

DAFTAR PUSTAKA

- 1) Kementerian Kesehatan Republik Indonesia. Peraturan Menteri Kesehatan No. 9 Pedoman Pembatasan Sosial Berskala Besar Dalam rangka Percepatan Penanganan Corona Virus Disease 2019.2020:18-27.
- 2) Haug, N., Geyrhofer, L., Londei, A. et al. Ranking the effectiveness of worldwide COVID-19 government interventions. *Nat Hum Behav* **4**, 1303–1312 (2020). <https://doi.org/10.1038/s41562-020-01009-0>
- 3) Harry F., Luglio M. Prevention of weight gain during self-isolation in COVID-19 pandemic era: A narrative review. *Journal of Community Empowerment for Health*.2021.DOI: 10.22146/jcoemph.559761.1.
- 4) Zachary, Z., Brianna, F., Brianna L., Garrett, P., Jade, W., Alyssa, D., Mikayla., K. Self –quarantine and weight gain related risk factors during the COVID-19 pandemic. *Elsevier Public Health Emergency Collection*.2021. 14(3): 210-216.
- 5) American Psychological Association. One year later, a new wave of pandemic health concerns. 2021 [Accessed 2 June 2021]. Available at: <https://www.apa.org/news/press/releases/stress/2021/one-year-pandemic-stress>
- 6) Mustofa F., Husna I, Hermawan D., Langki S. Gambaran Angka Kenaikan Berat Badan Saat Masa Pandemi Covid-19 Pada Mahasiswa Angkatan 2017 Universitas Malahayati. *Jurnal Ilmu Kedokteran Dan Kesehatan*. 2021. Available at: <http://ejournalmalahayati.ac.id/index.php/kesehatan/article/viewFile/4026/pdf>
- 7) Földi M, Farkas N, Kiss S, Zádori N, Váncsa S, Szakó L, Dembrowszky F, Solymár M, Bartalis E, Szakács Z, Hartmann P, Pár G, Eröss B, Molnár Z, Hegyi P, Szentesi A; KETLAK Study Group. Obesity is a risk factor for developing critical condition in COVID-19 patients: A systematic review and meta-analysis. *Obes Rev*.2021; 21(10):e13095. doi: 10.1111/obr.13095.
- 8) Popkin BM, Du S, Green WD, Beck MA, Algaith T, Herbst CH, Alsukait RF, Alluhidan M, Alazemi N, Shekar M. Individuals with obesity and COVID-19: A global perspective on the epidemiology and biological relationships. *Obes Rev*.2021; 21(11):e13128. doi: 10.1111/obr.13128.
- 9) Hamer M, Kivimäki M, Gale CR, Batty GD. Lifestyle risk factors, inflammatory mechanisms, and COVID-19 hospitalization: A community-based cohort study of 387,109 adults in UK. *Brain Behav Immun*.2021; 87:184-187. doi: 10.1016/j.bbi.2020.05.059.
- 10) Johns Hopkins Coronavirus Resource Center. Mortality Analyses - Johns Hopkins Coronavirus Resource Center.2021 [Accessed 2 June 2021]. Available at: <https://coronavirus.jhu.edu/data/mortality>
- 11) World Health Organization. Obesity and overweight.2021 [Accessed 2 June 2021]. Available at: <https://www.who.int/news-room/fact-sheets/detail/obesity-and-overweight>
- 12) Kementerian Kesehatan Republik Indonesia. Laporan Nasional RISKESDAS 2018. [ebook] Jakarta: Litbangkes. 2019 [Accessed 2 June 2021]. Available at: https://drive.google.com/file/d/1_F1g6ZMurWcFqCm66inK-FjvVp51sp5b/view
- 13) Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization.Seattle, WA: IHME, University of Washington,2021 [Accessed 2 June 2021]. Available from <http://vizhub.healthdata.org/gbd-compare>
- 14) Kementerian Kesehatan Republik Indonesia .Apa Itu Obesitas ? [Internet]. Direktorat P2PTM; 2018 [cited 2021Nov11]. Available from: <http://p2ptm.kemkes.go.id/infographic-p2ptm/obesitas/apa-itu-obesitas>
- 15) Kementerian Kesehatan Republik Indonesia. Klasifikasi obesitas Setelah Pengukuran IMT [Internet]. Direktorat P2PTM. [cited 2021Nov11]. Available from: <http://p2ptm.kemkes.go.id/infographic-p2ptm/obesitas/klasifikasi-obesitas-setelah-pengukuran-imt>
- 16) GBD 2019 Risk Factors Collaborators. Global burden of 87 risk factors in 204 countries and territories, 1990–2019: a systematic analysis for the Global Burden of Disease Study 2019. *The Lancet*. 17 October2021. doi:10.1016/S0140-6736(20)30752-2.
