, D. dkk. (2011) *Glycemic Index in Diabetes, Coll. Antropol.*
- Resti, N. dkk. (2025) “Potential raw materials for emergency food products in Southeast Asia: Potensi bahan baku produk pangan darurat di Asia Tenggara,” *Amerta Nutrition*, 9(2), hlm. 362–376.
- Sahyoun, N.R. dkk. (2008) *Dietary glycemic index and glycemic load and the risk of type 2 diabetes in older adults 1-3*, *Am J Clin Nutr.*
- Saragih, B. (2019) “Glycemic Index and Functional Properties of Jelai (Coix lacryma-Jobi L),” *International Conference on Food Tropical Agrifood, Feed and Fuel 2018, Department of Agricultural Products Technology Agriculture Faculty, Mulawarman University*, hlm. 25–29.
- Satoh, J. dkk. (2019) “Diabetes Care Providers’ Manual for Disaster Diabetes Care,” *Journal of Diabetes Investigation*, 10(4), hlm. 1118–1142. Tersedia pada: <https://doi.org/10.1111/jdi.13053>.
- Setyawati, I. (2015) “Perbandingan Kadar Total Karoten dan Likopen Ubi Jalar Cilembu (*Ipomea batatas* Lamk.) Selama Proses Pengolahan,” *Wiyata*, 2, hlm. 176–180.
- Shevkani, K. dkk. (2017) “Wheat starch production, structure, functionality and applications—a review,” *International Journal of Food Science and Technology*. Blackwell Publishing Ltd, hlm. 38–58. Tersedia pada: <https://doi.org/10.1111/ijfs.13266>.
- Sisodia, R.K. dan Chouhan, M. (2019) “The study of correlation between Body Mass Index and glycemic control-HbA1c in diabetes type 2 patients,” *International Journal of Advances in Medicine*, 6(6), hlm. 1788. Tersedia pada: <https://doi.org/10.18203/2349-3933.ijam20195228>.
- Soviana, E. dan Maenasari, D. (2019) *Asupan Serat, Beban Glikemik dan Kadar Glukosa Darah pada Pasien Diabetes Melitus Tipe 2*, *Jurnal Kesehatan*. Online.
- Sugiyono (2019) *Metode penelitian kuantitatif, kualitatif, dan R&D*.

- Surahman, Y. (2023) *Pertumbuhan dan Hasil Delapan Aksesori Kacang Bogor (Vigna subterranea L. Verdc.) Asal Bogor dan Sukabumi, Jurnal Agronida ISSN.*
- Sutanto, I.A. (2015) *Perbedaan Indeks Glikemik pada Nasi Putih (Oryza sativa), Ubi Cilembu (Ipomea batatas cultivar cilembu) dan Ubi Ungu (Ipomoea batatas cultivar ayumurasaki).* Universitas Jember.
- Takahama, U. dan Hirota, S. (2018) “Interactions of flavonoids with α -amylase and starch slowing down its digestion,” *Food and Function*. Royal Society of Chemistry, hlm. 677–687. Tersedia pada: <https://doi.org/10.1039/c7fo01539a>.
- Tanaka, M. dkk. (2015) “Impacts of the Great East Japan Earthquake on diabetic patients,” *Journal of Diabetes Investigation*, 6(5), hlm. 577–586. Tersedia pada: <https://doi.org/10.1111/jdi.12336>.
- Tang, X. dkk. (2023) “Physicochemical, structure properties and in vitro hypoglycemic activity of soluble dietary fiber from adlay (Coix lachryma-jobi L. var. ma-yuen Stapf) bran treated by steam explosion,” *Frontiers in Nutrition*, 10. Tersedia pada: <https://doi.org/10.3389/fnut.2023.1124012>.
- Tarçın, G. dkk. (2023) “Effect of Continuous Glucose Monitoring Device Assistance on Glycemic Control of 2023 Kahramanmaraş Doublet Earthquake Survivors with Type 1 Diabetes in Adana, Turkey,” *Turkish Archives of Pediatrics*, 58(6), hlm. 653–657. Tersedia pada: <https://doi.org/10.5152/TurkArchPediatri.2023.23198>.
