

ABSTRACT

MEAN DIFFERENCE OF SERUM TRIGLYCERIDE LEVEL BEFORE AND AFTER CONSUMPTION OF INULIN DIETARY FIBER FROM BROCCOLI EXTRACT FORTIFIED DRINK ON OBESITY STUDENTS IN MEDICAL FACULTY LAMPUNG UNIVERSITY

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Obesity is a condition with abnormal fat accumulation or excessive adipose tissue that can be detrimental to health. Health impact that can happen to obesity patients is dyslipidemia that characterized with increase of serum triglyceride level. High consumption of fiber is one way that can be done to prevent dyslipidemia. Examples of fibers which can be used are inulin and may be fortified with extracts of broccoli. The purpose of this study was to determine mean difference of serum triglyceride level before and after consumption of inulin dietary fiber from broccoli extract fortified drink on obesity students.

The method is quasi experimental with by one group before and after design. Population in this study was all obesity students in Medical Faculty Lampung University. There were 35 sample taken from population with consecutive sampling technique.

The result show the mean of serum triglyceride level before consumption of inulin dietary fiber from broccoli extract fortified drink is $70 \pm 23,9$ mg/dl and mean after 28 days of consumption is $67 \pm 21,2$ mg/dl. Conclusion of this study found that there was significant difference between serum triglyceride level before and after consumption inulin dietary fiber from broccoli extract fortified drink ($p=0,032$) on obesity students in Medical Faculty Lampung University.

Keywords: broccoli extract, dyslipidemia, inulin, obesity, serum triglyceride