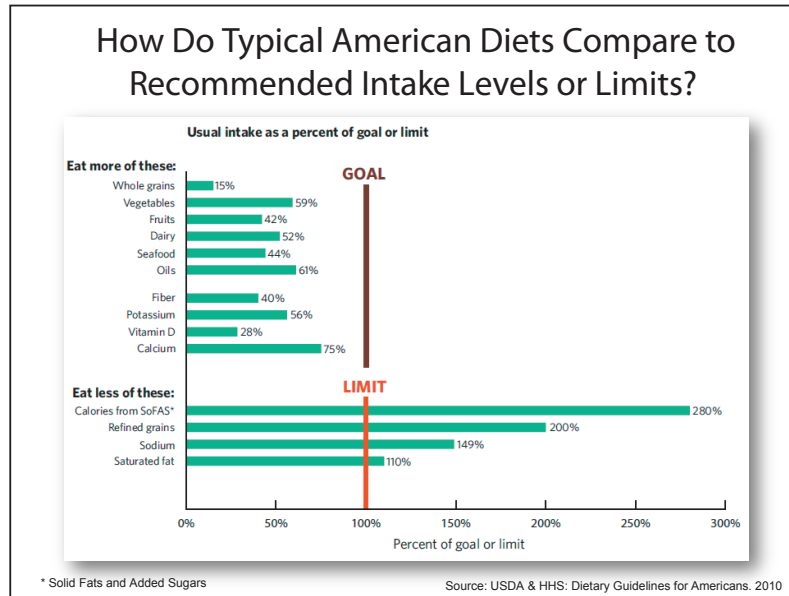


Visual in an MLA Paper (Harba)

Harba 3



Harba uses a graph to illustrate Americans' poor nutritional choices.

Fig. 1. This graph shows that Americans consume about three times more fats and sugars and twice as many refined grains as is recommended but only half of the recommended foods (United States, Dept. of Agriculture and Dept. of Health and Human Services, fig. 5-1).

The visual includes a figure number, descriptive caption, and source information.

21st century" (United States, Dept. of Health and Human Services 1). In fighting this epidemic, the primary challenge is not the need to find a cure; the challenge is to prevent chronic diseases from striking in the first place.

Harba sets forth the urgency of her argument.

Legislation, however, is not a popular solution when it comes to most Americans and the food they eat. According to a nationwide poll, 75% of Americans are opposed to laws that restrict or put limitations on access to unhealthy foods (Neergaard and Agiesta). When New York mayor Michael Bloomberg proposed a regulation in 2012 banning the sale of soft drinks in servings

Harba treats both sides fairly.