

The Effect of Combination Avocado (*Persea Americana Mill*) Sweet Starfruit (*Averrhoa Carambola Linn*) Juice Consumption on Cholesterol Levels Patient with Hypercholesterolemia in Puskesmas Ajung Jember Regency

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ABSTRACT

Hypercholesterolemia is a condition of high cholesterol levels (normal < 200 mg/dl) in the blood which causes thickening of the walls the blood vessels, so it causes narrowing of the holes in the blood vessels. Cholesterol is a fat derivative which is a chemical compound of the lipid or fat group that is widely found in food and body. This study aims to analyze The Effect of Combination Avocado (*Persea Americana Mill*) Sweet Starfruit (*Averrhoa Carambola Linn*) Juice Consumption on Cholesterol Levels in Patients with Hypercholesterolemia at the Ajung Public Health Center Jember Regency. This type of research is *Quasi Experimental* with a *pretest and posttest control group design* research design. The subject taking technique was *Purposive Sampling* with the number of research subjects are 20 respondents with hypercholesterolemia which were divided into 2 groups. The first group was people who that consumed 390 ml of sweet starfruit juice containing 25,8 mg with a ratio of 200 grams of sweet starfruit and 100 grams of avocado with 50 ml of water, given once a day for 7 days. The second group is a control one that is not given a gift. The analysis used in this research is the *Paired Sample T-Test*, *Mann-Whitney Test*, and *Ancova Test*. There is an effect of consumption of the juice on cholesterol levels where the *Mean Rank of the pretest* is 13,65 and the *Mean Rank of the posttest* is 7,35 with *p value=0,017*. The conclusion of this study that there is an effect of combination consuming avocado sweet starfruit juice on cholesterol levels in patients with *Hypercholesterolemia*.

Keywords: *Hypercholesterolemia, Avocado Sweet Starfruit Juice, Cholesterol Levels.*