

The Effect of Giving Gembili Flour (Dioscorea Esculenta) and Soybean Flour (Glycine Max) Snack Bar on Total Cholesterol Levels in White Rats (Rattus Novergicus) Dyslipidemia

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ABSTRACT

Dyslipidemia is a fat metabolism disorder characterized by an increase or decrease in the fat fraction in plasma, one of which is an increase in total cholesterol levels. Non-pharmacological therapy that can be done is by providing high-fiber nutritional intake that can reduce cholesterol levels in the blood. One of the high-fiber foods is a snack bar made with 90 grams of gembili tubers and 10 grams of soy flour which contains 7.16% fiber. The purpose of this study was to determine the effect of giving a snack bar made with the basic ingredients of gembili tubers and soybean flour as a combination of the use of the drug simvastatin on reducing total cholesterol levels in dyslipidemic white rats (Rattus norvegicus) Wistar strain. This type of research is True experimental with Pretest-Posttest Control Group Design approach. This study used 18 rats aged 2-3 months weighing 150-250 grams which were divided into 3 groups, namely negative control, positive control, and treatment. The negative control group was only given standard feed. The positive control group was given quail egg yolk, 0.01% PTU and standard feed. While the treatment group was given quail egg yolk, 0.01% PTU, snack bar and standard feed. The results showed that there was no difference in cholesterol levels before and after the intervention in the negative control ($p = 0.336$), positive control ($p = 0.090$) and treatment group ($p = 0.525$). So, it can be concluded that there is no effect of giving gembili flour and soybean flour snack bars to the cholesterol levels of dyslipidemic wistar rats

Keywords : *Gembili flour and soybean flour snack bar, Total cholesterol level, Dyslipidemia.*