

## 8. DAFTAR PUSTAKA

- Adriano, L. S., Dionisio, A. P., Abreu, F. A. P. d., Wurlitzer, N. J., Melo, B. R. C. d., Carioca, A. A. F., & Sampaio, H. A. d. C. Acute prospandial effect of yacon syrup ingestion on appetite: A double blind randomized crossover clinical trial. *Food Research International*, 137, 1-9. <https://doi.org/10.1016/j.foodres.2020.109648>.
- Adubofuor, J., Amankwah, E. A., Arthur, B. S., & Appiah, F. (2010). Comparative study related to physico-chemical properties and sensory qualities of tomato juice and cocktail juice produced from oranges, tomatoes and carrots. *African Journal of Food Science*, 4(7), 427-433. [https://www.researchgate.net/publication/250309555\\_Comparative\\_study\\_related\\_to\\_physico-chemical\\_properties\\_and\\_sensory\\_qualities\\_of\\_tomato\\_juice\\_and\\_cocktail\\_juice\\_produced\\_from\\_oranges\\_tomatoes\\_and\\_carrots](https://www.researchgate.net/publication/250309555_Comparative_study_related_to_physico-chemical_properties_and_sensory_qualities_of_tomato_juice_and_cocktail_juice_produced_from_oranges_tomatoes_and_carrots).
- Alles, M. J. L., Tessaro, I. C., & Noreña, C. P. Z. (2015). Concentration and Purification of Yacon (*Smallanthus sonchifolius*) Root Fructooligosaccharides Using Membrane Technology. *Food Technology and Biotechnology*, 53(2), 190–200. <https://doi.org/10.17113/ftb.53.02.15.3766>.
- Almeida Paula, H. A., Abranches, M. V., & de Luces Fortes Ferreira, C. L. (2015). Yacon (*Smallanthus Sonchifolius*): A Food with Multiple Functions. *Critical Reviews in Food Science and Nutrition*, 55(1), 32–40. <https://doi.org/10.1080/10408398.2011.645259>.
- Almeida, J. M., Cornejo-pareja, I. M., Gómez-pérez, A., & García-alemán, J. (2016). *Sweeteners: Regulatory Aspects*. Switzerland: Springer International Publishing. <https://doi.org/10.1007/978-3-319-26478-3>.
- Altunkaya, A., & Gökmen, V. (2008). Effect of various inhibitors on enzymatic browning, antioxidant activity and total phenol content of fresh lettuce (*Lactuca sativa*). *Food Chemistry*, 107(3), 1173–1179. <https://doi.org/10.1016/j.foodchem.2007.09.046>.
- Anggarawati, N. K. A., Ekawati, I. G. A., Wiadnyani, A. A. I. S. (2019). PENGARUH SUBSTITUSI TEPUNG UBI JALAR UNGU TERMODIFIKASI (*Ipomoea batatas* var Ayamurasaki) TERHADAP KARAKTERISTIK WAFFLE. *Jurnal Ilmu dan Teknologi Pangan*, 8(2), 160-170. <https://doi.org/10.32520/jtp.v8i2.942>.
- Azis, W. A., Muriman, L. Y., & Burhan, S. R. (2020). HUBUNGAN ANTARA TINGKAT PENGETAHUAN DENGAN GAYA HIDUP PADA PENDERITA DIABETES MELITUS. *Jurnal Penelitian Perawat Profesional*, 2(1), 105–114. <http://jurnal.globalhealthsciencegroup.com/index.php/JPPP/article/download/52/42>.

