

CWSF 2014 - Windsor, Ontario



Nutrients In, RFOs Out

Challenge: Innovation

Category: Junior

Region:

City: ,

School:

Abstract: The chickpea has many nutrients, however it also contains Raffinose Family Oligosaccharides (RFO) which are indigestible to humans. I have compared the value of RFO after soaking, boiling, microwaving and germinating the chickpeas; the Synchrotron facility was used to analyze and compare the mineral content. This project provides information about the method to consume chickpeas with maximum mineral quantity and highest reduction in RFO content.

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