

DAFTAR PUSTAKA

- Abdelhamid, A. S., Brown, T. J., Brainard, J. S., Biswas, P., Thorpe, G. C., Moore, H. J., . . . Hooper, L. (2018). Omega-3 Fatty Acids for the Primary and Secondary Prevention of Cardiovascular Disease. *Cochrane Database of Systematic Reviews*(7). doi:10.1002/14651858.CD003177.pub3
- Agrina, T., Sofia, S. N., & Murbawani, E. A. (2017). Hubungan Antara Asupan Lemak dengan Profil Lipid pada Pasien Penyakit Jantung Koroner. *Diponegoro Medical Journal (Jurnal Kedokteran Diponegoro)*, 6(2), 1301-1311.
- Ahn, J. Y., Kim, I. S., & Lee, J.-S. (2019). Relationship of Riboflavin and Niacin with Cardiovascular Disease. *The Korean Journal of Clinical Laboratory Science*, 51(4), 484-494. doi:10.15324/kjcls.2019.51.4.484
- Almatsier, S. (2010). *Prinsip Dasar Ilmu Gizi*. Jakarta: Gramedia Pustaka Utama.
- Anggraini, D. D., & Hidajah, A. C. (2018). Hubungan Antara Paparan Asap Rokok dan Pola Makan dengan Kejadian Penyakit Jantung Koroner pada Perempuan Usia Produktif. *Amerta Nutrition*, 2(1), 10. doi:10.20473/amnt.v2i1.2018.10-16
- Anies. (2015). *Kolesterol dan Penyakit Jantung Koroner*. Yogyakarta: Ar-Ruzz Media.
- Anies. (2018). *Penyakit Degeneratif: Mencegah & Mengatasi Penyakit Degeneratif dengan Perilaku & Pola Hidup Modern yang Sehat*. Yogyakarta: Ar-Ruzz Media.
- Basnet, T. B., Srijana, G., Basnet, R., & Neupane, B. (2020). Dietary Nutrients of Relative Importance Associated with Coronary Artery Disease: Public Health Implication from Random Forest Analysis. *PLoS ONE*, 15. doi:10.1371/journal.pone.0243063
- Bougarne, N., Weyers, B., Desmet, S. J., Deckers, J., Ray, D. W., Staels, B., & Bosscher, K. D. (2018). Molecular Actions of PPAR α in Lipid Metabolism and Inflammation. *Endocrine Reviews*, 39, 760-802. doi:10.1210/er.2018-00064
- Boullata, J. I., Carrera, A. L., Harvey, L., Escuro, A. A., Hudson, L., Mays, A., . . . al., e. (2017). ASPEN Safe Practices for Enteral Nutrition Therapy. *Journal of Parenteral and Enteral Nutrition*, 41(1), 15-103. doi:10.1177/0148607116673053
- Chareonrungrueangchai, K., Wongkawinwoot, K., Anothaisintawee, T., & Reutrakul, S. (2020). Dietary Factors and Risks of Cardiovascular Diseases: An Umbrella Review. *Nutrients*, 12(4). doi:10.3390/nu12041088

