

DAFTAR PUSTAKA

- Andersson M., Ellegard L., dan Andersson H. 2002. Oat bran stimulates bile acid synthesis within 8 h as measured by 7 α -hydroxy-4-cholesten-3-one. *American Journal of Clinical Nutrition*, 76(5): 1111-16.
- Ardiansyah Michwan., 2008., *Sehat dan Cantik dengan Bekatul.*, <http://io.ppi-jepang.org/article>., 20 Juli 2009.
- Arif Firmansyah., 2004., Serat Ajaib Pengikat Lemak., <http://majalah.tempointeraktif.com/id/email/2004/09/27/KSH/mbm.20040927.KSH89920.id.html>., 24 Juli 2009.
- Cara L., Dubois C., Borel P., Armand M., Senfi M., Portugal H., et al. 1992. Effects of oat bran, rice bran, wheat fiber, and wheat germ on postprandial lipemia in healthy adults. *Am J Clin Nutr*, 55: 81-8.
- Chandalia M., Garg A., Lutjohann D., Bergmann K., Grundy S., dan Brinkley L. 2000. Beneficial Effects of High Dietary Fiber Intake in Patients with Type 2 Diabetes Mellitus. *The New England Journal of Medicine*, 342:1392-1394.
- Davy B., Davy K., Ho R., Beske S., Davrath L., dan Melby C. 2002. High-fiber oat cereal compared with wheat cereal consumption favorably alters LDL-cholesterol subclass and particle numbers in middle-aged and older men. *Am J Clin Nutr* 76:351–8.
- Eltin Vika Mutiarin., 2009., *Biokimia – karbohidrat.*, www.scribd.com., 9 Juli 2009.
- Faisal Anwar MS., 2008., *Kolesterol Nabati yang Efektif Turunkan Kolesterol Plasma.*, <http://binmuhsinpenerbit.blogspot.com>., 1 November 2009.
- Fiastuti Witjaksono., 2001., Bahaya Dari Kolesterol Tinggi., <http://www.gizi.net/cgi-bin/berita/fullnews.cgi?newsid997059568,35248>., Diakses pada 18 Oktober 2009.
- Four Leaf Milling., 2007., *Wholewheat Flours.*, <http://www.fourleafmilling.com>., June 1st, 2009.

Heru Santoso Wahito Nugroho., 2009., *Metabolisme Lipid.*,
<http://www.scribd.com/doc/21052341/5-Metabolisme-Lipid.>, 27 Juli 2009.

Institute of Tropical Disease Airlangga University., 2009., *Serat, Gizi yang terlupakan.*, <http://itd.unair.ac.id.>, 21 Oktober 2009

Joseph G., 2002., *Manfaat Serat Makanan Bagi Kesehatan Kita.*,
http://www.rudyc.com/PPS702-ipb/04212/godlief_joseph.htm., 19 Juli 2009

Kemas Ali Hanafiah. 1991. *Rancangan Percobaan : Teori dan Aplikasi.* Jakarta : Rajawali Pers. p 4.

M. Anwari Irawan., 2007., *Karbohidrat.*, www.pssplab.com., 17 Juli 2009.

Marlett J. A. 1993 Comparisons of dietary fiber and selected nutrient compositions of oat and other grain fractions. In: Wood, P. J., editors: Oat Bran. *American Association of Cereal Chemists.* P. 49-82

Murray R. K., Granner D. K, Mayes P. A., Rodwell V. M. 2003. *Biokimia Harper.* Edisi 25. Jakarta : EGC. P.114-282.

Nurhida Pasaribu., 2004., *Minyak Buah Kelapa Sawit.*,
<http://library.usu.ac.id/download/fmipa/kimia-nurhida.pdf.>, 29 Juli 2009.

Online Curriculum Centre., 2005., *8.2 Photosynthesis.*,
<http://click4biology.info/c4b/8/resp8.2.htm.>, July 19th, 2009.

Kowalski R. ,E., 2007., Introducing... "The NEW 8-Week Cholesterol Cure" by Robert E. Kowalski., http://www.thehealthyheart.net/8-week_Cholesterol_Cure.html., July 18th, 2009.

Rusdiana., 2004., *Metabolisme Asam Lemak.*,
<http://library.usu.ac.id/download/fk/biokimia-rusdiana.pdf.>, 30 Juli 2009.

Science of Nature for Human Health., 2009., *Kelainan Lipid.*,
http://www.medicastore.com/nutraceuticals/isi_choless., July 10th, 2009

- Shills M. E., Moshe S., Catharine A., Caballero B., Cousins R. 2006. *In Modern Nutrition in Health and Disease*. 10th. ed. Philadelphia : Lippincott Williams & Wilkins. P. 83-91
- Sugano M. dan E Tsuji. 1997. Rice Bran Oil and Cholesterol Metabolisme. *J. Nutr.*, 127: 521S-524S.
- T.A. Wilson., Nicolosi R.J., Woolfrey B., Kritchevsky D. 2007. Rice Bran Oil and Oryzanol Reduce Plasma Lipid and Lipoprotein Cholesterol Concentrations and Aortic Cholesterol Ester Accumulation to a Greater Extent than Ferulic acid in Hypercholesterolemic Hamsters. *J. Nutr. Biochem.* P. 18: 105-112.
- Whitney E. N., Sharon R. R. 2002. *Understanding Nutrition*. 9th. ed. USA : Wadsworth Group. P. 129-163
- Wikipedia Ensiklopedia Bebas., 2009., *Asam Lemak.*, http://id.wikipedia.org/wiki/Asam_lemak.. 1 Juli 2009.
- _____, 2009., *Serat Pangan.*, http://id.wikipedia.org/wiki/Serat_pangan.. 2 Juli 2009.
- Williams T., 2008., *Discover the many benefits of this fat-filled feed.*, www.ecmagazine.net/.../RiceBranforHorses.htm.., July 1st, 2009.