

**“THE EFFECT OF GIVING “Delai Gama” DRINK TOWARDS HDL
LEVELS IN *HIGH FAT DIET-INDUCED WISTAR RATS*”**

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ABSTRACT

The excessive consumption of fatty foods may cause lipid metabolic disorder, such as low HDL plasma levels. This condition can increase risk of coronary heart disease and ischemic due to atherosclerosis. Soybeans, red dragon fruits peel and honey contain vitamin C that can increase HDL levels. This research aims to find out the effect of giving a combination of soymilk, red dragon fruit peel and honey (Delai Gama) drink on HDL levels in HFD-induced *Wistar* rats. This research using *True Experimental* design with *Pretest-Posttest Control Group Design*. The subject in this research are 15 mice aged 2-3 months weighing 150-250 grams which are divided to 3 groups, namely, the negative control group which was given standart feed as much as 20 gram, the positive control group which was given HFD feed as much as 22 gram and the treatment group was which given HFD feed as much as 22 gram and “Delai Gama” drink as much as 5 ml/day that given 2 times a day. The result of this study show HDL levels each group pretest and posttest significantly different in positive control group ($p = 0,004$, $pretest = 44,8 \pm 3,56$ SD, $posttest = 62,2 \pm 8,93$) and treatment group ($p = 0,046$, $pretest = 45,4 \pm 13,45$ SD, $posttest = 55,2 \pm 8,04$), whereas not significantly different in negative control group ($p = 0,080$, $pretest = 51,8 \pm 8,93$ SD, $posttest = 58,5 \pm 5,32$), and there was no significant different in the difference HDL levels between groups ($p = 0,008$). In conclusion, there is no effect of giving “Delai Gama” drink towards HDL levels in HFD-induced rats.

Keywords : “Delai Gama” drink; HDL levels; HFD-induced