

THE EFFECT OF GIVING THE “KUMO” FLAKES BY SUBSTITUTING PUMPKIN FLOUR (*Curcubita moschata*) AND MOCAF FLOUR ON HDL LEVELS AND LDL LEVELS IN HYPERCOLESTEROLEMIA

Evita Pricilia Rachman
Program Studi Gizi Klinik
Jurusan Kesehatan

ABSTRAK

The lifestyle of people consuming fast food and fatty food can cause a person suffer from hypercholesterolemia. Dietary fiber can inhibit the absorption of cholesterol in the small intestine and ultimately will reduce the concentration of cholesterol in plasma also increase cholesterol synthesis by the liver, bile synthesis, and excretion of cholesterol through feces. One of the high fiber food is "KUMO" flakes. The purpose of this study is to determine the effect by consumption of "KUMO" flakes on HDL and LDL level. This research is a quasi-experimental study with "Nonrandomized Pre-test Post-test Control Group Design" approach. The analysis uses Shapiro Wilk's normality test then Independent Samples T-Test, Paired Samples T-Test and Man Whitney. The total research subject are 30 people. The result showed there is no difference in HDL level before (pre test) ($p = 0,323$) and after (post test) ($p = 0.073$) between group. There is difference in LDL level before (pre test) ($p = 0,0001$) and after (post test) ($p = 0,0001$) between group. There are differences in HDL level before (pre test) and after (post test) research between group ($p = 0,0001$). There is no difference in LDL level before (pre test) and after (post test) control group research ($p = 0,184$) and there is different level of LDL level before (pre test) and after (post test) treatment group research ($p = 0,0001$). The conclusion of the study is there is no influence in group HDL and there is the influence of LDL levels group not only because of just giving of the flakes “kumo” but that early studies indicate a difference in LDL levels prior to the giving of the flakes “kumo”, the transmissision of diet and diet of the subject.

Keywords: Hypercholesterolemia, HDL, LDL and "KUMO" Flakes.