

## CWSF 2014 - Windsor, Ontario



### Shyla Gupta

#### "FISH"ing for Fatty Acids

**Challenge:** Health

**Category:** Junior

**Region:** Peel

**City:** Mississauga , ON

**School:** William G. Davis Senior P.S.

**Abstract:** An analysis of omega-3 fatty acids in fish samples, supplements and eggs was conducted using gas chromatography methodology. Cold water fish and wild fish had more DHA/EPA fatty acids than warm water fish and farm fed fish. Omega-3 enriched eggs had slightly more omega-3 fats acids over regular eggs. Fish based supplements had mostly DHA/EPA, plant based supplements had mostly ALA. Cost comparison were reported.

#### Biography

I am a 12 year old girl who is dedicated to my academics and my family. I am incredibly active and reading influences me in many ways as it is one of my favorite hobbies. My short-term goals include receiving my black belt in karate, and getting a level 10 in RCM piano. Through my work with Free the Children I would like to further my dedication of educating girls around the world. I have had the immense honor of winning many awards including several science fairs, many spelling bees (placing second in the canadian spelling bee), speech competitions and the Royal Legion Writing Competition. I received the inspiration of my project from my parents, who were always wondering the true benefits of omega-3 enriched eggs. I plan to take my project to the next level my investigating the benefits of omega-6 and omega-9 fatty acids. I would like to become a doctor or a lawyer because I enjoy learning about the human body and I love a good debate! My advice for other students would be to put your hard work, sweat and tears into everything you do and you will succeed.

#### Awards

#### Value

Excellence Award - Junior - Bronze Medal Sponsor: Nuclear Waste Management Organization	\$100
Western University Scholarship Bronze Medallist - \$1000 Entrance Scholarship Sponsor: Western University	\$1 000
Total	\$1 100