

**Pengaruh Minuman Cokelat Terhadap Kadar *High Density Lipoprotein* (HDL) Pada Tikus Putih Galur Wistar Model Dislipidemia.** (*The Effect of Chocolate Drink on High Density Lipoprotein Levels in White Wistar Rats with Dyslipidemia Models*).

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**ABSTRACT**

*Dyslipidemia is a disorder of blood fat levels, this disorder in the form of abnormalities in blood fats, namely an increase in total cholesterol levels, a decrease in High Density Lipoprotein (HDL) levels, an increase in Low Density Lipoprotein (LDL) levels, or an increase in triglyceride levels in the blood. Efforts that can be made to reduce lipid levels include increasing fiber intake, reducing carbohydrate intake, reducing saturated fatty acid intake, increasing daily physical activity. Cocoa (*Theobroma cacao* L) is one of the Indonesian plantation products that contains polyphenol compounds that act as antioxidants. Polyphenol compounds found in cocoa powder can function to increase HDL levels and reduce LDL levels. The purpose of this study was to see the effect of drinking on HDL levels in dyslipidemia model Wistar rats. This type of experimental research (True Experimental) with the research design used was a design (Pretest-Posttest Control Group Design) and was carried out randomly or randomly. The sample used was 25 white male Wistar rats, with 5 mice in each group, aged  $\pm$  2 months, weighing 150-200 grams. In this study, there were 5 treatment groups, namely the positive control group, the negative control group, the treatment group (P1) which was intervened with drinks with chocolate drinks at a dose of 5.3 ml / day, (P2) which intervened with chocolate drinks at a dose of 5.3 ml / day and simvastatin drug at a dose of 0.18 mg / 200 gram BW / day, and (P3) simvastatin drug intervention at a dose of 0.18 mg / 200 gram BW / day. Data were analyzed by One Way Anova test and Paired T-Test. In conclusion, based on the difference between pretest and posttest, the drink did not significantly influence the reduction of HDL levels in rats. There was a change in HDL levels in all groups after intervention with the proportion of decreasing HDL levels in treatment group II (P2).*

**Keywords:** *Chocolate drink, HDL levels, Dyslipidemia.*