What's in Your Smoothie?

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This project was done to determine which smoothie had the least amount of sugar depending upon the fruit. The different fruits were peaches, bananas, oranges, blueberries, and strawberries. I used glucose test strips to determine the amount of glucose in each the smoothie. I then added invertase which converted the sucrose in the smoothie into glucose. I determined the amount of sucrose by subtracting the original glucose amount from the amount of glucose produced after the invertase. I then added lactase which converted the lactose in the smoothie into glucose. I determined the amount of lactose by subtracting the glucose amount after the invertase from the amount of glucose produced after the lactase. For glucose levels, blueberry had the highest amount followed closely by banana while starwberry and peach had the lowest amounts. For sucrose levels, peach had the highest amount while blueberry and strawberry had the lowest amounts. For lactose levels, banana had the highest amount followed closely by peach while blueberry and strawberry had the lowest amounts. In conclusion, banana smoothies have the highest amount of sugar while strawberry smoothies have the least amount of sugar. Interestingly, almost all of the sugar in blueberries and strawberries was glucose.