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HASIL PENILAIAN SEJAWAT SEBIDANG ATAU PEER REVIEW
KARYA ILMIAH : JURNAL ILMIAH

Judul Artikel Ilmiah : The effect of processed *Tempeh Gembus* to triglycerides levels and insulin resistance status in women with obesity

Penulis Artikel Ilmiah : Nadis FS, Wati DA, Isnawati M, Sulchan M, **Diana Nur Afifah***

Status Pengusul : Penulis pertama/penulis anggota/**penulis korespondensi**

Identitas Jurnal Ilmiah :

- a. Nama Jurnal : Food Research
- b. Nomor/Volume/Hal : 4/4/1000-1010
- c. Edisi (bulan/tahun) : Agustus/2020
- d. Penerbit : Rynnye Lyan Resources
- e. Jumlah halaman : 10
- f. DOI artikel (Jika ada) : [https://doi.org/10.26656/fr.2017.4\(4\).415](https://doi.org/10.26656/fr.2017.4(4).415)
- g. Alamat web Jurnal : <https://www.myfoodresearch.com/>
- h. Terindeks di : SCOPUS (Q4)

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KOMENTAR/ULASAN PEER REVIEW

Kelengkapan dan Kesesuaian Unsur : Jurnal internasional bereputasi terindeks di SCOPUS (Q4), unsur lengkap dari abstract hingga references

Ruang Lingkup dan Kedalaman Pembahasan : Ruang lingkup penelitian olahan tempe gembus dengan 5 resep yang diuji cobakan ke wanita obesitas dan untuk mengetahui pengaruhnya terhadap kadar trigliserida dan resistensi insulinnya, sesuai bidang ilmu. Pembahasan mendalam dengan referensi > 80% adalah pustaka primer

Kecukupan & Kemutakhiran Data & Metodologi : Penelitian intervensi dilakukan di lembaga pemasyarakatan wanita untuk mengontrol asupan

Kelengkapan Unsur dan Kualitas Penerbit : Terbitan lengkap memuat vol, no, tahun dan daftar isi

Semarang, 15 Agustus 2020
 Penilai 1

Prof. Dr. dr. TRI NUR KRISTINA, DMM, M.Kes.
 NIP 19590527 198603 2 001
 Unit kerja : Fakultas Kedokteran
 Bidang Ilmu : Ilmu Kedokteran
 Jabatan/Pangkat : Guru Besar

LEMBAR
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Nilai pengusul = $40\% \times 34,8 = 13,92$

KOMENTAR/ULASAN PEER REVIEW

Kelengkapan dan Kesesuaian Unsur	: Jurnal internasional bereputasi terindeks di SCOPUS (Q4) dengan SJR 0,18, unsur lengkap dari abstract hingga references
Ruang Lingkup dan Kedalaman Pembahasan	: Ruang lingkup penelitian olahan tempe gembus dengan 5 resep yang diuji cobakan ke wanita obesitas dan untuk mengetahui pengaruhnya terhadap kadar trigliserida dan resistensi insulinnya, sesuai bidang ilmu. Pembahasan mendalam dengan referensi > 80% adalah pustaka primer
Kecukupan & Kemutakhiran Data & Metodologi	: Penelitian intervensi dilakukan di lembaga pelayan masyarakat wanita untuk menghindari bias karena asupan
Kelengkapan Unsur dan Kualitas Penerbit	: Terbitan lengkap memuat vol, no, tahun dan daftar isi

Semarang, 15 Agustus 2020

Penilai 2

Prof. Dr. drg. OEDIJANI, M.S.