- 17) World Health Organization. Weight bias and obesity stigma: considerations for the WHO European Region [Internet]. Euro.who.int. 2017 [cited 2 June 2021]. Available from: https://www.euro.who.int/_data/assets/pdf_file/0017/351026/WeightBias.pdf
- 18) HARRISON K. Television Viewing, Fat Stereotyping, Body Shape Standards, and Eating Disorder Symptomatology in Grade School Children. *Communication Research*. 2000;27(5):617-640. doi:10.1177/009365000027005003
- 19) Lailatul F, Tristan R. "You're fat and not normal!" From Body Image to Decision of Suicide. *Indonesia Journal of Learning Education and Counseling [Internet]*. 2021. [cited 2 June 2021];1. Available from: <https://media.neliti.com/media/publications/278261-youre-fat-and-not-normal-from-body-image-7f6eeae9.pdf>
- 20) Phelan, S.M., Burgess, D.J., Yeazel, M.W., Hellestedt, W.L., Griffin, J.M. and van Ryn, M. Obesity stigma and patient care. *Obes Rev*.2015. 16: 319-326. <https://doi.org/10.1111/obr.12266>
- 21) Sikorski C, Spahlholz J, Hartlev M, Riedel-Heller S. Weight-based discrimination: an ubiquitous phenomenon? *Int J Obes (Lond)* 2016;40(2):333–7.
- 22) Willis K. 2021 New Year's resolutions: The most popular diet trends may surprise you [Internet]. *ajc. The Atlanta Journal-Constitution*;2021 [cited 2021Jun2]. Available from: <https://www.ajc.com/life/2021-new-years-resolutions-the-most-popular-diet-trends-may-surprise-you/DUBEQGHYQNBHXAN6YUKJ7VSEZI/>
- 23) The Nutrition Source. Diet Review: Ketogenic Diet for Weight Loss [Internet]. Harvard T.H. Chan School of Public Health; 2019 [cited 2021Jun2]. Available from: <https://www.hsph.harvard.edu/nutritionsource/health-y-weight/diet-reviews/ketogenic-diet/>
- 24) Masood W, Annamaraju P, Uppaluri KR. Ketogenic Diet. [Updated2021 Dec 14]. In: StatPearls [Internet]. Treasure Island (FL): StatPearls;2021. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK499830/>
- 25) P2PTM Kemenkes RI. Apa saja sepuluh pedoman gizi seimbang?. Direktorat P2PTM. Kementerian Kesehatan Republik Indonesia; 201.Available from: <http://p2ptm.kemkes.go.id/infographic->

- p2ptm/obesitas/apa-saja-sepuluh-pedoman-gizi-seimbang.
- 26) Massimo F Piepoli, Arno W Hoes, Stefan Agewall, dkk. 2016. European Guidelines on cardiovascular disease prevention in clinical practice: The Sixth Joint Task Force of the European Society of Cardiology and Other Societies on Cardiovascular Disease Prevention in Clinical Practice (constituted by representatives of 10 societies and by invited experts) Developed with the special contribution of the European Association for Cardiovascular Prevention & Rehabilitation (EACPR), *European Heart Journal*, Volume 37, Issue 29, 1 August 2016, Pages 2315–2381, <https://doi.org/10.1093/eurheartj/ehw106>
 - 27) Hegsted, D.M., McGandy, R.B., Myers, M.L., Stare, F.J.; Quantitative effects of dietary fat on serum cholesterol in man. *Am. J. Clin. Nutr.* 1965, 17, 281–295. [CrossRef] [PubMed]
 - 28) Afshar, M., Rong, J., Zhan, Y., Chen, H. Y., Engert, J. C., Sniderman, A. D., Larson, M. G., Vasan, R. S., Thanassoulis, G.; Risks of Incident Cardiovascular Disease Associated with Concomitant PB PERKENI. *Pedoman Pengelolaan Dislipidemia di Indonesia 2019* [Internet]. 1st ed. Jakarta: PB Perkeni; 2019 [cited 11 November 2021]. Available from: <https://pbperkeni.or.id/wp-content/uploads/2021/06/Panduan-pengelolaan-dislipidemia-2019-eBook-PDF.pdf>
 - 30) Stone NJ, Robinson JG, Lichtenstein AH, et al.; American College of Cardiology/American Heart Association Task Force on Practice Guidelines. 2013 ACC/AHA guideline on the treatment of blood cholesterol to reduce atherosclerotic cardiovascular risk in adults: a report of the American College of Cardiology/American Heart Association Task Force on Practice Guidelines. *J Am Coll Cardiol.* 2014; 63(25 pt B):2889–2934. doi: 10.1016/j.jacc.2013.11.002.
