



**CALIFORNIA STATE SCIENCE FAIR
2002 PROJECT SUMMARY**

Name(s) Nisha R. Patel	Project Number 22672
Project Title C in Your Fruits and Juices	
<p style="text-align: center;">Abstract</p> <p>Objectives/Goals My objective was to determine the relative levels of vitamin C content in different fruits and juices and to prove that aging will effect these levels.</p> <p>Methods/Materials I used seven different types of carton/bottled fruit juices and compared the levels with fresh squeezed fruit juices of the same. I repeated tests three times skipping a day in between, to determine the aging effect. I used the titration method, which is a technique involving an indicator solution that undergoes a color change when a test beverage is added to it. My indicator solution was made up of corn starch, water, and 2% iodine solution.</p> <p>Results This method did not provide me with exact quantities of vitamin C content, however, it allowed me to compare the relative levels, ranking them from the highest to the lowest, and putting them in a graph and table format.</p> <p>Conclusions/Discussion I concluded that fresh citrus fruits have a higher vitamin C content, but drinking any carton fruit juices with added vitamin C is just as nutritious. I found that due to aging the levels varied considerably amongst the juices I tested. My research has shown me the importance of vitamin C in a daily diet and a diet deficient in vitamin C will cause many illnesses.</p>	
Summary Statement To determine the relative levels of vitamin C content in fruits and juices.	
Help Received Mother helped prepare fresh fruit juices	