

DAFTAR PUSTAKA

- Akoh, Casimir C and David B. Min. 2008. Food Lipid Chemistry, Nutrition, and Biotechnology third edition. US: CRC Press. p.107,113-114
- Almatsier, S. 2009. Prinsip Dasar Ilmu Gizi, Cetakan ke VII, PT Gramedia Pustaka Utama, Jakarta, hal 63.
- Anwar, B. 2004. Dislipidemia Sebagai Faktor Resiko Penyakit Jantung Koroner. Medan: Fakultas Kedokteran Universitas Sumatera Utara. <http://library.usu.ac.id/download/fk/gizi-bahri.pdf>. Diakses Tanggal 31 Agustus 2012 Pukul 16:24 WIB
- Anwar TM, Linda E K, Lawrence K, Eva L, Vlad V, Ruby J, et al. Interrelation of saturated fat, *trans* fat, alcohol intake, and subclinical atherosclerosis. Am J Clin Nutr 2008;87:168 –74
- Baihaqie, MF. 2010. Laporan Magang di PT. Garudafood Putra Putri Jaya Pati Jawa Tengah (Proses Pengadaan Bahan Baku). Fakultas Pertanian Universitas Sebelas Maret, Surakarta. <http://eprints.uns.ac.id/297/1/158732408201001331.pdf>. Diakses tanggal 20 Juli 2012 Pukul 12:23 WIB.
- Brown, Andrew W. 2011. Mechanisms of decreased cholesterol absorption mediated by phytosterols in the intestinal lumen. Lincoln: University of Nebraska. <http://digitalcommons.unl.edu/cgi/viewcontent.cgi?article=1019&context=nutritiondiss>. Diakses tanggal 6 Juli 2013 Pukul 21:30 WIB.
- Carr, Timothy P, Daniel D. Gallaher, Ching-Hui Yang and Craig A Hassel. 1996. Increased Intestinal Contents Viscosity Reduces Cholesterol Absorption Efficiency in Hamsters fed Hydroxypropyl Methylcellulose. St. Paul: Department of Food Science and Nutrition University of Minnesota.
- Chen, Shirley C, Joseph T. Judd, Mathew Kramer, Gert W. Meijer, Beverly A. Clevidence, and David J. Baer. 2008. Phytosterol Intake and Dietary Fat Reduction are Independent and Additive in their Ability to Reduce Plasma LDL Cholesterol. Beltsville USA: US Department of Agriculture.

Choi, J., Lee, E., Lee, H., Kim, K., Ahn, K. And Shim, B. 2007. Identification of campesterol from *Chrysanthemum coronarium* L and its antiangiogenic activities. *Phytother Res* 21:954-959.

Deptan, 2011. Survei Sosial Ekonomi Nasional. Jakarta: Departemen Pertanian. <http://www.deptan.go.id/indikator/tabe-15b-konsumsi-rata.pdf>. Diakses Tanggal 12 Desember 2012 Pukul 2012.

Djaja, Sarimawar, Agus Suwandono, dan Soeharsono Soemantri. Pola penyakit penyebab kematian di perkotaan dan pedesaan di Indonesia, Studi Mortalitas Survei Kesehatan Rumah Tangga (SKRT) 2001. *Jurnal Kedokteran Trisakti*, 2003. Mei-Agustus 2003, Vol 22 No. 2. http://www.univmed.org/wp-content/uploads/2011/02/Sarimawar_dkk1.pdf. Diakses Tanggal 29 Agustus 2012 Pukul 10.03 WIB.

Djohan, B. Patofisiologi dan Penatalaksanaan Penyakit Jantung Koroner. Medan: Fakultas Kedokteran Universitas Sumatera Utara. <http://library.usu.ac.id/download/fk/gizi-bahri8.pdf>. Diakses Tanggal 5 September 2012 Pukul 13:12 WIB.

Eastwood, M. 2003. *Principles of Human Nutrition* second edition. UK: Blackwell Publishing.

Fakultas Teknologi Industri ITB, 2010. Modul Pembuatan Produk Laboratorium Operasi Teknik Kimia. Bandung: ITB. <http://akademik.che.itb.ac.id/labtek/wp-content/uploads/2010/08/modul-pembuatan-produk.pdf>. Diakses Tanggal 09 Desember 2012 Pukul 19:48 WIB.

Farabee, M.J. 2010. The Circulatory System. www.emc.maricopa.edu/faculty/farabee/biobk/biobookcircsys.html. Diakses tanggal 28 November 2012. Pukul 17:17 WIB.

Gilbert, R. , M.D. Thompson and S.M Grundy, 2005. History and development of plant sterol and stanol esters for cholesterol-lowering purposes. *Am. J. Cardiol.* 96(suppl.):3D-9D

Gould, B. 2006. *Pathophysiology for the Health Professions* Third Edition. Canada: Saunders Elsevier.