 - 31) Rifdah S., Pahami Waspadai Cegah Dan Musnahkan Kolesterol. *Cable Book*. Klaten. 2012 doi:10.1017/S0007114513000548
 - 32) Ruth MR, Port AM, Shah M, et al. Consuming a hypocaloric high fat low carbohydrate diet for 12 weeks lowers C-reactive protein, and raises serum adiponectin and high density lipoprotein-cholesterol in obese subjects [published correction appears in *Metabolism*. 2014Mar;63(3):e1]. *Metabolism*. 2013;62(12):1779-1787. doi:10.1016/j.metabol.2013.07.006
 - 33) Bazzano LA, Hu T, Reynolds K, et al. Effects of low-carbohydrate and low-fat diets: a randomized trial. *Ann Intern Med.* 2014;161(5):309-318. doi:10.7326/M14-0180
 - 34) Gardner CD, Offringa LC, Hartle JC, Kapphahn K, Cherin R. Weight loss on low-fat vs. low-carbohydrate diets by insulin resistance status among overweight adults and adults with obesity: A randomized pilot trial. *Obesity (Silver Spring)*. 2016;24(1):79-86. doi:10.1002/oby.21331
 - 35) Merra G, Gratteri S, De Lorenzo A, et al. Effects of very-low-calorie diet on body composition, metabolic state, and genes expression: a randomized double-blind placebo-controlled trial. *Eur Rev Med Pharmacol Sci.* 2017;21(2):329-345.
 - 36) Brinkworth GD, Noakes M, Buckley JD, Keogh JB, Clifton PM. Long-term effects of a very-low-carbohydrate weight loss diet compared with an isocaloric low-fat diet after 12 mo. *Am J Clin Nutr.* 2009; 90:23–32. doi:10.3945/ajcn.2008.27326 [PubMed: 19439458]
 - 37) Foster GD, Wyatt HR, Hill JO, Makris AP, Rosenbaum DL, Brill C, et al. Weight and metabolic outcomes after 2 years on a low-carbohydrate versus low-fat diet: a randomized trial. *Ann Intern Med.* 2010; 153:147–57. doi:10.7326/0003-4819-153-3-201008030-00005 [PubMed: 20679559]
 - 38) Pittas AG, Das SK, Hajduk CL, Golden J, Saltzman E, Stark PC, et al. A low-glycemic load diet facilitates greater weight loss in overweight adults with high insulin secretion but not in overweight adults with low insulin secretion in the CALERIE Trial. *Diabetes Care.* 2005; 28:2939–2941. [PubMed: 16306558]
 - 39) Boden G, Sargrad K, Homko C, Mozzoli M, Stein TP. Effect of a low-carbohydrate diet on appetite, blood glucose levels, and insulin resistance in obese patients with type 2 diabetes. *Ann Intern Med.* 2005; 142:403–411. [PubMed: 15767618]
 - 40) Ludwig DS. The glycemic index: physiological mechanisms relating to obesity, diabetes, and cardiovascular disease. *JAMA.* 2002; 287:2414–2423. [PubMed: 11988062]
 - 41) Ludwig DS, Majzoub JA, Al-Zahrani A, Dallal GE, Blanco I, Roberts SB. High glycemic index foods, overeating, and obesity. *Pediatrics.* 1999; 103:E26. [PubMed: 10049982]
 - 42) Pawlak DB, Kushner JA, Ludwig DS. Effects of dietary glycaemic index on adiposity, glucose homeostasis, and plasma lipids in animals. *Lancet.* 2004; 364:778–785. [PubMed: 15337404]
 - 43) Pereira MA, Swain J, Goldfine AB, Rifai N, Ludwig DS. Effects of a low-glycemic load diet on resting energy expenditure and heart disease risk factors during weight loss. *JAMA.* 2004; 292:2482–2490. [PubMed: 15562127]
 - 44) Rodin J. Insulin levels, hunger, and food intake: an example of feedback loops in body weight regulation. *Health Psychol.* 1985; 4:1–24. [PubMed: 3894001]
