

***Potential of Robusta Green Coffee Brewing Against LDL Levels in Hyperlipidemia Rats (Potensi Seduhan Bubuk Kopi Hijau Robusta terhadap Kadar LDL Tikus Hiperlipidemia)***

**Mariska Siti Maharani**  
Clinical Nutrition Study Program  
Department of Health

***ABSTRACT***

*Hyperlipidemia is a fat fraction disorder that often occurs due to increased levels of total cholesterol, LDL and triglycerides. Steeping green coffee powder can help reduce LDL levels of hyperlipidemic wistar rats by boasting the antioxidant content contained in green coffee beans, one of which is chlorogenic acid. Chlorogenic acid works to inhibit the oxidation of LDL to reduce LDL levels in the blood. The aim of this research was to see the potency of steeping robusta green coffee powder on LDL levels in hyperlipidemic rats. This research type is True Experimental with Pretest-Posttest Control Group. The study used 27 male white rats aged 2-3 months. Rats were divided into 2 control groups and 1 treatment group which were given robusta green coffee powder brewing at a dose of 3.6 ml / day for 28 days. Data were analyzed using Paired t-test and ANOVA. The results showed that there was no significant difference in pretest LDL levels ( $p = 0.158$ ), there was no significant difference in posttest LDL levels ( $p = 0.328$ ). There was a significant decrease in LDL levels in the pretest and posttest treatment groups ( $p = 0.047$ ). The conclusion of this study is that steeping robusta green coffee powder at a dose of 3.6 ml / day has the potential to change LDL levels in normal rats.*

***Keywords:*** *Hyperlipidemia, LDL Levels, Robusta Green Coffee Brewing.*