

7. DAFTAR PUSTAKA

- Al Faruq, A., Farahnaky, A., Dokouhaki, M., Khatun, H. A., Trujillo, F. J., & Majzoobi, M. (2025). Technological Innovations in Freeze Drying: Enhancing Efficiency, Sustainability, and Food Quality. *Food Engineering Reviews*, 1-25.
- Aplugi, D. M. A., Melati, M., Kurniawati, A., & Faridah, D. N. (2019). Keragaman Kualitas Buah pada Dua Varietas Okra (*Abelmoschus esculentus* L. Moench) dari Umur Panen Berbeda. *Jurnal Agronomi Indonesia (Indonesian Journal of Agronomy)*, 47(2), 196-202.
- Bedu-Ferrari, C., Biscarrat, P., Langella, P., & Cherbuy, C. (2022). Prebiotics and the Human Gut Microbiota: From Breakdown Mechanisms to the Impact on Metabolic Health. *Nutrients*, 14(10), 2096. <https://doi.org/10.3390/nu14102096>
- Bhatta, S., Stevanovic Janezic, T., & Ratti, C. (2020). Freeze-Drying of Plant-Based Foods. *Foods*, 9(1), 87. <https://doi.org/10.3390/foods9010087>
- Chiarini, E., Alessandria, V., Buzzanca, D., Giordano, M., Seif Zadeh, N., Mancuso, F., & Zeppa, G. (2024). Valorization of Fruit By-Products through Lactic Acid Fermentation for Innovative Beverage Formulation: Microbiological and Physicochemical Effects. *Foods*, 13(23), 3715. <https://doi.org/10.3390/foods13233715>
- Choque-Quispe, D., Ligarda-Samanez, C. A., Huamán-Rosales, E. R., Aguirre Landa, J. P., Agreda Cerna, H. W., Zamalloa-Puma, M. M., ... & Gamarravillanueva, W. (2023). Bioactive Compounds and Sensory Analysis of Freeze-Dried Prickly Pear Fruits from an Inter-Andean Valley in Peru. *Molecules*, 28(9), 3862. <https://doi.org/10.3390/molecules28093862>
- Cruz, M. G. D., Silva, A. M. S. D., Prada-Mejia, K. D., Koolen, H. H. F., Tavares, G. C., & Valladão, G. M. R. (2025). Skim Milk as a Multifunctional Cryoprotectant for Fish Probiotic Enterococcus spp.: Impact on Viability During Lyophilization and Long-Term Storage. *Microorganisms*, 13(11), 2486. <https://doi.org/10.3390/microorganisms13112486>
- Fitriana, L., & Mustakim, A. (2025). Pengamatan Pertumbuhan Jamur *Rhizopus oligosporus* dari Tempe pada Media PDA menggunakan Metode Pengenceran. *Algoritma: Jurnal Matematika, Ilmu pengetahuan Alam, Kebumihan dan Angkasa*, 3(4), 267-273. <https://doi.org/10.62383/algoritma.v3i4.687>
- Hartajanie, L., Lindayani, L., & Santoso, L. (2018). The Effect of Carbon and Nitrogen Supplementation on Bacteriocin Production of Lactic Acid Bacteria from Pickled Yellow Bamboo Shoots (*Dendrocalamus Asper*). *Microbiology Indonesia*, 12(1), 2-2. <https://doi.org/10.5454/mi.12.1.2>

