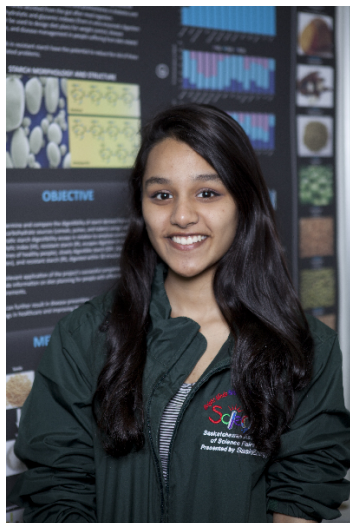


CWSF 2013 - Lethbridge, Alberta



Deeksha Kundapur

Carbohydrate Selection for Diet Management, Weight Control, and Disease Prevention

Challenge: Resources

Category: Intermediate

Region: Saskatoon

City: Saskatoon, SK

School: Walter Murray Collegiate

Abstract: Various crops were profiled (tubers, pulses, cereals, and buckwheat) according to their amylose content, resistant starch content, slowly-digestible starch content, rapidly-digestible starch content, and their rate of solubility, the hydrolytic-index (HI), in order to provide information on diet planning for people with different nutritional requirements (i.e. people with obesity or diabetes) so that they can plan strategically to improve their health.

Biography

Constantly, I am driven by my curiosity for the cosmos around and within us; science stirs a vehement response from me in every moment it occupies my mind (which is 99% of the time). My most passionate interests lie with biotechnology and astrophysics. It is no wonder then, that I wish to pursue a career in those fields. Besides science, I also enjoy piano, violin, flute, singing, writing, and badminton. I have relatively high marks, with a 98% average at school in an advanced program, but honestly, marks do not signify intelligence consistently. I visit India on a yearly-basis and am mesmerized by the diversity of wildlife there; especially compared to this barren landscape...wonderful prairies... To anyone contemplating whether or not to enter a science-fair, or to anyone "sizing up the competition", we lose ourselves in the moment we are complacent with the world around us. So, as long as you keep asking the "whys" and "hows" and maintain perpetual curiosity, you have won. Perhaps not a medal or certificate, but something much grander: a renewed perspective on knowledge and life itself. Because, truly, this is the highest prize science can ever award anyone.

Awards

Value

Excellence Award - Intermediate - Bronze Medal Sponsor: Youth Science Canada	\$100
Western University Scholarship Bronze Medallist - \$1000 Entrance Scholarship Sponsor: Western University	\$1 000
Total	\$1 100