NIP 19490209 197901 2 001

Unit kerja : Fakultas Kedokteran

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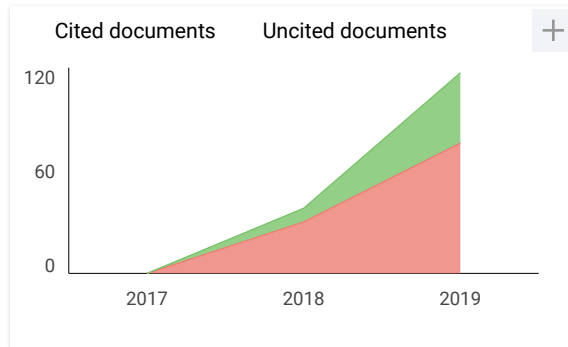
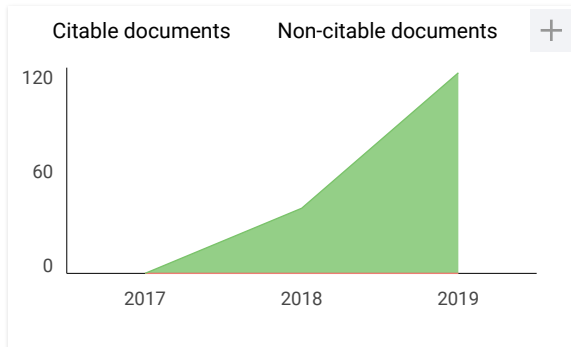
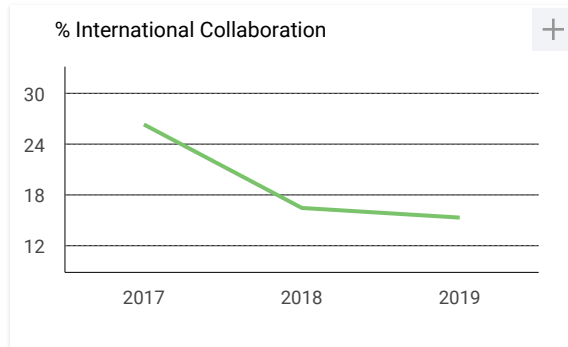
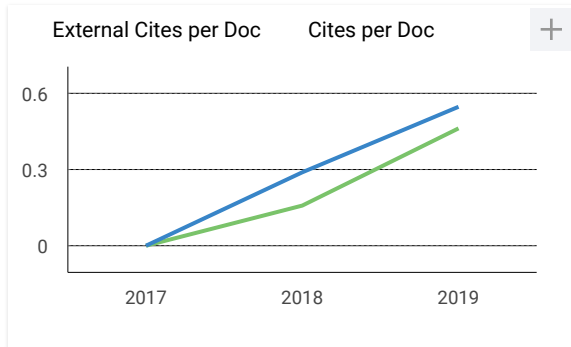
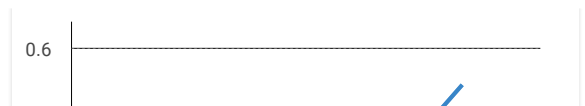
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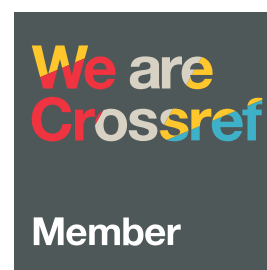
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FOOD RESEARCH

Volume 4, Issue 4

August 2020

Review

Monoacylglycerols and diacylglycerols for fat-based food products: a review

Subroto, E.

Available Online: 21 JANUARY 2020

Subroto reviewed the monoacylglycerols and diacylglycerols for fat-based food products.



PDF (378KB)

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Mini Review

Emerging of Bio-nano composite gelatin-based film as bio-degradable food packaging: a review

Tuan Zainazor, T.C., Fisal, A., Goh, E.G., Che Sulaiman, N.F. and Sarbon, N.M.

Available Online: 19 FEBRUARY 2020

Tuan Zainazor *et al.* reviewed the emerging of bio-nano composite gelatine-based film as bio-degradable food packaging.



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Full Paper

The quality of nata de coco from sawarna and mapanget coconut varieties to the time of storing coconut water



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The physicochemical and functional properties of cassava flour grown in different locations in Sabah, Malaysia was studied by Hasmadi *et al.*

The effect of processed *Tempeh Gembus* to triglycerides levels and insulin resistance status in women with obesity

Nadia, F.S., Wati, D.A., Isnawati, M., Sulchan, M. and Afifah, D.N.

Available Online: 5 MARCH 2020

Nadia *et al.* studied the effect of consumption of *Tempeh Gembus* on the triglyceride levels and insulin resistance status in women with obesity.



PDF (458KB)

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Purification engineering of mono-diacylglycerol using creaming demulsification technique in 20 kg-scale

Mursalin, M., Sahrial, S. and Yernisa, Y.

Available Online: 12 MARCH 2020

Mursalin *et al.* studied the engineering of purification of mono-diacylglycerol using creaming demulsification technique in 20 kg-scale.



