



**CALIFORNIA STATE SCIENCE FAIR
2007 PROJECT SUMMARY**

Name(s) Katie A. Hintz	Project Number S0408
Project Title One with Blood	
Objectives/Goals For my science fair project I want to test the affect of which foods raise your blood sugar the fastest. I found this interesting because my dad was recently diagnosed as a diabetic so he has to watch what he eats much more carefully. This could help people understand which foods to eat if they have some type of diabetes. I plan to have my dad fast for ten hours so that all the other foods are out of his system and test him to see what his blood sugar is. Then give him one serving of a type of food. Then after an hour or so check his blood pressure and calculate the change in levels. I plan to do this with several different servings of different types of foods.	
Abstract	
Methods/Materials Different types of food, "True Track Smart system" with lancets and TrueTrack test strips, clock, measuring cups, Human- 59 year old male, information sources of foods.	
Results My hypotheses is only some what correct. In most cases, foods with 15-30 grams of sugar and 20-100 carbohydrates raised blood sugar levels from 3 to 150. However in some cases, such as Pear which has 18 grams of sugar and 26 carbohdrates, the blood sugar decreased instead of rising. Also some foods with low sugar raised the blood sugar a lot proving my hypothesis wrong. An example of this is the test on Hotpockets. With low sugars and carbohydrates the blood sugar level was raised between 35 and 45.I found that the affect of the carbohydrates and calories affect the blood sugar sometimes more than the amount of sugars.	
Summary Statement I tested foods to see which ones cause a person's blood sugar to rise within an hour and then another hour.	
Help Received My Dad volunteered to be the test subject.	