

EFFECTS OF APPLE CIDER VINEGAR ON BMI

Hunter Wiebelhaus ^{1,2}, Mary Keithly ¹, hunter.wiebelhaus@eagles.csc.edu

1- Department of Physical Sciences, Chadron State College, Chadron, NE 69337

2- Department of Biological Sciences, Chadron State College, Chadron, NE 69337

Apple cider vinegar has been used for years for the health benefits that are apparent with apple cider vinegar consumption. Acetic acid, a component found in apple cider vinegar, is thought to be an agent that could cause weight loss. Three forms of apple cider vinegar were tested to see if the apple cider vinegar causes weight loss. Homemade, store-bought, and the pill form of apple cider vinegar were analyzed and compared. Weight loss was measured with biweekly monitoring of body weight and BMI of the participants. A four-week period with participants following their normal diet and exercise routines serves as a control. During the experimental period, the participants took their assigned apple cider vinegar for a six-week period while following their normal diet and exercise routines. The apple cider vinegars were also titrated with standardized sodium hydroxide to compare the amounts of acetic acid levels that are found in each of the vinegar types. Data collection is currently underway, and results will be analyzed to determine if there is a correlation between weight loss and the type of apple cider vinegar and the amount of acetic acid.