

ABSTRACT

Influence of Fruit grant of Pepino (*Solanum Muricatum* Aiton) against the levels of Triglyceride of rats (Sprague Dawley) Hiperkolesterolemia, Tuty Alawiyah, Nim B4110747 Ayu, by 2014, nutrition clinic, Jember State Polytechnic, IR. Rindiani, MP (Supervisor I) and Puspito Arum s. Gz, m. (Supervisor II) Nutrition.

Hiperkolesterolemia was risk factor for cardiovascular disease the main cause of death in the world. One alternative that could decrease triglyceride levels in the blood are the foods that contain high fiber. Fiber could lower levels of triglycerides in the blood by increasing the excretion of bile and fermentation of fiber will produce short-chain fatty acids. Pepino was fruit that contain high fiber of 5 gr per 100 gr

The purpose of this research was to know the influence of pepino to the triglyceride levels of rats hiperkolesterolemia. This type of research was experimental with true-pre test – post test control group design with. Samples of the male wistar rat was 2 months old, high-fat diet induced, and given the fruit of pepino dose 9 10 gr, gr, and 11 gr/200 gr BB rats, for 14 days. Triglyceride levels checked by the GOD-POD method. Data were analyzed with paired t-test and Anova test, followed by LSD. There was a difference in total cholesterol levels before and after treatment in the treatment groups 1,2 and 3 ($p < 0.05$) with a dose of pepino 9 gr/200 gr BB rat/day, 10 gr/200 gr BB rat/day with and 11 gr/200 gr BB rat/day decrease of 8,4%, 12,1% and 14,13%. The granting of the fruit could lower triglycerides levels pepino and almost close to decrease the dose of the drug simvastatin.

Keywords: Pepino, Triglyceride Levels, Hiperkolesterolemia