

## DAFTAR PUSTAKA

- Adekunle, F.O., Osagie, A.U., Adekunle, A.T., 2008. *Effect of Postharvest Storage Techniques on the Nutritional Properties of Benin Indigenous Okra Abelmoschus esculentus (L.) Moench.* Pakistan Journal of Nutrition ed 7.
- Adelakun, O.E., O.J., O., B.I., A.O., T.C., K., 2009. *Influence of Pre-Treatment On Yield Chemical and Antioxidant Properties of A Nigerian Okra Seed (Abelmoschus esculentus moench) Flour.* Food Chem Toxicol 46, 657–661.
- Adipratama, I.K., 2018. Uji Toksisitas Akut Ekstrak Buah Okra (*Abelmoschus esculentus L. Moench*) Terhadap Parameter Kadar SGOT dan SGPT Serta Histopatologi Hepar Tikus Galur Wistar. *Journal of Pharmacopolium* 15.
- Almatsier, S., 2009. Prinsip Dasar Ilmu Gizi. Jakarta: Gramedia Pustaka Utama.
- Arai, Y., Wattanabe, S., Kimira, M., Shimo, K., Mochizuki, R., Kinae, N., 2000. *Dietary Intakes of Flavonols, Flavones and Isoflavones by Japanese Women and The Inverse Correlation between Quercetin Intake and Plasma LDL Cholesterol Concentration.* Journal of Nutrition 130, 2243–2250.
- Arapitas, P., 2008. *Identification and Quantification of Polyphenolic Compounds From Okra Seeds And Skins.* Food Chem 110, 1041–1045.
- Arief, M.I., Novriansyah, R., Tjeng Budianto, I., Bimo Harmaji, M., 2012. Potensi Bunga Karamunting (*Melastoma malabathricum L.*) Terhadap Kadar Kolesterol Total dan Trigliserida pada Tikus Putih Jantan yang diinduksi Propiltiourasil. *Jurnal Prestasi* 1 (2).
- Asmara, I.Y., D., G., W., T., 2007. Penampilan Broiler yang Diberi Ransum Mengandung Tepung Daun Ubi Jalar (*Ipomoea batatas*) Terhadap Karakteristik Karkas. *J. Indon.Trop.Anim.Agric.*32 (2), 126-130.
- Benhaddou Andaloussi, A., Eid, H.M., Martineau, L.C., Saleem, A., Muhammad, A., Vallerand, D., 2010. *Stimulation of AMP-Activated Protein Kinase and Enhancement of Basal Glucose Uptake in Muscle Cells by Quercetin and Quercetin Glycosides, Active Principles of the Antidiabetic Medicinal Plant Vaccinium Vitisidaea.* Mol Nutr Food Res 54, 991–1003.
- Broto, H.W., 2010. Hubungan Pola Makan, Obesitas, Keteraturan Berolahraga & Kebiasaan Merokok Dengan Kejadian Hipercolestolemi. Skripsi, Universitas Muhammadiyah Semarang, Semarang.

