

ABSTRACT

The Relation Of Fat Intake, Fiber Intake And Vitamin E With Total Cholesterol Level Of Thepatients Who Suffer Hypercholesterolemia In The Regional Public Hospital K.R.M.T Wongsonegoro, Semarang City

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Hypercholesterolemia is a disorder metabolism that marked by increasing total cholesterol level in the blood (more than 120 mg/dl). The risk factors that can be changed related to total cholesterol level are nutrition status, physic activity adn food intake/diet such as fat, fiber and vitamin E. The purpose of the research is to find the relation of fat intake, fiber intake and vitamin E intake with total cholesterol level of the patients who suffer hypercholesterolemia.

This research is an observasional analytic research with cross sectional approach. The writer use concecutive sampling with 23 peopleas a population. So, this research got 21 sample who occupy inclusion criteria. This research conducted on July-August 2017. The variable data is gotten form Food Frequency Semi Quantitative by using interview.

The result of teh research is the sample have high total cholesterol level's average 245 mg/dl, more of fat intek is 88.02 gr, less of fiber intake is 16,49 gr and less of vitamin E is 8.8 mg. The relation of fat intake with total cholesterol level of the patients who suffer hypercholesterolemia ($p=0.00$). But, there is no relation of fiber intake with total cholesterol level ($p=0.447$) and vitamin E intake with total cholesterol level ($p= 0.802$).

Keywords : Fat intake, Fiber intake, Vitamin E intake, total cholesterol level