Haliza, Winda, Endang Y Purwani, dan Ridwan Thahir. 2007. Pemanfaatan Kacang-kacangan Lokal sebagai Substitusi Bahan Baku Tempe dan Tahu. Balai Besar

Penelitian dan Pengembangan Pascapanen Pertanian. Buletin Teknologi Pascapanen Pertanian Vol. 3 2007. http://pascapanen.litbang.deptan.go.id/assets/media/publikasi/bulletin/2007_1.pdf. Diakses Tanggal 2 September 2012 Pukul 23:22 WIB

Han, Jun-Hua, Yue-Xin Yang, dan Mei-Yuan Feng, 2008. Contents of Phytosterols in Vegetables and Fruits Commonly Consumed in China. (Abstract). Biomedical and Enviromental Sciences 21, 449-453. <http://www.besjournal.com/Articles/Archive/2008/No6/200908/P02009081070252646902601449453595.pdf>. Diakses Tanggal 31 Agustus 2012 Pukul 22:23 WIB

Hanifah. 2008. Dikutip dalam Kusumawati S, Indah.2010. *Pengaruh Pemberian Tepung Kedelai Hitam (Glycine soja) per Oral terhadap Perubahan Kadar Kolesterol Total Tikus Strain Wistar (Rattus Novergicus) yang diberikan Diet Aterogenik*. (Skripsi). Malang:FKUB.

Hietaniemi, M. 2009. Studies on Novel and Traditional Risk Factors of Atherosklerosis. Oulu: Acta Universitatis Oululensis D Medica 1016.

Joyce, T. 2012. Food Fact Sheet Stanols and Sterols. UL: The British Dietetic Association. <http://www.bda.uk.com/foodfacts/PlantStanolsAndSterols.pdf>. Diakses Tanggal 14 Desember 2012 Pukul 21.23 WIB.

Ju, Y.H., Clausen, L.M., Allred, K.F., Almada, A.L., and Helferich, W.G. 2004. β -sitosterol, β -sitosterol glucoside, and a mixture of β -sitosterol and β -sitosterol glucoside modulate the growth of estrogen –responsive breast cancer cells in vitro and ovariectomized athymicmice. *J Nutr* 134: 1145-1151.

Karti E dan Rosida. 2009. *Tinjauan Gizi Tahu dan Tempe Gembus Dari Beberapa Jenis Kacang Sebagai Bahan Alternatif Pengganti Kedelai*. Makalah disajikan dalam Seminar Nasional Peran Teknologi Informasi Di Bidang Industri Pangan, Kimia dan Manufaktur Dalam Menunjang Pembangunan, Fakultas Teknik Industri & LPPM UPN "Veteran" Jawa Timur, Surabaya, 3 Desember.

Kelishadi, et all, 2005. Cumulative prevalence of risk factors for atherosclerosis cardiovascular diseases in Iranian adolencent: IHHP-HHPC. *Jounal de Peditria*-Vol 81, No. 6, 2005 p.450. http://www.scielo.br/pdf/jped/v81n6/en_v81n6a07.pdf. Diakses tanggal 5 September 2012 Pukul 15:21 WIB.

Kemal, 2001. Kacang Tanah (*Arachis hypogeacea* L.). Jakarta: Deputi Menegristek Bidang Pendayagunaan dan Pemasyarakatan Ilmu Pengetahuan dan Teknologi

(BPP Teknologi). http://www.warintek.ristek.go.id/pertanian/kacang_tanah.pdf. Diakses Tanggal 12 Desember 2012 Pukul 17:11 WIB.

Kemas H. 2005. Rancangan Percobaan Teori dan Aplikasi. Jakarta:Raja Rafindo Persada

Klingberg, S. , Ellegard, L., Johansson, I., Hallmans, G., Weinehall, L., Andersson, H. 2008. Inverse relation between dietary intake of naturally occurring plant sterols and serum cholesterol in northern Sweden. *Am J Clin Nutr* 87: 993-1001.

Kohlmeier, M. 2006. Nutrient Metabolism. USA: Academic Press. p.512

Krauss, R.M *et al.* , 2000. AHA Dietary Guidelines Revision 2000: A Statement for Healthcare Professionals From the Nutrition Committee of the American Heart Association. Greenville Avenue: American Heart Association.

Laurence, D.,R., and Bacharach, A., L., 1964, *Evaluation of Drug Activities*, Academic Press, London.

Lichtenstein, A., H and Richard, J., D. 2001. Stanol/Sterol Ester- Containing Foods and Blood Cholesterol Levels. United State: American Heart Association, Inc. <http://circ.ahajournals.org/content/103/8/1177.full.pdf>. Diakses Tanggal 24 Desember 2012 Pukul 13.30 WIB.

Mader, S. 2008. Human Biology tenth edition. New York: McGraw-Hill. p.88

Majid, A. 2008. Penyakit Jantung Koroner: Patofisiologi, Pencegahan dan Pengobatan Terkini. Medan: Universitas Sumatera Utara.