- Casaschi, A., Wang, Q., Dang, K., Richards, A., Theriault, A., 2002. *Intestinal Apolipoprotein B Secretion Is Inhibited By The Flavonoid Quercetin: Potential Role of Microsomal Triglycerida Transfer Protein And Diacylglycerol Acyltransferase*. PubMed 7, 647–652.
- Chen, Y., Zhang, B.-C., Sun, Y.-H., Zhang, J.-G., Sun, H.-J., Wei, Z.-J., 2015. *Physicochemical Properties and Adsorption Of Cholesterol by Okra (Abelmoschus esculentus) Powder*. Food Funct 6, 3728–3736.
- Debra, A.K., 2008. *Krause's Food Nutrition And Diet Therapy (12<sup>th</sup> ed.)*. USA: Saunders.
- Dewi, Y.R., Santoso, L.M., Tibrani, M., 2012. Uji Efektivitas Air Perasan Buah Nanas (*Ananas comosus (L.) Merr*) terhadap Kadar Kolesterol Total dan Trigliserida Darah Mencit (*Mus musculus L.*) Serta Sumbangannya Pada Pembelajaran Biologi di Sekolah Menengah Atas. Skripsi, Universitas Sriwijaya, Sumatera Selatan.
- Du, G., M, L., D, L., 2009. *Antioxidant Capacity and the Relationship With Polyphenol and Vitamin C in Aclinidia fruits*. Food Chem 113, 557–562.
- Durstine, J.L., 2012. Program Olahraga : Kolestrol Tinggi (Ramonita, penerjemah). Yogyakarta: Citra Aji Pratama.
- Ekawati, E.R., 2012. Hubungan Kadar Glukosa darah Terhadap Hipertrigliseridemia Pada Penderita Diabetes Mellitus (Abstrak). Prosiding Seminar Nasional Kimia Universitas Negeri Surabaya.
- Fan, S., Zhang, Y., Sun, Q., Yu, L., Li, M., Zheng, B., Wu, X., Yang, B., Li, Y., Huang, C., 2014. *Extract of Okra Lowers Blood Glucose and Serum Lipids in High-Fat Diet-Induced Obese C57BL/6 Mice*. Journal of Nutrition Biochem 25, 702–709.
- Fatimah, F., 2011. Pengaruh Diet Emulsi Virgin Coconut Oil (VCO) terhadap Profil Lipid Tikus Putih (*Rattus norvegicus*). Jurnal Litri 17 (1), 18–24.
- Fauziana, A., 2015. Pengaruh Perasan Buah Okra (*Abelmoschus esculantus L.*) terhadap Kadar Kolesterol Mencit (*Mus musculus L.*) BALB-C dan Pemanfaatannya Sebagai Leaflet. Skripsi, Universitas Jember, Jember.
- Febriyatna, A., Widiyawati, A., 2018. Tepung Okra (*Abelmoschus esculantus*) Menurunkan Rasio Kadar LDL Terhadap HDL Tikus Hiperkolesterolemia. Jurnal Gizi dan Dietetik Indonesia 5, 17.
- Gemede, H.F., 2015. *Nutritional Quality and Health Benefits of Okra (Abelmoschus esculentus): A Review*. Journal of Food Processing & Technology 6, 458–463.

- Georgiadis, N., Ritzoulis, C., Sioura, G., Kornezou, P., Vasiliadou, C., Tsioptsias, C., 2011. *Contribution of Okra Extracts to The Stability and Rheology of Oil-In-Water Emulsions. Food Hydrocolloids* 25, 991–999.
- Guyton, A.C., Hall, J.E., 2006. *Textbook of Medical Physiology*, (11<sup>th</sup> ed.). Philadelphia: Elsevier Saunders.
- Hadi Jaya Putra, S., Rini Saraswati, T., Isdadiyanto, S., 2016. Kadar Kolesterol Kuning Telur dan Daging Puyuh Jepang (*Coturnix-coturnix japonica L.*) setelah Pemberian Suplemen Serbuk Kunyit (*Curcuma longa L.*). Anatomi dan Fisiologi Volume 24, Nomor 1.
- Harini, M., Astirin, O.P., 2009. Kadar Kolesterol Darah Tikus Putih (*Rattus norvegicus*) Hiperkolesterolemik Setelah Perlakuan VCO. Bioteknologi 6, 55–62.
- Katsiki, N., Tentolouris, N., Mikhailidis, D.P., 2017. *Dyslipidaemia In Type 2 Diabetes Mellitus: Bad For The Heart. Current Opinion Cardiology* 32(4), 422-429.
- Kumar, D.S., Tony, D.E., Kumar, A.P., Kumar, K.A., Rao, D.B.S., Nadendla, R., 2013. *A Review On Abelmoschus Esculentus (Okra). International Research Journal Pharmaceutical Applied Sciences* 3(4), 129–32.
- Kusmiati, M., 2017. Pengaruh Air Seduhan Angkak Terhadap Kadar Kolesterol Total Pada Mencit (*Mus Musculus*) Jantan Galur Swiss Webster. Jurnal Kesehatan Bakti Tunas Husada 17, 97–100.
- Lengsfeld, C., Titgemeyer, F., Faller, G., Hensel, A., 2004. *Glycosylated Compounds from Okra Inhibit Adhesion of Helicobacter pylori to Human Gastric Mucosa. Journal of Agricultural Food and Chemistry* 52, 1495–1503.
- Malik, M.A., Mewo, Y.M., Kaligis, S.H.M., 2013. Gambaran Kadar Kolesterol Total Darah Pada Mahasiswa Angkatan 2011 Fakultas Kedokteran Universitas Sam Ratulangi Dengan Indeks Massa Tubuh 18,5 - 22,9 kg/m<sup>2</sup>. Jurnal e-Biomedik EBM, volume 2, nomor 1, 1008–1013.
- Marti, H., 2009. Kadar Kolesterol Darah Ekspresi VCZM-1 pada Endotel Aorta Tikus Putih (*Rattus norvegicus L*) Hiperkolesterolemik setelah Perlakuan VCO. Skripsi, Universitas Sebelas Maret Surakarta, Surakarta.
- Mayes, P.A., 2003. Biokimia Harper (25<sup>th</sup> ed.). Jakarta: EGC.
- Munawar, M., Hartono, B., Rifqi, S., 2013. *LDL Cholesterol Goal Attainment in Hypercholesterolemia: CEPHEUS Indonesian Survey. Acta Cardiologica Sinica* 29, 71–81.