 - 45) Gjuladin-Hellon T, Davies IG, Penson P, Amiri Baghbadorani R. Effects of carbohydrate-restricted diets on low-density lipoprotein cholesterol levels in overweight and obese adults: A systematic review and meta-analysis. *Nutrition Reviews.* 2018;77(3):161–80. DOI:10.1093/nutrit/nuy049
 - 46) Hu T, Mills KT, Yao L, Demanelis K, Eloustaz M, Yancy WS Jr, et al. Effects of low-carbohydrate diets versus low-fat diets on metabolic risk factors: a meta-analysis of randomized controlled clinical trials. *Am J Epidemiol.* 2012; 176(Suppl 7):S44–54. doi:10.1093/aje/kws264 [PubMed: 23035144]
 - 47) Ebbeling CB, Swain JF, Feldman HA, Wong WW, Hachey DL, Garcia-Lago E, et al. Effects of dietary composition on energy expenditure during weight-loss maintenance. *JAMA.* 2012; 307:2627–34. doi:10.1001/jama.2012.6607 [PubMed: 22735432]
 - 48) Ross R. Atherosclerosis—an inflammatory disease. *N Engl J Med.* 1999; 340:115–26. [PubMed: 9887164]
 - 49) Sumithran P, Prendergast LA, Delbridge E, Purcell K, Shulkes A, Kriketos A, Proietto J. Ketosis and appetite-mediating nutrients and hormones after weight loss. *Eur J Clin Nutr.* 2013; 67: 759-764.
 - 50) Westerterp-Plantenga MS, Nieuwenhuizen A, Tome D, Soenen S, Westerterp KR. Dietary protein, weight loss, and weight maintenance. *Annu Rev Nutr.* 2009; 29: 21-41.
 - 51) Veldhorst M, Smeets A, Soenen S, Hochstenbachwaelen A, Hursel R, Diepvens K, Lejeune M, Luscombe-Marsh N, Westerterp-Plantenga M. Protein induced satiety: effects and mechanisms of different proteins. *Physiol Behav.* 2008; 94: 300-307.
 - 52) Veldhorst M, Westerterp-Plantenga MS, Westerterp KR. Gluconeogenesis and energy expenditure after a high-protein, carbohydrate-free diet. *Am J Clin Nutr.* 2009; 90: 519-526.

- 53) Cahill GF JR. Fuel metabolism in starvation. *Annu Rev Nutr* 2006; 26: 1-22.
- 54) Feinam RD, Fine EJ. Nonequilibrium thermodynamics and energy efficiency in weight loss diets. *Theor Biol Med Model* 2007; 4: 27.
- 55) Fine EJ, Feinman RD. Thermodynamics of weight loss diets. *Nutr Metab (Lond)* 2004; 1: 15.
- 56) Paoli A, Grimaldi K, Bianco A, Lodi A, Cenci L, Parmagnani A. Medium term effects of a ketogenic diet and a mediterranean diet on resting energy expenditure and respiratory ratio *BMC Proc* 2012; 6:P37.
- 57) Paoli A, Cenci L, Fancelli M, Parmagnani A, Fratter A, Cucchi A, Bianco A. Ketogenic diet and phytoextracts comparison of the efficacy of mediterranean, zone and tisanoreica diet on some health risk factors. *Agro Food Ind Hi-Tech* 2010; 21: 24-29.
- 58) National Cholesterol Education Program (NCEP) Expert Panel on Detection, Evaluation, and Treatment of High Blood Cholesterol in Adults (Adult Treatment Panel III). 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*. 2002; 106:3143–421. [PubMed: 1248596]
- 59) Mensink RP, Zock PL, Kester ADM, Katan MB. Effects of dietary fatty acids and carbohydrates on the ratio of serum total to HDL cholesterol and on serum lipids and apolipoproteins: A meta-analysis of 60 controlled trials. *Am J Clin Nutr* 2003;77(5):1146
- 60) Eckel RH, Jakicic JM, Ard JD, de Jesus JM, HoustonMiller N, Hubbard VS, Lee IM, Lichtenstein AH, Loria CM, Millen BE, et al. 2013 AHA/ACC guideline on lifestyle management to reduce cardiovascular risk: A report of the American College of Cardiology/American Heart Association Task Force on Practice Guidelines. *Circulation* 2014;129(25 Suppl 2):S76–99.
