





Can you get more iron from wet cereal or dry cereal?

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- Food scientists add iron to cereal, but what's the best way to extract the iron back out?
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Can you get more iron from wet or dry cereal?

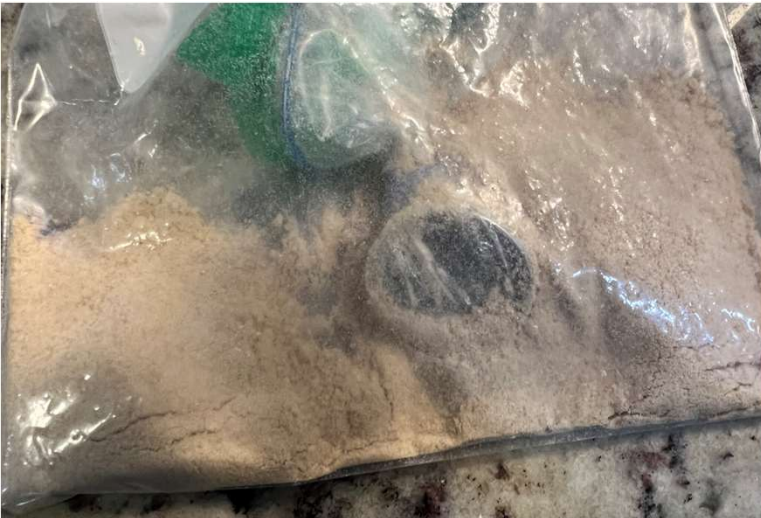
Everybody needs iron to LIVE so I took the iron out of cereal! I predict that dry will get more iron because the liquid will separate the Iron too much.

How I did it



First, I poured 36grams of Cheerios into a plastic bag

How I did it



Second, I mashed up the cereal into dust

How I did it



Third, I used a magnet to attract the iron out of the cereal

How I did it



Next, I repeated the process but added warm water to the mashed-up cereal bag.

How I did it

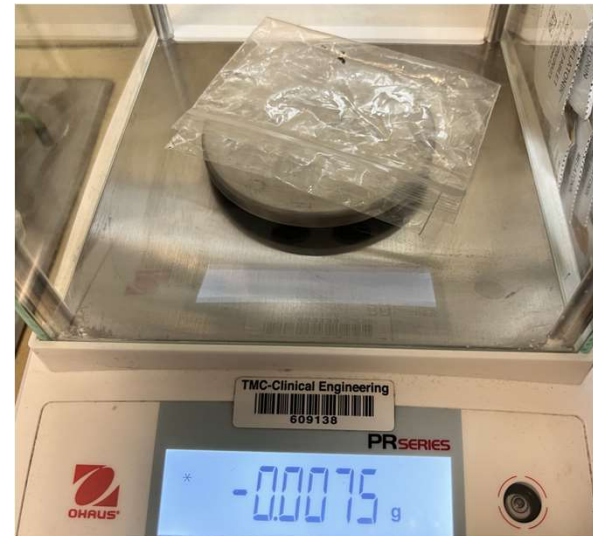


Finally, I used a scientific scale to weigh the iron extracted.

Results

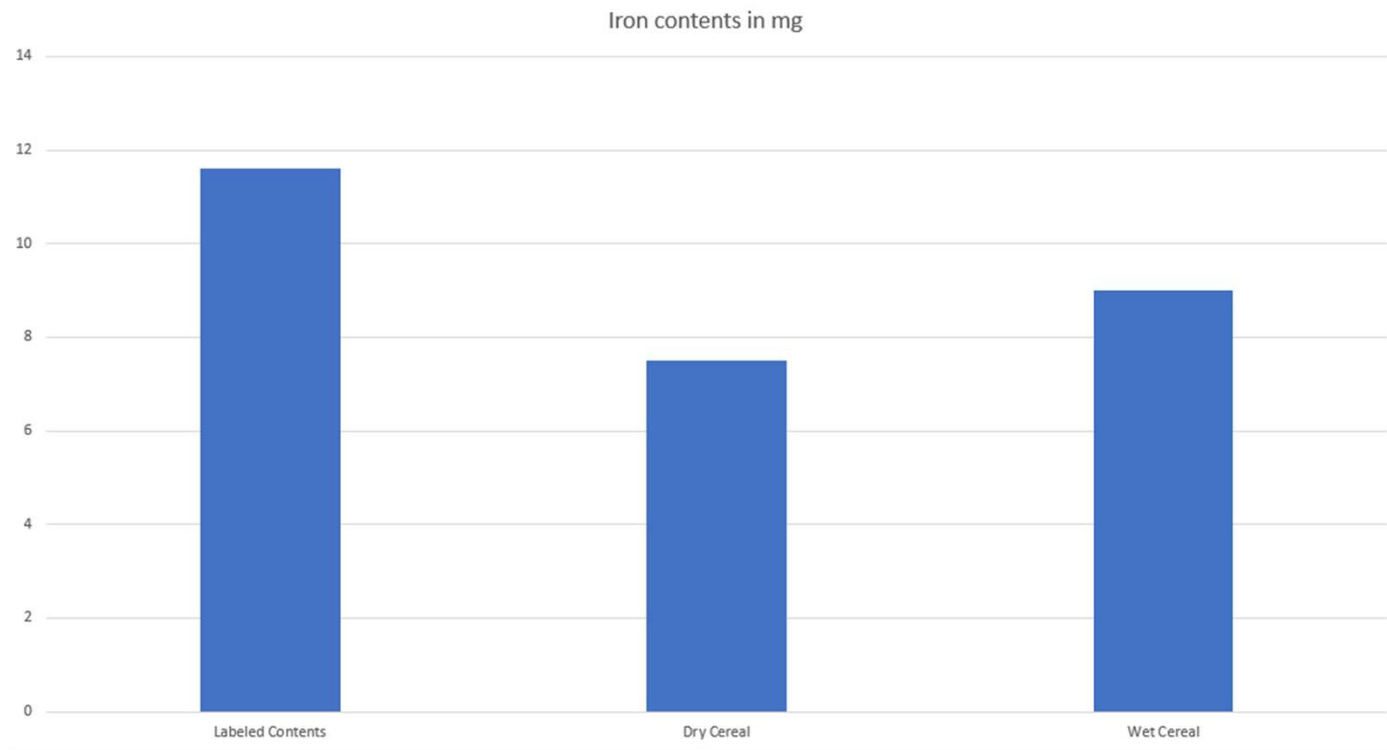


Wet Cereal Iron = 9.0mg



Dry Cereal Iron = 7.5mg

Results



Conclusion

- In conclusion I learned that the best way to get iron out is to pour warm liquid in with it.

