

# CWSF 2017 - Regina, Saskatchewan



## Rohan Sethi

### Effects of Faba Bean Ingredients on Glycemia and Satiety in Novel Food Products

**Challenge:** Health

**Category:** Intermediate

**Region:** Manitoba Schools Science Symposium

**City:** Winnipeg, MB

**School:** St. Paul's High School

**Abstract:** A clinical trial was conducted to investigate the effects of consuming smoothies made with different faba bean ingredients on glycemic control and satiety. Twenty-six healthy males were recruited, and each was subject to five different treatment smoothies in a randomized order. The results suggest that the faba bean protein concentrate and protein isolate ingredients have the best overall effect on glycemic control and satiety.

#### Biography

My name is Rohan Sethi. I am a Grade 9 student at St. Paul's High School in Winnipeg, Manitoba. I enjoy playing soccer and badminton. In my spare time I do volunteer work in the community. Science is my favorite subject. I have been participating in science fairs at both school and regional levels since I was in Grade 4, and have thoroughly enjoyed the experience. Food is the essence of life, yet some of the most challenging modern day diseases like diabetes and obesity are linked with the highly processed food we eat, which is devoid of nutrients. Traditional foods, on the other hand, promote health and wellness, but they are losing their popularity due to their time-consuming preparation. Hence, I was curious to know if traditional food ingredients retained their health benefits when incorporated into commercially relevant modern food products, which could potentially promote health and help fight diseases. I am grateful for the opportunity to present my project and represent my province at the CWSF. I would strongly encourage students to participate in science fairs and discover a world of endless opportunities.

#### Awards

#### Value

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