

# ***“THE EFFECT OF GIVING RED DRAGON FRUIT PEEL JELLY DRINK ON LDL LEVELS OF MALE WISTAS RATS WITH DYSLIPIDEMIA”***

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## ***ABSTRACT***

*Consuming foods high in fat, especially saturated fats rich in cholesterol, can elevate total cholesterol and LDL levels. One of the effective efforts to regulate LDL cholesterol is non-pharmacological therapy by consuming a type of food ingredient that contains vitamin C, namely red dragon fruit peel. This study aims to determine the effect of giving red dragon fruit peel jelly drink on the LDL levels of male wistar rats with dyslipidemia. The type of research is true, experimental, with the Pretest-Posttest Control Group Design approach. This study used 27 Wistar rats aged 2-3 months with a weight of 150-250 grams which were divided into 3 groups, namely the negative control group (K-) given Rat Bio standard feed as much as 20 grams/head, the positive control group (K+) who was given high-fat feed as much as 20 grams/head and the treatment group who were given high-fat feed as much as 20 grams/head and red dragon fruit peel jelly drink through a gastric sonde with a dose of 12 ml/head/day with administration three times a day. The results of this study showed that there was a significant difference in LDL levels in each group before and after the intervention in the positive control group ( $p = 0.002$ , pretest =  $36.33 \pm 8.87$  SD, posttest =  $4067 \pm 8.09$ ) and treatment ( $p = 0.002$ , pretest =  $33.86 \pm 5.43$  SD, posttest =  $21.86 \pm 5.34$ ), while there was no significant difference in the negative control group ( $p = 0.275$ , pretest =  $19.63 \pm 3.16$  SD, posttest =  $20.63 \pm 4.44$ ). So it can be concluded that there is an effect of giving red dragon fruit peel jelly drink on the LDL levels of dyslipidemia male wistar rats.*

**Key words:** *Red dragon fruit peel jelly drink, LDL, Dyslipidemia*