



**CALIFORNIA STATE SCIENCE FAIR
2006 PROJECT SUMMARY**

Name(s) Kimberly Cain; Lauren Leach	Project Number J1010
Project Title Carbs or Protein: Who Has More Power?	
Abstract Objectives/Goals Our object was to learn if a hamster could produce more energy on a complex carbohydrate diet or a protein diet. Methods/Materials We mounted a laser cut disk to a plastic exercise hamster wheel. We then attached a digital electrical meter to the exercise wheel. We purchased 2 hamsters of the same size and from the same litter. We fed the hamster a complex carbohydrate diet for four days. We fed the hamsters a vegetarian diet for one day to cleanse their system and then fed them a protein diet for another four days. We repeated this process for eight weeks. We fed them every night at 8 PM and took a reading of the energy they produced every night at 9 PM. Results We found that the hamsters consistently produced more energy on a complex carbohydrate diet than with a protein diet. Conclusions/Discussion Our conclusion is that a complex carbohydrate diet generates more energy and endurance for a hamster. Through our research and carb/protein experiment we believe this proves true for an athlete as well.	
Summary Statement This project is about what type of diet , complex carbohydrate or protein, produces more energy.	
Help Received Father helped assemble the exercise wheel. Mother helped type the report.	