

## *Effect of The Combination of Tomato and Star Fruit Wuluh on LDL Levels of White Rats*

**Gita Meylani Vathiaibi**  
*Clinical Nutrition Study Program*  
*Department of Health*

### **ABSTRACT**

*Frequent consumption of high-fat foods and not maintaining a healthy lifestyle are the main causes of an increase in total cholesterol, LDL levels and triglyceride levels, as well as a decrease in HDL levels. One of the efforts that can be done to reduce LDL levels is by consuming a combination of tomatoes and star fruit. The purpose of this study was to determine the effect of the combination of tomato and star fruit on white rat LDL. This type of research is true experimental with a pretest-posttest design design with a control group. The study used 23 male wistar rats aged 2-3 months with a body weight of 100-300 grams, had normal LDL levels (<27.2mg / dl). The mice were divided into 3 groups, namely the negative control group given br-2 standard feed and ad libitum drinking water. The positive control group was given standard feed BR-2, cow brain, PTU, simvastatin and ad libitum drinking water. The treatment group was given standard br-2 feed, cow brain, PTU, simvastatin, a combination of tomato and star fruit of 6.5ml/rat/day for 28 days and ad libitum drinking water. Data were analyzed using Shapiro Wilk, Levene, Kruskal Wallis, One Way Anova, Paired T-Test and Wilcoxon tests. The results showed that there were no significant differences between groups before the intervention ( $p=0.214$ ), there were significant differences between groups after the intervention ( $p=0.010$ ), there were no significant differences in the K- ( $p=0.893$ ) and P ( $p=0.658$ ) groups and significant differences in the K+ groups ( $p=0.028$ ), there were no significant differences in differences before and after the intervention between the treatment groups ( $p=0.078$ ). It was concluded that there was no effect of the combination of tomato and star fruit on white rat LDL.*

**Keywords:** *LDL levels, tomato and star fruit combination, white rats.*