

***Effect of Brewed Salak Seed Coffee (*Salacca edulis* Reinw.) Against  
Triglyceride Levels in Rats Induced by High Fat Diet***

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**ABSTRACT**

*Triglycerides are glycerol esters which are the product of lipid metabolism and the main component of body fat in humans. High levels of triglycerides can increase the risk of non-communicable diseases such as dyslipidemia and CHD. Antioxidants including flavonoids in brewed salak seed coffee can help to decreased triglyceride levels. The aim of this study was to determine the effect of brewed salak seed against triglyceride levels in rats induced by high fat diet. This type of research is True Experimental. The research design used was Pretest-Posttest Control Group Design with a Purposive Sampling. The samples used in this study were male wistar rats aged 2–3 months. The sample, which consisted of 24 rats, was divided into two control groups (negative and positive control group) and one treatment group that was given brewed salak seed coffee at a dose of 5 ml/day. Triglyceride levels were measured by the GPO-PAP method. Data were analyzed by the Saphiro Wilk normality test, Lavene homogeneity test, One Way Anova test, Kruskal Wallis test, and Paired T-Test. The results showed that there was no difference in triglyceride levels between groups before treatment ( $p=0.453$ ), there was no difference in triglyceride levels between groups after treatment ( $p=0.173$ ), there were differences in triglyceride levels between all groups before and after treatment ( $p<0.05$ ), there was no difference in triglyceride levels before and after treatment ( $p=0.721$ ), brewed salak seed coffee at a dose of 5 ml/day had no effect against decreased triglyceride levels in rats induced by high fat diet.*

**Keywords:** *flavonoid, high fat diet, salak seed coffee, triglyceride levels*