

7. DAFTAR PUSTAKA

- Anderson, J. W. *et al.* (2009) 'Health benefits of dietary fiber', *Nutrition Reviews*, 67(4), pp. 188–205. doi: 10.1111/j.1753-4887.2009.00189.x.
- Arora, A., and Camire, M. E. 1994. Performance of potato peels in muffins and cookies. *Food Res. Int.* 27: 15–22.
- Astawan, M., Koswara, S. and Herdiani, F. (2004) 'PEMANFAATAN RUMPUT LAUT (*Eucheuma cottoni*) UNTUK MENINGKATKAN KADAR IODIUM DAN SERAT PANGAN PADA SELAI DAN DODOL [The Utilization of Seaweed (*Eucheuma cottoni*) to Increase Iodine and Dietary Fiber Contents of Jam and Dodol]', *Jurnal Teknologi dan Industri Pangan*, 15(1), pp. 61–69. doi: 10.6066/542.
- Bhaigyabati TT, Kirithika J, Ramya K, Usha. 2011. Phytochemical constituents and antioxidant activity of various extracts of corn silk (*Zea mays* L). *Research Journal of Pharmaceutical, Biological and Chemical Sciences*. 2(4): 986-993.
- Bharath Kumar, S., & Prabhasankar, P. (2014). Low glycemic index ingredients and modified starches in wheat based food processing: A review. *Trends in Food Science and Technology*, 35(1), 32–41. <https://doi.org/10.1016/j.tifs.2013.10.007>
- Bocanegra, A., Bastida, S., Benedí, J., Ródenas, S., & Sánchez-Muniz, F. J. (2009). Characteristics and nutritional and cardiovascular-health properties of seaweeds. *Journal of Medicinal Food*, 12(2), 236–258. <https://doi.org/10.1089/jmf.2008.0151>
- Brown L, Poudyal H, Panchal SK. Functional foods as potential therapeutic options for metabolic syndrome. *Obes Rev.* 2015 Nov;16(11):914-41. doi: 10.1111/obr.12313. Epub 2015 Sep 8. PMID: 26345360.
- Cardoso, S. M., Pereira, O. R., Seca, A. M. L., Pinto, D. C. G. A., & Silva, A. M. S. (2015). Seaweeds as preventive agents for cardiovascular diseases: From nutrients to functional foods. *Marine Drugs*, 13(11), 6838–6865. <https://doi.org/10.3390/md13116838>
- Chakdar H, Pabbi S. 2012. Extraction and purification of phycoerythrin from *Anabaena variabilis* (CCC421). *Phykos* 42: 25–31.
- Chan, S. W., Mirhosseini, H., Taip, F. S., Ling, T. C., & Tan, C. P. (2013). Comparative study on the physicochemical properties of κ -carrageenan extracted from *Kappaphycus alvarezii* (doty) doty ex Silva in Tawau, Sabah, Malaysia and