- Benkeblia, N. (2013). Fructooligosaccharides and fructans analysis in plants and food crops. *Journal of Chromatography A*, 1313, 54-61. <http://dx.doi.org/10.1016/j.chroma.2013.08.013>.
- Bornet, F. R. J. (1994). Undigestible sugars in food products. *Am J Clin Nutr*, 59, 763S-9S. <https://pubmed.ncbi.nlm.nih.gov/8116563/>.
- Caetano, B. F. R., de Moura, N. A., Almeida, A. P. S., Dias, M. C., Sivieri, K., & Barbisan, L. F. (2016). Yacon (*Smallanthus sonchifolius*) as a food supplement: Health-promoting benefits of fructooligosaccharides. *Nutrients*, 8(7), 1-13. <https://doi.org/10.3390/nu8070436>.
- Campos, D., Betalleluz-Pallardel, I., Chirinos, R., Aguilar-Galvez, A., Noratto, G., & Pedreschi, R. (2012). Prebiotic effects of yacon (*Smallanthus sonchifolius* Poepp. & Endl), a source of fructooligosaccharides and phenolic compounds with antioxidant activity. *Food Chemistry*, 135(3), 1592–1599. <https://doi.org/10.1016/j.foodchem.2012.05.088>.
- Cao, Y., Ma, Z. F., Zhang, H., Jin, Y., Zhang, Y., & Hayford, F. (2018). Phytochemical properties and nutrigenomic implications of yacon as a potential source of prebiotic: Current evidence and future directions. *Foods*, 7(4), 1-13. <https://doi.org/10.3390/foods7040059>.
- Cardelle-Cobas, A., Costo, R., Corzo, N., & Villamiel, M. (2009). Fructo-oligosaccharide changes during the storage of dehydrated commercial garlic and onion samples. *International Journal of Food Science and Technology*, 44, 947-952. <https://doi.org/10.1111/j.1365-2621.2008.01752.x>.
- Castro, A., Céspedes, G., Carballo, S., Bergenståhl, B., & Tornberg, E. (2013). Dietary fiber, fructooligosaccharides, and physicochemical properties of homogenized aqueous suspensions of yacon (*Smallanthus sonchifolius*). *Food Research International*, 50(1), 392–400. <https://doi.org/10.1016/j.foodres.2012.10.048>.
- Da Silva, M. d. F. G., Dionisio, A. P., Carioca, A. A. F., Adriano, L. S., Pinto, C. O., Abreu, F. A. P. d., Wurlitzer, J. M., Araujo, I. M., Garruti, D. d. S., & Pontes, D. F. (2017). Yacon syrup: Food applications and impact on satiety in healthy volunteers. *Food Research International*, 100, 460-467. <http://dx.doi.org/10.1016/j.foodres.2017.07.035>.
- Das, A., & Chakraborty, R. (2016). *An Introduction to Sweeteners*. Switzerland: Springer International Publishing. [https://doi.org/10.1007/978-3-319-27027-2\\_1](https://doi.org/10.1007/978-3-319-27027-2_1).
- Delgado, G. T. C., da Silva Cunha Tamashiro, W. M., Maróstica Junior, M. R., & Pastore, G. M. (2013). Yacon (*Smallanthus sonchifolius*): A Functional Food. *Plant Foods for Human Nutrition*, 68(3), 222–228. <https://doi.org/10.1007/s11130-013-0362-0>.

