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Running on Fumes

My problem is how many grams of different types of food does it take to provide enough energy to run a 5k. I made a calorimeter and used it to measure the amount of calories in different foods. From this data, I could find how much energy the food would give you. The foods I tested were peanuts, potato chips, cereal, rice cakes, marshmallows, and pretzels. I hypothesized that one gram of peanuts has the most kilocalories and marshmallows would have the least. My experimenting showed that one gram of peanuts has the most kilocalories at 1.54. The rest, in descending order, were for one gram of potato chips at 1.50, rice cake at 1.21, marshmallows at 0.51, cereal at 0.39, and pretzels at 0.23 kilocalories. From this data, I calculated how many grams of each food it would take to provide enough energy to run a 5k depending on a person's weight. For a 100-pound person, it would take 146 grams of peanuts, 150 grams of potato chips, 186 grams of rice cake, 441 grams of marshmallows, 557 grams of cereal, and 978 grams of pretzels. Also, when using the calorimeter, I timed how long each food burnt for, and one gram of peanuts burned for 5 minutes and 49 seconds, potato chips for 2 minutes and 48 seconds, rice cakes for 2 minutes and 4 seconds, cereal for 1 minute and 32 seconds, marshmallows for 52 seconds, and pretzels for 16 seconds. This is more proof that peanuts are the best choice of food to eat before a run because it is a "slow burn," where the other foods burn out quickly. So, if you were going to run a 5k, the best food, out of the ones I tested, to eat before a run would be peanuts.