

**Effect Of Purple Sweet Snack bar (*Ipomoea batatas L. Poiret*) and
Black Beans (*Glycine soja*) For The Change in HDL Rates in
Hypercholesterolemia**

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ABSTRACT

Hypercholesterol is described as a condition where the LDL and triglycerides of blood are off the norm, where as HDL is below normal. The high consumption of antioxidants and high fibers such as purple sweet potato and black soybeans snack bar can help raise HDL levels and there by overcome hypercholesterol. The purpose of this study is to identify the effect the purple sweet potato and black beans snack bar have on the HDL change in levels of hypercholesterol. The study uses advanced Quasi Design with Design Pre-post test Control group design. The data will be analyzed using Shapiro wilk's normality test, if normal distribution data will be followed by independent T tests and Paired T tests. The number of research subjects is 24 peoples, 12 for the control group and 12 for the treatment group. Studies indicate there is a difference HDL between control groups and treatment groups before research ($p= 0.010$) and there is a difference HDL content between control groups and treatment groups after research ($p=0,047$). The results of the Pired T-tests show HDL differences between before research and after research on control groups ($p= 0.005$) and so do treatment groups ($p=0,000$). There is no difference HDL between control group and treatment group ($p=0,083$).

Keyword : *Hypercholesterolemiah, HDL concentration, Purple sweet potato and Black beans snack bar*