

DAFTAR PUSTAKA

- A.Purba. (2009). *Pengukuran Komponen Kebugaran Jasmani*. Bandung: Bagian Ilmu Faal Olahraga Fakultas Kedokteran Universitas Padjadjaran Bandung.
- A. Purba, A. S. (2003). In *Pedoman Kesehatan Olahraga*. Bandung: Proyek Strengthening of Community Urban Health.
- C. Ronald Leeson, T. S. (1985). *Textbook of Histology* (5th Edition ed.). Orlando: E.B. Saunders Company.
- Calorie Counter. (2014). Retrieved January 2015, from Calorie Counter : caloriemarket.com
- Candida Joan Rebello, W. J. (2013). Effect of Two Oat-based Breakfast Cereals on Appetite, Satiety, and Food Intake. *The FASEB Journal* .
- Conner-Ogorzaly, B. B. (1986). *Economic Botany Plants in Our World* (International Edition ed.). Singapore: McGraw Gill, Inc.
- Data, N. (2014). *Self Nutrition Data*. Retrieved January 2015, from Nutrition Data: <http://nutritiondata.self.com/facts/cereal-grains-and-pasta/5708/2>
- Database, U. N. (2014). *Self Nutrition Data*. Retrieved January 2015, from Nutrition Data: <http://nutritiondata.self.com/facts/cereal-grains-and-pasta/5708/2>
- Eroschenko, V. P. (2010). *diFiore's Atlas of Histology with Functional Correlations* (11th Edition ed.). USA: Lippincott Williams & Wilkins/Wolters Kluwer Health Inc.
- Fat Secret Indonesia*. (2010). Retrieved January 2014, from Fat Secret : www.fatsecret.co.id/kalori-gizi/umum
- Food and Agriculture Organizations of the United Nations*.(2013). Retrieved January 2015, from FAO : fao.org
- Ganong W.F. (2002). *Buku Ajar Fisiologi Kedokteran*. Edisi 20. Jakarta: EGC.
- Guyton A.C, & H. (2006). *Textbook of Medical Physiology* (11th Edition ed.).

- Philadelphia, Pennyslyvania: Elsevier Saunders.
- Health, M. o. (2003). A Background Paper. *Food and Nutrition Fuidelines for Healthy Adults* .
- Hopkins, P. M. (2006). Skeletal Muscle Physiology - Continuing Education in Anaesthesia, Critical Care & Pain. *Oxford Journals* .
- Houssay BA. (1955). *Human Physiology*. New York. McGraw – Hill Book Company.
- Humble, C. G. (1991). Oats and Cholesterol: The Prospects for Prevention of Heart Disease. *American Journal of Public Health* , 159-160.
- Hutagalung, H. (Karbohidrat). 2004. Sumatera Utara: Bagian Ilmu Gizi Fakultas Kedokteran Universitas Sumatera Utara.
- Hutagalung, H. (2004). *Karbohidrat*. Sumatera Utara: Bagian Ilmu Gizi Fakultas Kedokteran Universitas Sumatera Utara.
- Kaye Foster-Powell, S. H.-M. (2002). The American Journal of Clinical Nutrition. *International Table of Glycemic Index and Glycemic Loads Values* .
- Kenney, W. (2012). Physiology of Sports and Excercise. Champion: Human Kinetics.
- Manore, M. M. (2004, March). President's Council on Physical Fitness and Sports - Research Digesr Series 5 No. 1. (D. o. Management, Ed.) *Nutrition and Physical Activity: Fueling the Active Individual"* .
- Margaret J. McMahon, A. M. (2002). *Hartmann's Plant Science "Growth, Development and Utilization of Cultivated Plants"* (3th Edition ed.). New Jersey: Prentice Hall.
- Miller, J. B. (2002). Glycemic Index. *The University of SYdney* .
- Richter, A. J. (2005). Skeletal Muscle Glucose Uptake During Excercise: How is it Regulated? . *Department of Human Physiology, Insitute of Excercise and Sport Sciences* .
- Robert K. Murray, D. A. (2009). *Harper's Biochemistry Illustration* (28th Edition ed.). USA: McGraw-Hill Companies, Inc.
- Walter Willett, M. J. (1997). Glycemic Index, Glycemic Load and Risk of Type 2 DIabetes. *The Harvard School of Public Health* .

WebMD. (2015). Retrieved February 2015, from WebMD:

<http://www.webmd.com/vitamins-supplements/ingredientmono-814-oats.aspx?activeingredientid=814&activeingredientame=oats>

Yonathan, C. (2013). *Perbandingan Pengaruh Nasi Putih dengan Nasi Merah Terhadap Kadar Glukosa Darah*. Bandung: Karya Tulis Ilmiah.

