

**“THE EFFECT OF FEEDING ROBUSTA GREEN COFFEE
ON LDL LEVELS OF OBESIVE RATS”**

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ABSTRACT

Obesity occurs due to food intake in excess of nutrient requirements. Prolonged obesity can cause lipid profile disorders, such as increased LDL levels. Efforts to reduce LDL levels in obese patients by consuming foods that contain antioxidants, such as robusta green coffee brew. This study aims to determine the effect of giving robusta green coffee brew on LDL levels in obese rats. This study used a True Experimental design with a Pretest-Post Test with Control Group Design. This study used 24 male wistar strain rats which were divided into 3 groups. Group (K-) was given standard Rat Bio feed, group (K+) was given standard feed, liquid beef fat and liquid fructose, group (P) was given standard feed, liquid beef fat and liquid fructose and intervention in the form of robusta green coffee brew. Data were analyzed using Kruskal Wallis, One Way Anova, Mann Whitney and Wilcoxon. The results showed that there was no difference in blood LDL levels between treatment groups before giving robusta green coffee brew ($p=0.386$), there was a difference in LDL levels between treatment groups after giving robusta green coffee brew ($p=0.008$), there was no difference in LDL levels between each group before and after giving robusta green coffee brew ($p>0.05$) and there was no difference in the difference in LDL levels between groups before and after giving robusta green coffee ($p=0.052$). The conclusion of this study is that there is no effect of giving robusta green coffee brew on LDL levels in obese rats.

Keywords : *Obesity, LDL Levels, Robusta Green Coffee Brewing*