

***The Effect of Combination of Lime Juice and Pineapple Juice on Reducing
LDL Levels in Wistar Rats***

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ABSTRACT

LDL (*Low Density Lipoprotein*) is a lipoprotein that has the highest cholesterol content compared to other lipoproteins (Winarso, et al). Controlling the increase in LDL cholesterol can be done with non-pharmacological therapy by providing intake of flavonoid nutrients that can reduce LDL cholesterol levels in the blood. One of the foods high in flavonoids is lime juice and pineapple juice made with 70 ml of lime and 30 ml of pineapple juice which contains 37.6 mg of flavonoids. The purpose of this study was to determine the effect of lime juice and pineapple juice on reducing LDL cholesterol levels in wistar rats. This type of research is True experimental with Pretest-Posttest Control Group Design approach. This study used 21 rats weighing 150-250 grams which were divided into 3 groups; negative control, positive control, and treatment. The negative control group was only given standard feed. The positive control group was given cooking oil and standard feed. While the treatment group was given lime juice and pineapple juice, used cooking oil, and standard feed. The results showed that there was no difference in LDL cholesterol levels before and after the intervention in the negative control group ($p = 0.013$), positive control ($p = 0.626$) and treatment ($p = 0.139$). So, it can be concluded that there is no effect of giving lime juice and pineapple juice to reduce LDL cholesterol levels in wistar rats.

Keywords: Pineapple Juice and Lime Juice, LDL Cholesterol