

# THE EFFECT OF GIVING CAULIFLOWER PUDDING COMBINED WITH STRAWBERRY ON TOTAL CHOLESTEROL LEVELS IN WISTAR WHITE RATS HYPERCHOLESTEROLEMIA

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## ABSTRACT

*Hypercholesterolemia is one of the health problems with a high prevalence of incidence that is still a worldwide concern. Hypercholesterolemia occurs due to impaired fat metabolism, which can lead to increased blood fat levels caused by lipoprotein enzyme deficiency, lipase deficiency, and Low density Lipoprotein (LDL) receptor deficiency. Cauliflower and strawberries contain vitamin C, which can reduce cholesterol levels. This study aims to determine the effect of giving cauliflower pudding combined with strawberry on total cholesterol levels in hypercholesterolemic Wistar white rats. This research is a True Experimental design with a Pretest-Posttest Control Group Design approach. This study used 23 male Wistar rats aged 2-3 months weighing 150-250 grams which were divided into 3 groups. Group (K-) was given standard comfeed AD-II 20 grams/day and drinking water ad libitum, group (K+), induced HFD of quail yolk 1 ml/day, 1 ml/day goat fat, PTU Na CMC 0,5 % 1,08 mg/200BB by round and group (P) induced HFD of quail yolk 1 ml/day, 1 ml/day goat fat, PTU Na CMC 0,5 % 1,08 mg/200BB, cauliflower pudding combined with strawberry 6.3 grams given once for 14 days. Data on total cholesterol levels were analyzed using One Way Anova, Kruskal Wallis, Wilcoxon, and Paired T-Test tests. The test results of total cholesterol levels between pretest and posttest showed that there was a significant difference in the group (P) and group (K+), and there was no significant difference in the group (K-). The results of the difference test between pretest and posttest blood total cholesterol levels showed a significance value of  $P=0.003$  ( $P<0.05$ ), meaning that there was a significant difference between groups. Giving cauliflower pudding combined with strawberry has an effect on total cholesterol levels of hypercholesterolemia wistar white rats. However, it has not been able to normalize total blood cholesterol levels.*

**Keywords:** *Cauliflower, Hypercholesterolemia, Pudding, Strawberry, Total cholesterol*