- Hartajanie, L., Novita, A., Sutanto, E. T., & Sundoro, A. A. (2018). *Lactobacillus fermentum* LLB3 Improves Antioxidant Activity of Bitter Melon (*Momordica charantia*) Juice. *Microbiology Indonesia*, 12(2), 61-64.
- Hartajanie, L., Fatimah-Muis, S., Heri-Nugroho, K., Riwanto, I., & Widianarko, B. (2024). A Comparative Study: Probiotics Number in Fermented Bitter Melon (*Momordica charantia*) Juice Decreased Blood Sugar and Lipid Profiles. *Journal of Research in Complementary Medicine*, 1(1), 38-38. <http://dx.doi.org/10.5455/JRCM.20240215041123>
- Hsiao, Y. K., Lee, B. H., & Wu, S. C. (2024). *Lactiplantibacillus plantarum*-Encapsulated Microcapsules Prepared from Okra Polysaccharides Improved Intestinal Microbiota in Alzheimer's Disease Mice. *Frontiers in Microbiology*, 15, 1305617. <https://doi.org/10.3389/fmicb.2024.1305617>
- International Diabetes Federation. (2025). *IDF Diabetes Atlas* (11th ed.). International Diabetes Federation. <https://diabetesatlas.org/resources/idf-diabetes-atlas-2025/>
- Khirzin, M. H., Hilmi, M., Prastujati, A. U., Mawardi, N., & Rahayu, R. (2020). Karakteristik Hidrolisat Gelatin Tulang Itik dengan Enzim Tripsin sebagai Penghambat Alfa Amilase (Î±-Amylase Inhibitor). *Jurnal Ilmiah Inovasi*, 20(3). <https://doi.org/10.25047/jii.v20i3.2403>
- Lacerda, D. C., da Costa, P. C. T., Pontes, P. B., Dos Santos, L. A. C., Neto, J. P. R. C., Luis, C. C. S., ... & de Brito Alves, J. L. (2022). Potential Role of *Limosilactobacillus fermentum* as a Probiotic with Anti-Diabetic Properties: A Review. *World journal of diabetes*, 13(9), 717. <https://doi.org/10.4239/wjd.v13.i9.717>
- Lindayani, L., Hartajanie, L., Sen, Y. H., & Algustie, A. P. (2023). Supplementation of Sucrose and n-source in Culture Medium Towards Bacteriocin Production of Lactic Acid Bacteria Isolated from Ampel Bamboo Shoot (*Bambusa vulgaris*) Pickle. *Microbiology Indonesia*, 17(2), 13-23.
- Lisitsa, A. E., Sukovaty, L. A., Bartsev, S. I., Deeva, A. A., Kratasyuk, V. A., & Nemtseva, E. V. (2021). Mechanisms of Viscous Media Effects on elementary Steps of Bacterial Bioluminescent Reaction. *International Journal of Molecular Sciences*, 22(16), 8827. <https://doi.org/10.3390/ijms22168827>
- Liu, X., Wang, Z., Xiao, J., Zhou, X., & Xu, Y. (2022). Osmotic Stress Tolerance and Transcriptome Analysis of *Gluconobacter Oxydans* to Extra-High Titers of Glucose. *Frontiers in Microbiology*, 13, 977024. <https://doi.org/10.3389/fmicb.2022.977024>

- Ma, W., Li, Y., Kang, W., Han, Y., Yin, B., Yang, R., ... & Gu, R. (2024). Synergistic Combination of Cryoprotectants Improved Freeze-dried Survival Rate and Viable Counts of *Lactiplantibacillus plantarum*. *International Journal of Dairy Technology*, 77(2), 348-357. <https://doi.org/10.1111/1471-0307.13035>
- Marbun, T. R. M., Naidu, R., Lister, I. N. E., & Fachrial, E. (2025). Screening dan Identifikasi Molekuler Probiotik dari Dadih sebagai Inhibitor Alpha-Glukosidase. *NUTRITURE JOURNAL*, 4(1), 20-34. <https://doi.org/10.31290/nj.v4i1.5268>
- Manik, A. E. S., Melati, M., Kurniawati, A., & Faridah, D. N. (2019). Hasil dan Kualitas Okra (*Abelmoschus esculentus* L. Moench.) Merah dan Okra Hijau dengan Jenis Pupuk yang Berbeda. *Jurnal Agronomi Indonesia (Indonesian Journal of Agronomy)*, 47(1), 68-75. <https://doi.org/10.24831/jai.v47i1.22295>
- Melinda, N. A., Kusumo, D. W., & Sari, D. I. K. (2023). Aktivitas Antidiabetes Beberapa Fraksi Daun Mimba (*Azadirachta indica*) secara In Vitro berdasarkan Penghambatan Enzim α -Amilase. *Majalah Farmasi dan Farmakologi*, 27(3), 82-87. <https://doi.org/10.20956/mff.v27i3.28301>
- Musrianti, M., & Hutasoit, J. P. (2023). Pengaruh Penambahan Ekstrak Okra Hijau (*Abelmoschus esculentus*) terhadap Kadar Air dan Mutu Organoleptik Dodol Rumput Laut. *Food and Agro-industry Journal*, 4(2), 1-6. <https://doi.org/10.36761/fagi.v4i2.3501>
- Pawestri, S., & Syahbanu, F. (2023). Karakterisasi Metode Pengerinan Beku pada Pangan Nabati. *Jurnal Pertanian Agros*, 25(4), 4106-4118. <http://dx.doi.org/10.37159/jpa.v25i4.3562>
- Putri, Y. W., Putra, A. E., & Utama, B. I. (2018). Identifikasi dan Karakteristik Bakteri Asam Laktat yang Diisolasi dari Vagina Wanita Usia Subur. *Jurnal Kesehatan Andalas*, 7, 20-25. <https://doi.org/10.25077/jka.v7i0.864>
- Pourakbar, N., Ganje, M., Shekarfroush, S. S., & Hosseinzadeh, S. (2023). Physicochemical and Sensory Properties of Probiotic Yogurt Containing *Lactobacillus plantarum* ATCC 10241 Microencapsulated with Okra (*Abelmoschus esculentus*) Mucilage and Sodium Alginate. *Bioactive Carbohydrates and Dietary Fibre*, 30, 100364. <https://doi.org/10.1016/j.bcdf.2023.100364>
- Salas-Millán, J. Á., & Aguayo, E. (2024). Fermentation for Revalorisation of Fruit and Vegetable By-Products: A Sustainable Approach Towards Minimising Food Loss and Waste. *Foods*, 13(22), 3680. <https://doi.org/10.3390/foods13223680>