- Tarigan, D.R. (2026) *Peningkatan mutu gizi mi berbahan sagu dan kacang bogor sebagai alternatif makanan berindeks glikemik rendah.* Fakultas Kedokteran dan Gizi, Institut Pertanian Bogor.
- Temegne NC dkk. (2018) “Origin and Ecology of Bambara Groundnut (Vigna Subterranea (L.) Verdc: A Review,” *Journal of Ecology & Natural Resources*, 2(4). Tersedia pada: <https://doi.org/10.23880/jenr-16000140>.
- Tudurí, E. dkk. (2022) “The pancreatic β -cell in ageing: Implications in age-related diabetes,” *Ageing Research Reviews*. Elsevier Ireland Ltd. Tersedia pada: <https://doi.org/10.1016/j.arr.2022.101674>.
- Tușat, E. dkk. (2025) “Impact of White Bread Fortified With Carob Molasses Pulp Flour and Wheat Germ on Glycemic Response and Antioxidant Capacity in Healthy Subjects,” *Food Science and Nutrition*, 13(12). Tersedia pada: <https://doi.org/10.1002/fsn3.71046>.
- United Nations High Commissioner for Refugees dkk. (2002) *Food and Nutrition Needs in Emergencies*. World Health Organization.

- Wahidin, M., Kong, F. dan Safaat, H. (2020) “Post Tsunami Impact on Hypertension and Diabetes Mellitus Cases in Pandeglang District, Banten, Indonesia,” 8, hlm. 208–217. Tersedia pada: <https://doi.org/10.20473/jbe.v8i32020>.
- Walker, R.J. dkk. (2020) “The influence of daily stress on glycemic control and mortality in adults with diabetes,” *Journal of Behavioral Medicine*, 43(5), hlm. 723–731. Tersedia pada: <https://doi.org/10.1007/s10865-019-00109-1>.
- Wang, P. dkk. (2023) “Comparing the effects of water temperature and additives in glucose solution on pregnant women’s taste, side effects, and glycemic levels during an oral glucose tolerance test: a randomized controlled trial,” *American Journal of Obstetrics and Gynecology MFM*, 5(4). Tersedia pada: <https://doi.org/10.1016/j.ajogmf.2023.100870>.
- Wang, S. dan Copeland, L. (2013) “Molecular disassembly of starch granules during gelatinization and its effect on starch digestibility: A review,” *Food and Function*, 4(11), hlm. 1564–1580. Tersedia pada: <https://doi.org/10.1039/c3fo60258c>.
- Wang, X. dkk. (2026) “Optimization of Sweet Potato (*Ipomoea batatas* L.) Chlorogenic Acid Extraction Process and Hypoglycemic Effect Study,” *Plants*, 15(1), hlm. 120. Tersedia pada: <https://doi.org/10.3390/plants15010120>.
- Yilmaz, Ö.M., Bakkalbaşı, E. dan Ercan, R. (2018) “Phenolic acid contents and antioxidant activities of wheat milling fractions and the effect of flour extraction rate on antioxidant activity of bread,” *Journal of Food Biochemistry*, 42(6). Tersedia pada: <https://doi.org/10.1111/jfbc.12637>.
- Zafar, M.I. dkk. (2019) “Low-glycemic index diets as an intervention for diabetes: A systematic review and meta-analysis,” *American Journal of Clinical Nutrition*, 110(4), hlm. 891–902. Tersedia pada: <https://doi.org/10.1093/ajcn/nqz149>.
- Zhang, L. dkk. (2025) “Increasing wheat flour extraction rate for balanced starch-protein digestion and gut microbiota optimization: A strategy to enhance nutrition and mitigate food crises,” *Food Chemistry: X*, 29. Tersedia pada: <https://doi.org/10.1016/j.fochx.2025.102848>.
- Ziegler, D. dkk. (2023) “Association between diabetes and thiamine status - A systematic review and meta-analysis,” *Metabolism: Clinical and Experimental*, 144. Tersedia pada: <https://doi.org/10.1016/j.metabol.2023.155565>.