- 61) Krauss RM, Blanche PJ, Rawlings RS, Fernstrom HS, Williams PT. Separate effects of reduced carbohydrate intake and weight loss on atherogenic dyslipidemia. *Am J Clin Nutr* [Internet] 2006;83(5):1025
- 62) Yancy WS, Olsen MK, Guyton JR, Bakst RP, Westman EC. A lowcarbohydrate, ketogenic diet versus a low-fat diet to treat obesity and hyperlipidemia: A randomized, controlled trial. *Ann Intern Med* [Internet] 2004;140(10):769.
- 63) Shih CW, Hauser ME, Aronica L, Rigdon J, Gardner CD. Changes in blood lipid concentrations associated with changes in intake of dietary saturated fat in the context of a healthy low-carbohydrate weight-loss diet: a secondary analysis of the Diet Intervention Examining The Factors Interacting with Treatment Success (DIETFITS) trial [published correction appears in *Am J Clin Nutr*. 2020 Feb 1;111(2):490]. *Am J Clin Nutr*. 2019;109(2):433-441. doi:10.1093/ajcn/nqy305
- 64) Sacks FM, Bray GA, Carey VJ, Smith SR, Ryan DH, Anton SD, McManus K, Champagne CM, Bishop LM, Laranjo N, et al. Comparison of weight-loss diets with different compositions of fat, protein, and carbohydrates. *N Engl J Med* 2009;360(9):859–73.
- 65) Jensen MD, Ryan DH, Apovian CM, Ard JD, Comuzzie AG, Donato KA, Hu FB, Hubbard VS, Jakicic JM, Kushner RF, et al. 2013 AHA/ACC/TOS guideline for the management of overweight and obesity in adults: A report of the American College of Cardiology/American Heart Association Task Force on Practice2021Guidelines and The Obesity Society. *J Am Coll Cardiol* 2014;63(25 PtB):2985–3023. Downloaded from <https://academic.oup.com/ajcn/article/109/2/433/5289643> by guest on 22 June
- 66) Olsson, K.E., and Saltin, B. 1970. Variation in total body water with muscle glycogen changes in man. *Acta Physiol. Scand.* 80(1): 11–18. doi:10.1111/j.17481716.1970.tb04764.x. PMID:5475323.
- 67) Hu, T., Yao, L., Reynolds, K., Niu, T., Li, S., Whelton, P., et al. 2016. The effects of a low-carbohydrate diet on appetite: a randomized controlled trial. *Nutr. Metab. Cardiovasc. Dis.* 26(6): 476–488. doi:10.1016/j.numecd.2015.11.011. PMID:26803589
- 68) McLaughlin, T., Reaven, G., Abbasi, F., Lamendola, C., Saad, M., Waters, D., et al.2005. Is there a simple way to identify insulin-resistant individuals at increased risk of cardiovascular disease? *Am. J. Cardiol.* 96(3): 399–404. doi:10.1016/j.amjcard.2005.03.085. PMID:16054467.
- 69) Thongtang N, Diffenderfer MR, Ooi EMM, et al. Metabolism and proteomics of large and small dense LDL in combined hyperlipidemia: effects of rosuvastatin. *J Lipid Res.* 2017;58:1315–1324.
- 70) Hu T, Yao L, Reynolds K, et al. The Effects of a Low-Carbohydrate Diet vs. a Low-Fat Diet on Novel Cardiovascular Risk Factors: A Randomized Controlled Trial. *Nutrients.* 2015;7(9):7978-7994. Published 2015 Sep 17. doi:10.3390/nu7095377.
- 71) Kaptoge S, Di AE, Lowe G, et al. C-reactive protein concentration and risk of coronary heart disease, stroke, and mortality: an individual participant meta-analysis. *Lancet.* 2010;375:132–140. [PMC free article] [PubMed] [Google Scholar]
- 72) Pischon T, Hu FB, Girman CJ, et al. Plasma total and high molecular weight adiponectin levels and risk of coronary heart disease in women. *Atherosclerosis.* 2011;219:322
- 73) Calder PC, Ahluwalia N, Brouns F, et al. Dietary factors and low-grade inflammation in relation to overweight and obesity. *Br J Nutr.* 2011;106 (Suppl 3):S5
- 74) Nazarewicz RR, Ziolkowski W, Vaccaro ps, Ghafourifar P. Effect of short-term ketogenic diet on redox status of human blood. *Rejuvenation Res* 2007; 10: 435-440.
