

The Effect of Purple Sweet Potato Flour on High Density Lipoprotein (HDL) Male White Rats Wistar Strain Obesity Model

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ABSTRACT

Obesity is a nutritional problem caused by the accumulation of excess fat than needed. The purpose of this study was to determine the effect of purple sweet potato flour on HDL levels in obese male Wistar rats. This research is a True Experimental research design with pre-posttest with control group (pre-posttest with control group). Samples were 24 male wistar rats weighing 200-300 grams. Samples were taken randomly in groups (K-), rats were fed with rat bio and water ad libitum. Group (K+), rats were induced with high fat diet ad libitum and given 66% fructose drink ad libitum. (P) rats were induced by ad libitum high-fat diet and given ad libitum drinking of 66% fructose and 4.5 g of purple sweet potato flour intervention. Examination of HDL levels using the CHOD-PAP method, the data were analyzed using the One Way Anova test. The results of One Way Anova Test Analysis ($p > 0.05$) there was no significant difference in HDL levels between groups before treatment. There was no significant difference in HDL levels between groups after treatment. There was a significant difference in levels between groups before and after treatment. There was no significant difference before and after treatment.

Keywords: HDL, Obesity, Purple sweet potato