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PHOENIX DACTYLIFERA AS DIETARY SUPPLEMENT: THE IMPACT OF PHOENIX DACTYLIFERA ON OVERWEUGHT FEMALE UNDERGRADUATE STUDENTS

By

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TABLE OF CONTENTS

ABSTRACT

Phoenix dactylifera is known as energy booster food according to the nutrient facts and it can be categorized as supplement food that aids body fat reduction. Therefore, this study is conducted to investigate the influence of phoenix dactylifera on reduction of body fat percentage and body mass index in overweight female undergraduate students. Two groups were divided which (Experimental: Consuming seven Safawy phoenix dactylifera for six weeks) and control group (receive no treatment). Forty female, (height m ± sd = 156.68 ± 3.88, weight m ± sd = 66.68 ± 4.87 and age m ± sd = 19.55 ± 0.51) students participated on this study. Body mass index and body fat percentage were measured in every week for total of six weeks. Through six weeks of investigation, it is concluded that there were no significant difference of body mass index and body fat percentage between the two groups. Despite of having insignificant result, experimental group is still shown a gradual loss of fat percentage from week one to end of week six. The influenced of phoenix dactylifera does aids the loss of fat percentage thou participants dietary plan does not apply thru this study. Here, the beneficial of eating phoenix dactylifera as supplement to boost the body fat percentage is approved. It is highly recommended to take more than seven phoenix dactylifera everyday due to the high of fibers contain in Safawy phoenix dactylifera.

***Keywords*: Phoenix dactylifera, overweight, body mass index, body fat percentage**