- Douglas, J. A., Scheffer, J. J. C., Sims, I. M., & Triggs, C. M. (2002). Maximising fructooligosaccharide production in yacon. *Agronomy N. Z.*, 32, 49-55. [https://www.agronomysociety.org.nz/uploads/94803/files/2002\\_7\\_Fructooligosaccharide\\_prod\\_in\\_yacon.pdf](https://www.agronomysociety.org.nz/uploads/94803/files/2002_7_Fructooligosaccharide_prod_in_yacon.pdf).
- Fukai, K., Miyazaki, S., Nanjo, F., & Hara, Y. (1993). Distribution of Carbohydrates and Related Enzyme Activities in Yacon (*Polymnia sonchifolia*). *Soil Science and Plant Nutrition*, 39(3), 567–571. <https://doi.org/10.1080/00380768.1993.10419797>.
- Fukai, K., Ohno, S., Goto, K., Nanjo, F., & Hara, Y. (1997). Seasonal Fluctuations in Fructan Content and Related Enzyme Activities in Yacon (*Polymnia sonchifolia*). *Soil Science and Plant Nutrition*, 43(1), 171-177. <https://doi.org/10.1080/00380768>.
- Genta, S. B., Cabrera, W. M., Grau, A., & Sánchez, S. S. (2005). Subchronic 4-month oral toxicity study of dried *Smallanthus sonchifolius* (yacon) roots as a diet supplement in rats. *Food and Chemical Toxicology*, 43(11), 1657–1665. <https://doi.org/10.1016/j.fct.2005.05.007>.
- Genta, S., Cabrera, W., Habib, N., Pons, J., Carillo, I. M., Grau, A., & Sánchez, S. (2009). Yacon syrup: Beneficial effects on obesity and insulin resistance in humans. *Clinical Nutrition*, 28(2), 182–187. <https://doi.org/10.1016/j.clnu.2009.01.013>.
- Geyer, M., Manrique, I., Degen, L., & Beglinger, C. (2008). Effect of Yacon (*Smallanthus sonchifolius*) on Colonic Transit Time in Healthy Volunteers. *Digestion*, 78(1), 30–33. <https://doi.org/10.1159/000155214>.
- Goto, K., Fukai, K., Hikida, J., Nanjo, F., & Hara, Y. (1995). Isolation and Structural Analysis of Oligosaccharides from Yacon (*Polymnia sonchifolia*). *Bioscience, Biotechnology and Biochemistry*, 59(12), 2346–2347. <https://doi.org/10.1271/bbb.59.2346>.
- Graefe, S., Hermann, M., Manrique, I., Golombek, S., & Buerkert, A. (2004). Effects of post-harvest treatments on the carbohydrate composition of yacon roots in the Peruvian Andes. *Field Crops Research*, 86(2–3), 157–165. <https://doi.org/10.1016/j.fcr.2003.08.003>.
- Habib, N. C., Honoré, S. M., Genta, S. B., & Sánchez, S. S. (2011). Hypolipidemic effect of *Smallanthus sonchifolius* (yacon) roots on diabetic rats: Biochemical approach. *Chemico-Biological Interactions*, 194(1), 31–39. <https://doi.org/10.1016/j.cbi.2011.08.009>.
- Handa, C., Goomer, S., & Siddhu, A. (2011). Physicochemical properties and sensory evaluation of fructooligosaccharide enriched cookies. *Journal of Food Science and Technology*, 49(2), 192–199. <https://doi.org/10.1007/s13197-011-0277-4>.

- Harrill, R. (1998). *USING A REFRACTOMETER TO TEST THE QUALITY OF FRUITS & VEGETABLES*. Pineknoll Publishing. Amerika Serikat. <https://perfectblend.com/pdf/Brochures/Brix.pdf>.
- Heiligmann, R. B., Koelling, M. R., & Perkins, T. D. (2006). *Maple Syrup Producers Manual*. The Ohio State University. Amerika Serikat. [https://holmes.osu.edu/sites/holmes/files/imce/Program\\_Pages/Maple/North%20American%20Maple%20Syrup%20Producers%20Manual%20full%20pdf.pdf](https://holmes.osu.edu/sites/holmes/files/imce/Program_Pages/Maple/North%20American%20Maple%20Syrup%20Producers%20Manual%20full%20pdf.pdf).
- Hermann, M., Freire, I., & Pazos, C. (1999). Compositional Diversity of the Yacon Storage Root. *CIP Program Report*, 425–432. <https://silo.tips/download/compositional-diversity-of-the-yacon-storage-root>.
- Imahori, Y., Kitamura, N., Kobayashi, S., Takihara, T., Ose, K., & Ueda, Y. (2010). Changes in fructooligosaccharide composition and related enzyme activities of burdock root during low-temperature storage. *Postharvest Biology and Technology*, 55(1), 15–20. <https://doi.org/10.1016/j.postharvbio.2009.08.002>.
- Itaya, N. M., De Carvalho, M. A. M., & De Cassia Leone Figueiredo-Ribeiro, R. (2002). Fructosyl transferase and hydrolase activities in rhizophores and tuberous roots upon growth of *Polymnia sonchifolia* (Asteraceae). *Physiologia Plantarum*, 116(4), 451–459. <https://doi.org/10.1034/j.1399-3054.2002.1160403.x>.
- Jaime, L., Martín-Cabrejas, M. A., Mollá, E., López-Andréu, F. J., & Esteban, R. M. (2001). Effect of Storage on Fructan and Fructooligosaccharide of Onion (*Allium cepa* L.). *Journal of Agricultural and Food Chemistry*, 49(2), 982–988. <https://doi.org/10.1021/jf000921t>.
- Jazmin, M. M. Y. (2020). *Sweetener of natural origin: Proposal for development and small-scale production of a yacon-based sweetener (Smallanthus sonchifolius)*. School of Chemical Sciences and Engineering. Ekuador. <https://repositorio.yachaytech.edu.ec/bitstream/123456789/242/1/ECQI0060.pdf>.
- Kamp, L., Hartung, J., Mast, B., & Graeff-Honninger, S. (2019). Plant growth, tuber yield formation and costs of three different propagation methods of yacon (*Smallanthus sonchifolius*). *Industrial Crops & Products*, 132, 1–11. <https://doi.org/10.1016/j.indcrop.2019.02.006>.
- Kanayama, A. N., Tokita, N., & Aso, K. (2007). Dependence of Fructooligosaccharide Content on Activity of Fructooligosaccharide-Metabolizing Enzymes in Yacon (*Smallanthus sonchifolius*) Tuberous Roots during Storage. *Journal of Food Science*, 72(6), 1–7. <https://doi.org/10.1111/j.1750-3841.2007.00422.x>.
- Kavanagh, S., Gunnoo, J., Marques Passos, T., Stout, J. C., & White, B. (2019). Physicochemical properties and phenolic content of honey from different floral origins

