

## In-Text Citations

The AMA uses a numerical superscript format for citing sources. Number the citations in the order presented in the paper. Superscript numbers are placed after quotation marks, commas and periods. They are placed before semicolons and colons.

- + If citing several studies, separate the superscripts by commas.
- + If citing sequential studies, use a dash to indicate the sequence.
- + If citing a source already cited earlier in the paper, use the original number of the superscript.

### EXAMPLES

Type 1 Diabetes is a known risk for cardiovascular disease.<sup>1</sup>

Several longitudinal studies have evaluated the effects of Type 1 Diabetes and cardiovascular disease.<sup>2,3</sup>

Research shows decreased mortality due to renal failure in the last 10 years.<sup>1-7</sup>

With Type 1 diabetes, hypertension starts in childhood.<sup>14,2,15</sup>

### Paraphrasing

Paraphrasing is when you, as the researcher, put a passage or idea from another work and into your own words. A paraphrased passage is generally shorter and more condensed than the original. Summarizing is very similar to paraphrasing, in that it also involves putting someone else's ideas into your own words in order to condense the material (and to show that you understand the source material). A summary includes only the main points and/or ideas in a longer passage or entire work.

Paraphrasing is the preferred method when writing in the AMA style.

#### Example:

Raw food diets are a subset of vegan diets consisting of fruit, berries, vegetables, mushrooms, nuts, seeds, legumes, and cereals.<sup>2,4,7</sup> Many variants of the raw food diet exist and there is no one definition.<sup>5</sup> 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.<sup>2,3,8</sup>

## **Direct Quote**

A direct quote is taken word-for-word from the original text. Indicate it is a quote by using double quotation marks around the original phrase. The superscript appears after the quotation mark. If a quote is over four lines, use a block quote instead.

### **Example:**

"The basic ideas of a 'living-food' or 'raw food' diets are consuming all or primarily uncooked foods."<sup>4</sup>

## **Block Quote**

If a quote is longer than four lines, it should be off set off in a block indented 1/2 inch from the left margin (5-7 spaces). Do not use quotation marks with block quotes. Include the superscript for the source at the end of the block quote. Typically a single phrase with a colon introduces the block quote.

### **Example:**

It is important to keep in mind:

Raw food diets are extreme dietary regiments that have not been investigated extensively. For those that have been investigated the benefits are still considered controversial. There is also little information about the effect of consuming a raw vegan diet on the immune system. Extra caution is suggested when studying vulnerable populations and assessment of the nutritional adequacy of the diet is most reliably made on a case-by-case basis.<sup>6</sup>

## Reference 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.

Authors are listed by Last name and First and Middle name initials (if available)

1. author: Doe JF.

2. authors: Doe JF, Roe JP

3-6 authors: Doe JF, Roe JP, Coe R, Pose M, Hanson T.

6 or more authors Doe JF, Roe JP, Coe R, et al.

Only capitalize the first word of a journal article title, proper names, and abbreviation normally capitalized. All other words in the title should be lower case.

Abbreviate the name of the journal. Italicize all Journal titles.

Look up journal abbreviations from: [NLM Catalog: Journals referenced in the NCBI Databases](#)

Capitalize the major words of Book and movie titles. Italicize all book and movie titles.

## Reference Examples

### Print Newspaper

Name of author. Title of article. *Name of Newspaper*. Date: Page Number

1. Crowe K. Chocolate: Raw, organic and healthy. *The Frederick News-Post*. April 4, 2012.

### Online Newspaper

Name of author. Title of article. *Name of Newspaper*. Date: Page Number. URL. Accessed [Date].

2. Howe J. Raw food in the American Diet. *New York Times*. June 5, 2011: 4D.  
<http://www.nytimes.com>. Accessed October 5, 2013.

### **Print Journals**

Author(s). Article title. *Journal Name*, Year; vol(issue No.): page numbers

3. 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.

### **Online Journals**

Author(s). Article title. *Journal Name*, Year; vol(issue No.): page numbers. URL. Accessed [Date]

4. Bower J, Ritchie A, Jones S, Bosco P. Effects of a raw food diet on diabetes. *Nutr Diabetes*. 2012;2-9:12-23. <http://www.nature.com/nutd/journal/v2/n9/pdf/nutd201220a.pdf>. Accessed October 8, 2013

### **Article from a Library Database**

You may consider articles obtained from a library database as Print Journals.

### **Print Book**

Author(s). *Book Title* Edition Number (if it is the second edition or above). City, State (or Country) of publisher: Publisher's name, copyright year.

5. Ashley, B. *Food and Cultural Studies*. London: Routledge, 2004.

### **Online Book**

Author(s). *Book Title* Edition Number (if it is the second edition or above). City, State (or Country) of publisher: Publisher's name, copyright year. URL. Accessed [date].

6. Russell K, Mouton S. *Investigating the Raw Food Diet*. New York: Hammersmith, 2010. <http://hammersmith-IFRD2010.com>. Accessed October 11, 2013.

### **E-book from Library**

You may consider E-books obtained from a library database as Print book.

## Web Site

Author (if no author is available then use the name of the organization responsible for the site).  
Title (if no title is available then use the name of the organization responsible for the site). Name  
of the Web site. URL. Accessed [date]

7. Behraves CB. Drinking Raw Milk: It's Not Worth the Risk. Foodsaftey.gov.  
[http://www.foodsafety.gov/blog/raw\\_milk.html](http://www.foodsafety.gov/blog/raw_milk.html). Accessed October 12, 2013.
8. Centers for Disease Control. Food Safety and Raw Milk. Food Safety.  
<http://www.cdc.gov/foodsafety/rawmilk/raw-milk-index.html>. Accessed October 12, 2013

## Movie or Video

Author or host of program (if no author use name of publisher). *Title*. [Format]. ). City, State (or  
Country): Publisher; Year.

9. Gibbs Y. *The Rise of the Raw Food Diet*. [DVD]. New York, NY: Howlitzer Media; 2009.

## TV and Radio

Title of Episode. [Format] *Title of Program*. Publisher. Date.

10. Is Raw Food Diet Healthy? [.mp3] *Morning Edition*. National Public Radio. September 15,  
2012

## **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.<sup>2,4,7</sup> Many variants of the raw food diet exist and there is no one definition.<sup>5</sup> 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.<sup>2,3,8</sup>

## 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.