ABSTRACT

Foods that are high in fat can increase lipemic levels in the blood. Lipemia can be caused by an increase in the concentration of lipoproteins in the blood. This condition can be detrimental to UDD PMI because many bags are wasted and lipemic blood plasma cannot be processed into several blood components. Donors who are at risk of lipemia in their plasma may be caused by several factors such as a high-fat diet. The purpose of this study was to determine the relationship between donor diet and lipemic incidence based on the results of visual examination at UDD PMI Lumajang Regency. The research method used a cross sectional approach with accidental sampling technique with a sample of 45 people. Analysis of research data using Chi Square test. The results of the analysis obtained a value of p=0.145 which means that there is no significant relationship between the donor's diet and the incidence of plasma lipemia. Future researchers should conduct research on factors that cause lipemia, especially physical activity and medical history.

Keywords*: Diet, donor, lipemic*