- Darmadi, H. (2011). *Metode Penelitian Pendidikan*. Bandung: Alfabeta.
- Davidson, M. H. (2019). *Dyslipidemia*. Retrieved February 13, 2020, from <https://www.msdmanuals.com/professional/endocrine-and-metabolic-disorders/lipid-disorders/dyslipidemia>
- Egert, S., Somoza, V., Kannenberg, F., Fobker, M., Krome, K., Erbersdobler, H., & Wahrburg, U. (2007). Influence of Three Rapeseed Oil-Rich Diets, Fortified With α -Linolenic Acid, Eicosapentaenoic Acid or Docosahexaenoic Acid on The Composition and Oxidizability of Low-Density Lipoproteins: Results of a Controlled Study in Healthy Volunteers. *European Journal of Clinical Nutrition*, 61(3), 314-325. doi:10.1038/sj.ejcn.1602523
- Febrina, K., & Fayasari, A. (2020). Fiber and Fat Intake, Smoking Habits, Body Mass Index and Central Obesity and its Association With Lipid Profile of Man in Gatot Subroto Hospital Heart Polyclinic. *Media Gizi Indonesia*, 15(3), 205-213. doi:10.204736/mgi.v15i3. 205–213
- Fernandez, M. L., & West, K. L. (2005). Mechanisms by which Dietary Fatty Acids Modulate Plasma Lipids. *Nutrition*, 135(9), 2075-2078. doi:10.1093/jn/135.9.2075
- Ghani, L., Susilawati, M. D., & Novriani, H. (2016). Faktor Risiko Dominan Penyakit Jantung Koroner di Indonesia. *Buletin Penelitian Kesehatan*, 4(3), 153-164. doi:10.22435/bpk.v44i3.5436.153-164
- Grygiel-Górniak, B. (2014). Peroxisome Proliferator-Activated Receptors and Their Ligands: Nutritional and Clinical Implications - A Review. *Nutrition Journal*, 13(1). doi:10.1186/1475-2891-13-17
- Hannon, B. A., Khan, N. A., & Teran-Garcia, M. (2018). Nutrigenetic Contributions to Dyslipidemia: A Focus on Physiologically Relevant Pathways of Lipid and Lipoprotein Metabolism. *Nutrients*, 10(10). doi:10.3390/nu10101404
- Hariadini, A. L., Sidharta, B., Ebtavanny, T. g., & Minanga, E. P. (2020). Hubungan Tingkat Pengetahuan Dan Ketepatan Penggunaan Obat Simvastatin Pada Pasien Hiperkolesterolemia Di Apotek Kota Malang. *Pharmaceutical Journal of Indonesia*, 5(2), 91-96. doi:10.21776/ub.pji.2020.005.02.4
- Hayudanti, D., Kusumastuty, I., & Tritisari, K. P. (2016). Pengaruh Pemberian Jus Jambu Biji Merah (*Psidium guajava*) dan Jeruk Siam (*Citrus nobilis*) terhadap Kadar High Density Lipoprotein (HDL) pada Pasien Dislipidemia. *Indonesian Journal of Human Nutrition*, 3(1), 41-48. doi:10.21776/ub.ijhn.2016.003.01.5
- Huang, C.-W., Chien, Y.-S., Chen, Y.-J., Ajuwon, K. M., Mersmann, H. M., & Ding, S.-T. (2016). Role of n-3 Polyunsaturated Fatty Acids in Ameliorating the Obesity-Induced Metabolic Syndrome in Animal Models and Humans.

International Journal of Molecular Sciences, 9(17), 1689.
doi:10.3390/ijms17101689

- Iskandar, H. A., & Alfridsyah. (2017). Faktor Risiko Terjadinya Penyakit Jantung Koroner pada Pasien Rumah Sakit Umum Meuraxa Banda Aceh. *AcTion: Aceh Nutrition Jurnal*, 2(1), 32-42. doi:10.30867/action.v2i1.34
- Jabbar, U., Hafeez, S., & Chohan, R. K. (2018). A Comparative Evaluation of Dyslipidemia in Hypertensive and Non-Hypertensive Individuals. *Pakistan Journal of Medical and Health Sciences*, 12(3), 1190-1191.
- Javvaji, A., Can, A. S., & Sharma, S. (2021, April 20). *Dysbetalipoproteinemia*. Retrieved May 24, 2021, from NCBI Web site: <https://www.ncbi.nlm.nih.gov/books/NBK567738/>
- Jellinger, P. S., Handelsman, Y., Rosenblit, P. D., Bloomgarden, Z. T., Fonseca, V. A., Garber, A. J., . . . al., e. (2017). American Association of Clinical Endocrinologists (AACE) and American College of Endocrinology (ACE) Guidelines for Management of Dyslipidemia and Prevention of Cardiovascular Disease. *Endocrine Practice : Official Journal of The American College of Endocrinology and The American Association of Clinical Endocrinologists*, 13, 1-87. doi:10.4158/EP171764.APPGL
- Kameyama, N., Maruyama, C., Shijo, Y., Umezawa, A., Sato, A., Ayaori, M., . . . Teramoto, T. (2020). Comparison of Food and Nutrient Intakes Between Japanese Dyslipidemic Patients with and without Low-Density Lipoprotein Cholesterol Lowering Drug Therapy: A Cross-Sectional Study. *Journal of Atherosclerosis and Thrombosis*, 27(7), 683-694. doi:10.5551/jat.52316
- Kementerian Kesehatan Republik Indonesia. (2019). *Peraturan Menteri Kesehatan Indonesia Nomor 28 Tahun 2019 Tentang Angka Kecukupan Gizi yang Disarankan Untuk Masyarakat Indonesia*.
- Kementerian Kesehatan Republik Indonesia. (2019). *Profil Kesehatan Indonesia Tahun 2018*. Jakarta: Kementerian Kesehatan Republik Indonesia.
- Kementerian Kesehatan Republik Indonesia. (2019). *Riset Kesehatan Dasar (Risksdas) Tahun 2018*. Jakarta: Kementerian Kesehatan Republik Indonesia.
- Khazanah, W., Mulyani, N. S., Ramadhaniah, & Rahma, C. S. (2019). Konsumsi Natrium Lemak Jenuh dan Serat Berhubungan dengan Kejadian Penyakit Jantung Koroner Di Rumah Sakit dr. Zainoel Abidin Banda Aceh. *Jurnal Kesehatan*, 7(1), 44-48. doi:10.25047/j-kes.v7i1.72
- Kristanti, T. A., Rusjyanto, & Kurniawan, A. (2019). Hubungan IMT, Lingkar Pinggang, Konsumsi Lemak dengan Kadar LDL Pasien Penyakit Jantung di RSUD Sukoharjo. *Darussalam Nutrition Journal*, 3(2), 55-64. doi:10.21111/dnj.v3i2.3432

