

USING SOURCES IN RESEARCH PAPERS

- **Paraphrase:**

Put page numbers for paraphrases of details, no page numbers for paraphrases of summaries of larger events in the text:

In the introduction to his book *In Defense of Food*, Michael Pollan claims that nutritionism has undermined our authority over the food we eat by convincing us that the most important part about it is the nutrients it contains, which we lay people can never understand and thus have to get scientists to tell us how to eat (8).

- **Paraphrase Containing Short Quotes:**

In his chapter “Beyond the Pleasure Principle,” Michael Pollan demonstrates how various fad diets of the past illustrate his claim that Americans have always “had a problem taking pleasure in eating” (54). He makes fun of John Harvey Kellogg and Horace Fletcher and their “contempt for animal protein” (46), which inspired them to design “dietary regiments of truly breathtaking rigor and perversity” (56).

- **Sentence-Long Quote:**

You preface the quotation by a detailed explanation of the point the quote supports. Put a colon between your “point” and the quote:

Michael Pollan’s advice on what to eat is deceptively simple: “Eat food. Not too much. Mostly plants” (1).

- **Split Quote:**

This is your best option for quotations that are two sentences long because it breaks up the monotony of a too-long quote:

In the chapter “Beyond the Pleasure Principle,” Michael Pollan investigates how our Puritan roots have interfered with our enjoyment of food. “Americans have always had a problem taking pleasure in eating,” he claims. “To savor food . . . has been regarded as evidence of effeteness, a form of foreign foppery” (54).

- **Indirect Quote:**

You use this method if you want to quote a writer whose work you have not read but who has been quoted by somebody else. You attribute the quote to its original speaker, but you make it clear that he/she has been quoted in another source:

Michael Pollan claims that the methods used by nutrition scientists are notoriously unreliable. One of his sources is Gladys Block, an epidemiologist and architect of the Women’s Health Initiative study, who, when questioned about accuracy of data gained from these kinds of studies, replied, “It’s a mess” (qtd. In Pollan 78).

SAMPLE PASSAGE ON HOW TO INTEGRATE SOURCE MATERIAL

As Pollan, journalism professor and author of several books, points out in *In Defense of Food*, people who eat what is commonly known as the Western diet suffer from obesity, heart disease, diabetes, and cancer more than people who consume a more traditional diet (90). Unfortunately, we have lived with these diseases for so long that we have come to accept them as a part of life (Pollan 93). However, Pollan argues that we do not have to take our poor health for granted; we can turn the tables on these Western diseases by eating “a traditional diet consisting of fresh foods from animals and plants grown on soils that were themselves rich in nutrients” (98). Citing the work of Weston Price, a 19th century dentist and researcher, Pollan explains that “eating [links] us to the earth and its elements as well as the energy of the sun” (99) and cites Price, who in a 1928 lecture made precisely this point to the audience: “The dinner we have eaten tonight . . . was a part of the sun but a few months ago” (qtd. Pollan 99). “The human animal is adapted to . . . an extraordinary range of different diets,” Pollan sums up at the end of his chapter on the way Americans eat, “but the Western diet . . . does not seem to be one of them” (100).

Pollan, Michael. *In Defense of Food: An Eater’s Manifesto*. New York: Penguin, 1008.

Here’s how a student presented the same material used in the above passage. This is an excellent example of source integration!

The Western diet has caused the prevalence of diet-associated diseases to increase and become norms in our society. Food has, in the past, connected us to the world we live in and should remain that way. In a lecture in 1928, Weston A. Price told an audience that the “dinner we have eaten tonight was part of the sun but a few months ago” (qtd. In Pollan 99). Price, in very progressive thinking for the time, tried to convey a message that attached food to its source, the earth, therefore connecting human kind to the earth as well. We as a society should strive to retain the connection between the earth and our food, rather than destroying it with processing methods. The bigger the distance between producer and consumer, the less nutritional value our food has. Those eating the Western diet typically fall victim to seemingly diet-related diseases at a much higher rate than people eating other traditional diets. Pollan believes that ailments associated with the Western diet have become so prevalent in today’s society that “it’s hard for us to believe this wasn’t always or even necessarily the case” (Pollan 93).

Pollan, Michael. *In Defense of Food: An Eater’s Manifesto*. New York: Penguin, 1008.

Comment [if1]: Here I give background on Pollan because this is the first time I’m citing him.

Comment [if2]: Both of the previous sentences are paraphrases.

Comment [if3]: This sentence combines paraphrase and direct quotation.

Comment [if4]: Here I changed the verb form to fit the grammar of my sentence. Note that I put the changed form in brackets.

Comment [if5]: This is a paraphrase that introduces the indirect quote I cite in the next sentence.

Comment [if6]: This is how you cite an indirect source.

Comment [if7]: The last sentence is a split quote. Note that I cut out parts of the longer quote and marked the omissions with ellipses.