

Citations in the Paper

Using Sources within your Paper:

Here are some examples of how to use your facts, statistics, and expert opinion in the paper. You need to make sure you give proper credit. Watch how the citation in the text works. The bold sentences are the quotes and paraphrases and citations.

Paraphrase:

Anyone watching the news in recent months knows that the fast food industry has come under attack. There have been several attempts to sue the fast food industry for causing obesity and the health problems associated with it. **According to Judge Sweet, who recently ruled in favor of the fast food industry, more than \$110 billion is spent on fast food each year (Appleson 2).** No wonder, then, that the fast food industry is the next victim of tobacco-type lawsuits.

Indirect Quote:

Someone might argue that individuals need to make the choice not to eat fatty fast food. **But as Kelly Brownell, director of the Yale Center for Eating and Weight Disorders, says, “[H]umans are hard-wired to prefer rich diets, high in fat, sugar, and variety” (Spake and Marcus 1).** Our bodies, then, are naturally driven to want the food that fast food restaurants are offering, and it is difficult for many people to go against their nature and avoid eating fast food.

Direct Quote:

Fast food is causing an epidemic of obesity. And obesity is causing an epidemic of related health problems, such as diabetes, high blood cholesterol levels, and heart problems. **According to Amanda Spake and Mary Brophy Marcus’s article, “A Fat Nation,” a “man with 22 extra pounds has a 75 percent greater chance of having a heart attack than one at healthy weight” (1).** It is not merely the extra weight, which fast food eaters carry, that is a danger, but as research shows, **“eating too many high-fat foods contributes to high blood cholesterol levels. This can cause hardening of the arteries, coronary heart disease and stroke” (“Fast Food Facts” 1).** And of course, fast food restaurants have a high fat menu.

Notes:

- If the **author is mentioned** in the sentence, such as the first direct quote, then you **do not have to use the author’s last name** inside the parentheses.
- If **the author is not mentioned** in the sentence, then you must **use the author’s last name and page number** in the citation.
- No commas in the parentheses. No use of the word “page,” or the letters “p.” or “pg.” To indicate page. Use only the number—(23) or (Last name 23).
- **Period** for the sentence goes **after** the citation (**parentheses**).
- Use [brackets] to indicate changes you made to the author’s words or capitalization. See example above in “Indirect Quote.”