PDF (874KB)

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Cytotoxic effect of *Spirulina platensis* extract and *Ulva compressa* Linn. on cancer cell lines

Maryati, M., Saifudin, A., Wahyuni, S., Rahmawati, J., Arrum, A., Priyunita, O., Aulia, A., Putra, F.P.H., As'hari, Y., Rasyidah, U.M., Fadhilah, A., Muflihah, C.H. and Da'I, M

Available Online: 14 MARCH 2020

The cytotoxic effect of *Spirulina platensis* extract and *Ulva compressa* Linn. on cancer cell lines was studied by Maryati *et al.*



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Formulation, characterization and stability of o/w nanoemulsion containing rice bran oil prepared by emulsion phase inversion

Sari, Y. P., Raharjo, S., Santoso, U. and Supriyadi

Available Online: 9 MARCH 2020

Sari *et al.* studied on the formulation, characterization and stability of o/w nanoemulsion containing the rice bran oil prepared by emulsion phase inversion.



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Sensorial and physicochemical characteristics of herbal noodle enriched with *Centella asiatica*



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Food Research [Open Access](#)
Volume 4, Issue 4, August 2020, Pages 1000-1010

The effect of processed tempeh gembus to triglycerides levels and insulin resistance status in women with obesity (Article) [\(Open Access\)](#)

Nadia, F.S.^a, Wati, D.A.^a, Isnawati, M.^b, Sulchan, M.^a, Afifah, D.N.^a ✉ 👤

^aDepartment of Nutrition Science, Faculty of Medicine, Universitas Diponegoro, Semarang, Indonesia

^bNutrition Science Department, Politeknik Kesehatan Kemenkes, Semarang, Indonesia

Abstract

✓ View references (52)

Obesity is an increasing weight that exceeds the limits of physical and skeletal needs due to the excessive backfilling of body fat. Obesity is a predisposing factor for increasing triglyceride levels (TG) and insulin resistance status. Consumption of fiber, such as Tempeh Gembus can be an alternative treatment to lower TG levels and insulin resistance status. This research was aimed to prove the influence of processed Tempeh Gembus to TG levels and insulin resistance status. This research employed a pre-post randomized control group. The participants of this research are 40 women with pre-menopausal obesity which are divided into two groups: the control group which is given the daily standard diet treatment Isocaloric 30 kcal/kg of BW/day and the treatment group which is given the daily standard diet Isocaloric 30 kcal/kg of BW/day with the addition of processed Tempeh Gembus processed as much as 150 g/day for 28 days. The result show, giving Tempeh Gembus to the treatment group can lower the TG level ($p = 0.010$) and insulin resistance status ($p = 0.000$) significantly. The decreased levels of TG in the treatment group (-9.3 ± 9.6 mg/dL) were higher compared to the decline in the control group (-2.90 ± 4.43 mg/dL). Decreased insulin resistance status in the control group (-0.60 ± 0.51) is lower than the treatment group (-6.90 ± 4.82). Based on the results above, consumption of 150 g/day of processed Tempeh Gembus for 28 days can lower TG levels. © 2020 The Authors. Published by Rynnye Lyan Resources.

SciVal Topic Prominence ⓘ

Topic: Nattokinase | Aspergillus Ochraceus | Bacillus Subtilis

Prominence percentile: 80.795 ⓘ

Author keywords

HOMA-IR Insulin resistance status Obesity Tempeh gembus Tg levels

Indexed keywords

EMTREE drug terms: insulin triacylglycerol

EMTREE medical terms:

adult Article body mass body weight caloric intake carbohydrate intake
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food intake glucose blood level human insulin resistance
international physical activity questionnaire obesity physical activity
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diana nurafifah <d.nurafifah.dna@fk.undip.ac.id>

FR-2019-415

5 messages

Food Research <foodresearch.my@outlook.com>

4 January 2020 at 20:38

To: "d.nurafifah.dna@fk.undip.ac.id" <d.nurafifah.dna@fk.undip.ac.id>

Dear Afifah,

Manuscript FR-2019-415 entitled " The Effect Of *Processed Tempe Gembus* To Triglycerides Levels And Insulin Resistance Status In Women With Obesity " which you submitted to Food Research, has been reviewed. The comments of the reviewer(s) are included in the attached file.