- commercial κ -carrageenans. *Food Hydrocolloids*, 30(2), 581–588. <https://doi.org/10.1016/j.foodhyd.2012.07.010>
- Chao, A., Thun, M. J., Connell, C. J., McCullough, M. L., Jacobs, E. J., Flanders, W. D., Rodriguez, C., Sinha, R., & Calle, E. E. (2005). Meat consumption and risk of colorectal cancer. *American Journal of Health Promotion*, 21(5), 473–474.
- Cian, R. E., Drago, S. R., De Medina, F. S., & Martínez-Augustin, O. (2015). Proteins and carbohydrates from red seaweeds: Evidence for beneficial effects on gut function and microbiota. *Marine Drugs*, 13(8), 5358–5383. <https://doi.org/10.3390/md13085358>
- Dawczynski, C., Schubert, R., & Jahreis, G. (2007). Amino acids, fatty acids, and dietary fibre in edible seaweed products. *Food Chemistry*, 103(3), 891–899. <https://doi.org/10.1016/j.foodchem.2006.09.041>
- Diharmi, A., Rusnawati, & Irasari, N. (2019). Characteristic of carrageenan *Eucheuma cottonii* collected from the coast of Tanjung Medang Village and Jaga Island, Riau. *IOP Conference Series: Earth and Environmental Science*, 404(1). <https://doi.org/10.1088/1755-1315/404/1/012049>
- Dr. Paul Haider. (2015). <https://www.linkedin.com/pulse/20-health-benefits-eucheuma-seaweed-dr-paul-haider>. Master Herbalist and Spiritual Teacher. www.paulhaider.com
- Dwiyitno, D. (2011) ‘Seaweed as a potential source of dietary fiber’, *Squalen Bulletin of Marine and Fisheries Postharvest and Biotechnology*, 6(1), p. 9. doi: 10.15578/squalen.v6i1.56.
- Englyst, K., Vinoy, S., Englyst, H., & Lang, V. (2003). Glycaemic Index of Cereal Products Explained by Their Content of Rapidly and Slowly Available Glucose. *British Journal of Nutrition*, 89, 329–339. <https://doi.org/10.1079/bjn2002786>
- Failu, I., Supriyono, E. and Suseno, S. H. (2016) ‘Peningkatan kualitas karagenan rumput laut *Kappaphycus alvarezii* dengan metode budidaya keranjang jaring’, *Jurnal Akuakultur Indonesia*, 15(2), p. 124. doi: 10.19027/jai.15.2.124-131.
- Fitzgerald C, Gallagher E, Tasdemir D, *et al.* Heart health peptides from macroalgae and their potential use in functional foods. *J Agric Food Chem* 2011;59:6829e36.
- Foster-Powell, K., Holt, S. H. A., & Brand-miller, J. C. (2002). International Table of Glycemic Index and Glycemic Load Values: 2002. *American Journal of Clinical Nutrition*, 76, 5–56. <https://doi.org/10.1093/ajcn/76.1.5>.

- Friend, C. P., Waniska, R. D., & Rooney, L. W. (2003). Effects of Hydrocolloid on Processing and Qualities of Wheat Tortillas. In *Cereal Chemistry* (Vol. 70, pp. 252–256).
- Fuller, S., Beck, E., Salman, H., and Tapsell, L. 2016. New horizons for the study of dietary fiber and health: a review. *Plant Food Hum. Nutr.* 71(1): 1–12.
- Gamero-Vega, G., Palacios-Palacios, M., & Quitral, V. (2020). Nutritional Composition and Bioactive Compounds of Red Seaweed: A Mini-Review. *Journal of Food and Nutrition Research*, 8(8), 431–440. <https://doi.org/10.12691/jfnr-8-8-7>
- Gómez, M., Ruiz-París, E., Oliete, B., & Pando, V. (2010). MODELING OF TEXTURE EVOLUTION OF CAKES DURING STORAGE. *Journal of Texture Studies*, 41(9), 17–33.
- Grigelmo-Miguel, N., Carreras-Boladeras, E., & Martín-Belloso, O. (1999). Development of high-fruit-dietary-fibre muffins. *European Food Research and Technology*, 210(2), 123–128. <https://doi.org/10.1007/s002170050547>
- Handayani, R., & Aminah, S. (2011). VARIASI SUBSTITUSI RUMPUT LAUT TERHADAP KADAR SERAT DAN MUTU ORGANOLEPTIK CAKE RUMPUT LAUT (*Eucheuma cottonii*) Dietary Fiber and Organoleptic value on Cake Seaweed (*Eucheuma cottonii*) from the Seaweed Substitution. *Jurnal Pangan Dan Gizi*, 02(03), 67–74.
- Haupt-Jorgensen, M., Holm, L. J., Josefsen, K., & Buschard, K. (2018). Possible Prevention of Diabetes with a Gluten-Free Diet. *Nutrients*, 10(1746), 1–20. <https://doi.org/10.3390/nu10111746>
- He, F. J., & MacGregor, G. A. (2009). A comprehensive review on salt and health and current experience of worldwide salt reduction programmes. *Journal of Human Hypertension*, 23(6), 363–384. <https://doi.org/10.1038/jhh.2008.144>
- Hermund DB, Karadag A, Andersen U, Jonsdottir R, Kristinsson HG, Alasarval C, Jacobsen C. 2016. Oxidative stability of granola bars enriched with multilayered fish oil emulsion in the presence of novel brown seaweed based antioxidants. *Journal of Agricultural and Food Chemistry*. Just Accepted Manuscript. Doi: 10.1021/acs.jafc.6b03454.
- Howlett, J. F. *et al.* (2010) ‘The definition of dietary fiber - Discussions at the Ninth Vahouny Fiber Symposium: Building scientific agreement’, *Food and Nutrition Research*, 54, pp. 1–5. doi: 10.3402/fnr.v54i0.5750.

