

The Effect of Giving Olive Turmeric Soy Cookies on Triglyceride Levels in Male Wistar Dyslipidemia Rats

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ABSTRACT

Dyslipidemia is the most important lipid fraction disorder, namely an increase in total cholesterol levels, LDL cholesterol, an increase in triglyceride levels, and a decrease in HDL levels. Efforts to overcome dyslipidemia through non-pharmacological therapy with nutritional therapy through foods containing flavonoids, namely olive turmeric soy cookies. This study aims to determine the effect of giving olive turmeric soy cookies which can reduce triglyceride levels in dyslipidemic mice. This type of research is true experimental with a Pretest-Posttest design with Group Design control. The research used 24 white rats, male, aged 2-3 months, weighing 150-200 grams, divided into 3 groups, namely the negative group given standard feed, namely Rat Bio, the positive group given standard feed, high-fat feed, namely quail egg yolk, butter, and beef tallow, and the treatment group was given high fat feed and soy turmeric olive cookies were given to mice at a rate of 21.79g/200gBW/day. The results of this study showed that there was a significant difference in triglyceride levels before the intervention ($p = 0.000$), there was a significant difference in triglyceride levels after the intervention ($p = 0.000$), there was no difference in triglyceride levels between groups ($p = 0.142$). So it was concluded that there was no effect of giving olive turmeric soy cookies on reducing triglyceride levels in dyslipidemic white mice.

Keywords: Triglycerides, Olive Turmeric Soy Cookies, Dyslipidemia, Wistar Rat Strain.