The reviewer(s) have recommended publication, but also suggest some revisions to your manuscript. Therefore, I invite you to respond to the reviewer(s)' comments and revise your manuscript. Once the revised manuscript is prepared, please send it back to me for further processing.

Because we are trying to facilitate timely publication of manuscripts submitted to Food Research, your revised manuscript should be submitted by 4th February 2020. If it is not possible for you to submit your revision by this date, please let us know.

Once again, thank you for submitting your manuscript to Food Research and I look forward to receiving your revised manuscript.

Sincerely,
Professor Dr. Son Radu
foodresearch.my@outlook.com

Chief Editor, Food Research

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Food Research <foodresearch.my@outlook.com>

16 January 2020 at 08:26

To: "d.nurafifah.dna@fk.undip.ac.id" <d.nurafifah.dna@fk.undip.ac.id>

Dear Afifah,
Please add these comments when revising your manuscript
Best regards
Son Radu
Chief Editor

From: Food Research**Sent:** Saturday, 4 January, 2020 9:38 PM

To: d.nurafifah.dna@fk.undip.ac.id <d.nurafifah.dna@fk.undip.ac.id>

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To: fikashafianan@gmail.com

17 January 2020 at 10:41

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diana nurafifah <d.nurafifah.dna@fk.undip.ac.id>

To: Food Research <foodresearch.my@outlook.com>

4 February 2020 at 20:06

Dear Prof. Dr. Son Raju,

Here I send my revised manuscript. Thank you.

Best regards,
Dr. Diana Nur Afifah, M.Si
Nutrition Science Department
Faculty of Medicine
Diponegoro University
Phone +6287770380468

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Food Research <foodresearch.my@outlook.com>

To: diana nurafifah <d.nurafifah.dna@fk.undip.ac.id>

4 February 2020 at 23:08

Dear Diana,

You will hear from our production section soon

Best regards

Son Radu

Chief Editor

From: diana nuraifah <d.nurafifah.dna@fk.undip.ac.id>

Sent: Tuesday, 4 February, 2020 9:06 PM

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FR-2019-415 - Decision on your manuscript

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9 February 2020 at 17:06

To: "d.nurafifah.dna@fk.undip.ac.id" <d.nurafifah.dna@fk.undip.ac.id>

Dear Dr Nurafifah,

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Sincerely,
Dr. Vivian New
Editor
Food Research

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diana nurafifah <d.nurafifah.dna@fk.undip.ac.id>

10 February 2020 at 07:54

To: Food Research <foodresearch.my@outlook.com>

Dear Dr. Vivian New,

Thank you for the good news. Here I send the APC form.

Best regards,
Dr. Diana Nur Afifah, M.Si
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To: diana nurafifah <d.nurafifah.dna@fk.undip.ac.id>

Dear Dr Diana,

Received with thanks. I'll contact you once the galley proof is ready for viewing.

Thanks & Regards,
Vivian New
Editor
Food Research

From: diana nurafifah <d.nurafifah.dna@fk.undip.ac.id>

Sent: Monday, 10 February, 2020 8:54 AM

To: Food Research <foodresearch.my@outlook.com>

Subject: Re: FR-2019-415 - Decision on your manuscript

[Quoted text hidden]



diana nurafifah <d.nurafifah.dna@fk.undip.ac.id>

Re: FR-2019-415 - Article Production

7 messages

Food Research <foodresearch.my@outlook.com>
To: diana nurafifah <d.nurafifah.dna@fk.undip.ac.id>

23 February 2020 at 14:54

Dear Dr Diana,

Manuscript ID: FR-2019-415

Manuscript Title:

The effect of processed *Tempe Gembus* to triglycerides levels and insulin resistance status in women with obesity

Before we can proceed with the article production, I would like to clarify a few points that I have commented in the manuscript. Please refer to the attachment. Please address the issues raised in the comments.

Please use the attached copy to make your revisions as it has been corrected to the Journal's format. Once you have done, kindly revert the copy to me as soon as possible. Please note the faster you respond, the quicker we will process your manuscript.

Thanks & Regards,
Vivian New
Editor
Food Research

From: diana nurafifah <d.nurafifah.dna@fk.undip.ac.id>
Sent: Monday, 10 February, 2020 8:54 AM
To: Food Research <foodresearch.my@outlook.com>
Subject: Re: FR-2019-415 - Decision on your manuscript

Dear Dr. Vivian New,

Thank you for the good news. Here I send the APC form.

