

**ACADEMIC EXCHANGE** Suppose that you used the article “This Kind of Sugar Triggers Unhealthy Cravings” (excerpted on the right), to support a position. In turn, your source drew on other writings, two of which are excerpted to the left of and below the article. The various ways you might use this source are shown on the right-hand page.

**Direct Source Cited by Your Source:**  
*Proceedings of the National Academy of Sciences*, [www.pnas.org](http://www.pnas.org)

Current Issue > vol. 112 no. 20 > Shan Luo, 6509–6514, doi: 10.1073/pnas.1503358112

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**Differential effects of fructose versus glucose on brain and appetitive responses to food cues and decisions for food rewards**

Shan Luo<sup>a,b,c</sup>, John R. Monterosso<sup>b,d</sup>, Kayan Sarpelleh<sup>a,c</sup>, and Kathleen A. Page<sup>a,c,d,1</sup>

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Edited by Todd F. Heatherton, Dartmouth College, Hanover, NH, and accepted by the Editorial Board April 8, 2015 (received for review February 18, 2015)

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**Significance**

Fructose compared with glucose may be a weaker suppressor of appetite. Here we sought to determine the effects of fructose versus glucose on brain, hormone, and appetitive responses to food cues and food-approach behavior. We show that the ingestion of fructose compared with glucose resulted in smaller increases in plasma insulin levels and greater brain responses to food cues in the visual cortex and left orbital frontal cortex. Ingestion of fructose versus glucose also led to greater hunger and desire for food and a greater willingness to give up long-term monetary rewards to obtain immediate high-calorie foods. These findings suggest that ingestion of fructose relative to glucose activates brain regions involved in attention and reward processing and may promote feeding behavior.

Source: *Proceedings of the National Academy of Sciences of the United States*, 2015; [pnas.org/content/112/20/6509.abstract](http://pnas.org/content/112/20/6509.abstract)

**Your Source:**  
*Time*, [www.time.com](http://www.time.com)

**This Kind of Sugar Triggers Unhealthy Cravings**  
 By Alexandra Sifferlin  
 May 4, 2015

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The findings are still preliminary and the study sample was small, but this isn't the first time that fructose has been linked to possibly unhealthy effects.

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So does that mean you should give up eating fruit? No, says study author Dr. Kathleen A. Page, an assistant professor of clinical medicine at the Keck School of Medicine of the University of Southern California told the *New York Times*. “It has a relatively low amount of sugar compared with processed foods and soft drinks,” she said.

**Indirect Source Cited by Your Source:** *The New York Times*, [www.nytimes.com](http://www.nytimes.com)

**Fructose May Increase Cravings for High-Calorie Foods**  
 By Nicholas Bakalar  
 May 4, 2015

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“No,” Dr. Page said. “Don't stop eating fruit. It has a relatively low amount of sugar compared with processed foods and soft drinks — maybe 5 grams in an orange, compared with 25 grams in a 12-ounce can of soda. And it is packed with fiber, which helps slow down the absorption of food, which makes you feel full.”

**Information Captured from Your Source**

**Sample Working Thesis**

A clear thesis statement establishes a framework for selecting source material as useful evidence and for explaining its relevance to readers.

**WORKING THESIS**

Given growing evidence of the health dangers of high-fructose food and beverages, it is time to think about taxing these items to help discourage their use.

**Quotation from a Source**

A quotation captures the author's exact words directly from the source.

As Alexandra Sifferlin notes, “this isn't the first time that fructose has been linked to possibly unhealthy effects.”

**Quotation from an Indirect Source**

A quotation from an indirect source captures the exact words of an author quoted within the source.

So does that mean you should give up eating fruit? No, says study author Dr. Kathleen A. Page, an assistant professor of clinical medicine at the Keck School of Medicine of the University of Southern California told the *New York Times*. “It has a relatively low amount of sugar compared with processed foods and soft drinks,” she said.

If possible, go to the original source to be sure that the quotation is accurate and that you're using it appropriately. (See the bottom of the left-hand page.)

“Don't stop eating fruit. It has a relatively low amount of sugar compared with processed foods and soft drinks — maybe 5 grams in an orange, compared with 25 grams in a 12-ounce can of soda” (Bakalar).

**Paraphrase of a Source**

A paraphrase captures an author's specific ideas fully and accurately, restating them in your own words and sentences.

Even though they contain fructose, fruits do not pose a health danger because the levels of fructose they contain are so low relative to those in processed foods like soda.

**Summary of a Source**

A summary reduces an author's main point to essentials, using your own words and sentences.

Recent research suggests that fructose consumption may increase cravings for unhealthy food and beverages, and prior studies have suggested the same (Sifferlin). In light of these new findings, we should consider taxing soft drinks and other high-fructose products to promote public health.

**MLA Works Cited Entry**

AUTHOR NAME	ARTICLE TITLE	PUBLICATION	PUBLICATION DATE
Sifferlin, Alexandra.	“This Kind of Sugar Triggers Unhealthy Cravings.”	<i>Time</i> ,	4 May 2015,
		time.com/3845210/fructose-sugar-cravings/.	
ARTICLE URL			