- Kusnanto. (2019). *Vitamin Bagi Tubuh*. Semarang: Mutiara Aksara.
- Leaf, A. (2019). *Niacin, Heart Disease, Liver Toxicity, and Diabetes*. Retrieved June 13, 2020, from <https://www.google.com/amp/s/alexleaf.com/2019/02/22 niacin-heart-disease-liver-toxicity-and-diabetes/amp/>,
- Lean, M. E. (2006). *Ilmu Pangan, Gizi & Kesehatan* (7 ed.). (N. Nilamsari, & A. Fajriyah, Trans.) Yogyakarta: Pustaka Pelajar.
- Lestari, R. P., Harna, & Novianti, A. (2020). Hubungan Pola Konsumsi dan Tingkat Kecukupan Serat dengan Kadar Kolesterol Total Pasien Poliklinik Jantung. *Jurnal Gizi dan Kuliner*, 1(1), 39-45.
- Li, Y. R. (2015). *Cardiovascular Disease: From Molecular Pharmacology to Evidence-Based Therapeutics*. New Jersey, USA: John Wiley & Sons, Inc.
- Liu, S., Liu, J., Weng, R., Gu, X., & Zhong, Z. (2019). Apolipoprotein E Gene Polymorphism and The Risk of Cardiovascular Disease and Type 2 Diabetes. *BMC Cardiovascular Disorders*, 19. doi:10.1186/s12872-019-1194-0
- Lutfiyanika, R. F., W, T. W., & Meriwati. (2014). Hubungan Asupan Niasin dan Vitamin C dengan Kolesterol Total Darah pada Pasien Penyakit Jantung di Poli Jantung RSUD Dr. M. Yunus Bengkulu Tahun 2014. *Artikel Penelitian Jurusan Gizi Poltekkes Kemenkes Bengkulu*.
- Mahalle, N., Garg, M. K., Naik, S., & Kulkarni, M. (2016). Association of Dietary Factors with Severity of Coronary Artery Disease. *Clinical Nutrition ESPEN*, 15, 75-79. doi:10.1016/j.clnesp.2016.06.004
- Mahley, R. W., Weisgraber, K. H., & Jr., R. V. (2003). Disorders of Lipid Metabolism. In P. R. Larsen, H. M. Kroneberg, S. Melmed, J. D. Wilson, & H. M. Kroneberg, *Williams Textbook of Endocrinology* (10 ed.). Philadelphia, Pennsylvania: Elsevier Science.
- Malik, F. A., Ahmed, S., & Mirza, R. (2018). Diabetes Mellitus, a Predictor of Cardiovascular Diseases - A Comparative Study. *Pakistan Journal of Medical and Health Sciences*, 12(3), 1186-1187.
- Mamuaja, C. F. (2017). *Lipida*. Manado: Unsrat Press.
- Ma'ruf, A. (2007). Peroxisome Proliferator-Activated Receptor (PPAR). *Majalah Ilmu Faal Indonesia*, 6(2), 111-119.
- Mirmiran, P., Bahadoran, Z., Moghadam, S. K., Vakili, A. Z., & Azizi, F. (2016). A Prospective Study of Different Types of Dietary Fiber and Risk of Cardiovascular Disease: Tehran Lipid and Glucose Study. *Nutrient*, 8(9), 281-292. doi:10.3390/nu8110686
- Moghadam, E. F., Tadevosyan, A., Fallahi, E., & Goodarzi, R. (2017). Nutritional Factors and Metabolic Variables in Relation to The Risk of Coronary Heart

Disease: A Case Control Study in Armenian Adults. *Diabetes and Metabolic Syndrome: Clinical Research and Reviews*, 11(1), 7-11. doi:10.1016/j.dsx.2016.06.013

