ABSTRACT

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

Rizqi Nur Baeti¹, Hapsari Sulistya Kusuma², Yunan Kholifatuddin S³
¹,²,³Nutrition Science Study Program The Faculty of Nursing and Health
University of Muhammadiyah Semarang

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, physical activity and 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 observational analytic research with cross sectional approach. The writer use consecutive sampling with 23 people as 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 the research is the sample have high total cholesterol level’s average 245 mg/dl, more of fat intake 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

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