- Huang, M., & Yang, H. (2019). Eucheuma powder as a partial flour replacement and its effect on the properties of sponge cake. *Lwt*, 110(April), 262–268. <https://doi.org/10.1016/j.lwt.2019.04.087>
- Imeson, A. (2010). *Food Stabilisers, Thickeners and Gelling Agents* (Vol. 148).
- Santoso, Ir. Agus M. (2011). SERAT PANGAN (DIETARY FIBER) DAN MANFAATNYA BAGI KESEHATAN. *Magistra*, 22(11), 538–549. <https://doi.org/10.1108/eb050265>
- Jumaidin, R., Sapuan, S. M., Jawaid, M., Ishak, M. R., & Sahari, J. (2017). Characteristics of Eucheuma cottonii waste from East Malaysia: Physical, thermal and chemical composition. *European Journal of Phycology*, 52(2), 200–207. <https://doi.org/10.1080/09670262.2016.1248498>
- Kadam, S. U., & Prabhasankar, P. (2010). Marine foods as functional ingredients in bakery and pasta products. *FRIN*, 43(8), 1975–1980. <https://doi.org/10.1016/j.foodres.2010.06.007>
- Kim, K. J., Yoon, K. Y., & Lee, B. Y. (2012). Fucoidan regulate blood glucose homeostasis in C57BL/KSJ m+/+db and C57BL/KSJ db/db mice. *Fitoterapia*, 83(6), 1105–1109. <https://doi.org/10.1016/j.fitote.2012.04.027>
- Kim MJ, Jeon J, Lee JS. Fucoidan prevents high-fat diet-induced obesity in animals by suppression of fat accumulation. *Phytother Res*. 2014 Jan;28(1):137-43. doi: 10.1002/ptr.4965. Epub 2013 Apr 12. PMID: 23580241.
- Komatsuzaki, N., Arai, S., Fujihara, S., Shima, J., Wijesekara, R.S., de Croos, M.D. 2019. Development of Novel Bread by Combining Seaweed *Kappaphycus alvarezii* from Sri Lanka and *Saccharomyces cerevisiae* Isolated from Nectarine. *J. Agr. Sci. Tech*. 9. 339-346. <https://doi.org/10.17265/2161-6264/2019.05.005>
- Kumar, M., Gupta, V., Kumari, P., Reddy, C. R. K., & Jha, B. (2011). Assessment of nutrient composition and antioxidant potential of Caulerpaceae seaweeds. *Journal of Food Composition and Analysis*, 24(2), 270–278. <https://doi.org/10.1016/j.jfca.2010.07.007>
- Kumar, S.A.; Brown, L. Seaweeds as potential therapeutic interventions for the metabolic syndrome. *Rev. Endocr. Metab. Dis*. 2013, 14, 299–308. [CrossRef] [PubMed]
- Kumar, S. A., Magnusson, M., Ward, L. C., Paul, N. A., & Brown, L. (2015). Seaweed

supplements normalise metabolic, cardiovascular and liver responses in high-carbohydrate, high-fat fed rats. *Marine Drugs*, 13(2), 788–805. <https://doi.org/10.3390/md13020788>

Kumar, S. B., & Prabhasankar, P. (2014). Low Glycemic Index Ingredients and Modified Starches in Wheat Based Food Processing : A review. *Trends in Food Science & Technology*, 35, 32–41. <https://doi.org/10.1016/j.tifs.2013.10.007>

Kumoro, A. C., Johnny, D., & Alfilovita, D. (2016). Incorporation of microalgae and seaweed in instant fried wheat noodles manufacturing: Nutrition and culinary properties study. *International Food Research Journal*, 23(2), 715–722.

