

ABSTRACT

ALFA SHOBAB NAILAL FITHRI. 2024. The Effect of Giving Takokak Milk (Solanium Torvium) on Total Cholesterol Levels in Women of Productive Age 20 - 45 Years in Singosari, Malang Regency. Bachelor of Applied Nutrition and Dietetics Study Program, Department of Nutrition, Polytechnic of Health Ministry of Health Malang. **(under the guidance of: Dr. Nur Rahman, STP, MP, RD dan Dr. Annasari Mustafa, SKM, M. Sc, RD).** Deaths caused by non-communicable diseases are increasing every year in the world. Data from WHO shows that more than three-quarters of global NCD deaths (31.4 million) occur. The disease that includes non-communicable diseases in Malang Regency with a high prevalence is hypercholesterolemia. This is because in Malang Regency who consume high cholesterol foods more than 1 time per day is still high at 48.29%. Takokak fruit contains antioxidant sources in the form of alkaloids, flavonoids, saponins, tannins, and glycosides. Alkaloids are able to reduce cholesterol levels in the blood by inhibiting the work activity of HMG-KoA reductase in the process of cholesterol synthesis, able to increase bile secretion, and can spur the excretion of cholesterol through feces, so that cholesterol in the blood will decrease. This type of research is quantitative with bivariate analysis techniques using the saphiro wilks and wilcoxon tests. There is no effect of giving takokak milk on the level of compliance with the product intervention. There is no effect of consumption levels between groups before and after product administration on the nutritional needs and vitamin C of respondents. There is an effect of takokak milk on total cholesterol levels in productive age women after product administration.

Keywords: Hypercholesterolemia, Takokak, Women.