

THE EFFECT OF PROVISION OF BRAND FLOUR AND EDAMAME FLOUR SNACK BAR ON TOTAL CHOLESTEROL LEVELS OF WHITE RATS WISTAR HYPERLIPIDEMIA

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ABSTRACT

Hyperlipidemia is a disorder of fat (lipid) metabolism which is characterized by an increase in total cholesterol, namely 47-88 mg/dl. The way to prevent an increase in total cholesterol levels is by giving food or drinks that contain low fat and high fiber. One of the high-fiber foods is a snack bar made from 45g of bran flour and 55g of edamame flour which contains 9.4g/100g of fiber. This study aims to determine whether edamame flour and bran flour have an effect on reducing total cholesterol. In this study, a true experimental research was used using a pretest and posttest research design. This study used 20 rats aged 2-3 months which were divided into 5 groups, namely positive control, negative control, treatment 1, treatment 2, and treatment 3. The positive group was given high-fat feed, simvastatin, standard feed and PTU. Meanwhile, the negative control group was given ratbio feed and drinking water. In treatment 1 given high fat, simvastatin, standard feed, and PTU. Treatment group 2 was given high-fat feed, 7gr snackbar, simvastatin, standard feed and PTU. Treatment group 3 was given high-fat snackbar 6 gr, standard feed and PTU. In this study, the negative control results (K-) obtained $p = 0.845$. Group (k +) has $p = 0.008$ Treatment 1 $p = 0.328$. treatment 2 $p = 0.887$. treatment 3 $p = 0.881$ which has no difference. It was concluded that giving bran flour and edamame flour snack bars had no effect on hyperlipidemia total cholesterol.

Keywords: *snackbar , Total Cholesterol Levels, Dyslipidemia.*