and from rural versus urban landscapes. *Food Chemistry*, 272(August 2018), 66–75. <https://doi.org/10.1016/j.foodchem.2018.08.035>.

Khajehei, F., Merkt, N., Claupein, W., & Graeff-Hoenninger, S. (2018). Yacon (*Smallanthus sonchifolius* Poepp. & Endl.) as a novel source of Health Promoting Compounds: Antioxidant Activity, Phytochemicals and Sugar Content in Flesh, Peel, and Whole Tubers of Seven Cultivars. *Molecules*, 23(2), 1–18. <https://doi.org/10.3390/molecules23020278>.

Kumar, C. G., Sripada, S., & Poornachandra, Y. (2018). Status and Future Prospects of Fructooligosaccharides as Nutraceuticals. *Role of Materials Science in Food Bioengineering*, 451-503. <http://dx.doi.org/10.1016/B978-0-12-811448-3.00014-0451>.

Lachman, J., Fernández, E. C., & Orsák, M. (2003). Yacon [*Smallanthus sonchifolia* (Poepp. et Endl.) H. Robinson] chemical composition and use - A review. *Plant, Soil and Environment*, 49(6), 283–290. <https://doi.org/10.17221/4126-pse>.

Lachman, J., Havrland, B., Fernández, E. C., & Dudjak, J. (2004). Saccharides of yacon [*Smallanthus sonchifolius* (Poepp. et Endl.) H. Robinson] tubers and rhizomes and factors affecting their content. *Plant, Soil and Environment*, 50(9), 383–390. <https://doi.org/10.17221/4048-pse>.

Lobo, A. R., Colli, C., Alvares, E. P., & Filisetti, T. M. C. C. (2007). Effects of fructans-containing yacon (*Smallanthus sonchifolius* Poepp & Endl.) flour on caecum mucosal morphometry, calcium and magnesium balance, and bone calcium retention in growing rats. *British Journal of Nutrition*, 97(4), 776–785. <https://doi.org/10.1017/S0007114507336805>.

Manrique, I., Párraga, A., & Hermann, M. (2005). *Yacon syrup: principles and processing*. Peru: Centro Internacional de la Papa (CIP). [http://www.cipotato.org/artc/cip\\_crops/1919-Yacon\\_Syrup.pdf](http://www.cipotato.org/artc/cip_crops/1919-Yacon_Syrup.pdf).

Martins, E. M. F., Ramos, A. M., Martins, M. L., & Leite Júnior, B. R. de C. (2016). Fruit salad as a new vehicle for probiotic bacteria. *Food Science and Technology*, 36(3), 540–548. <https://www.scielo.br/pdf/cta/v36n3/0101-2061-cta-1678-457X03316.pdf>.

