

## **Effect of Brewed Salak Coffee Seed ( *Salacca edulis* Reinw) on LDL Levels in Rats Induced by a High Fat Diet**

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### **ABSTRACT**

*High levels of LDL cholesterol in the blood cause an increase in risk factors for non-communicable diseases and is a factor causing dyslipidemia. Efforts that can be made to reduce LDL levels in the blood are by consuming foods that contain antioxidants, one of which is brewed salak coffee seed. The purpose of this study was to identify the effect of brewed salak (*Salacca edulis* Reinw) coffee on LDL levels in rats induced by a high-fat diet. This study was a True Experimental type with Pre test – post test control group design. This study used 24 male wistar rats aged 2–3 months which were divided into 2 control groups consisting of a negative control group and a positive control group and 1 treatment group which was steeped in salak coffee seed at a dose of 5 ml/head/day. Data were analyzed using the Shapiro Wilk normality test, One Way Anova test, Kruskal Wallis test, and Paired T-test. The results showed that there were no differences in blood LDL levels between groups before treatment ( $p=0,055$ ), there were differences in blood LDL levels between groups after treatment ( $p=0,008$ ), there were differences in blood LDL levels in each group of rats induced by a high-fat diet before treatment. and after treatment ( $p=0,029$ ), there was no difference in the difference in blood LDL levels between the treatment groups before and after treatment ( $p=0,540$ ). The conclusion of this study is that there is an effect of brewed salak coffee seed on the blood LDL levels of rats induced by a high-fat diet.*

**Keywords :** *Brewed Salak Coffee Seed, LDL Levels, High Fat Diet*