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Beneficial effect of predominantly coconut oil consumption on lipid profile: a study of a rare population in Indonesia

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ABSTRACT

Coconut oil is a source of fat which still sparks controversies when it comes to function. Some stated it can worsen lipid profile which then play an important role as a risk factor of cardiovascular disease. This cross sectional study was conducted in Indonesia involving 57 participants who used coconut oil as a predominant source of fat. Body mass index, physical activity and dietary intake were considered as subject characteristics. Serum concentrations of total cholesterol, triglyceride, LDL-c, HDL-c were determined by using the enzymatic method and Apo A1 were determined by using immunoturbidometry method. Result implied normal range of lipid profile and 78.95% of the subjects have optimal LDL-c/HDL-c ratio. Majority of the subjects (61.4%) have acceptable level of Apo A1, it showed that they have good HDL-c level. These results are consistent with other studies that support beneficial effect of coconut oil on lipid profile.

Keywords: coconut oil, profil lipid, Apolipoprotein A1, LDL-c/HDL-c ratio, Indonesia, *Cocos nucifera*