

## V. CONCLUSION AND SUGGESTION

### 5.1 Conclusion

1. Jicama fiber particularly at the dose 25% could significantly reduce blood glucose, sustain insulin tolerance, and reduce insulin level in mice fed with HFD.
2. Jicama fiber at the dose 25% significantly decreased FGF21 hormone level in mice fed with HFD.
3. Jicama fiber at the dose 25% significantly increased FGF21 expression of the liver in mice fed with HFD.

### 5.2 Suggestion

In the future studies, it is also advisable to measure the expression of the FGF21 receptor gene to determine whether Jicama fiber and HFD affect the gene of the FGF21 receptor.

