INTERVENSI *UNRIPE BANANA FLOUR (Musa acuminata)* TERHADAP PERBEDAAN BERAT BADAN TIKUS DISLIPIDEMIA

Intervention of Unripe Banana Flour (Musa acuminata) on the Differences of Dyslipidemic Rat's Body Weight

Nurul Faiziah

Clinical Nutrition Study Program

Department of Health

ABSTRACT

Dyslipidemia is a condition in which there is an increase in cholesterol, triglycerides, LDL and decreased HDL levels in the blood. Being overweight is an important risk factor for dyslipidemia. One way to increase the body weight of dyslipidemic patients is through the provision of berlin banana flour. Bananas are believed to be able to lose weight due to the high RS content of 40.01% in 100 grams of bananas. The purpose of this study was to determine differences in body weight in dyslipidemic rats before and after the Unripe Banana Flour (Musa acuminata) intervention. This type of research is true-experimental with pretest - posttest with control group. This study used 15 male wistar rats weighing between 150-200 grams aged 2 -3 months. Rats were divided into 2 control groups, namely the K- group with ratbio intervention and K+ with HFD intervention and 1 treatment group given unripe banana flour (UBF) with a dose of 0.144 g/head/day for 30 days. Body weight was measured using a digital scale with an accuracy of 0.1 kg. Data were analyzed by One Way Anova test followed by Post Hoc or Man Whitney test, and Paired T-test was performed with the result that there was a significant difference in body weight of dyslipidemic rats before and after the intervention (p= 0.030). Administration of UBF caused a significant difference in body weight between before and after the intervention.

Keywords: *Weight, Dyslipidemia, Unripe Banana Flour*