

THE EFFECT of *Extra Virgin Coconut Oil* (VCO) on LDL CHOLESTEROL CONTENT in RATS (*Rattus novergicus*) with HIGH-FAT DIET

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ABSTRACT

The aims of this study was to find out the prosperity of *Extra Virgin Coconut Oil* to decrease LDL cholesterol in rats with high-fat diet. *Extra VCO* content high value of *Medium Chain Fatty Acid* (MCFA) which easily absorbed in the body and could be changed in to energy. The experiment used 20 samples of rats and it was treated by high-fat diet in a month. After that the samples were classified into two groups, and 10 replication. Control group (P0) were treated by aquadest and the other groups (P1) were treated with *Extra VCO*. The blood from each samples was taken in the end of study to find out the effect of *Extra VCO*. The discussion of this study was *Extra VCO* metabolism didn't induce in normally lipid metabolism. The result of this study showed that *Extra VCO* couldn't decrease the value of LDL cholesterol in rats with high-fat diet.

Key word : Extra VCO, LDL Cholesterol, High-fat diet