



**CALIFORNIA STATE SCIENCE FAIR
2007 PROJECT SUMMARY**

Name(s) Maya A. Desai	Project Number J0406
Project Title Sugar Overload!	
Abstract Objectives/Goals GOAL: I chose 'Sugar Overload' because I wanted to find out if eating sugary cereals such as Fruit Loops would raise your blood sugar anymore than eating less sugary cereals such as Cheerios. HYPOTHESIS: I believe sugary cereal such as Fruit Loops will raise a person's blood sugar more than other cereals such as Cheerios. Methods/Materials METHOD/PROCEDURE: Step 1: Using the Glucometer, test and record the morning blood sugars of 2 subjects before and 30 mins after eating Cheerios (5 times) Step 2: Repeat 5 trials with Fruit Loops. MATERIALS: Ten 1 cup servings of Cheerios & Fruit Loops 20 half cup servings of Low Fat Milk Measuring cups for solids & liquids, cereal bowls, spoons Glucometer, 40 alcohol pads, test strips, lancets Results I did a total of 20 trials (5 per cereal per subject). Summary of raw data: Subject 1- Cheerios- Average change in blood sugar--34.6 Subject 1- Fruit Loops-Average change in blood sugar--40.8 Subject 2- Cheerios-Average change in blood sugar--28.8 Subject 2- Fruit Loops-Average change in blood sugar--34.8 Conclusions/Discussion After evaluating my data, I conclude that sugary cereals such as Fruit Loops do not raise your blood sugar in the short term anymore than Cheerios. My experiment proved my hypothesis incorrect, but I learned that in the long term, sugary cereals can eventually cause many health problems. My research has many real world applications. Based on my experiment, kids and parents do not need to worry that eating sugary cereals once in a while will cause sugar highs or other short term problems. However, people should think about the possibility that sugary cereals can cause the body to eventually fail to regulate sugar levels properly.	
Summary Statement My project is about comparing blood sugars levels after eating Cheerios and Fruit Loops.	
Help Received Mother helped get glucometer. Father helped print graphs.	