



**CALIFORNIA STATE SCIENCE FAIR
2004 PROJECT SUMMARY**

Name(s) Mollie A. Boudoures	Project Number S0502
Project Title Can You Trust the Label?	
Abstract Objectives/Goals The objective of my project was to determine levels of saturated fat in cholesterol free foods in order to see if labels that claimed to have no cholesterol in them were telling the truth. Methods/Materials I added iodine to oils that were listed in cholesterol free foods as key ingredients. I observed how fast the iodine became colorless. The less time it took for the iodine to disappear, the less saturated fat the oil contained. Results The peanut oil contained the most saturated fat. The corn oil contained the least, and its label agrees, with zero grams of saturated fat. The canola oil label says it had one gram of saturated fat per tablespoon. Both the soybean and olive oil labels claim to have two grams of saturated fat per tablespoon. The peanut oil label says that it contains two and a half grams of saturated fat per serving. The coconut oil label says that it has six grams of saturated fat in one serving. So, the labels didn't always match my results. Conclusions/Discussion At the end of my experiment I found out that the labels of cholesterol free foods do not always tell the complete truth because some oils claimed to be cholesterol free, yet contained cholesterol free.	
Summary Statement In my project I tested for saturated fat in cholesterol free foods.	
Help Received My teacher helped me with my project.	