

BAB 5

KESIMPULAN DAN SARAN

5.1 Kesimpulan

Berdasarkan dari hasil *review* 20 jurnal penelitian yang telah dilakukan, didapatkan kesimpulan :

1. Hidroksitirosol pada minyak zaitun dapat menghambat enzim lipase dan menghambat lemak terserap ke usus sehingga dapat disimpulkan bahwa minyak zaitun dapat menurunkan berat badan tikus yang diinduksi diet tinggi lemak.
2. Oleuropein dalam minyak zaitun memiliki mekanisme kerja menekan sintesis lipid dan meningkatkan oksidasi asam lemak melalui aktivasi AMPK yang memberikan efek anti-lipogenik dengan menghambat *uptake* glukosa dan asam lemak dalam adiposit sehingga dapat mengurangi kadar lemak dalam darah dan dapat disimpulkan bahwa minyak zaitun dapat menurunkan kadar kolesterol total tikus yang diinduksi diet tinggi lemak.

5.2 Saran

Sebaiknya penelitian untuk mengetahui efek terapeutik dari minyak zaitun lebih diperbanyak dan diperdalam sehingga dapat mengetahui konsentrasi minyak zaitun yang tepat untuk menurunkan berat badan dan kadar kolesterol total tikus yang diinduksi diet tinggi lemak.

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