



**CALIFORNIA STATE SCIENCE FAIR
2005 PROJECT SUMMARY**

Name(s) Julia E. Pinto	Project Number J1430
Project Title Opuntia: Hope for Diabetics	
<p style="text-align: center;">Abstract</p> <p>Objectives/Goals To conduct a comparative pharmacological study on non-diabetic and type II diabetic subjects (under a doctor's supervision), and observe blood glucose levels after the consumption of Opuntia (nopales cactus).</p> <p>Methods/Materials Subjects were studied for three weeks. Opuntia consumption was begun at 1/4 cup daily in the first week and doubled each week thereafter. Test subjects recorded their own fasting blood sugar daily and reported results to a monitoring doctor who supplied results to me under HEPPA guidelines.</p> <p>Results The control group showed a minimal drop in blood sugar levels. The type II diabetic group showed a significant drop in the third week with an average of 60mg/dl.</p> <p>Conclusions/Discussion The studies indicated that Opuntia consumption did produce significant blood sugar reduction especially in type II diabetic subjects.</p>	
Summary Statement To determine if Opuntia cactus will significantly reduce blood sugar in type II diabetic subjects.	
Help Received Riverside Medical Center and Glendi Chen.	