



## Colorado Science and Engineering Fair

## 2024 Individual Project Abstract Form

**Please print 2 copies of the completed form. Sign both copies, keep 1 for your notebook and submit 1 copy to your Regional Fair Director with your other paperwork.**

Title of Project: A Spoonful of Sugar

Finalist's Name: Devon Mahorney

School and City: West Grand Middle School, Kremmling

Sponsor's Name: Katie DeBell

Category: Biomedical Sciences (BMED)

Division: Junior (6th - 8th grades)

Abstract (250 words or less):

Abstract

A Spoonful of Sugar

Devon Mahorney

The purpose of this project was to see how different foods affect blood sugar. I hypothesized that Twinkies would make my blood sugar spike the highest.

The experiment involved testing my blood sugar six times a day, at 8:00 am every morning after fasting overnight. Each day I tested a different food. I tested my blood sugar before eating, then I ate 20 grams of the food I was testing. After eating the food, I would test my blood sugar 15, 30, 60, 90, and 120 minutes after eating. I tested three different foods from five different food groups: grains, vegetables, fruits, protein, and sweets.

The data collected did not support my original hypothesis. Smarties was the food that raised my blood sugar the most. Smarties raised my blood sugar by 68 milligrams per deciliter. Tomatoes lowered my blood sugar the most, they lowered my blood sugar by 6 and a half milligrams per deciliter.

These findings led me to believe that if I were to monitor my blood sugar I would want to eat Smarties to raise my blood sugar, and tomatoes to lower my blood sugar. Lots of people would benefit from these findings, especially people with diabetes who need to know what their glucose levels are.

*I hereby certify that the above statements are correct and the information provided in the Abstract is the result of one year's research. I also attest that the above properly reflects my own work.*

Finalist's Signature: *Devon Mahorney*

Date: *2/26/24*

In addition, all students must complete the ISEF Student Checklist (1A), Research Plan, Approval Form (1B), and Checklist for Adult Sponsor (1), and any other ISEF forms required for this type of project. See the International Rules and Guidelines for form requirements. Return COPIES of all of these forms to your Regional Fair Director with you Finalist Verification/Permission Form. A signed copy of this form must be included in your notebook.