

**The Effect of Tomato and Starfruit Combination
Against Triglyceride Levels
White Rat**

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ABSTRACT

People's lives today ignore healthy lifestyles such as unhealthy eating patterns. Excess intake of total energy, saturated fat, and simple carbohydrates can increase triglyceride levels. High levels of triglycerides is one of the causes of cardiovascular disease. Efforts to control triglyceride levels are by consuming drinks that contain high antioxidants, one of which is a combination of tomatoes and starfruit. The purpose of this study was to determine the effect of the combination of tomato and starfruit on triglyceride levels in white rats. This type of research is True Experimental with pretest-posttest design with control group design. This study used 30 male wistar rat rats aged 2-3 months with a body weight of 100-300 grams. The samples were domiciled and divided into 3 groups, namely the negative control group (K-) given BR-2 feed and drinking water ad libitum, the positive control group (K +) was given an additional cow brain 2ml / mouse / day and simvastatin 1 ml / mouse / day, as well as the treatment group (P) which was given an additional cow brain 2ml / mouse / day, simvastatin 1 ml / rat / day and a combination of tomato and star fruit wuluh at a dose of 6.5 ml / rat / day. Triglyceride levels were examined using the GPO-PAP method. The data were analyzed with the Saphiro Wilk normality test, homogeneity test, One Way Anova test and Paired T-Test. The results of the triglyceride level test in the pretest and posttest data showed that there were no significant differences between groups. The test results of triglyceride levels between pretest and posttest showed that there was no significant difference. The test results of the difference in the difference in pretest and posttest triglyceride levels did not have a significant difference. The combination of tomatoes and star fruit had no effect on triglyceride levels in mice.

Keywords : Combination of Tomato and Star Fruit, Triglycerides, White Rat