

The Effect of Giving Tempe Flour on Total Cholesterol Levels of Hypercholesterolemia White Rats. Firda Agustin S.Si., M.Si

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ABSTRACT

Hypercholesterolemia is a condition where cholesterol in the blood increases beyond the normal threshold, which is characterized by increased LDL levels and total cholesterol levels. A mixture of quail egg yolks with cooking oil andprophyltiouracil is an ingredient that can improve the lipid profile. Efforts to reduce total cholesterol levels by consuming functional foods containing isoflavones, flavonoids, fiber such as tempeh flour. The aim of the study was to determine the effect of giving tempeh flour on total cholesterol levels in hypercholesterolemia white rats. This type of research isTrue Eksperimental Design withPretest-Posttest with Control Group Design. The study used 16 male Wistar rats, aged 2-3 months, weighing 120-200 grams. Rats were divided into 3 groups, group (K-) was given standard feed rat bio 30 gram/head/day, drinking wateroptional. The (K+) group was given a high-fat diet of 2 ml/200 gram BW of rats and 100 ml of PTU solutionoptional. Group (P) was given a high fat diet 2 ml/200 gram body weight of rats and 100 ml PTU solutionoptionaland tempe flour intervention 1.8 gram/200g BW rats. Cholesterol levels were measured using the CHOD-PAP method. Data were analyzed using the normality testShapiro Wilk, One Way Anova , Kruskall Wallis , Paired t-test, Mann Whitney, After this. Data test resultspretest pottestthere were significant differences between groups. Test resultspretest posttest group (K-) and group (K+) did not have a significant difference, group (P) had a significant difference. The test results for differences in total cholesterol levelspretest posttest there is no significant difference between (K+) and (P). Giving tempeh flour had no effect on reducing total cholesterol levels in white rats.

Keywords:*Total Cholesterol, Tempeh Flour and White Mice*