



**CALIFORNIA STATE SCIENCE FAIR  
2014 PROJECT SUMMARY**

<b>Name(s)</b> Laura A. Contreras	<b>Project Number</b> <b>S1203</b>
<b>Project Title</b> <b>Is Nutri-Grain Berry Healthy?</b>	
<p style="text-align: center;"><b>Abstract</b></p> <p><b>Objectives/Goals</b> This experiment was performed to compare the effects of eating Nutri-Grain bars and fresh strawberries on blood pressure.</p> <p><b>Methods/Materials</b> I took the volunteer's blood pressure with a Vernier blood pressure sensor. I had the volunteer either eat a Nutri-Grain bar or a fresh strawberry. I weighed the fresh strawberries to 37(g), the same mass as the Nutri-Grain bar. I took the volunteer's blood pressure before they ate the strawberry or the Nutri-Grain bar. Next, I had them eat sitting in the chair. As soon as they finished eating, I took their blood pressure a second time. All my data was collected on a LabQuest2.</p> <p><b>Results</b> My data shows the Nutri-Grain bar does raise blood pressure more than the fresh strawberry. The raise in blood pressure by the bar is not by chance. My data also shows the decrease in strawberry was by chance.</p>	
<b>Summary Statement</b> I tested the affect of Nutri-Grain bars on blood pressure	
<b>Help Received</b> Participant in SSI Summer Science Institute	