Find out how FAST your urinary tract takes!

1. Eat some asparagus.

2. Write down the date and time you ate the asparagus:
   Day of the week _______________ Date ___________ Time ___________

3. When you are peeing notice if you smell something...well, different. Asparagus gives off a chemical that makes your pee stink different from regular pee smell.

4. When you smell this* write down the date and time:
   Day of the week _______________ Date ___________ Time ___________

5. Count how many hours in between. This is how long it took your body to process that asparagus!

   UH- OH!

*Can’t smell anything? Don’t worry...some people just can’t smell this chemical in asparagus. Being able to smell it or not -- is genetic (inherited/you were born that way)!

IF NOT....try it with fresh beets instead! They will turn your pee RED!
(See the worksheet “Find out how FAST your digestive system takes.”)