Matusek, A., Merész, P., Le, T. K. D., & Örsi, F. (2008). Effect of temperature and pH on the degradation of fructo-oligosaccharides. *European Food Research and Technology*, 228(3), 355–365. <https://doi.org/10.1007/s00217-008-0941-8>.

Mendes, A. H. d. L., Dionísio, A. P., Mouta, C. F. H., de Abreu, F. A. P., Pinto, C. O., dos Santos Garruti, D., & Araújo, I. M. (2019). Sensory acceptance and characterization of yoghurt supplemented with yacon syrup and cashew apple extract as a source of bioactive compounds. *Brazilian Journal of Food Technology*, 22, 1–11. <https://www.scielo.br/pdf/bjft/v22/1981-6723-bjft-22-e2018153.pdf>.

- Mizobutsi, G. P., Finger, F. L., Ribeiro, R. A., Puschmann, R., Neves, L. L. de M., & da Mota, W. F. (2010). Effect of pH and temperature on peroxidase and polyphenoloxidase activities of litchi pericarp. *Scientia Agricola*, 67(2), 213–217. <https://www.scielo.br/pdf/sa/v67n2/a13v67n2.pdf>.
- Mooradian, A. D., Smith, M., & Tokuda, M. (2017). The role of artificial and natural sweeteners in reducing the consumption of table sugar: A narrative review. *Clinical Nutrition ESPEN*, 18, 1-8. <http://dx.doi.org/10.1016/j.clnesp.2017.01.004>.
- Morris, C., & Morris, G. A. (2012). The effect of inulin and fructo-oligosaccharide supplementation on the textural, rheological and sensory properties of bread and their role in weight management: A review. *Food Chemistry*, 133(2), 237–248. <https://doi.org/10.1016/j.foodchem.2012.01.027>.
- Neves, V. A., & Da Silva, M. A. (2007). Polyphenol Oxidase from Yacon Roots (*Smallanthus sonchifolius*). *Journal of Agricultural and Food Chemistry*, 55(6), 2424–2430. <https://doi.org/10.1021/jf063148w>.
- Nimalaratne, C., Blackburn, J., & Lada, R. R. (2020). A comparative physicochemical analysis of maple (*Acer saccharum* Marsh.) syrup produced in North America with special emphasis on seasonal changes in Nova Scotia maple syrup composition. *Journal of Food Composition and Analysis*, 92, 103573. <https://doi.org/10.1016/j.jfca.2020.103573>.
- Niness, K. R. (1999). Nutritional and Health Benefits of Inulin and Oligofructose. *Journal of Nutrition*, 129 (7), 1402S-1406S. <https://pubmed.ncbi.nlm.nih.gov/10395607/>.
- Nugrahani, S. & Yuanita, L. (2019). PENGARUH BLANCHING TERHADAP MUTU KIMIA DAN ORGANOLEPTIK UMBI YAKON (*Smallanthus sonchifolius*). *UNESA Journal of Chemistry*, 8(2), 8–12. <https://jurnalmahasiswa.unesa.ac.id/index.php/unesa-journal-of-chemistry/article/view/30909>.
- Ohyama, T., Ito, O., Yasuyoshi, S., Ikarashi, T., Minamisawa, K., Kubota, M., Tsukihashi, T., Ito, O., Minamisawa, K., Kubota, M., Tsukihashi, T., & Asami, T. (1990). Composition of Storage Carbohydrate in Tubers of Yacon (*Polymnia sonchifolia*). *Soil Science and Plant Nutrition*, 36(1), 167–171. <https://www.tandfonline.com/doi/pdf/10.1080/00380768.1990.10415724?needAccess=true>.
- Olokoba, A. B., Obateru O. A., & Olokoba, L. B. (2012). Type 2 Diabetes Mellitus: A Review of Current Trends. *Oman Medical Journal*, 27(4), 269-273. <https://pubmed.ncbi.nlm.nih.gov/23071876/>.