Kusharto, Clara Meliyanti. (2007). Serat Makanan Dan Perannya Bagi Kesehatan. *Jurnal Gizi Dan Pangan*, 1(2), 45. <https://doi.org/10.25182/jgp.2006.1.2.45-54>

MacArtain, P., Gill, C. I. R., Brooks, M., Campbell, R., & Rowland, I. R. (2007). Nutritional value of edible seaweeds. *Nutrition Reviews*, 65(12), 535–543. <https://doi.org/10.1301/nr.2007.dec.535-543>

Mamat, H., Akanda, J. M. H., Zainol, M. K., & Ling, Y. A. (2018). The Influence of Seaweed Composite Flour on the Physicochemical Properties of Muffin. *Journal of Aquatic Food Product Technology*, 27(5), 635–642. <https://doi.org/10.1080/10498850.2018.1468841>

Mamat, H., Matanjun, P., Ibrahim, S., Amin, S. F. M., Hamid, M. A., & Rameli, A. S. (2014). The effect of seaweed composite flour on the textural properties of dough and bread. *Journal of Food Science and Technology*, 51(9), 1998–2005. <https://doi.org/10.1007/s13197-012-0708-x>

Matanjun, P.; Mohamed, S.; Muhammad, K.; Mustapha, N.M. Comparison of cardiovascular protective effects of tropical seaweeds, *Kappaphycus alvarezii*, *Caulerpa lentillifera*, and *Sargassum polycystum*, on highcholesterol/high-fat diet in rats. *J. Med. Food* 2010, 13, 792–800. [CrossRef] [PubMed]

Matanjun, P., Mohamed, S., Mustapha, N. M., & Muhammad, K. (2009). Nutrient content of tropical edible seaweeds, *Euclima cottonii*, *Caulerpa lentillifera* and *Sargassum polycystum*. *Journal of Applied Phycology*, 21(1), 75–80. <https://doi.org/10.1007/s10811-008-9326-4>

McHugh, D. J. (2003). Seaweeds uses as Human Foods. In *A Guide to the Seaweed Industry* (Issue 441).