Best regards,
Dr. Diana Nur Afifah, M.Si
Nutrition Science Department
Faculty of Medicine
Diponegoro University
Phone +6287770380468

On Sun, 9 Feb 2020 at 17:06, Food Research <foodresearch.my@outlook.com> wrote:

Dear Dr Nurafifah,

It is a pleasure to accept your manuscript for publication in Food Research journal. Please refer to the attachment for your acceptance letter.

Please note that all accepted manuscripts are subjected to Article Processing Charges (APC) as the Journal will provide full publishing services. Please fill in the article processing fee form attached with this letter and revert to us within five (5) working days. Once we have received the form, your article will be transferred to production.

Thank you for your fine contribution. We look forward to your continued contributions to the Journal.

Sincerely,
Dr. Vivian New
Editor
Food Research



FR-2019-415.docx
60K

diana nurafifah <d.nurafifah.dna@fk.undip.ac.id>
To: Food Research <foodresearch.my@outlook.com>

25 February 2020 at 07:29

Dear Vivian New,

Here I send the second revised manuscript. Thank you.

Best regards,
Dr. Diana Nur Afifah, M.Si
Nutrition Science Department
Faculty of Medicine
Diponegoro University
Phone +6287770380468

[Quoted text hidden]



FR-2019-415-second revised.doc
193K

Food Research <foodresearch.my@outlook.com>
To: diana nurafifah <d.nurafifah.dna@fk.undip.ac.id>

25 February 2020 at 07:55

Dear Dr Diana,

Received with thanks.

Thanks & Regards,
Vivian New
Editor
Food Research

On 25 Feb 2020, at 8:30 AM, diana nurafifah <d.nurafifah.dna@fk.undip.ac.id> wrote:

[Quoted text hidden]

<FR-2019-415-second revised.doc>

Food Research <foodresearch.my@outlook.com>
To: diana nurafifah <d.nurafifah.dna@fk.undip.ac.id>

2 March 2020 at 20:45

Dear Dr Diana,

Please refer to the attachment for the galley proof of your manuscript FR-2019-415 entitled 'The effect of processed Tempe Gembus to triglycerides levels and insulin resistance status in women with obesity'. Please check the content of the galley proof. If there are any mistakes, please comment and highlight in the PDF itself and revert to us within two (2) days of receipt. Once we have finalized the PDF version, your manuscript will be published online for early viewing.

Please see the attachment for the invoice INV20043. We hope that you can make the payment as soon as possible before 23 March 2020 for us to complete the publication of your manuscript. The manuscript information e.g. volume, issue, page numbers and DOI, will be provided once we have received the payment.

Thanks & Regards,
Vivian New
Editor
Food Research

From: diana nurafifah <d.nurafifah.dna@fk.undip.ac.id>
Sent: Tuesday, 25 February, 2020 8:29 AM
To: Food Research <foodresearch.my@outlook.com>
Subject: Re: FR-2019-415 - Article Production

[Quoted text hidden]

2 attachments

 **FR-2019-415.pdf**
456K

 **INV20043.pdf**
169K

diana nurafifah <d.nurafifah.dna@fk.undip.ac.id>
To: Food Research <foodresearch.my@outlook.com>

4 March 2020 at 19:32

Dear Vivilia New,

Here I send the revised manuscript. I am sorry that still have some mistakes. I give note in the PDF file. Thank you.

Best regards,
Dr. Diana Nur Afifah, M.Si
Nutrition Science Department
Faculty of Medicine
Diponegoro University
Phone +6287770380468

[Quoted text hidden]

 **FR-2019-415 Author Edit.pdf**
661K

Food Research <foodresearch.my@outlook.com>
To: diana nurafifah <d.nurafifah.dna@fk.undip.ac.id>

4 March 2020 at 20:32

Dear Dr Diana,

Please refer to the attachment for the edited galley proof. If the galley proof is alright, please approve the galley proof.

