

DAFTAR PUSTAKA

- American Diabetes Association.* 1994. Position statement: Nutricions recommendations and principles for people with diabetes mellitus. *Diabetes Care.* 17 : 519-522
- Ardiansyah Michwan., 2008., *Sehat dan Cantik dengan Bekatul.*, <http://io.ppi-jepang.org/article..>, 20 Juli 2009
- Braaten, Jall., Wood, Peter., Scott, Frasser., Riedel, Doreen., Poste, Linda., Collins, Maurice. 1991. Oat gum lowers glucose and insulin after an oral glucose load. *American Journal of Clinical Nutrition.* 53 : 1425-30.
- 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.
- Ganong, William. F., 2003. Buku Ajar Fisiologi Kedokteran. Edisi 20. Jakarta : EGC. Hal. 450-455
- Gropper, S.S, Smith J. L, Groff J. L. 2005. *Advanced Nutrition and Human Metabolism.* 4th ed. United State of America : Thomson Wadsworth. P. 108-118
- Jenkins DJA, Thomas DM, Wolever MS. *et al.* 1981. Glycemic index of foods: a physiological basis for carbohydrate exchange. *American Journal of Clinical Nutrition.* 34 : 362-6.
- Kemas Ali Hanafiah. 1991. *Rancangan Percobaan : Teori dan Aplikasi.* Jakarta : Rajawali Pers. p 4.
- Made Astawan., Andreas Leomintro. 2002. *Khasiat Whole Grain.* Jakarta : PT. Gramedia.
- Murray R. K., Granner D. K, Mayes P. A., Rodwell V. M. 2003. *Biokimia Harper.* Edisi 25. Jakarta : EGC. Hal. 114-282.
- Sheehan, J. P., Wei, I. W., Ulchaker, M., Tseng, K. L. 1997. Effect of High Fiber Intake in Fish Oil-Treated Patient with Non-Insulin-Dependent Diabetes Mellitus. <http://www.ajcn.org>.

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

Sri Widowati, 2007. *Sehat dengan Pangan Indeks Glikemik Rendah*. Warta Penelitian dan Pengembangan Pertanian, Vol. 29, No. 3, 2007.

Ucik Witasari, Setyaningrum Rahmawaty, Siti Zulaekah. 2009. Hubungan Tingkat Pengetahuan, Asupan Karbohidrat dan Serat dengan Pengendalian Kadar Glukosa Darah pada Penderita Diabetes Melitus Tipe 2. *Jurnal Penelitian Sains & Teknologi, Teknologi*, Vol. 10, No. 2, 2009: 130 – 138

Wikipedi.2010. Indeks Glikemik. http://id.wikipedia.org/wiki/Indeks_Glikemik