



**CALIFORNIA STATE SCIENCE FAIR
2006 PROJECT SUMMARY**

Name(s) Melissa K. Marinez	Project Number J1422
Project Title Blood Sugar vs. Exercise and Diet	
Objectives/Goals The Objective is to determine if a controlled diet and exercise will lower blood glucose levels and reduce the amount of insulin requirements of a type 1 diabetic.	
Abstract Methods/Materials My mother was used as a test subject, in the first 30 days she ate her normal diet and went about her usual routine. Blood sugars were checked 3 times per day 7 days a week. During the second 30 days, diet was controlled 7 grams of protien for every 15 grams of carbohydrates consumed. One hour of exercise daily and blood sugar levels were checked 3 times per day. Insulin was adjusted 2 units at a time as needed. Material used: Insulin, Humolog & Humulin N, MediScene Optium blood glucose monitoring system, Ultilet lancets, one time use, MediScene Optium blood glucose test strips, BD ultra-fine 31 gauge needle, 1/2 cc syringes.	
Results Exercise and a controlled diet lowers blood glucose levels and reduces the insulin requirements of a type 1 diabetic.	
Conclusions/Discussion My results support my hyporthesis. The information from my project will help my mother and others to gain better control of type 1 diabetis.	
Summary Statement Will a controlled diet and daily exercise lower blood glucose levels and reduce insulin requiements in a type 1 diabetic.	
Help Received Mother was my test subject.	