Mukminah, C., & Wagustina, S. (2016). Hubungan Kebiasaan Konsumsi Makanan Tinggi Lemak Jenuh Dengan Kadar Kolesterol Total Penderita Penyakit Jantung Koroner Rawat Jalan Di BLUD RSUD Meuraxa Banda Aceh. *AcTion: Aceh Nutrition Journal*, 1(1). doi:10.30867/action.v1i1.1

Mulyani, N. S., Al-Rahmad, A. H., & Nur, A. (2018). Pemberian Sari Tempe terhadap Profil Lipid pada Penderita Hiperkolesterolemia Rawat Jalan di Rumah Sakit Avicenna Bireuen. *Sel Jurnal Penelitian Kesehatan*, 5(5), 36-42. doi:10.22435/sel.v5i1.1484

Murbawani, E. A. (2017). Hubungan antara Asupan Niasin dengan Kadar Small Dense Low Density Lipoprotein pada Pasien Penyakit Jantung Koroner. *Journal of Nutrition and Health*, 5(3), 166-173. doi:10.14710/jnh.5.3.2017.166-173

National Cholesterol Education Program. (2002). Third Report of the National Cholesterol Education Program (NCEP) Expert Panel on Detection, Evaluation, and Treatment of High Blood Cholesterol in Adults (Adult Treatment Panel III) Final Report. *Circulation*. doi:10.1161/circ.106.25.3143

Nugraheni, R., Adnan, Z. A., & Nuhriawangsa, A. M. (2019). The Correlation Between Dietary Fats Intake with Total Cholesterol and Triglycerides Level in Patient with Coronary Heart Disease. *AIP Conference Proceedings*, 2120. AIP Publishing. doi:10.1063/1.5115739

Nurrahmani, U., & Kurniadi, H. (2018). *Stop! Gejala Penyakit Jantung Koroner, Kolesterol Tinggi, Diabetes Melitus, Hipertensi*. Yogyakarta: Istana Media.

Nutrition Information Centre of the University of Stellenbosch. (2010). *Fats and Oils: Choose Sensibly*. South Africa: Health Professions Council of South Africa.

Olano-Martin, E., Anil, E., Caslake, M. J., Packard, C. J., Bedford, D., Stewart, G., . . . Minihane, A. M. (2010). Contribution of Apolipoprotein E Genotype and Docosahexaenoic Acid to The LDL-Cholesterol Response to Fish Oil. *Atherosclerosis*, 209(1), 104-110. doi:10.1016/j.atherosclerosis.2009.08.024

Oscarsson, J., & Hurt-Camejo, E. (2017). Omega-3 Fatty Acids Eicosapentaenoic Acid and Docosahexaenoic Acid and Their Mechanisms of Action on Apolipoprotein B-Containing Lipoproteins in Humans: A Review. *Lipids in Health and Disease*, 16(1). doi:10.1186/s12944-017-0541-3

Pawlak, M., Lefebvre, P., & Staels, B. (2015). Molecular Mechanism of PPAR α Action and Its Impact on Lipid Metabolism, Inflammation and Fibrosis in

