

The Effect of Barongko Yellow Kepok Banana (*Musa paradisiaca L.*) on Triglyceride Levels of Patients with Dyslipidemia in Clinic In Jember

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ABSTRACT

Yellow kepok banana can be used as an alternative to help therapy decrease triglyceride levels because it contains high fiber. Barongko is a cake made from ripe banana that is crushed and mixed with some ingredients such as milk, chicken eggs, sugar and salt, then steamed for 30 minutes. The purpose of this study was to determine the effect of banana kepok banana to the level of triglyceride patients outpatient dyslipidemia at Clinic Jember. This research is a true experimental research with approach of Pre-test Post-Test Control Group Design. Data analysis in this study used Shapiro Wilk normality test and then using wilcoxon and independence t test. Total subjects were 21 subjects, with 10 subjects in the control group and 11 subjects in the treatment group. The results showed no difference of triglyceride levels between groups before (pre test) ($p=0,218$) and after (post test) ($p=0,622$). There was a difference of triglyceride level before (pre test) and after (post test) in control group ($p=0,02$) and treatment group ($p=0,007$). There was no difference in the difference of triglyceride levels between the two groups ($p = 0.269$). The conclusion showed no effect of banana snack cake consumption on triglyceride levels of dslipidemia patients.

Keywords: *Dyslipidemia, Triglycerides, Barongko Yellow Kepok Banana Cake*