

Case: Diet

Story

A manufacturer was considering marketing crackers high in a certain kind of edible fiber as a dieting aid. Dieters would consume some crackers before a meal, filling their stomachs so that they would feel less hungry and eat less. A laboratory studied whether people would in fact eat less in this way. Female subjects ate crackers with different types of fiber (bran fiber, gum fiber, both, and a control cracker) and were then allowed to eat as much as they wished from a prepared menu. The amount of food they consumed and their weight were monitored, along with any side effects they reported. Unfortunately, some subjects developed uncomfortable bloating and gastric upset from some of the fiber crackers.

Variables

variable name	description
Cracker	Type of fiber in the cracker
Diet	One of four diets (type of cracker)
Subject	An identification for each of the 12 subjects
Digested	Digested calories. Difference between caloric intake and calories passed through system
Bloat	Degree of bloating and flatulence reported by the subjects

Exercise

1. Analyze the relationship between the four types of cracker and the four levels of severity of bloating as reported by the subjects.
2. Save the results of your analysis in a text document (e.g. latex, word or star-office)

Hints