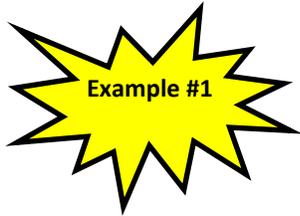


Paper title and page number go in the header.



Does a Vegan Diet Improve Health and Longevity?

Peter Parker

Cleveland State University

This is an example of an APA title page.
Use your research question or thesis as the title.
Title is centered in upper half of page followed by name
and University.

Correct APA formatting

- Double spaced
- 1 " margins top, bottom & both sides
- 12 point font, Time New Roman

APA citation for a journal article.

Craig, W. J. (2009). Health effects of vegan diets. *American Journal of Clinical Nutrition*, 89 (5), 1627S-1633. Retrieved from <http://ajcn.nutrition.org/content/89/5/1627S.full.pdf+html>

Using a number of research studies that examined the health status of vegans and vegetarians, the author provides an informative summary of the health effects of a vegan diet. Research indicates that Vegan diets can lower one's risk of cardiovascular disease, obesity and type 2 diabetes. Although some evidence indicates that a vegan diet may reduce the risk of cancer, further research is needed. Initial studies show that vegans have good bone health, but additional research is needed in this area as well. The article summarizes possible nutritional deficiencies in a vegan diet, especially in regard to specific vitamins and minerals, and provides dietary guidelines for optimal vegan health.

Brief summary of what article says about vegan diets. Information relates to research question or thesis.

This article, because it summarizes the health benefits and risks of a vegan diet, will be a useful source for determining whether or not a vegan diet can improve health. This recent article, published less than five years ago, contains current information and is published in a reputable journal sponsored by the American Society for Nutrition. The author provides an extensive list of references which includes research reports from scholarly publications. This list of research increases the credibility of the article. The information given is factual with no evidence of bias in the writing. The author points out where additional research is needed to substantiate specific beneficial health claims related a vegan diet. This is an appropriate article for the research topic and for academic work.

Evaluation of source includes statement about the article's usefulness in answering the research question, date of publication, journal's reputation and sponsorship, purpose/bias, and accuracy of information