

***The Effect Of Giving Enteral Formula (Blenderized) Pumpkin On Total
Cholesterol Levels Of Male Wistar Rats***

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ABSTRACT

Total cholesterol is the amount of cholesterol carried in all cholesterol-carrying particles in the blood. Control of the increase in cholesterol levels can be done with non-pharmacological therapy through the provision of high-fiber low-fat foods. Pumpkin enteral formula is a liquid food made from 100 grams of pumpkin flour which has a high fiber content (6.1gram/100ml) and low fat (13.8%). The purpose of this study was to determine the effect of enteral formula (blenderized) pumpkin on total cholesterol levels of male Wistar rats. The type of research used by True Experimental with the pretest-posttest control group design. The sample used was male rats, weighing 100-300 grams which was divided into three groups. (K-) is given a standard feed of ratbio and drinking water, (K +) given a standard feed of ratbio, drinking water, and a high-fat diet, while the (P) is given a standard ratbio, drinking water, high-fat diet and enteral formula 8ml / 200gBB. The results showed that there was no significant difference in total cholesterol levels in the pretest ($p = 0.193$) and there was a significant difference in posttest total cholesterol levels ($p=0.018$). There was no significant difference in total cholesterol levels of pretest and posttest in the group (K-) ($p = 0.052$) and (K +) ($p = 0.204$), and there was a significant difference in the (P) ($p = 0.018$). So it can be concluded that there is no effect of giving enteral formula (Blenderized) pumpkin on total cholesterol levels of male wistar rats.

Key words: *Enteral formula (Blenderized) of pumpkin, Cholesterol levels*