Merdekawati, W., & Susanto, A. B. (2009). Kandungan Dan Komposisi Pigmen

- Rumput Laut Serta Potensinya Untuk Kesehatan. *Squalen Bulletin of Marine and Fisheries Postharvest and Biotechnology*, 4(2), 41. <https://doi.org/10.15578/squalen.v4i2.147>
- Mohamed, S., Hashim, S. N., & Rahman, H. A. (2012). Seaweeds: A sustainable functional food for complementary and alternative therapy. *Trends in Food Science and Technology*, 23(2), 83–96. <https://doi.org/10.1016/j.tifs.2011.09.001>
- Mulyaningrum, S. *et al.* (2012) 'Regenerasi Filamen Kalus Rumput Laut *Kappaphycus Alvarezii* dengan Formulasi Zat Pengatur Tumbuh yang Berbeda', *Journal of Fisheries and Marine Research*, 1(1), pp. 52–60.
- Muthia Shanti, K. *et al.* (2017) 'Asupan Serat dan IMT Wanita Usia Subur Suku Madura di Kota Malang', *Indonesian Journal of Human Nutrition*, 4(1), pp. 1–11. doi: 10.21776/ub.ijhn.2017.004.01.1.
- Nasar-Abbas, S. M., & Jayasena, V. (2012). Effect of lupin flour incorporation on the physical and sensory properties of muffins. *Quality Assurance and Safety of Crops and Foods*, 4(1), 41–49. <https://doi.org/10.1111/j.1757-837X.2011.00122.x>
- Ningsih, S. S., & Anggraeni, A. A. (2021). Sensory characteristics of mille crepes cake from seaweed powder. *IOP Conference Series: Earth and Environmental Science*, 672(1). <https://doi.org/10.1088/1755-1315/672/1/012061>
- Nuraeni, I., Hadi, H., & Paratmanitya, Y. (2016). Perbedaan konsumsi buah dan sayur pada anak sekolah dasar yang obes dan tidak obes di Kota Yogyakarta dan Kabupaten Bantul. *Jurnal Gizi Dan Dietetik Indonesia (Indonesian Journal of Nutrition and Dietetics)*, 1(2), 81. [https://doi.org/10.21927/ijnd.2013.1\(2\).81-92](https://doi.org/10.21927/ijnd.2013.1(2).81-92)
- Nurjana, Jacob, A. M., Hidayat, T., & Chrystiawan, R. (2018). PERUBAHAN KOMPONEN SERAT RUMPUT LAUT *Caulerpa* sp. (DARI TUAL, MALUKU) AKIBAT PROSES PEREBUSAN (THE CHANGE IN FIBER COMPONENTS OF *Caulerpa* sp. SEAWEEDS (FROM TUAL OF MALUKU) DUE TO BOILING PROCESS). *Teknologi Ilmu Dan Teknologi Kelautan Tropis*, 10(1), 35–48. <http://journal.ipb.ac.id/index.php/jurnalikt>
- Peñalver, R., Lorenzo, J. M., Ros, G., Amarowicz, R., Pateiro, M., & Nieto, G. (2020). Seaweeds as a functional ingredient for a healthy diet. *Marine Drugs*, 18(6), 1–27. <https://doi.org/10.3390/md18060301>
- Prakoso, Pungky & Kharie, Ayu. 2011. ANEKA *MUFFIN* PRAKTIS DAN MUDAH DIBUAT. Jakarta : Demedia.

- Probosari, Enny. (2019). PENGARUH PROTEIN DIET TERHADAP INDEKS GLIKEMIK. *Journal of Nutrition and Health*, 7(1), 1–9. <https://doi.org/1037//0033-2909.I26.1.78>
- Quitral, V., Sepúlveda, M., Gamero-Vega, G., & Jiménez, P. (2022). Seaweeds in bakery and farinaceous foods: A mini-review. *International Journal of Gastronomy and Food Science*, 28, 100403. <https://doi.org/10.1016/j.ijgfs.2021.100403>
- Raja, K., Kadirvel, V., & Subramaniyan, T. (2022). Seaweeds, an aquatic plant-based protein for sustainable nutrition - A review. *Future Foods*, 5(February), 100142. <https://doi.org/10.1016/j.fufo.2022.100142>
- Rajapakse, N., & Kim, S. K. (2011). Nutritional and digestive health benefits of seaweed. In *Advances in Food and Nutrition Research* (1st ed., Vol. 64). Elsevier Inc. <https://doi.org/10.1016/B978-0-12-387669-0.00002-8>
- Raman, M.; Doble, M. κ -Carrageenan from marine red algae, *Kappaphycus alvarezii*—A functional food to prevent colon carcinogenesis. *J. Funct. Food*. 2015, 15, 354–364. [CrossRef]
- Rodge, A., SM, S., RV, S., & Hashmi, S. I. (2012). Effect of Hydrocolloid (guar gum) Incorporation on the Quality Characteristics of Bread. *Journal of Food Processing & Technology*, 03(02). <https://doi.org/10.4172/2157-7110.1000136>
- Roohinejad, S., Koubaa, M., Barba, F. J., Saljoughian, S., Amid, M., & Greiner, R. (2017). Application of seaweeds to develop new food products with enhanced shelf-life, quality and health-related beneficial properties. *Food Research International*, 99, 1066–1083. <https://doi.org/10.1016/j.foodres.2016.08.016>
- Rosell, C. M., Rojas, J. A., & Benedito de Barber, C. (2001). Influence of hydrocolloids on dough rheology and bread quality. *Food Hydrocolloids*, 15(1), 75–81. [https://doi.org/10.1016/S0268-005X\(00\)00054-0](https://doi.org/10.1016/S0268-005X(00)00054-0)
- Rupasinghe, H. P. V., Wang, L., Huber, G. M., & Pitts, N. L. (2008). Effect of baking on dietary fibre and phenolics of muffins incorporated with apple skin powder. *Food Chemistry*, 107(3), 1217–1224. <https://doi.org/10.1016/j.foodchem.2007.09.057>
- Rupérez, P., and Saura-Calixto, F. 2001. Dietary fibre and physicochemical properties of edible Spanish seaweeds. *Eur. Food. Res. Technol.* 212: 349–354.
- Sabanis, D., Lebesi, D., & Tzia, C. (2009). Effect of dietary fibre enrichment on

