

DAFTAR PUSTAKA

- AOAC. 2000. *Official methods of analysis of the of association of the official analytical chemists*. USA: AOAC International.
- AOAC. 2002. *Official methods of analysis. appendix g: Guidelines for collaborative study procedures to validate characteristics of a method of analysis*. USA: AOAC International.
- AOAC. 2005. *Official methods of analysis of the association of the official analytical chemists*. Washington DC: Benjamin Franklin Station.
- AOAC. 2013. *Official method of analysis of the association of the official analytical chemistry*. Washington DC: AOAC International
- Aristya, A.L., A. M. Legowo dan Ahmad. 2013. Karakteristik Fisik, Kimia, dan Mikrobiologis Kefir Susu Kambing dengan Penambahan Jenis dan Konsentrasi Gula yang Berbeda. *J. Apl. Tek. Pangan* 2(3).
- Babarykin, D., Smirnova, G., Pundinsh, I., Vasiljeva, S., dan Krumina, G. (2019) Red beet (*Beta vulgaris*) Impact on human health. *Journal of Biosciences and Medicines* 7: 61-79.
- Bintsis, T. 2018. Lactic acid bacteria as starter cultures: An update in their metabolism and genetics. *AIMS Microbiol.* 4(4): 665–684. Doi: <https://doi.org/10.3934/microbiol.2018.4.665>
- Chawla, H., Parle, M., Sharma, K., Yadav, M. 2016. Beetroot: A health promoting functional food. *Inventi Impact: Nutraceuticals* 8-12.
- Considine, John A., Longerenong, dan Frankish, E. 2014. *In A Complete Guide to Quality in Small-Scale Wine Making*
- Deng, Y., Misselwitz, B., Dai, N., dan Fox, M. 2015. Lactose Intolerance in adults: biological mechanism and dietary management. *Nutrients*. 2015; 7: 8020-8035
- Diosma, G., Romanin, D. E., Rey-Burusco, M. F., Londero, A., Garrote, G. L. (2014). Yeasts from kefir grains: isolation, identification, and probiotic characterization. *World J. Microbiol. Biotechnol.* 30 43-53. <https://doi.org/10.1007/s11274-013-1419-9>.
- El Golli-Bennour, E., Timoumi, R., Koroit, M., Bacha, H., dan Abid, S. 2018. Protective effects of kefir against zearalenone toxicity mediated by oxidative stress in cultured HCT-116 cells. *Toxicon*. Doi: <https://doi.org/10.1016/j.toxicon.2018.11.296>.

- Farnworth, E.R. 2005. *Kefir – A Complex Probiotik*. Food Science and Technology Bulletin: Functional Food. IFIS Publishing. Canada
- Fiorda, F. A., de Melo Pereira, G. V., ThomazSoccol, V., Rakshit, S. K., Binder Pagnoncelli, M. G., de Souza Vandenberghe, L. P. & Soccol, C. R. 2017. Microbiological, biochemical, and functional aspects of sugary kefir fermentation-a review. *Food Microbiology*, 66, 86–95. <https://doi.org/10.1016/j.fm.2017.04.004>
- Gaman, P.M, dan Sherrington, K. B. 1992. *The Science of Food, An Introduction to Food Science, Nutrition and Microbiology 2nd Edition*. (Terjemahan Pengantar Ilmu Pangan, Nutrisi dan Mikrobiologi. Diterjemahkan oleh Murdijati Gardjito, Sri Naruki, Agnes Murdiati, Sardjono). Gadjah Mada University Press. Yogyakarta.
- Hailu, Z., dan Mekonnen, D. 2017. Effects of yeast and oxygen on quality attributes of wine produced from ethiopian beetroot. *J. Chem. Eng. Process Technol.*, Vol 8 Hal 329
- Hamet, M. F., Londero, A., Medrano, M., Vercammen, E., Van Hoorde, K., dan Garrote, G. L. 2013. Application of culture-dependent and culture-independent methods for the identification of *Lactobacillus kefiranofaciens* in microbial consortia present in kefir grains. *Food Microbiol.* 36 327–334. <https://doi.org/10.1016/j.fm.2013.06.022>
- Insani, H., H. Rizqiati dan Y. Pratama. 2018. Pengaruh variasi konsentrasi sukrosa terhadap total khamir, total padatan terlarut, kadar alkohol dan mutu hedonik pada water kefir buah naga merah (*Hyloreceus polyrhizus*). *Jurnal Teknologi Pangan.* 2(2): 90-95.
- Kale, R. G., Sawate, A. R., Kshirsagar, R. B., Patil, B. M., dan Mane, R. P.2018. Studies on evaluation of physical and chemical composition of beetroot (*Beta vulgaris L.*). *International Journal of Chemical Studies* 6: 2977-2979
- Lechner, J.F., dan Stoner, G.D. 2019. Red Beetroot and Betalains as cancer chemopreventative agents. *Review Molecules* 24: 1602.
- Lestari, M. W., V. P. Bintoro dan H. Rizqiati. 2018. Pengaruh lama fermentasi terhadap tingkat keasaman, viskositas, kadar alkohol dan mutu hedonik kefir air kelapa. *Jurnal Teknologi Pangan.* 2(1): 8-13
- Londero, A., Hamet, M. F., De Antoni, G. L., Garrote, G. L., dan Abraham, A. G. 2012. Kefir grains as a starter for whey fermentation at different temperatures: chemical and microbiological characterisation. *J. Dairy Res.* 79 262–271. <https://doi.org/10.1017/S0022029912000179>.
- Lynch, K. M., Wilkinson, S., Daenen, L., Arendt, Elke K. 2021. An update on water kefir: Microbiology, composition and production. *International Journal of Food Microbiology*, Volume 345

