

***The Effect Of Adding Olive Oil To The Process Of Blanching Apple
Tomatoes To Changes In LDL And HDL Levels
(Study Of Giving Apple Tomato Extract To
Wistar Dyslipidemia White Rats)***

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ABSTRACT

Dyslipidemia is a disorder of lipid metabolism characterized by increased levels of total cholesterol, LDL, triglycerides and decreased HDL levels. Non-pharmacological therapies that can be given are apple tomatoes. Apple Tomatoes contain antioxidants, namely lycopene. Lycopene levels can be increased by the addition of olive oil. The purpose of this study was to analyze the effect of adding olive oil to the blanching process of apple tomatoes to changes in LDL and HDL levels of Wistar strain white rats in dyslipidemia. The study was conducted in October 2018 until January 2019 at the Biomedical Laboratory of the Faculty of Dentistry, University of Jember. This type of research is experimental research (True Experiment). The research design used was the Pretest-Posttest with Control Group Design. The samples used were 24 Wistar strain white rats, male sex, aged 2-3 months, and weighing 150-200 grams. Intervention of Apple tomato juice in each treatment group was 0.33 ml / 200 gram BB rats / day. The results of the posttest pretest on LDL levels showed a significant difference in the positive control group (K +) ($p < 0.05$) while for the HDL levels the results of the pretest posttest showed significant differences in the entire group. The blanching process in apple tomato juice can significantly reduce LDL levels while adding olive oil to the apple tomatoes blanching process can significantly increase HDL levels.

Keywords: Dyslipidemia, LDL levels, HDL levels, Sari Apple Tomatoes