- Pakiding, F. L., Muhidong, J., Hutabarat, O. S. (2015). PROFIL SIFAT FISIK BUAH TERUNG BELANDA (*Cyphomandra betacea*). *Jurnal AgriTechno*, 8(2), 131-139. <http://agritech.unhas.ac.id/ojs/index.php/at/article/view/78>.
- Perkins, T. D., & Berg, A. K. v. d. (2009). Maple Syrup-Production, Composition, Chemistry, and Sensory Characteristics. *Advances in Food and Nutrition Research*, 56(8). [https://doi.org/10.1016/S1043-4526\(08\)00604-9](https://doi.org/10.1016/S1043-4526(08)00604-9).
- Poswal, F.S., Russell, G., Mackonochie, M., MacLennan, E., Adukwu, E. C., & Rolfe, V. (2019). Herbal Teas and their Health Benefits : A Scoping Review. *Plant Foods for Human Nutrition*, 74(3), 266-276. <https://doi.org/10.1007/s11130-019-00750-w>.
- Rolim, P. M. (2015). Development of prebiotic food products and health benefits. *Food Science and Technology*, 35(1), 3–10. <https://www.scielo.br/pdf/cta/v35n1/0101-2061-cta-35-1-3.pdf>.
- Rosipah, S., & Purwandari, U. (2013). PREFERENSI KONSUMEN TERHADAP PANCAKE DARI TEPUNG SUKUN. *AGROINTEK*, 7(1), 53–58. <https://journal.trunojoyo.ac.id/agrointek/article/view/2050>.
- Saeed, M., Yatao, X., Rehman, Z. U., Arain, M. A., Soomro, R. N., Abd El-Hack, M. E., Bhutto, Z. A., Abbasi, B., Dhama, K., Sarwar, M., & Chao, S. (2017). Nutritional and healthical aspects of yacon (*Smallanthus sonchifolius*) for human, animals and poultry. *International Journal of Pharmacology*, 13(4), 361–369. <https://docsdrive.com/pdfs/ansinet/ijp/2017/361-369.pdf>.
- Saraiva, A., Carrascosa, C., Raheem, D., Ramos, F., & Raposo, A. (2020). Natural Sweeteners: The Relevance of Food Naturalness for Consumers, Food Security Aspects, Sustainability and Health Impacts. *International Journal of Environmental Research and Public Health*, 17, 1-22. <https://doi.org/10.3390/ijerph17176285>.
- Satoh, H., Audrey Nguyen, M. T., Kudoh, A., & Watanabe, T. (2013). Yacon diet (*Smallanthus sonchifolius*, *Asteraceae*) improves hepatic insulin resistance via reducing Trb3 expression in Zucker fa/fa rats. *Nutrition and Diabetes*, 3(MAY), 1-6. <https://www.nature.com/articles/nutd201311.pdf>.
- Scher, C. F., De Oliveira Rios, A., & Noreña, C. P. Z. (2009). Hot air drying of yacon (*Smallanthus sonchifolius*) and its effect on sugar concentrations. *International Journal of Food Science and Technology*, 44(11), 2169–2175. <https://doi.org/10.1111/j.1365-2621.2009.02056.x>.
- Sinaga, A. S. (2019). Segmentasi Ruang Warna L\*a\*b. *Jurnal Mantik Penusa*, 3(1), 43–46. <http://www.e-jurnal.pelitanusantara.ac.id/index.php/mantik/article/view/562/336>.

