

***Effect of Giving Bran Flour and Purple Sweet Potato Flour Against HDL Levels In Metabolic Syndrome Patients***

**Ayu Dewi Mashytoh**  
Clinical Nutrition Study Program  
Department of Health

***ABSTRACT***

*Metabolic syndrome (SM) is a collection of disorders from cardiovascular diseases including high blood pressure, high blood sugar and decreased HDL levels. Cereals made from bran flour and sweet potato flour can help increase HDL levels by boosting fiber in bran and antioxidants in purple sweet potatoes. Fiber and antioxidants inhibit reporting synthesis resulting in increased HDL levels. The purpose of this study was to determine the effect of giving bran cereal and purple sweet potato flour on HDL levels in metabolic syndrome. The type of research used is quasi-experimental (Quasy Experimental) with the research design used is pretest-posttest with control group design by presenting a single blind. The samples in the study were 16 subjekts divided into 2 groups, namely 8 groups of subjekts who were given cereal flour and purple sweet potato flour at a dose of 210 grams / day and 8 groups of control subjekts who were given cereal flour and rice flour (placebo) for 14 days. The results showed that there were differences in pre-test and post-test HDL levels in the control group ( $p$  value = 0.010) and there were differences in HDL levels pre-test and post-test in the intervention group ( $p$  value = 0.010). The conclusion of this study is the provision of bran flour cereal and purple sweet potato flour cannot be said to have an effect on HDL levels in patients with metabolic syndrome. This is because the control group cannot be used as the standard group.*

***Keywords:*** Bran, High Density Protein (HDL), Metabolic Syndrome (SM), Purple Sweet Potatoes