EFEK MINUM TEH (CAMELLIA SINENSIS) SESUDAH MAKAN TERHADAP KADAR BESI DALAM SERUM

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INTISARI

Latar Belakang : Teh termasuk minuman paling banyak dikonsumsi di dunia setelah air. Meskipun teh merupakan minuman yang mempunyai manfaat yang baik bagi kesehatan, akan tetapi kandungan tannin dalam teh dapat menghambat absorpsi zat besi.

Tujuan : Mengkaji efek minum teh sesudah makan dalam kehidupan sehari-hari terhadap kadar besi dalam serum.

Metode : Wanita berusia 17-25 tahun minum minum teh (2 gram/ 200 ml air) sesudah makan selama empat hari (tiga kali sehari) pada kelompok sampel (n = 14) dan tanpa perlakuan minum teh pada kelompok kontrol (n=14). Sampel darah diukur kadar besinya menggunakan analisis kuantitatif kadar besi dalam serum, sebelum dan sesudah perlakuan.

Hasil : Rerata kadar Fe serum darah kelompok kontrol mengalami penurunan yang tidak bermakna (p>0,05) dari 427,25 µgr/dl menjadi 337,41 µgr/dl. Rerata kadar Fe serum darah kelompok sampel mengalami penurunan. yang tidak bermakna (p>0,05) dari 673,99 µgr/dl menjadi 600,33 µgr/dl.

Kesimpulan : Minum teh (2 gram/ 200 ml air) sesudah makan selama empat hari (tiga kali sehari) menurunkan rerata kadar besi dalam serum, tetapi penurunan tersebut tidak bermakna secara statistik.

Kata Kunci : teh, tannin, absorpsi besi, wanita.

EFFECT OF DRINKING TEA (CAMELLIA SINENSIS) AFTER MEAL ON SERUM IRON CONCENTRATION

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ABSTRACT

Background : *Tea is the most popular beverage that we're consumed worldwide beside mineral water. Although tea have many benefits in human health, but tannin that contained by tea inhibit iron absorbtion.*

Aim : *To investigate the effect of drinking tea after daily meal on serum iron concentration*

Method : *Women aged 17-25 years old drink tea (2 gram/ 200 ml water) after meal for four days (three times a day) in sample group (n = 14) and absent of tea in control group (n = 14). Blood sample was mesured by using iron serum quantitttive analize, before and after treatment.*

Results : *The average of iron serum concentration in control group is meaningless decresed (p>0.05) from 427.25 µgr/dl to 337.41 µgr/dl. The average of iron serum concentration in sample group is meningless decresaed (p>0.05) from 673.99 µgr/dl to 600.33 µgr/dl.*

Conclusion : *Drinking tea (2 gram/ 200 ml air) after meal for four days (three times a day) is decreased the average of iron serum concentration, but it is meaningless statistically.*

Key Words: tea, tannin, iron absorption, women.