

## **Title : Effect of coconut oil and palm oil on blood plasma cholesterol in rats**

### **Abstract**

This study was carried out to evaluate the effect of coconut oil (*Cocosnucifera*) and palm oil (*Elaeisguineensis*) on blood plasma cholesterol levels in white rats (*Ratusratus*). The results showed that coconut oil has better LDL lowering properties than palm oil, but both have similar HDL raising properties. However when subjected to statistical analysis (t-test and ANOVA test) the results for all parameters tested was not significant. Although coconut oil lowered LDL cholesterol by a greater percentage, the t-test and ANOVA test showed that these results were not significant. There fore to conclude, the experiments need further investigation and verification which would bring out further conclusive evidences towards the effective property of lowering the blood cholesterol level.

**Key Word:** Coconut oil; Palm oil; Cholesterol; LDL; HDL

### **For more details :**

[https://www.researchgate.net/publication/332377240\\_Effect\\_of\\_coconut\\_oil\\_and\\_palm\\_oil\\_on\\_blood\\_plasma\\_cholesterol\\_in\\_rats](https://www.researchgate.net/publication/332377240_Effect_of_coconut_oil_and_palm_oil_on_blood_plasma_cholesterol_in_rats)