



**CALIFORNIA STATE SCIENCE FAIR  
2015 PROJECT SUMMARY**

<b>Name(s)</b> <b>Nadia Farooq; Elizabeth Sun</b>	<b>Project Number</b> <b>J1904</b>
<b>Project Title</b> <b>Glucose in Fresh Fruit</b>	
<p style="text-align: center;"><b>Abstract</b></p> <p><b>Objectives/Goals</b> The purpose of our science fair project was to test five different types of fresh fruit juices determining which types of fresh fruit juices had the highest and lowest levels of glucose.</p> <p><b>Methods/Materials</b> In our experiment, we tested the glucose levels of watermelon, pineapple, apple, orange, and strawberry juices. We conducted the experiment using Diastix glucose test strips for three trials.</p> <p><b>Results</b> The results showed that watermelon juice had the highest average percentage of glucose at 1.67% and orange juice had the least average percentage of glucose at 0.67%.</p> <p><b>Conclusions/Discussion</b> Therefore, we concluded that Glucose Index was one of the main factors in determining the glucose levels of a food/ drink, and that watermelon juice has the highest glucose levels, and orange juice the least.</p>	
<b>Summary Statement</b> We try to help people with diabetes, to understand which fruits are better for them to stay at the ideal blood sugar level.	
<b>Help Received</b> Our moms bought fruits and taught us how to use fruit juicer. Pharmacy provided glucose test strips.	