- Subarna, Hakim, M. I., & Muhandri, T. (2018). Karakteristik Mutu *Pancake* Amerika Berbahan Dasar Mocaf dengan Penggunaan Proporsi Gula Pasir dan *Baking Powder*. *Jurnal Mutu Pangan*, 5(2), 73–79. <https://journal.ipb.ac.id/index.php/jmpi/article/view/26225>.
- Tandel, K. R. (2011). Sugar substitutes: Health controversy over perceived benefits. *Journal of Pharmacology and Pharmacotherapeutics*, 2(4), 236–243. <https://doi.org/10.4103/0976-500X.85936>.
- Trinidad, T. P., Mallillin, A. C., Sagum, R. S., & Encabo, R. R. (2010). Glycemic index of commonly consumed carbohydrate foods in the Philippines. *Journal of Functional Foods*, 2(4), 271–274. <https://doi.org/10.1016/j.jff.2010.10.002>.
- Valentová, K., Nhu, T. T., Moncion, A., De Waziers, I., & Ulrichová, J. (2007). Induction of Glucokinase mRNA by Dietary Phenolic Compounds in Rat Liver Cells in Vitro. *Journal of Agricultural and Food Chemistry*, 55(19), 7726–7731. <https://doi.org/10.1021/jf0712447>.
- Vega, R., & Zuniga-Hansen, M. E. (2014). The effect of processing conditions on the stability of fructooligosaccharides in acidic food products. *Food Chemistry*, 173, 784–789. <https://doi.org/10.1016/j.foodchem.2014.10.119>.
- Wagner, M., Kamp, L., Graeff-Hönninger, S., & Lewandowski, I. (2019). Environmental and Economic Performance of Yacon (*Smallanthus sonchifolius*) Cultivated for Fructooligosaccharide Production. *Sustainability (Switzerland)*, 11(17), 12–15. <https://doi.org/10.3390/su11174581>.
- Watanabe, A., Kadota, Y., Kamio, R., Tochio, T., Endo, A., Shimomura, Y., & Kitaura, Y. (2020). 1-Kestose supplementation mitigates the progressive deterioration of glucose metabolism in type 2 diabetes OLETF rats. *Scientific Reports*, 10(1), 1–11. <https://www.nature.com/articles/s41598-020-72773-2.pdf>.
- White, J. R. & Doner, L. W. (2018). Honey Composition and Properties. *Agriculture Handbook*, 335, 82-91. [https://www.researchgate.net/profile/Mohamed\\_Dadamouny3/post/How\\_much\\_changes\\_is\\_take\\_place\\_in\\_active\\_substances\\_of\\_medicine\\_plants\\_by\\_honey\\_bees\\_is\\_vital/attachment/59d63ca3c49f478072ea802b/AS%3A273752699408403%401442279137934/download/Honey+Composition+and+Properties.pdf](https://www.researchgate.net/profile/Mohamed_Dadamouny3/post/How_much_changes_is_take_place_in_active_substances_of_medicine_plants_by_honey_bees_is_vital/attachment/59d63ca3c49f478072ea802b/AS%3A273752699408403%401442279137934/download/Honey+Composition+and+Properties.pdf).
- Wong, J. M. W., De Souza, R., Kendall, C. W. C., Emam, A., & Jenkins, D. J. A. (2006). Colonic Health: Fermentation and Short Chain Fatty Acids. *Journal of Clinical Gastroenterology*, 40(3), 235–243. <https://doi.org/10.1097/00004836-200603000-00015>.



- Yan, M. R., Welch, R., Rush, E. C., Xiang, X., & Wang, X. (2019). A sustainable wholesome foodstuff; health effects and potential dietotherapy applications of yacon. *Nutrients*, *11*(11), 1–16. <https://doi.org/10.3390/nu11112632>.
- Yuanita, L., Sabtiawan, W. B., Wikandari, P. R., Sari, D. A. P. (2020). Fruktooligosaccharides of Yacon Tubers (*Smallanthus sonchifolia*) on Variation in Height of Planting Area, Harvest Time and Storage with Natural Inhibitors. *International Joint Conference on Science and Engineering*, *196*, 277-281. [https://www.researchgate.net/publication/347400682\\_Fruktooligosaccharides\\_of\\_Yacon\\_Tubers\\_Smallanthus\\_sonchifolia\\_on\\_Variation\\_in\\_Height\\_of\\_Planting\\_Area\\_Harvest\\_Time\\_and\\_Storage\\_with\\_Natural\\_Inhibitors](https://www.researchgate.net/publication/347400682_Fruktooligosaccharides_of_Yacon_Tubers_Smallanthus_sonchifolia_on_Variation_in_Height_of_Planting_Area_Harvest_Time_and_Storage_with_Natural_Inhibitors).
- Yulifianti, A. L., Eristi, B., Puspita, M., & Handayani, D. (2019). Filtrasi Ampas Jahe Menggunakan Filter Press. *Metana*, *15*(2), 43–48. <https://doi.org/10.14710/metana.v15i2.25086>.