- Non-Alcoholic Fatty Liver Disease. *Journal of Hepatology*, 62(3), 720-733. doi:10.1016/j.jhep.2014.10.039
- Pekerti, A. C., Nila, K. F., & Kusumastuty, I. (2019). Jus Jambu Merah dan Jeruk Siam Menurunkan Trigliserida pada Wanita Dislipidemia. *Indonesian Journal of Human Nutrition*, 6(1), 1-9. doi:10.21776/ub.ijhn.2019.006.01.1
- PERKI. (2017). *Panduan Tata Laksana Dislipidemia*. Jakarta: Perhimpunan Dokter Spesialis Kardiovaskular Indonesia.
- Perkumpulan Endrokinologi Indonesia. (2019). *Pedoman Pengelolaan Dislipidemia di Indonesia*. Jakarta: PB Perkeni.
- PERSAGI & AsDI. (2019). *Penuntun Diet dan Terapi Gizi* (4 ed.). Jakarta: EGC.
- Pertiwi, A., Haniarti, & Usman. (2020). Hubungan Asupan Serat dengan Kadar Kolesterol pada Penderita Penyakit Jantung Koroner Rawat Jalan di RSUD Andi Makkasau Kota Parepare. *Journal of Chemical Information and Modeling*, 53(9), 287. doi:10.1017/CBO9781107415324.004
- Pratama, A. C., Faridi, A., & Safitri, D. E. (2019). Asupan Buah dan Sayur, Asupan Lemak, Aktivitas Fisik Berhubungan dengan Rasio LDL/HDL Orang Dewasa. *ARGIPA (Arsip Gizi dan Pangan)*, 4(1), 11-18. doi:10.22236/argipa.v4i1.3780
- Pratama, A. N. (2019). Potensi Antioksidan Buah Pare (*Momordica Charanti L*) Terhadap Dislipidemia. *Jurnal Ilmiah Kesehatan Sandi Husada*, 10(2), 307.
- Putri, M. M., & Wirjatmadi, B. (2016). Analisis Riwayat Asupan Saturated Fatty Acids (SAFA) dan Serat pada Pasien Jantung Koroner. *Adi Husada Nursing Journal*, 2(2), 41-45.
- Raymond, J. L., & Couch, S. C. (2017). Medical Nutrition Therapy for Cardiovascular Disease. In L. K. Mahan, & J. L. Raymond, *Krauses's Food & The Nutrition Care Process* (14 ed.). St.Louis, Missouri: Elsevier Inc.
- Schlenker, E., & Gilbert, J. A. (2015). *Williams Essentials of Nutrition and Diet Therapy* (11 ed.). Santa Louis, Missouri: Elsevier Inc.
- Soliman, G. A. (2019). Dietary Fiber, Atherosclerosis, and Cardiovascular Disease. *Nutrient*, 11(5). doi:10.3390/nu11051155
- Suherwin. (2018). Hubungan Usia, Jenis Kelamin dan Riwayat Penyakit Dengan Kejadian Penyakit Jantung Koroner di Instalasi Gawat Darurat Rumah Sakit TK II dr. AK. Gani Palembang Tahun 2016. *Aisyiyah Medika*, 1(1), 89-97. doi:10.36729/jam.V1i1.248
- Sunarti. (2017). *Serat Pangan dalam Penanganan Sindrom Metabolik*. Yogyakarta: Gadjah Mada University Press.
- Susatia, B., & dkk. (2020). *Pedoman Penyusunan Karya Tulis Ilmiah Studi Literatur*. Malang: Politeknik Kesehatan Kemenkes Malang.

- WHO. (2017, May 17). *Cardiovascular Diseases (CVDs)*. Retrieved December 13, 2019, from World Health Organization Web Site: [https://www.who.int/en/news-room/fact-sheets/detail/cardiovascular-diseases-\(cvds\)](https://www.who.int/en/news-room/fact-sheets/detail/cardiovascular-diseases-(cvds))
- Wihastuti, T., Andarini, S., & Heriansyah, T. (2016). *Patofisiologi Dasar Keperawatan Penyakit Jantung Koroner: Inflamasi Vaskular*. Malang: UB Press.
- Wulandari, D. S., & Adelina, R. (2020). Hubungan Status Anthropometri dengan Kadar Glukosa Darah, Kadar HbA1C dan Pola Makan pada Penderita Diabetes Melitus Tipe 2 di Puskesmas Tarik Kabupaten Sidoarjo. *Media Gizi Pangan*, 27(1), 167-178. doi:10.32382/mgp.v27i1.1584
- Yanti, N. D., Suryana, & Fitri, Y. (2020). Analisis Asupan Karbohidrat dan Lemak Serta Aktivitas Fisik Terhadap Profil Lipid Darah pada Penderita Penyakit Jantung Koroner. *AcTion: Aceh Nutrition Journal*, 5(2), 179-186. doi:10.30867/action.v5i2.183
- Yuliantini, E., Cahyati, & Siregar, A. (2016). Konsumsi Serat, Kalium dan Hubungannya dengan Kadar Low Density Lipoprotein (LDL) Pasien Penyakit Jantung Koroner. *Jurnal Media Kesehatan*, 9(1), 84-88. doi:10.33088/jmk.v9i1.295
- Yusira, P., Wahyuni, Y., & Hartati, L. S. (2017). Hubungan Asupan Serat, Lemak, Aktivitas Fisik dan Kadar LDL pada Pasien Penyakit Jantung Koroner di RSUD Dr. Yunus Bengkulu Tahun 2016. *Nutrire Diatita*, 9(1), 21-27. doi:10.47007/nut.v9i01.1724
- Zed, M. (2014). *Metode Penelitian Kepustakaan*. Jakarta: Yayasan Putra Obor Indonesia.
- Zhu, Y., Bo, Y., & Liu, Y. (2019). Dietary Total Fat, Fatty Acids Intake, and Risk of Cardiovascular Disease: A Dose-Response Meta-Analysis of Cohort Studies. *Lipids in Health and Disease*, 18(1). doi:10.1186/s12944-019-1035-2