Thanks & Regards,
Vivian New
Editor
Food Research

From: diana nurafifah <d.nurafifah.dna@fk.undip.ac.id>

Sent: Wednesday, 4 March, 2020 8:32 PM

[Quoted text hidden]

[Quoted text hidden]

 **FR-2019-415.pdf**
457K

diana nurafifah <d.nurafifah.dna@fk.undip.ac.id>
To: Food Research <foodresearch.my@outlook.com>

4 March 2020 at 20:56

I approve the galley proof. Thank you.

[Quoted text hidden]



diana nurafifah <d.nurafifah.dna@fk.undip.ac.id>

Re: FR-2019-415 - Article Published

5 messages

Food Research <foodresearch.my@outlook.com>
To: diana nurafifah <d.nurafifah.dna@fk.undip.ac.id>

5 March 2020 at 20:10

Dear Dr Diana,

Your manuscript is currently available online and in press on our website <https://www.myfoodresearch.com>.

Please note that the version in press is the 'Corrected Proof' version. The manuscript information e.g. volume, issue, page number and DOI, will be provided once we have received the payment. We will then inform you of the update of your manuscript details.

Thank you for your fine contribution. We hope that you continue to submit other articles to the Journal.

Thanks & Regards,
Vivian New
Editor
Food Research

From: diana nurafifah <d.nurafifah.dna@fk.undip.ac.id>
Sent: Wednesday, 4 March, 2020 9:56 PM
To: Food Research <foodresearch.my@outlook.com>
Subject: Re: FR-2019-415 - Article Production

I approve the galley proof. Thank you.

On Wed, Mar 4, 2020, 20:32 Food Research <foodresearch.my@outlook.com> wrote:

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On Mon, 2 Mar 2020 at 20:46, Food Research <foodresearch.my@outlook.com> wrote:

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Food Research

diana nurafifah <d.nurafifah.dna@fk.undip.ac.id>
To: Food Research <foodresearch.my@outlook.com>

10 March 2020 at 19:31

Dear Dr Vivian New

I have to pay in dollars or ringgit?

Dr. Diana Nur Afifah, M.Si
Nutrition Science Department

Faculty of Medicine
Diponegoro University
Phone +6287770380468

[Quoted text hidden]

Food Research <foodresearch.my@outlook.com>
To: diana nurafifah <d.nurafifah.dna@fk.undip.ac.id>

10 March 2020 at 20:28

Dear Dr Diana,

You can choose to pay either in USD or RM, which ever you like.

Thanks & Regards,
Vivian New
Editor
Food Research

From: diana nurafifah <d.nurafifah.dna@fk.undip.ac.id>
Sent: Tuesday, 10 March, 2020 8:31 PM
To: Food Research <foodresearch.my@outlook.com>
Subject: Re: FR-2019-415 - Article Published

[Quoted text hidden]

diana nurafifah <d.nurafifah.dna@fk.undip.ac.id>
To: Food Research <foodresearch.my@outlook.com>

11 March 2020 at 11:02

Dear Dr Vivian New

I have already paid for the publication fee. Attach the receipt of payment via bank transfer.
Thank you.

Best regards,
Dr. Diana Nur Afifah, M.Si
Nutrition Science Department
Faculty of Medicine
Diponegoro University
Phone +6287770380468

[Quoted text hidden]

3 attachments



WhatsApp Image 2020-03-11 at 10.40.29.jpeg
187K

WhatsApp Image 2020-03-11 at 10.40.28.jpeg
263K



WhatsApp Image 2020-03-11 at 10.40.27.jpeg
140K

Food Research <foodresearch.my@outlook.com>
To: diana nurafifah <d.nurafifah.dna@fk.undip.ac.id>

11 March 2020 at 20:08

Dear Dr Diana,

Thank you for the payment.

Kindly be informed that your manuscript has been assigned to Food Research 2020, Vol. 4, Issue 4 (August). Your manuscript is currently available online and in press on our website <https://www.myfoodresearch.com>. Alternatively, you can download a copy of the manuscript by clicking on the following link:
[https://doi.org/10.26656/fr.2017.4\(4\).415](https://doi.org/10.26656/fr.2017.4(4).415)

We encourage you to share your published work with your colleagues. Thank you for your fine contribution. We hope that you continue to submit other articles to the Journal.

Thanks & Regards,
Dr. Vivian New
Editor
Food Research

From: diana nurafifah <d.nurafifah.dna@fk.undip.ac.id>

Sent: Wednesday, 11 March, 2020 12:02 PM

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[Quoted text hidden]