

***The Effect of Green Okra and Red Guava Juice Jelly on Weight Changes in  
Hyperlipidemic White Rats***

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**ABSTRACT**

*Hyperlipidemia is a condition of increased lipid levels due to excessive consumption which results in unbalanced fat metabolism. Management of hyperlipidemic patients can be done by consuming fiber. Fiber will inhibit the process of fat absorption. The purpose of this study was to determine the effect of green okra jelly drink on hyperlipidemic white Wistar rats. This type of research uses true experimental with pretest posttest with control group. This study used 16 white Wistar rats with a weight of 150 – 300 grams aged 2 – 3 months and divided into 4 groups namely negative control group, positive control group, treatment group 1 (P1), and treatment group 2 (P2). The negative control group was given standard Ratbio feed and water ad libitum, the positive control group, treatment group 1 (P1), and treatment group 2 P(P2) were given HFD and water added with oil and 0.01% PTU. The dose of the jelly drink used in the treatment group 1 (P1) was 4.8 ml per head and in the treatment group 2 (P2) it was 9.7 ml with 2 times a day by sonde for 14 days. The results of this study indicated that green okra juice jelly drink had no significant effect on changes in body weight ( $P = 0.046$ ).*

*Keywords: jelly drinks green okra juice and red guava, weight, hyperlipidemia*