

MICRONUTRIENT CONTENT IN DANGKE AS A TRADITIONAL FOOD ON CHANGES IN TOTAL CHOLESTEROL AND TRIGLYCERIDE LEVELS IN OBESE WHITE RATS

Asrini Safitri¹, Aryanti Bamahry², Ida Royani³, Dian Fahmi⁴, Inna Muthmainnah⁵, Rezky Pratiwi⁶, A.Putri Salwa⁷, A.Sahra Salsabilla⁸

^{1,2,3,4,5} Nutritional Department, Faculty of Medicine, Universitas Muslim Indonesia

⁶ Histology Department, Faculty of Medicine, Universitas Muslim Indonesia

^{7,8} Medical Education Study Program, Faculty of Medicine, Universitas Muslim Indonesia

Correspondence Email: asrini.safitri@umi.ac.id

Background: Obesity is an excessive accumulation of fat in the body that disturbs health with the risk of metabolic system disorders in the form of increased cholesterol and triglycerides in the blood. The prevalence of obesity in Makassar city is 24.05%. Food is part of the culture in a region, one of which is in Indonesia, precisely in Enrekang, famous for dangke food, which is traditionally processed food using buffalo milk. Some research results show that dangke has a high nutritional content contained fat, protein and water. Scientific studies on the details of how many percent of micronutrient content such as vitamin C, vitamin A, selenium and *zinc* in dangke are very limited. **Objectives:** To determine the micronutrient content of dangke on changes in total cholesterol and triglyceride levels in obese white rats. **Methods:** Pure experimental with Pre Post Randomized Clinical Trial Design research design. Data analysis using independent T test/Mann-whitney test and paired T test/Wilcoxon Signed Rank Test with P value <0.05. **Results:** Dangke micronutrient content contains vitamin C 0.001988%, vitamin A 0.00613%, which was tested using *spectrophotometric* method. For mineral levels obtained, selenium mineral 0.00000174%, *zinc* mineral 0.002729%, which was tested using the *ICP-MS* method. Changes in total cholesterol and triglyceride levels before and after the intervention in the control group obtained p values of 0.12 and 0.01, meaning there were no significant changes in cholesterol and there were significant changes in triglycerides, while changes in total cholesterol and triglyceride levels before and after the intervention in the dangke group p values of 0.47 and 0.12, meaning there were no significant changes in total cholesterol and triglyceride levels. The difference in total cholesterol and triglyceride levels before the intervention in the control and dangke groups obtained p-values of 0.37 and 0.78, meaning that there were no significant changes in total cholesterol and triglyceride levels, while the difference in total cholesterol and triglyceride levels after the intervention in the control and dangke groups obtained p-values of 0.38 and 0.32, meaning that there were no significant changes in total cholesterol and triglyceride levels. **Conclusion:** There was no significant change in total cholesterol and triglyceride levels in the control and intervention groups but there was a tendency to decrease total cholesterol and triglyceride levels after the intervention in the dangke group. While the micronutrient content of vitamin A is higher than the levels of other parameters

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