

# CWSF 2006 - Saguenay, Québec



## Wade Walker

### Dietary Fat: Friend or Foe?

**Division:** Life Sciences

**Category:** Junior

**Region:** Bluewater

**City:** Markdale, ON

**School:** Macphail Memorial E.S.

**Abstract:** This project studied dietary fats and cholesterol, and their relationship to health. These complex aspects of nutrition were investigated and simplified. Over three hundred food labels were analyzed which resulted in various suggestions including adopting a Mediterranean style diet. Heeding the rating system, developed in this project, will ensure proper dietary fat consumption, thus improving overall health, and dramatically reducing health care costs.

Awards	Value
Petro-Canada Peer Innovation Award - Junior - Ontario South	\$200
Sponsor: Petro-Canada	
Total	\$200