The purpose of this study was to determine the effects of 30 mL of apple cider vinegar consumption on glycemic response and satiety in apparently healthy adults ages 19 to 30 years using data previously collected by the researcher and major professor. Fifteen students were recruited to participate in this study. During study visits, participants consumed one of two test meals (78 g of farina with and without 30 mL of apple cider vinegar) followed by a capillary blood glucose test every fifteen minutes over the two-hour postprandial period; seven glucose tests in total. Participants marked their hunger satiety score on a scale from negative ten to positive ten representing sensations from painfully hungry to full to nausea. No significant differences were seen in glycemic response between the dietary conditions. Hunger satiety scores were not significantly greater with vinegar when compared to hunger satiety scores without vinegar. The results of this study dispute much of the previous research that has been conducted on various types of vinegar and their effects on glycemic response and satiety.