

***The Effect of Giving Rice Bran Flour Snack Bars and Edamame Flour on Triglyceride Levels of Wistar White Rat Hyperlipidemia***

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**ABSTRACT**

*Hyperlipidemia is a condition of excess fat, namely high levels of total cholesterol, LDL, and triglycerides. Non-pharmacological therapy is done by providing high-fiber nutritional intake that can reduce triglyceride levels in the blood. One of the high-fiber foods is a snack bar made of 45 g of bran flour and 55 g of edamame flour which contains 9.4 g/100 g of fiber. The purpose of this study was to determine the effect of giving a snack bar made from bran flour and edamame flour on triglyceride levels in wistar white rats hyperlipidemia. The type of this research is True experimental with Pretest-Posttest design with Control Group Design. The samples used in this study were white wistar rats with male sex totaling 30, 2-3 months old and weighing 150-250 g which were divided into 5 groups. The negative control group (K-) was only given standard feed. The positive control group (K+) was given a high-fat diet, PTU 0.01% and standard feed, the treatment group (P) 1 was given a high-fat diet, PTU 0.01%, simvastatin drug and standard feed, the treatment group (P) 2 and 3 were given a high-fat diet, 0.01% PTU, snack bar, simvastatin drug and standard feed. The results showed that there was no difference in triglyceride levels before and after the intervention in the negative control group ( $p = 0.073$ ), positive control ( $p = 0.673$ ), treatment 1 ( $p = 0.322$ ), treatment 2 ( $p = 0.488$ ), and treatment 3. ( $p = 0.307$ ). The results showed that there is no effect of giving a snack bar of rice bran flour and edamame flour on triglyceride levels in wistar white rats hyperlipidemia.*

**Key words :** *Bran flour, Edamame flour, Hyperlipidemia, Snack Bar, Triglyceride levels.*