

ABSTRACT

MEAN DIFFERENCE OF TOTAL CHOLESTEROL SERUM BEFORE AND AFTER CONSUMPTION OF BROCCOLI EXTRACT DRINK FORTIFIED WITH INULIN ON OBESITY STUDENTS IN MEDICAL FACULTY LAMPUNG UNIVERSITY

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Obesity prevalence tend to increase. Obesity in teenagers has been associated with comorbidity incidence in adults age. This is related to how obesity can cause hypercholesterolemia. Ingredients that can lower the level of cholesterol serum is dietary fiber, the example is inulin. Inulin has become fortified ingredients for extract broccoli drink that also contains high fiber. The aim of this study was to determine mean difference of cholesterol total serum before and after consumption of extract broccoli drink fortified with inulin on obesity students.

This research was 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 results show the mean of total cholesterol serum before consumption of broccoli extract drink fortified with inulin is $173 \pm 2,367$ mg/dl and mean after 28 days of consumption is $164 \pm 2,047$ mg/dl. This suggest that there was significant difference between total cholesterol before and after consumption with p value= 0,003.

Keywords: broccoli extract, inulin, total cholesterol

