

EFFECT OF BARONGKO CAKE BANANA KEPOK YELLOW (*Musa paradisiaca* L.) HDL AND LDL RATE OF HYPERCOLESTEROLEMIA PATIENTS IN CLINIC JEMBER

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ABSTRACT

People's lifestyle and diet to eat fast and fatty food causes hypercholesterolemia. Consuming dietary fiber is an effort to prevent it. Dietary fiber can inhibit cholesterol absorption, decrease cholesterol concentration and improve cholesterol excretion through feces. Barongko is a cake made from banana and has high fiber. The purpose of this study was to determine the effect of barongko consumption on HDL and LDL. It is an experimental quasi with nonrandomized Pre-test Post-Test Control Group Design. The analysis used Shapiro Wilk normality test and Independent Samples T-Test, Paired Samples T-Test, Wilcoxon and Mann Whitney. The subjects are 22 people. The result shows there was no difference in HDL levels between group before (pre test) ($p = 0.067$) and there was a difference of HDL levels between group after (post test) ($p = 0.001$). While for LDL level shows no difference between group before (pre test) ($p = 0.228$) and after (post test) ($p = 0.748$). There was a difference of HDL and LDL levels before (pre test) and after (post test) in the control group ($p = 0.005$) ($p = 0.001$) and treatment group ($p = 0.003$) ($p = 0.0001$). There was a difference in HDL between the two groups ($p = 0.0001$) and there was no difference LDL levels between the two groups ($p = 0.069$).

Keywords: Hypercholesterolemia, HDL, LDL, Barongko Cake Banana Kepok Yellow