

Title Page

Title

The primary goal of a title should be to summarize the main idea(s) of your paper simply and clearly. The title should be positioned in the upper half of the page and centered. Do not bold, underline, or italicize the title.

Author Information

Include your first name, middle initial(s), and last name. Omit all titles (e.g. Dr., Professor) and degrees (e.g. MA, PhD, EdD), if applicable.

Center and double space your name and the name of your college, university, or institution.

Abstract

The abstract should include the following sections: The study objective, background or context of the research; the main ideas explored and/or the study design and method; and the principle conclusions and/or the results of the study.

Keywords

List 3-10 key words at the end of your abstract

Main Body

Your paper should:

- Include a page number on every page (typically in the upper right corner). Often, the author is included with the page number.
- Be double spaced
- Have 1-inch margins
- Be typed in 12-point Times font
- Indent paragraphs ½ inch

Many papers will use the Introduction, Methods, Results, and Discussion format. However, not all papers will fit this model. Use appropriate headings and subheadings when organizing your paper.

Headings

A consistent style and typeface should be used for head level of heading.

Example: **Main Heading**, *Subheading*.

Headings should reflect the logic and structure of your paper.

Example:

Introduction

Methods

Results

Discussion

Example Heading/Subheading:

Results

Definitions

The basic ideas of a “living-food” or “raw food” diets are consuming all or primarily uncooked foods. These diets are a subset of vegan diets consisting of fruit, berries, vegetables, mushrooms, nuts, seeds, legumes, and cereals.^{2,4,7} Many variants of the raw food diet exist and there is no one definition.⁵ Some articles required that 40%-85% of an individual’s total dietary intake contain uncooked foods in order to be considered raw. High plant protein diets did include a small intake of meat products.^{2,3,8}

Reference Page

The reference page should be started on a new page and the word 'References' should appear bold and left hand justified on the top of the page.

References should be numbered consecutively in the order they were cited in text.

List the number and then indent 1/2 inch and begin the reference citation.

Example

References

1. Domingo J. Influence of cooking processes on the concentrations of toxic metals and various organic environmental pollutants in food: a review of the published literature. *Crit Rev Food Sci Nutr*. 2011;51(1):29-37.
2. Hobbs S. Attitudes, practices, and beliefs of individuals consuming a raw food diet. *Explore*. 2005;1:272-277.