

***The Effect of Giving Green Okra and Red Guava Jelly Drink on Triglyceride Levels of Hyperlipidemic White Rats***

**Dinda Farah Ambarsari**  
*Clinical Nutrition Study Program  
Departement of Health*

**ABSTRACT**

*Hyperlipidemia is an increase in either part or all of the lipid profile such as cholesterol, LDL, and triglycerides. Non-pharmacological therapy such as diet therapy by consuming natural ingredients such as fiber consumption. One food source of fiber is green okra juice jelly drink and red guava. The purpose of this study was to determine the effect of giving jelly drinks with the basic ingredients of okra and red guava juice on reducing triglyceride levels in hyperlipidemic white rats. This type of research is True Experimental with a Pretest-Posttest Control Group Design approach. This study used a sample of 16 male rats, 2-3 months old, weighing 150-350 g and consisted of 4 groups, namely negative control group, positive control group, treatment group one and treatment group two. The negative control group was given standard ratbio feed and drinking water. The positive control group was given a diet high in solid fat and a high fat diet mixed with drinking water. The first treatment group was given a high-fat diet and a small dose of 4.8 ml of green okra juice and red guava jelly drink. The second treatment group was given a high-fat diet and a large dose of 9.7 ml of green okra juice and red guava jelly drink. The results showed that there was no difference in triglyceride levels before and after the intervention in the negative control group ( $p = 0.122$ ), and there was a difference in the positive control ( $p = 0.011$ ), in treatment one ( $p = 0.025$ ), and treatment two ( $p = 0.003$ ). . So it can be concluded that there is no effect of giving green okra juice and red guava juice to triglyceride levels in hyperlipidemic white rats.*

**Key words :** *Green okra and red guava juice jelly drink, Hyperlipidemic, Triglyceride levels*