- Ngoc, T.H., Ngoc, Q.N., Van, A.T.T., Phung, N.V., 2015. *Hypolipidemic Effect of Extracts from Abelmoschus esculentus L. (Malvaceae) on Tyloxapol-Induced Hyperlipidemia in Mice*. *Mahidol University Journal of Pharmaceutical Sciences* 35, 42-46.
- Panneerselvam, K., Ramachandran, S., Sabitha, V., Naveen, K., 2011. *Antidiabetic And Antihyperlipidemic Potential of Abelmoschus esculentus (L.) Moench. In Streptozotocin-Induced Diabetic Rats*. *Journal of Pharmacy and Bioallied Sciences* 3, 397-402.
- Perdido, 2011. Efek Pemberian Jus Avokad (*Persea Americanana P.Mill*) Terhadap Kadar Kolesterol HDL dan LDL pada Tikus Putih (*Rattus Norvegicus*). Skripsi, Universitas Sebelas Maret, Surakarta.
- PERKENI, 2015. Panduan Pengelolaan Dislipidemia di Indonesia. Jakarta.
- PERKI, 2013. Pedoman Tatalaksana Dislipidemia. Jakarta.
- Prawitasari, T., Sastroasmoro, S., Sjarif, D.R., 2016. Skrining Sistematik terhadap Hiperkolesterolemia Familial pada Anak Berdasarkan Kriteria *MedPed, Simon Brome Register dan Dutch Lipid Clinic*. *Sari Pediatri* 13, 152.
- Sherwood, L., 2003. *Human Physiology: From Cells to Systems*, (5<sup>th</sup> ed.). Kanada: Brooks.
- Sulistia, G., 2007. Farmakologi dan Terapi, edisi 5. Jakarta: Departemen Farmakologi Dan Terapeutik, Fakultas Kedokteran Universitas Indonesia.
- Vasudevan, D.M., Sreekumari, S., Vaidyanathan, K., 2011. *Textbook of Biochemistry for Medical Students*, (6<sup>th</sup> ed.). New Delhi: Jaypee Bros Medical Publishers.
- Wahyunani, A.N., 2006. Efek Ekstrak Daun Sambung Nyawa Terhadap Kadar Kolesterol LDL dan Kolesterol HDL Darah Tikus Diabetik Akibat Induksi *Streptozotocin*. Skripsi, Universitas Negeri Semarang, Semarang.
- Wang, H., Chen, G., Ren, D., Yang, S.-T., 2014. *Hypolipidemic Activity of Okra is Mediated Through Inhibition of Lipogenesis and Upregulation of Cholesterol Degradation: Hypolipidemic Activity Of Okra and Its Molecular Mechanism*. *Phytother. Res.* 28, 268–273.
- Wedick, N.M., Pan, A., Cassidy, A., Rimm, E.B., 2012. *Dietary Flavonoid Intakes and Risk of Type 2 Diabetes in US Men And Women*. *The American Journal of Clinical Nutrition* 95, 925-933.
- WHO, 2017. *Cardiovascular diseases (CVDs)*.

- Widada, S.T., 2017. Gambaran Perbedaan Kadar Kolesterol Total Metode CHOD-PAP (*Cholesterol Oxidase–Peroxidase Aminoantypirin*) Sampel Serum Dan Sampel Plasma EDTA. *Jurnal Teknologi Laboratorium* 5, 41–44.
- Yustanto Kahono, J., 2010. Pengaruh Ekstrak Herba Meniran (*Phyllanthus niruri L.*) terhadap Kadar Trigliserida Darah Tikus Putih (*Rattus norvegicus*). Skripsi, Universitas Sebelas Maret, Surakarta.
- Zaharuddin, N.D., Noordin, M.I., Kadivar, A., 2014. *The Use of Hibiscus esculentus (Okra) Gum in Sustaining the Release of Propranolol Hydrochloride in a Solid Oral Dosage Form*. *BioMed Research International* volume 2014, 1–8.