



**CALIFORNIA STATE SCIENCE FAIR
2003 PROJECT SUMMARY**

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| Name(s) Lorena S. Hill | Project Number J0405 |
| Project Title Does Dieting, Age, and/or Gender Stimulate Your Sugar Level? | |
| Abstract Objectives/Goals The objective is to determine if age, dieting, and/or gender stimulates your sugar level or health. Methods/Materials Informed consent was taken from sixteen people eight diabetic, and eight non-diabetic. They ranged in age from ten to sixty-two. Blood was drawn twice a day to determine if the diet they were on stimulated their sugar level. They were put on two diets each for two weeks, one fruits and the other vegetables. Those results were compared to their normal sugar level. Results My results proved that the vegetable diet had an increasingly lower level than the fruit diet did. This was because fruits in general still have a lot of sugar in them, so it really doesn't help you. The age or gender made little difference. The adults did have a slightly higher sugar level. Both genders had about the same average sugar level. Conclusions/Discussion My conclusion was vegetables have a better effect on the human bodies sugar level. The human body needs sugar to survive it changes the food your body takes in into energy. Without energy you can't live. The amount of time spent on a different eating habit changes your sugar level. | |
| Summary Statement My project tests which food fruits or vegetables is better for your sugar level. | |
| Help Received Stephanie Herrera helped draw blood | |