

Influence Provision of Purple Sweet Potato Flour on Ldl (Low Density Lipoprotein) Levels of Male White Rats Wistar Strain Induced by High Fat and Fructose Diet Feed

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ABSTRACT

Obesity is a chronic and multifactorial disease caused by the interaction of genetic factors and environmental factors, such as physical activity and lifestyle. Anthocyanins are used to lower LDL levels. The type of research is True Experimental with pre-posttest with control group design. Samples of 24 male rats. Randomized sampling and divided into 3 groups (K-) standard feed, (K+) induced by ad libitum high fat diet and fructose drink, and (P) rats induced by high fat diet and 66% fructose drink ad libitum and sweet potato flour intervention purple sweet potato as much as 4.5 g. LDL levels were checked by the CHOD-PAP method. One Way Anova test results ($p>0.05$) there was no significant difference before induction. One Way Anova Test Results ($p>0.05$) there was no significant difference between groups before treatment. The results of the One Way Anova test ($p>0.05$) there was no significant difference in the group after treatment. The results of the Paired T-Test ($p>0.05$) there was no significant difference before and after the treatment of each group. One way Anova test results ($p>0.05$) there was no significant difference before and after treatment. This is due to the lack of intervention time for purple sweet potato flour so that the antioxidants and fiber contained in purple sweet potato leaves cannot bind all cholesterol and fat.

Keywords: LDL, Obesity, purple sweet potato