- 75) Hotamisligil GS. Inflammation and metabolic disorders. *Nature.* 2006;444:860–867. [PubMed] [Google Scholar]
- 76) Shimazu T, Hirschey MD, Newman J, et al. Suppression of oxidative stress by β -hydroxybutyrate, an endogenous histone deacetylase inhibitor. *Science.* 2013;339(6116):211-214. doi:10.1126/science.1227166
- 77) Youm YH, Nguyen KY, Grant RW, et al. The ketone metabolite β -hydroxybutyrate blocks NLRP3 inflammasome-mediated inflammatory disease. *Nat Med.* 2015;21(3):263-269. doi:10.1038/nm.3804
- 78) Mansoor N, Vinknes KJ, Veierod MB, et al. Effects of low-carbohydrate diets v.low-fat diets on body weight and cardiovascular risk factors: a meta-analysis of randomised controlled trials. *Br J Nutr.* 2016;115:466–479.
- 79) Douketis JD, Macie C, Thabane L, Williamson DF Systematic review of long-term weight loss studies in obese adults: clinical significance and applicability to clinical practice. *Int J Obes (Lond).*2005. 29: 1153–1167.
- 80) Neter JE, Stam BE, Kok FJ, Grobbee DE, Geleijnse JM Influence of weight reduction on blood pressure: a meta-analysis of randomized controlled trials. *Hypertension.*2013. 42: 878–884.
- 81) Mensink RP. Effects of Saturated Fatty Acids on

- Serum Lipids and Lipoproteins: A Systematic Review and Regression Analysis. Geneva, Switzerland:World Health Organization; 2016.
- 82) Miller M, Stone NJ, Ballantyne C, Bittner V, Criqui MH, Ginsberg HN, Goldberg AC, Howard WJ, Jacobson MS, Kris-Etherton PM, Lennie TA, Levi M, Mazzone T, Pennathur S; on behalf of the American Heart Association Clinical Lipidology, Thrombosis, and Prevention Committee of the Council on Nutrition, Physical Activity, and Metabolism; Council on Arteriosclerosis, Thrombosis and Vascular Biology; Council on Cardiovascular Nursing; Council on the Kidney in Cardiovascular Disease. Triglycerides and cardiovascular disease: a scientific statement from the American Heart Association. *Circulation*. 2011;123:2292–2333. doi:10.1161/CIR.0b013e3182160726.
- 83) Emerging Risk Factors Consortium. Major lipids, apolipoproteins and risk of vascular disease. *JAMA*. 2009;302:1993–2000
- 84) Rosenson RS, Brewer HB Jr, Davidson WS, Fayad ZA, Fuster V, Goldstein J, Hellerstein M, Jiang XC, Phillips MC, Rader DJ, Remaley AT, Rothblat GH, Tall AR, Yvan-Charvet L. Cholesterol efflux and atheroprotection: advancing the concept of reverse cholesterol transport. *Circulation*. 2012;125:1905–1919. doi: 10.1161/CIRCULATIONAHA.111.066589.
- 85) Wu Z, Lou Y, Qiu X, et al. Association of cholesteryl ester transfer protein (CETP) gene polymorphism, high density lipoprotein cholesterol and risk of coronary artery disease: a meta-analysis using a Mendelian randomization approach. *BMC Med Genet* 15, 2014.118.
- 86) Faghihnia N, Tsimikas S, Miller ER, Witztum JL, Krauss RM. Changes in lipoprotein(a), oxidized phospholipids, and LDL subclasses with a low-fat high-carbohydrate diet. *J Lipid Res*. 2010;51:3324–3330. doi: 10.1194/jlr.M005769.
- 87) Krauss RM, Blanche PJ, Rawlings RS, Fernstrom HS, Williams PT. Separate effects of reduced carbohydrate intake and weight loss on atherogenic dyslipidemia [published correction appears in *Am J Clin Nutr*. 2006;84:668]. *Am J Clin Nutr*. 2006;83:1025–1031; quiz 1205.
- 88) Mangravite LM, Chiu S, Wojnoonski K, Rawlings RS, Bergeron N, Krauss RM. Changes in atherogenic dyslipidemia induced by carbohydrate restriction in men are dependent on dietary protein source. *J Nutr*. 2011;141:2180–2185. doi: 10.3945/jn.111.139477.
