

The Effect Of Combination Oatmeal Drink With Cocoa Powder Towards Hdl Levels Galur Wistar Rats Diabetes Mellitus

Yusrina Nurdiana Al Ayyubi
Clinical Nutrition Study Program
Department of Health

ABSTRACT

The prevalence rate of patients diabetes mellitus in Indonesia has increased become 10,6% at 2021. There are various factors that cause Diabetes Mellitus one of them is an unhealthy lifestyles. The aims of this study was to determine the effect of giving a combination oatmeal drink with cocoa powder towards HDL levels galur wistar rats (*rattus novergicus*) diabetes mellitus. This research uses True Experimental design with PreTest-PostTest with Control Group Design. This research uses 30 rats which are divided randomly to 5 group: negative control group (K-), positive control group (K+), treatment group 1 (P1), treatment group 2 (P2), and treatment group 3 (P3). Rats induced with 40 mg/g and high fat diet of Comfeed Ad II 90%, lard 20%, and duck egg yolk 2 mL for 21 days. The treatment provide was 10 mL/day of oatmeal drink (P1), 10 mL/day of oatmeal drink and 0,036 mg/day of glimepirid (P2), and 0,035 mg/day of glimepirid (P3). The examination of HDL levels using CHOD-PAP. Data were analyzed with Kruskal Wallis test, One Way Anova, Paired T-Test, and Wilcoxon. There no significant different in HDL levels between pre-test and post-test in P1 group ($p = 0,893$). The conclusion of this study that there no effect of giving a combination of oatmeal drink with cocoa powder towards HDL levels galur wistar rats (*Rattus novergicus*) diabetes mellitus.

Keyword : Oatmeal Drinks, HDL Levels, High Fat Diet