

***The Effect Of Purple Sweet Flour To Changes In Total Cholesterol  
Levels White Rats Of Wistar Straight  
Obesity Model***

**Muhammad Iqbal Alif Kumara**  
*Clinical Nutrition  
Department of Health*

**ABSTRACT**

*Obesity is a condition of excessive fat accumulation in the body that can interfere with health. Intake of nutrients from fat sources can affect total cholesterol levels. Excess cholesterol levels can cause cardiovascular disease. One of the prevention efforts is by non-pharmacological therapy in the form of purple sweet potato. Purple sweet potato contains flavonoids which inhibit the absorption of cholesterol in the digestive tract. The purpose of this study was to determine the effect of giving purple sweet potato flour to changes in total cholesterol levels of male white rats wistar strain obesity model. This type of research is True Experimental with Pre-Posttest With Control Group Design. The sample used in this study consisted of 30 rats divided into three groups, namely negative control (K-) given Ratbio feed, while positive control (K+) and treatment (P) were given an induction diet high in fat and 66% fructose for 56 days. . The treatment group was given the intervention of purple sweet potato flour dissolved in 10 ml of distilled water for 6 days. The mean pretest total cholesterol level in the group (K-) = 78 mg/dl, (K+) = 57 mg/dl, (P) = 62 mg/dl. The mean posttest total cholesterol level in the group (K-) = 74 mg/dl, (K+) = 71.86 mg/dl, (P) = 68.86 mg/dl. There were differences in total cholesterol levels before and after the purple sweet potato flour intervention in the K+ group ( $p= 0.028$ ) and there was a significant difference ( $p = 0.015$ ).*

**Keywords:** *Purple Sweet Potato Flour, Total Cholesterol, Obesity*