

The Correlation Vegetarian Diet With Total Cholesterol, Triglycerides, and Blood Pressure

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ABSTRACT

Vegetarian diet is a diet that does not consume all animal meat and consumes only vegetables, fruits, nuts, seeds and other vegetable materials. The increasingly popular vegetarian diet is increasingly popular because it has a good health impact on the body, especially vegan type vegetarian. This study aims to determine the relationship between vegetarian diet with total cholesterol, triglycerides and blood pressure in the community of Indonesia Vegetarian Society (IVS) Surabaya branch. The study was conducted during December 2016 to January 2017 at the Surabaya Society of Indonesia Vegetarian Society (IVS) community. The method of this research is observational method with cross sectional approach with population of 1100 members. Sample size in this study 26 respondents with sampling technique accidental sampling. The independent variable of this study is the Vegetarian Diet. Methods of data collection through interviews on general data of respondents and direct measurement of total cholesterol, triglycerides and blood pressure. Statistical analysis using SPSS 16 with Somers'd and Spearman correlation test. The result showed that $p > 0,05$ for consumption level and $p < 0,05$ for diet so there was no correlation of consumption level with total cholesterol, triglyceride and blood pressure except consumption level (fat) with total cholesterol level and there was a relationship Between a vegetarian diet with total cholesterol, triglycerides and blood pressure. All respondents are expected to adopt a vegetarian diet by consuming a variety of foods to suit the needs of the body while keeping in mind the vegetarian pyramid and vegan diet guide.

Keywords: *Blood pressure, Total cholesterol, Triglycerides, Vegetarian diet*