

## ABSTRACT

*Hypercholesterolemia is a risk factor of coronary heart disease (CHD), which is a condition when the cholesterol circulating in the blood exceeds normal. Zucchini Pumpkin fruit contains fiber that can lower total blood cholesterol levels. The purpose of this study was to analyze the effect of zucchini pumpkin against total blood cholesterol levels. This research is a laboratory experimental research with pre test - post test with control group design. Samples are male Wistar rats aged 2 months, induced by high-fat diet, were given a raw zucchini pumpkin juice at a dose of 9 ml / day. Total cholesterol levels checked with a blood sample through orbital sinus mouse eye. Data were analyzed by paired t-test and ANOVA pairs using a computer program. There are differences in total cholesterol levels before and after administration of zucchini pieces in each treatment, value for the treatment group ( $p = 0.000$ ) with a mean  $\pm$  SD values before ( $84.7 \pm 6.0$ ) after ( $39.0 \pm 1.8$ ). Treatment zucchini pumpkin juice helps lower cholesterol levels hypercholesterolemic rats*

**Keywords:** *Pumpkin fruit Zucchini, hypercholesterolemia, total cholesterol levels*