- Maicas, S. 2020. The Role of Yeasts in Fermentation Processes. *Microorganisms*. 8(8): 1142. doi: <https://doi.org/10.3390/microorganisms8081142>.
- Malaka, R dan A. Laga. 2005. *Isolasi dan Identifikasi Lactobacillus bulgaricus strain ropy dari yoghurt komersial*. Sain & Teknologi.
- Malik, T.F., dan Panuganti, K.K. 2021. *Lactose Intolerance*. Statpearls.
- Maryati, Y., Susilowati, A., Artanti, N., Lotulung, P. D. N., dan Aspiyanto. 2020. Pengaruh Fermentasi terhadap aktivitas antioksidan dan kadar betasi anin minuman fungsional buah naga dan umbi bit. *Bioteknologi dan Biosains Indonesia* 7(1): 48-56.
- Mubin, M. F dan E. Zubaidah. 2016. Studi pembuatan kefir nira siwalan (*Borassus flabellifer L.*) (pengaruh pengenceran nira siwalan dan metode inkubasi). *J. Pangan dan Agroindustri*. 4(1): 291-301.
- Nguyen, N.K., Nguyen, P.B., Nguyen, H.T., dan Le, P.H. 2015. Screening the optimal ratio of symbiosis between isolated yeast and acetic acid bacteria strain from traditional kombucha for high-level production of glucuronic acid. *Lebensm Wiss Technol*. 64(2):1149–55. Doi: <https://doi.org/10.1016/j.lwt.2015.07.018>.
- Ningsih, R., Rizqiati, H., dan Nurwantoro. 2019. Total Padatan Terlarut, Viskositas, Total Asam, Kadar Alkohol, Dan Mutu Hedonik Water Kefir Semangka Dengan Lama Fermentasi Yang Berbeda. *Jurnal Teknologi Pangan* 3(2):325-331.
- Paliwal, H., Goyal, S., Singla, S., Daksh, S. 2016. Pigments from natural sources: An overview. *International Journal of Research in Pharmacy and Pharmaceutical Sciences*.
- Pogačić, T., Sinko, S., Zamberlin, S., Samarzija, D. 2013. Microbiota of kefir grains. *Mljekarstvo* 63: 3–14.
- Purba, A. P., B. Dwiloka dan H. Rizqiati. 2018. Pengaruh lama fermentasi terhadap bakteri asam laktat (bal), viskositas, aktivitas antioksidan, dan organoleptik water kefir anggur merah (*Vitis vnifera L.*). *Jurnal Teknologi Pangan*. 2(1): 49-51.
- Rohmah, F. dan Estiasih, T. 2018. Perubahan karakteristik kefir selama penyimpanan: kajian pustaka. *Jurnal Pangan dan Agroindustri*. 6(3): 30-36.
- Rossi, E., F. Hamzah dan F. Febriyani. 2016. Perbandingan susu kambing dan susu kedelai dalam pembuatan kefir. *Jurnal Peternakan Indonesia* 18(1): 13-20.
- Sawicki, T., Baczek, N., dan Wiczowski, W. 2016. Betalain profile, content and antioxidant capacity of red beetroot dependent on the genotype and root part. *Journal of Functional Foods* 27: 249-261.

- Sawitri, M.E. 2011. Kajian penggunaan ekstrak susu kedelai terhadap kualitas kefir susu kambing. *Jurnal Ternak Tropika*. 12(1) : 15-21.
- Stavros, P., Varzakas, T. S. K., Ioanna, M., Chrysanthi, N. Athanasios, A., Eugenia, B., dan Argyro, B. 2016. Production of low-alcohol fruit beverages through fermentasi of pomegranate and orange juice with kefir grains. *Current Research in Nutrition and Food Science*. 4(1) : 19-26
- Storhaug, C.L., Fosse, S.K., dan Fadnes LT. Country. Country, Regional, and Global Estimates for Lactose Malabsorption in Adults: A Systematic Review and Meta-analysis. *Lancet*, (2):738-46.
- Suganya, M., Anitha, T., Lasyaja, A.B., Gayathri, P., dan Chithra, S. 2017 Biochemical and nutritive analysis of underutilized green leafy vegetable - Beta Vulgaris, L. *International Journal of Advanced Science and Research* 2: 9-12.
- Tang, J., Wang, X. C., Hu, Y., Zhang, Y., dan Li, Y. 2017. Effect of pH on lactic acid production from acidogenic fermentation of food waste with different types of inocula. *Bioresource Technology*, Vol 224, Hal 544-552.
- Voet, D., Voet, J. G., Pratt, C. W. 2013. *Fundamentals of Biochemistry: Life at the Molecular Level* (4th ed.). John Wiley & Sons, Inc.