selected properties of gluten-free bread. *LWT - Food Science and Technology*, 42(8), 1380–1389. <https://doi.org/10.1016/j.lwt.2009.03.010>

Santoso, I. A. (2011). SERAT PANGAN (DIETARY FIBER) DAN MANFAATNYA BAGI KESEHATAN. *Magistra*, 75, 35–40.

Santoso, J., Yoshie-stark, Y. and Suzuki, T. (2006) ‘COMPARATIVE CONTENTS OF MINERALS AND DIETARY FIBERS IN SEVERAL TROPICAL SEAWEEDS’, *Jurnal Pengolahan Hasil Perikanan Indonesia*, IX, pp. 1–11.

Schuchardt, J. P., Wonik, J., Bindrich, U., Heinemann, M., Kohrs, H., Schneider, I., Möller, K., & Hahn, A. (2016). Glycemic Index and Microstructure Analysis of A Newly Developed Fiber Enriched Cookie. *Food & Function*, 7, 464–474. <https://doi.org/10.1039/c5fo01137j>

Sciarini, L. S., Ribotta, P. D., León, A. E., & Pérez, G. T. (2012). Incorporation of several additives into gluten free breads: Effect on dough properties and bread quality. *Journal of Food Engineering*, 111(4), 590–597. <https://doi.org/10.1016/j.jfoodeng.2012.03.011>

Senthil, A., Mamatha, B. S., & Mahadevaswamy, M. (2005). Effect of using seaweed (eucheuma) powder on the quality of fish cutlet. *International Journal of Food Sciences and Nutrition*, 56(5), 327–335. <https://doi.org/10.1080/09637480500224205>

September, Cindy. 2007. The Effect of enzymes, gums and proteins on the water absorption, loaf volume and shelf life of bread. Master Thesis. Univ. Johannesburg Oct

Sharma, A., Yadav, B. S., & Ritika. (2008). Resistant starch: Physiological Roles and Food Applications. *Food Reviews International*, 24, 193–234. <https://doi.org/10.1080/87559120801926237>

Soerjodibroto, W. 2004. Asupan Serat Remaja di Jakarta. *Majalah Kedokteran Indonesia*, Volum: 54, Nomor: 10, 2004

Suparmi, & Sahri, A. (2013). MENGENAL POTENSI RUMPUT LAUT : KAJIAN PEMANFAATAN SUMBER DAYA RUMPUT LAUT DARI ASPEK INDUSTRI DAN KESEHATAN. *Gema Pustakawan*, 1(1), 95–116.

Supriyantini, E., Santosa, G. W., & Dermawan, A. (2017). Kualitas Ekstrak Karaginan Dari Rumput Laut “*Kappaphycus alvarezii*” Hasil Budidaya Di Perairan Pantai Kartini Dan Pulau Kemojan Karimunjawa Kabupaten Jepara. *Buletin*

Oceanografi Marina, 6(2), 88. <https://doi.org/10.14710/buloma.v6i2.16556>

Suresh Kumar, K.; Ganesan, K.; Subba Rao, P.V. Antioxidant potential of solvent extracts of *Kappaphycus alvarezii* (Doty) Doty-An edible seaweed. *Food Chem.* 2008, 107, 289–295. [CrossRef]

Suryaningrum, T. D., Wikanta, T. and Kristiana, H. (2006) ‘Uji Aktivitas Senyawa Antioksidan dari Rumput Laut *Halymenia harveyana* dan *Eucheuma cottonii*’, *Jurnal Pascapanen dan Bioteknologi Kelautan dan Perikanan*, 1(1), p. 51. doi: 10.15578/jpbkp.v1i1.231.

