

The Effect of "KUMO" Flakes with Pumpkin Flour Substitution and Mocaf Flour to Total Cholesterol Levels in Patients with Hypercholesterolemia

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ABSTRACT

Hypercholesterolemia is an increase of total blood cholesterol levels that occurs in blood fat levels more than normal. High fiber diet is one way to reduce hypercholesterolemia. Diet with high fiber are "KUMO" flakes with pumpkin flour substitutes and mocaf flour. The purpose of this research was to determine the effect of "KUMO" Flakes to total cholesterol levels in patients with hypercholesterolemia. The research design is Quasi Experimental Design with pre test post test control group design. This research used 15 subjects In every control groups and each treatment. Data analysis in this research used Independent T test and Paired T test. The results of this reseach, there was a difference in total cholesterol levels in control group and before treatment group (Pre-test) research ($p = 0.0001$), there was a difference in the total cholesterol level of the control group and treatment group after (Post test) research ($p = 0.0001$), there was a difference in total cholesterol levels before research (pre-test) and after research (post-test) in control group ($p = 0.007$), there was a difference in total cholesterol levels before research (pre-test) and after research (post-test) in treatment group ($p = 0.001$). The conclusion, there was a difference decrease of total cholesterol levels between control group and treatment group ($p = 0.037$). The decrease was not only caused by giving "KUMO" flakes, but also intake, dietary education, and the differences in cholesterol levels before giving flakes " KUMO".

Keywords : Hypercholesterolemia, Total Cholesterol, flakes " KUMO"