



**CALIFORNIA STATE SCIENCE FAIR
2012 PROJECT SUMMARY**

Name(s) Jeremy E. Barenholtz	Project Number J2105
Project Title Sippin' on Sugar	
Abstract Objectives/Goals The objective of this experiment was to test the accuracy of the Nutritional Value Labels, by comparing the actual sugar content of Coca-Cola, Pepsi, 7 Up, and Dr Pepper to their respective labeled content. Methods/Materials Two Liters of each of the sodas (Coca-Cola, Pepsi, 7 Up, and Dr Pepper) were tested for their sugar content. Before the testing of the sodas, a 10% sugar-solution was made to ensure the accuracy of the hydrometer (which was indeed accurate). Each soda was then poured back and forth between empty bottles for 10 minutes to allow the carbonation to escape. Before being tested each soda's temperature was measured to record and control the temperature. Then a hydrometer was placed in each of the bottles three separate times, and all of the measurements of the degrees brix were recorded. Calculations were later conducted to discover the average degrees brix for each soda, and the sugar concentration in grams per milliliter, and final results were received. Results The Nutritional Value Labels were indeed accurate, and, at most, varied by only 0.05% to the calculated sugar percentages. Additionally, Pepsi had the highest concentration of sugar with 0.115g/mL, then Dr Pepper with 0.112g/mL, then Coca-Cola with 0.108g/mL, and lastly, 7 Up with 0.107g/mL. Conclusions/Discussion The Nutritional Value Labels were accurate. The hypothesis of this experiment was proven incorrect; the actual sugar content of the major soda brands were not greater than that of the sugar content written on the Nutritional Value Label.	
Summary Statement This project attempts to determine if the actual sugar content of major soda brands is greater than that of what is listed on the Nutritional Value Label.	
Help Received Science teacher purchased hydrometer; Mother purchased/obtained sodas, empty plastic bottles, kitchen scale, distilled water, sugar, and funnel.	