- Sampaio, K. B., de Brito Alves, J. L., do Nascimento, Y. M., Tavares, J. F., da Silva, M. S., dos Santos Nascimento, D., ... & de Souza, E. L. (2022). Nutraceutical Formulations Combining *Limosilactobacillus fermentum*, Quercetin, and or Resveratrol with Beneficial Impacts on the Abundance of Intestinal Bacterial Populations, metabolite production, and Antioxidant Capacity during Colonic Fermentation. *Food Research International*, 161, 111800. <https://doi.org/10.1016/j.foodres.2022.111800>
- Schirmacher, V. (2021). Less Can Be More: The Hormesis Theory of Stress Adaptation in the Global Biosphere and Its Implications. *Biomedicines*, 9(3), 293. <https://doi.org/10.3390/biomedicines9030293>
- Sean, M., Marcellino, S. A., Lindayani, L., & Hartajanie, L. (2024). Quantification Of Bioactive Compounds In Freeze-Dried Fermented Bitter Melon (*Momordica Charantia L.*) Extract Using *Lactobacillus fermentum* LLB3. *Journal of Food, Culinary, and Nutrition*, 1(1), 43-55. <https://doi.org/10.24167/jfcn.v1i1.11552>
- Swanson, K. S., Gibson, G. R., Hutkins, R., Reimer, R. A., Reid, G., Verbeke, K., ... & Sanders, M. E. (2020). The International Scientific Association for Probiotics and Prebiotics (ISAPP) Consensus Statement on the Definition and Scope of Synbiotics. *Nature reviews Gastroenterology & hepatology*, 17(11), 687-701. <https://doi.org/10.1038/s41575-020-0344-2>
- Wang, X., Hu, K., Chen, Y., Lai, J., Zhang, M., Li, J., ... & Liu, S. (2024). Effect of *Lactiplantibacillus plantarum* Fermentation on the Physicochemical, Antioxidant Activity and Immunomodulatory Ability of Polysaccharides from Lvjian Okra. *International Journal of Biological Macromolecules*, 257, 128649. <https://doi.org/10.1016/j.ijbiomac.2023.128649>
- Wang, J., Wu, P., Dhital, S., Yu, A., & Chen, X. D. (2025). Impact of Freezing and Freeze Drying on *Lactobacillus rhamnosus* GG Survival: Mechanisms of Cell Damage and the Role of Pre-Freezing Conditions and Cryoprotectants. *Foods*, 14(10), 1817. <https://doi.org/10.3390/foods14101817>
- Zhu, X. M., Xu, R., Wang, H., Chen, J. Y., & Tu, Z. C. (2020). Structural Properties, Bioactivities, and Applications of Polysaccharides from Okra [*Abelmoschus esculentus (L.) Moench*]: A Review. *Journal of Agricultural and Food Chemistry*, 68(48), 14091-14103. <https://doi.org/10.1021/acs.jafc.0c04475>