



ADA STYLE OF REFERENCING

GENERAL TIPS

Why is referencing important?

The American Dietetic Association dictates the rules one needs to follow when writing a nutrition paper. Referencing doesn't only apply to research papers, but also to editorials, commentaries, lab reports, and any other type of paper in which one uses or refers to another author's ideas or literature (i.e., paraphrasing). One must also remember to reference any type of statistic or figure used in a paper, regardless of how well known it may be.

Referencing is necessary because it allows the reader of the paper access to the literature the author used to write the paper. Thus, if the reader so desires, she has the materials available to investigate the topic of the paper in more detail.

Another reason why referencing is important is that it provides a foundation on which the author can make certain assertions. Knowing that an author's ideas, arguments, and claims are based on previous research and scientific evidence makes the paper valid.

How should a source including multiple authors be referenced?

The ADA referencing style requires that all authors' names from a source must be listed. It is incorrect to list only the first author's name and add "et al."

Moreover, always list the authors' names in the order they appear in the published article. Do not list them alphabetically. The order of the names is significant because it is determined by the authors' roles in conducting the research. Thus, the first name listed would be the lead researcher.

What is the proper way to reference an author's name at the end of a paper?

When listing the author's name, the last name is written first and then the initial of the first and middle name (if applicable). There should not be a comma after the last name, just a space; do not include a space or a period between the first and middle initials. Forenames and credentials are never written out.

Prepared by Karen Schroeder, Fall 1995, Revised by Susan Sanford, February 1996

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Whenever you write a paper for a nutrition course, you should use the American Dietetic Association Style of referencing. This involves referencing information within the text, as well as listing references at the end of your paper.

Referencing within the body of the paper

When you use a direct quote or a paraphrase of someone else's ideas, you must make a reference to this within the text. This is done by placing a number within parentheses at the end of the information. The first time you refer to a source in your paper, you use the number (1). The second journal that you cite will have the number (2). Continue in numerical order each time you refer to a new source. You will use the same reference number throughout your paper whenever you refer to that source. Sources are numbered as they are used, not alphabetically. Here are some examples:

In the 1970's Burkitt et al (1) stimulated renewed interest in dietary fiber by proposing a "dietary fiber hypothesis" in which common gastrointestinal diseases, such as colon cancer, diverticulosis, and appendicitis, were due, in part, to insufficient intake of dietary fiber.

The physical properties of soluble and insoluble dietary fibers determine their physiologic effects, which in turn are related to their unknown and potential health benefits (2).

*Notice that the number is within parentheses and before the period.

When using a direct quote, the reference number goes outside the quotation marks, but before the end punctuation:

"Children with high intakes of fiber consumed more fruit, vegetables, bread and grains, whereas diets low in fiber included more high-fat foods" (3).

Listing references at the end of a paper

All journals or books you made reference to within the body of the paper are listed at the end under the title “References.” These journals should be listed in numerical order, in the order they appeared in your paper, as follows:

Last name First initial Middle initial. Title of the article. *Name of Journal*. Year; Volume #: first page-last page.

A few things to note:

- There are no periods after an author’s initials and no credentials are listed
- With the exception of the first word, the title of the article should be in all lowercase letters
- You should use the abbreviation for the name of the journal and put it in italics
- Some journals do not have both a number and a volume, so you do not have to include this information in these cases

Some examples:

References

1. Buritt DP, Walker, ARP, Painter NS. Effect of dietary fiber on stools and transit times and its role in the causation of disease. *Lancet*. 1972; 2: 1408-1412.
2. Parrish JB. Implications of changing food habits for nutrition educators. *J Nutr Educ*. 1971; 2(4): 140-146.
3. Gussow J. Improving the American diet: fortification or education? *J Home Econ*. 1973; 65(8): 6-10.
4. Kendall A, Levitsky DA, Strupp BJ, Lissner L. Weight loss on a low-fat diet: consequence of the imprecision of the control of food intake in humans. *Am J Clin Nutr*. 1991; 53: 1124-1129.

When no author is given:

5. Four dollars a box? Why does cereal cost so much? *Consumer Rep*. November 1992: 689.

When you are referencing a government publication:

6. Food and Nutrition Board. Recommended Dietary Allowances. 10th ed. Washington, DC: National Academy Press; 1989.
7. *Diet, Nutrition and Cancer Prevention: A Guide to Food Choices*. Washington, DC: US Dept of Health and Human Services, Public Health Service, National Institutes of health; 1987. NIH Publication. 87-2878.

*If you are unsure of how to reference something, just look in the ADA Journal for more examples.

*If you do not know the abbreviation for a journal, you can look it up in the *Index Medicus*. This is a reference book you can find in the SJC library; the call numbers are:

Ref.
Index Area
610.016
C971C

COMMONLY USED JOURNALS & THEIR ABBREVIATIONS

American Journal of Clinical Nutrition	<i>Am J Clin Nutr</i>
American Journal of Public Health	<i>Am J Public Health</i>
Food Technology	<i>Food Technol</i>
Journal of the American Dietetic Association	<i>J Am Diet Assoc</i>
Journal of Nutrition Education	<i>J Nutr Educ</i>
New England Journal of Medicine	<i>New Engl J Med</i>
Nutrition	<i>Nutrition</i>
Nutrition and Cancer	<i>Nutr Cancer</i>
Nutrition and Health	<i>Nutr Health</i>
Nutrition Reviews	<i>Nutr Rev</i>
Nutrition Today	<i>Nutr Today</i>
Topics in Clinical Nutrition	<i>Top Clin Nutr</i>

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