- 89) Sacks FM, Campos H. Clinical Review 163: low density lipoprotein size and cardiovascular disease: a reappraisal. *J Clin Endocrinol Metab*. 2003;88:4525–4532.
- 90) Campos H, Moye LA, Glasser SP, Stampfer MJ, Sacks FM. Low-density lipoprotein size, pravastatin treatment, and coronary events. *JAMA*. 2001;286:1468–1474.
- 91) Krauss RM. All low-density lipoprotein particles are not created equal. *Arterioscler Thromb Vasc Biol*. 2014;34:959–961.
- 92) Diffenderfer MR, Schaefer EJ. The composition and metabolism of large and small LDL. *Curr Opin Lipidol*. 2014;25:221–226.
- 93) Muscogiuri G, Barrea L, Laudisio D et al. The management of very low-calorie ketogenic diet in obesity outpatient clinic: a practical guide. 2019. 17, 356.
- 94) Kirkpatrick, C.F., Bolick, J.P., Kris-Etherton, P.M., Sikand, G., Aspry, K.E., Soffer, D.E., ... Maki, K.C. Review of current evidence and clinical recommendations on the effects of low-carbohydrate and very-low-carbohydrate (including ketogenic) diets for the management of body weight and other cardiometabolic risk factors: A scientific statement from the Nati. *Journal of Clinical Lipidology*. 2019. <https://doi.org/10.1016/J.JACL.2019.08.003>
- 95) Kosinski, C., & Jornayvaz, F.R. Effects of ketogenic diets on cardiovascular risk factors: Evidence from animal and human studies. *Nutrients*. 2019. 9(5), 1–16. <https://doi.org/10.3390/nu9050517>
- 96) Colica, C., Merra, G., Gasbarrini, A., & Lorenzo, A. D. E. Efficacy and safety of very-low-calorie ketogenic diet: A double blind randomized crossover study. *European Review for Medical and Pharmacological Sciences*. 2017. 21, 2274–2289.
- 97) Gomez-Arbelaez, D., Crujeiras, A. B., Castro, A. I., Goday, A., Mas-Lorenzo, A., Bellon, A., et al. Acid-base safety during the course of a very low-calorie-ketogenic diet. *Endocrine*. 2017. 58(1), 81–90. <https://doi.org/10.1007/s12020-017-1405-3>
- 98) Puchalska, P., & Crawford, P.A. Multidimensional Roles of Ketone Bodies in Fuel Metabolism, Signaling, and Therapeutics. *Cell Metabolism*. 2017. 25(2), 262–284. doi: 10.1016/j.cmet.2016.12.022
- 99) Paoli, A. Ketogenic diet for obesity: Friend or foe? *International Journal of Environmental Research and Public Health*. 2014. 11, 2092–2107. <https://doi.org/10.3390/ijerph110202092>
- 100) Enomoto M, Adachi H, Hirai Y, Fukami A, Satoh A, Otsuka M, et al. LDL-C/HDL-C Predict Carotid Intima-Media Thickness Progression Better Than HDL-C or LDL-C Alone. *Hindawi Publishing Corporation journal of Lipids*. 2011:1-6.

Lampiran : Biodata Peneliti

Biodata Peneliti



Nama Lengkap : Theresia Rapa' Sarungallo
Nama Panggilan : Theresia
NIM : C011171054
Tempat, Tanggal Lahir : Tana Toraja, 06 Agustus 1999
Jenis Kelamin : Perempuan
Agama : Katolik
Nama Orang Tua :
Ayah : Sedan Sarungallo
Ibu : Dr. Esther M. Palambang M.Pd
Alamat : Jl. Bangau No.19B Mario,
Makassar, Sulsel
Nomor Telepon : 082196715654
Fakultas / Angkatan : Kedokteran / 2017
Email : rapatheresia@gmail.com

Riwayat Pendidikan

Jenjang Pendidikan	Nama Sekolah	Tahun
Sekolah Dasar	SD Negeri 2 Rantepao	2015 - 2011
Sekolah Menengah Pertama	SMP Negeri 2 Rantepao	2011 - 2014
Sekolah Menengah Atas	SMA Negeri 1 Rantepao	2014 – 2017
Perguruan Tinggi	Universitas Hasanuddin Makassar	2017 - sekarang

