



**CALIFORNIA STATE SCIENCE FAIR
2006 PROJECT SUMMARY**

Name(s) Julia Pinto	Project Number J1425
Project Title Is It A.D.D. or the Effects of MSG?	
Abstract Objectives/Goals To see if the consumption of fast foods containing high concentrations of monosodium glutamate (MSG), such as Doritos Cooler Ranch chips at 500mg/1oz serving, cause the symptoms of Attention Deficit Disorder (ADD) in children, and is a possible cause of misdiagnosis of ADD. Methods/Materials 100 subjects, grades 4-6 were given pre and post attention tests before and after (3 hrs.) consumption of 1oz packets of Doritos Cool ranch chips with 500mg of MSG. Results 90% of subjects exhibited signs of deterioration in "levels of attention". 9% of subjects exhibited little or no deterioration in levels of attention. 1% showed improved levels of attention. Conclusions/Discussion The results indicate that consumption of MSG may lead to a misdiagnosis of ADD with subjects exhibiting the main diagnostic symptom of ADD, deterioration in levels of attention.	
Summary Statement This project was examining whether the consumption of monosodium glutamate (MSG) causes deterioration of levels of attention in children, leading to the misdiagnosis of Attention Deficit Disorder (ADD).	
Help Received Pediatrician Ashley Barboza, M.D. assisted with test approvals and interpretations for the levels of attention.	