ABSTRACT

Uun Nasrillah. B4110759. Department of health, Clinical Nutrition Course, Jember State Polytechnic, 15 September 2014. Effect of Kiwi fruit (Actinidia deliciosa) against the levels of LDL cholesterol (Low-density Lipoprotein) and HDL (High Density Lipoprotein) in White Rat (Rattus Norvegicus, L) Hiperkolesterolimia. The Final Project, The Department Of Health Of The State Polytechnic Jember. Supervisor, Chairman Of The Commission: Agustina Endah W, S. Sos, M. Kes, Members: Devi Ermawati, S. Gz., M. Gizi.

Kiwi fruit are potentially against lowering cholesterol. The content of which is expected to be able to lower blood cholesterol levels of vitamin c. Vitamin C was associated with the metabolism of cholesterol and vitamin C deficiency increases the synthesis of cholesterol. Cholesterol metabolism of vitamin C role the cholesterol rate increase thrown in the form of bile acids, increases levels of HDL and functioned as a laxative so improve sewage and will eventually decrease the absorption of bile and acid will again become cholesterol.

The purpose of this research is to know how the granting of kiwi fruit on the levels of LDL and HDL hiperkolesterolemia white mice. This type of research is experimental research (True Experimental). Design research design used was pre-posttest with control group (pre-posttest with control group. The sample used is white rat males aged 2-3 months, the high-fat diet induced, kiwi fruit and given a dose of 1.8 gr, 2.7 gr and 3.6 gr/200 gr bw/day, for 14 days. Levels of LDL and HDL checked by the method GOD-POD. Data were analyzed with paired t-test and Anova test, followed by LSD. There is a difference in LDL and HDL levels before and after treatment in the treatment group 3 against ($p < 0.05$) with a dose of kiwi fruit 3,6 gr/200 gr bw/day with LDL levels decrease of 9.8% and increased levels of HDL of 44.6%. Granting of kiwi fruit can lower levels of LDL and raise HDL levels equivalent to the drug simvastatin

Keywords: Kiwi fruit, levels of LDL and HDL, Hiperkolesterolemia