

Sugar Absorption Experiment

Have you ever been told that you will get hyper and then crash if you eat or drink too much sugar? Have you ever wondered why this would happen?

When we eat or drink a large amount of sugar our bodies work hard to quickly remove the sugar from our blood, then we are quickly left feeling hungry! It is a good thing that our bodies work so hard to remove the sugar from our blood because having too much sugar in our blood can lead to serious health problems!

Let's do an experiment to see if all carbohydrates absorb as quickly as sugar does.

Here is a list of what will be needed:

- Timer
- 2 clear plastic cups or glasses
- 1 measuring spoon
- Enough corn syrup to fill each glass $\frac{1}{2}$ full
- 1 tablespoon of sugar
- 1 tablespoon of flour
- Red food coloring (couple drops)

Follow this procedure to examine the rate of absorption of these two different forms of carbohydrate.

1. Fill both cups or glasses to $\frac{1}{2}$ full of corn syrup
2. Add drops of food coloring to cups to create blood color
3. Add flour to the surface of one of the cups and sugar to the other
4. Use timer to determine the amount of time it takes for each to absorb
5. Note the difference in time below

Time for Flour _____ - Time for Sugar _____ = _____

Does one type of carbohydrate absorb faster than the other? YES NO

What does this mean to our health?

What type of carbohydrate should we eat most often? SIMPLE (sugar) COMPLEX (flour)



Adapted from the Palo Alto Medical Foundation