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**THE APPLICATION CONSUMPTION OF RICE BRAN TO BLOOD
CHOLESTEROL LEVELS IN HYPERCHOLESTEROLEMIA
PATIENTS IN KRATONAN SURAKARTA**

ABSTRACT

Background ; Hypercholesterolaemia is a condition where blood cholesterol levels in the body exceed normal limits. This situation if not addressed will increase the risk of stroke and coronary heart disease that can cause death. One of the non-pharmacological treatment efforts that can be taken that is by using bran, during this bran is only used as animal feed. Bran is a by-product of brown rice husk that is brownish. The content of fiber in bran is able to lower blood cholesterol levels in the body. **Aim ;** This study aims to determine the effect of rice bran on blood cholesterol levels in patients with Hypercholesterolemia in Kelurahan Kratonan Surakarta. **Method ;** Using descriptive methods and case studies and using cholesterol gauges and observation sheets. **Results;** The average cholesterol in both respondents before the application of bran consumption of 296 mg / dl then after the application of bran consumption the results of decreased blood cholesterol levels in both respondents with an average yield of 164 mg / dl. **Conclusion;** Bran consumption for 6 days in row obtained can lower blood cholesterol levels in patients with hypercholesterolaemia

Keywords ; *Hypercholesterolemia, Cholesterol, Bran*