Tresnati, J., Yasir, I., Zainuddin, Syafiuddin, Aprianto, R., & Tuwo, A. (2021). Metal bioaccumulation potential of the seaweed *Kappaphycus alvarezii*. *IOP Conference Series: Earth and Environmental Science*, 763(1). <https://doi.org/10.1088/1755-1315/763/1/012059>

Uju, Dewi, N. P. S. U. K., Santoso, J., Setyaningsih, I., Hardingtyas, S. D., & Yopi. (2020). Extraction of phycoerythrin from *Kappaphycus alvarezii* seaweed using ultrasonication. *IOP Conference Series: Earth and Environmental Science*, 414(1). <https://doi.org/10.1088/1755-1315/414/1/012028>

USDA <https://fdc.nal.usda.gov/fdc-app.html#/food-details/168944/nutrients>

Wada, K., Nakamura, K., Tamai, Y., Tsuji, M., Sahashi, Y., Watanabe, K., Ohtsuchi, S., Yamamoto, K., Ando, K., & Nagata, C. (2011). Seaweed intake and blood pressure levels in healthy pre-school Japanese children. *Nutrition Journal*, 10(1), 1–7. <https://doi.org/10.1186/1475-2891-10-83>

Wakai, K., Date, C., Fukui, M., Tamakoshi, K., Watanabe, Y., Hayakawa, N., Kojima, M., Kawado, M., Suzuki, K., Hashimoto, S., Tokudome, S., Ozasa, K., Suzuki, S., Toyoshima, H., Ito, Y., & Tamakoshi, A. (2007). Dietary fiber and risk of colorectal cancer in the Japan Collaborative Cohort Study. *Cancer Epidemiology Biomarkers and Prevention*, 16(4), 668–675. <https://doi.org/10.1158/1055-9965.EPI-06-0664>

Wanyonyi, S., Du Preez, R., Brown, L., Paul, N. A., & Panchal, S. K. (2017). *Kappaphycus alvarezii* as a food supplement prevents diet-induced metabolic syndrome in rats. *Nutrients*, 9(11), 1–16. <https://doi.org/10.3390/nu9111261>

Widyastuti, S., Handayani, B. R., & Werdiningsih, W. (2016). *Effect of Carageenan from Local Seaweeds on Bread Quality. August 2016*, 9–10.

Wildman, R.E.C. and D.M. Medeiros. 2000. *Advanced human nutrition*. CRC Press.

Florida. 240p.

- Wolever, T. M. S., Jenkins, D. J. A., Kalmusky, J., Giordano, C., Giudici, S., Jenkins, A. L., Thompson, L. U., Wong, G. S., & Josse, R. G. (1986). Glycemic Response to Pasta: Effect of Surface Area, Degree of Cooking, and Protein Enrichment. *Diabetes Care*, 9(4), 401–404. <https://doi.org/10.2337/diacare.9.4.401>
- Yanuarti, R. *et al.* (2017) 'PROFIL FENOLIK DAN AKTIVITAS ANTIOKSIDAN DARI EKSTRAK RUMPUT *Turbinaria conoides* and *Eucheuma cottonii*', 20.
- Yeh, T. S., Hung, N. H., & Lin, T. C. (2014). Analysis of iodine content in seaweed by GC-ECD and estimation of iodine intake. *Journal of Food and Drug Analysis*, 22(2), 189–196. <https://doi.org/10.1016/j.jfda.2014.01.014>
- Yong, Y. S., Yong, W. T. L., Ng, S. E., Anton, A., & Yassir, S. (2014). Chemical composition of farmed and micropropagated *Kappaphycus alvarezii* (Rhodophyta, Gigartinales), a commercially important seaweed in Malaysia. *Journal of Applied Phycology*, 27(3), 1271–1275. <https://doi.org/10.1007/s10811-014-0398-z>

