

## **ABSTRACT**

### **THE CORRELATIONS OF SOY PROTEIN CONSUMPTION AND DIETARY FIBER CONSUMPTION WITH TOTAL CHOLESTEROL LEVEL IN PUSKESMAS KEDATON BANDAR LAMPUNG'S PATIENTS**

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Increased levels of total cholesterol serum is one of lipid metabolism disorder sign (dislipidemia). The main consequences of dislipidemia is coronary heart disease (CHD). Soy protein and dietary fiber are believed have hypocholesterolemic effect. This study aimed to determine the correlation of soy protein and dietary fiber consumption with total cholesterol level.

This study was conducted on Desember 2015 until January 2016 in Puskesmas Rawat Inap Kedaton Bandar Lampung with observational analytic method and cross sectional approach. Sampling was taken by consecutive sampling and obtained 40 respondents, aged 18-45 years. Soy protein and dietary fiber intakes were collected by SQFFQ. Fasting total cholesterol level was measured by fotometric with CHOD-PAP method. Data were analyzed with univariate and bivariate by Pearson correlation test.

Mean intakes of soy protein, dietary fiber, and serum total cholesterol level of respondents are  $15,35 \pm 10,68$  gram/day,  $7,34 \pm 3,06$  gram/day, and 178 mg/dL. Correlation coefficients showed that total cholesterol was negatively associated with soy protein and dietary fiber intake ( $p = 0,043$ ,  $r = -0,321$ ;  $p = 0,010$ ,  $r = -0,402$ ).

In conclusion, there were correlation between soy protein and dietary consumption with cholesterol total level. The higher consumption of soy protein and dietary fiber, the lower serum total cholesterol.

Keyword: dietary fiber, soy protein, total cholesterol level