Mayes, Peter A and Kathleen M. Botham. 2003. Lipid of Physiological Significance Harper's Illustrated Biochemistry. United States: The McGraw-Hill Companies. p.111-121

McPhee, Stephen dan William F. Ganong, 2006. Pathophysiology of Disease An Introduction to Clinical Medicine fifth edition. USA: The McGraw-Hill Companies.

Micallef, Michelle A dan Manohar L. Garg. 2009. Beyond blood lipids: phytosterols, statins and omega-3 polyunsaturated fatty acid therapy for hyperlipidemia.

Australia: Science Direct Elsevier. Journal of Nutritional Biochemistry 20 (2009) 927–939

Moffat, Robert J. And Bryant Stamford. 2006. Lipid Metabolism and Health. US: CRC Press

Muis, Mirna, dan Bachtiar Murtala. 2011. Peranan Ultrasonografi dalam Menilai Kompleks Intima-media Arteri Karotis untuk Diagnosis Dini Arteriosklerosis. Makassar: CDK

Muwarni S, Mulyohadi A, and Ketut M. 2006. Diet Aterogenik pada Tikus Putih (*Rattus novergicus stain Wistar*) sebagai Model Hewan Atherosklerosis. Malang: Fakultas Kedokteran Universitas Brawijaya.

Naim, H. dan Hesti, M. 2012. Pengaruh Pemberian Yoghurt Kedelai Hitam (*Black Soyghurt*) terhadap Profil Lipid Serum Tikus Hiperkolesterolemia. Semarang: Fakultas Kedokteran Universitas Diponegoro.

National Heart, Lung, and Blood Institute, 2009. Atherosclerosis. U.S Department of Health and Human Services. http://www.nhlbi.nih.gov/health/public/heart/other/atherosclerosis_atglance.pdf. Diakses Tanggal 4 September 2012 Pukul 11:02 WIB.

Purwaningsih, N. 2008. Pengaruh Komposisi Bahan Baku dan Bahan Pembungkus Terhadap Mutu Tempe Kacang. Teknologi dan Kejuruan, Vol 31, No. 1 Februari 2008:87-97.

Ros, Emili. Nuts and novel biomarkers of cardiovascular disease. 2009. Amerika Serikat: The American Journal of Clinical Nutrition.

Saji John, Alexey V. Sorokin and Paul D. Thompson. 2007. Phytosterols and vascular disease. USA: Lippincott Williams & Wilkins.

Sandmaier, M. 2005. Your Guide to a Healthy Heart. United State: U.S Department of Health and Human Service. http://www.nhlbi.nih.gov/health/public/heart/chol/chol_tlc.pdf. Diakses Tanggal 12 Desember 2012 Pukul 13.20 WIB.

Setiawan, S and Eko S. 2007. Peroksidasi Lipid dan Penyakit terkait Stres Oksidatif pada Bayi Prematur. Banjarmasin: Fakultas Kedokteran Universitas Lambung Mangkurat.

Suarsana, I Nyoman, I Nyoman Sadra Dharmawan, I Wayan Gorda, and Bambang Pontjo Priosoeryanto. 2011. Tepung Tempe Kaya Isoflavon Meningkatkan Kadar kalsium, Posfor dan Estrogen Plasma Tikus Betina Normal. Bogor : FKH Institut Pertanian Bogor.

Sulchan, M and MG Isworo Rukmi. 2007. Effect of tempe gembus on cholesterol profile in hyperlipidemic rats. *Med J Indones* Vol 16, No 4-Desember 2007. <http://mji.ui.ac.id/journal/index.php/mji/article/download/281/279>. Diakses Tanggal 26 Desember 2012 Pukul 20:23 WIB.

Suprihatin. 2008. Optimalisasi Kinerja Reproduksi Tikus Betina Setelah Pemberian Tepung Kedelai dan Tepung Tempe pada Usia Prapubertas. 2008. Bogor: Institut Pertanian Bogor.

Tasan M, Bilgin B, Gecgel U, Demirci AS. 2006. Phytosterols as Functional Food Ingredients. Turkey: Department of Food Engineering. *Journal of Tekirdag Agricultural Faculty*, 3(2): 153-159

The Advisory Committee on Novel Food and Processes. 2005. Cholesterol Lowering: Foods with added plant sterols, London: ACNFP. <http://www.food.gov.uk/multimedia/pdfs/acnfpcholesterolfactsheet.pdf>. Diakses Tanggal 31 Agustus 2012 Pukul 21:11 WIB

Utaminingrum, F. 2011. Pengaruh Pemberian Yoghurt Kedelai Hitam (Black Soyghurt) terhadap kadar Kolesterol LDL serum pada Tikus Dislipidemia. Semarang: Fakultas kedokteran Universitas Diponegoro. http://eprints.undip.ac.id/35870/1/408_Febriani_Utaminingrum_G2C007030.pdf. Diakses Tanggal 05 Juli 2013 Pukul 13.30 WIB