CWSF 2015 - Fredericton, New Brunswick

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The in vitro glycemic response of various breakfast cereals

Challenge: Health
Category: Intermediate
Region: Manitoba Schools Science Symposium
City: Winnipeg, MB
School: Fort Richmond Collegiate

Abstract: This experiment utilized a static in vitro starch digestibility assay in order to provide a prediction of the glycemic response of various breakfast cereals. The glycemic response of ready-to-eat breakfast cereals and milled oat products were predicted using this system, and the predictions will potentially advise diabetic patients in making healthier food choices in order to control postprandial hyperglycemia.

Biography

I have several people in my life who are diagnosed with diabetes, and it affects their lives in a major way. They are always skeptical about the foods they are consuming. Having researched about enzyme inhibitors in plant-based foods in controlling diabetes the previous year, I wanted to advance my research and look more specifically into predicting the glycemic response of breakfast cereals, using an in vitro system. I hope to, in the future, use an in vivo system to determine glycemic responses, in order to validate the effectiveness of in vitro testing and advance nutritional science research. I am extremely honored and excited that I am receiving the opportunity to be able to share my study with scientists and receive feedback to be able to grow as a future scientist! This entire journey of participating in science fairs and connections with my mentors has inspired me. In the future, I hope to be a nutritional researcher and I aspire to be able to work in the same laboratory with my mentors. The amount that I have learned through science fair is invaluable, and I encourage all students to participate and discover the world of potential in science research!