

Hubungan asupan medium chain dan long chain saturated fatty acid terhadap kadar malondialdehida pada wanita suku Minangkabau dan Sunda = Relationship between medium chain and long chain saturated fatty acids intake and malondialdehyde levels in Minangkabau and Sundanese women

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Abstrak

ABSTRAK

Pola asupan makanan berlemak pada suku Minangkabau dan Sunda berbeda. Makanan berlemak berisiko meningkatkan penyakit tidak menular. Penelitian studi potong lintang ini bertujuan untuk mengetahui hubungan asupan medium chain saturated fatty acid MC-SAFA dan long chain saturated fatty acid LC-SAFA terhadap kadar malondialdehida MDA plasma pada wanita 19-50 tahun suku Minangkabau dan Sunda. Pengumpulan data asupan makanan dengan 2x24 hours food recall dan metode spektrofotometri untuk kadar MDA plasma. MC-SAFA pada suku Minangkabau 17,6 8,8-35,6 g/hari lebih tinggi bermakna dibandingkan Sunda 12,6 9,7-17,8 g/hari p=0,010. LC-SAFA suku Minangkabau 13,2 10,0-17,3 g/hari lebih tinggi bermakna dibandingkan Sunda 10,1 7,1-14,0 g/hari p

ABSTRACT

The pattern of fatty food intake in Minangkabau and Sundanese is different. Fatty foods increase the risk of non communicable diseases. This cross sectional study was aimed to determine the relationship between medium chain saturated fatty acid MC SAFA and long chain saturated fatty acid LC SAFA to malondialdehyde MDA levels in 19-50 years old women of Minangkabau and Sundanese. Data collection of food intake using 2x24 hours food recall and spectrophotometric method for MDA levels. MC SAFA in Minangkabau was 17.6 8.8-35.6 g day, significantly higher than Sundanese, which was 12.6 9.7-17.8 g day p 0.010. LC SAFA of the Minangkabau was 13.2 10.0-17.3 g day, significantly higher than Sundanese, which was 10.1 7.1-14.0 g day p