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Got Protein?

The purpose of this project is to quantify the amount of protein in pork sausage using a Bradford Assay and spectrophotometer transmittance results to compare actual protein amounts in raw samples of pork sausage by brand and food label. Also, to show how heat affects protein to benefit individual intake. The researcher hypothesized that higher priced brands of pork sausage would have a protein content closer to that indicated on the food label, that the brand name would be a determining factor in the amount of protein the sausage contains, and heat will affect the protein in the sausage. In the Bradford Assay raw, cooked, and well cooked samples were ground and standardized for protein indication using dye reagent. Readings were taken using the spectrophotometer, results were used to compare protein levels. The researcher concludes that there were no brands that tested at the exact amount listed on the food label. However, Samples B and C, which are mid-priced, well known brands, exhibited protein levels which more closely represented the actual protein claimed on the food label. It was also concluded that brand name did determine the amount of protein in that the two most expensive brands, A and C, contained the highest percent of protein. And finally, heat did affect the sausage, in that; no protein was transferred to the water in the grinding process. The researcher finds this information beneficial for developing responsible and healthy eating habits.