



**COMPARISON OF THE EFFECTS OF RETAIL-BOUGHT COOKING
OIL FROM MANILA AND LAGUNA ON THE CHOLESTEROL LEVEL
OF *Rattus norvegicus* (MALE ALBINO RAT)**

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ABSTRACT

Oils are sources of dietary fat and several researches show that the amount and type of dietary fat can affect blood cholesterol levels. The study is focused on the effects of retail bought cooking oils from Manila and Laguna to the total cholesterol level of male albino rats. The experiment used twenty four, five weeks old rats which were divided into three groups that are given a high fat diet for five weeks to obtain the hypercholesterolemic condition of the rats. T₀ served as the control group, T₁ received 0.10 ml Manila oil and T₂ received 0.10 ml Laguna oil

The experiment showed that T₁ and T₂ have increased total cholesterol levels after the six weeks of treatment. This would mean that long-term consumption of these unbranded oils would result to increased total cholesterol levels

Keywords: unbranded oils, lipid, dietary fat, hypercholesterolimic



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