

## American Dietetics Association Citation Style

The American Dietetics Association uses a modified citation style based on the *American Medical Association Manual of Style* (Michener Library Reference R 119 .A533).

To see other examples of ADA style not covered in this guide, look at articles in the *Journal of the American Dietetic Association*, found online through Michener Library by completing a [Periodical Title](http://library.unco.edu) search at <http://library.unco.edu>.

### Authors

List all authors of a publication in the order they are listed on the work. Last name first, then initials with no punctuation between first and last name. Comma between authors. List **ALL** authors; *do not use et al.*, no matter how many authors are listed. For instance, in an ADA citation, authors for the following article would appear as:

Finley CE, LaMonte MJ, Waslien CI, Barlow CE, Blair SN, Nichaman MZ.

## Cardiorespiratory Fitness, Macronutrient Intake, and the Metabolic Syndrome: The Aerobics Center Longitudinal Study

CARRIE E. FINLEY, MS; MICHAEL J. LAMONTE, PhD, MPH; CAROL I. WASLIEN, PhD; CAROLYN E. BARLOW, MS; STEVEN N. BLAIR, PED; MILTON Z. NICHAMAN, MD, ScD

### Journal Articles

**Title of the Article:** The title of a journal article should be all lower case - *except* proper nouns, the beginning letter of the title, and the beginning letter of a subtitle (after a colon). Here is an example for the above:

Cardiorespiratory fitness, macronutrient intake, and the metabolic syndrome: The Aerobics Center longitudinal study.

**Title of the Journal:** The title of a journal should be abbreviated in a specific manner per the American Medical Association and italicized. If you do not know the proper abbreviation, you need to search the journal name in the [PubMed Journal Database](http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?db=journals) at <http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?db=journals>. For example, the above article appears in the *Journal of the American Dietetic Association*. The proper abbreviation for this journal is:

*J Am Diet Assoc*

Abbreviations for a few other popular journals:

American Journal of Clinical Nutrition	<i>Am J Clin Nutr</i>
Clinical Nutrition	<i>Clin Nutr</i>
Food Technology	<i>Food Technol</i>
Journal of Nutrition	<i>J Nutr</i>
Journal of the American College of Nutrition	<i>J Am Coll Nutr</i>
Journal of the American Medical Association	<i>JAMA</i>
Nutrition and Food Science*	<i>Nutr Food Sci*</i>
Nutrition in Clinical Practice	<i>Nutr Clin Pract</i>
Nutrition Research	<i>Nutr Res</i>
Topics in Clinical Nutrition	<i>Top Clin Nutr</i>

\*The abbreviation for Nutrition and Food Technology cannot be found in the PubMed Journals Database. For abbreviations not in this database, use *Periodical Title Abbreviations* (at Michener Ref Desk – Z 6945 .A2 W34).

## Examples:

### Text Citations:

It is not just the amount of dietary fats that we eat that is making us less healthy, it is the types of dietary fats that Americans consume that lead to disease (1). In fact, eating certain fats have been shown to decrease coronary heart disease (2,3). This is not to say that Americans should start eating all the olive oil that can. It is clear that additional studies in dietary fat intake and disease are needed (1). Although fats and oils are chemically the same, the word fat is generally used to refer to material solid at room temperature, and the word oil refers to material liquid at room temperature (4). While it is generally agreed that fats should be eaten in moderation in the daily diet, not every source agrees on what percentage of a person's daily diet should come from fat calories (5-9).

### References:

#### Journal Articles

1. Adams SM, Standridge JB. What should we eat? Evidence from observational studies. *South Med J.* 2006; 99:744-748.
2. Hertog MG, Kromhout D, Aravanis C, Blackburn H, Buzina R, Fidanza F, Giampaoli S, Jansen A, Menotti A, Nedeljkovic S, Pekkarinen M, Simic BS, Toshima H, Feskens EJM, Hollman PCH, Katan MB. Flavonoid intake and long-term risk of coronary heart disease and cancer in the seven countries studies. *Arch Intern Med.* 1995;155:381-386.
3. Covas MI, Nyyssonen K, Poulsen HE, Kaikkonen J, Zunft HJF, Kiesewetter H, Gaddi A, de la Torre R, Mursu J, Baumler H, Nascetti S, Salonen JT, Fito M, Virtanen J, Marrguat J. The effect of polyphenols in olive oil on heart disease factors: A randomized trial. *Arch Intern Med.* 2006;145:333-341.

#### Books

4. Davidson A. *The Oxford Companion to Food.* Oxford, England: Oxford University Press; 1991:291.
5. Laguna RT, Claudio VS. *Nutrition and Diet Therapy Reference Dictionary.* 5<sup>th</sup> ed. Ames, IA: Blackwell Publishing; 2004:100.

#### Government Sources

6. US Department of Agriculture and US Department of Health and Human Services. *Dietary Guidelines for Americans 2005.* Key Recommendations, chapter 6. Washington, D.C.: US Government Printing Office; November 2005. Available at: <http://www.health.gov/dietaryguidelines/dga2005/document/html/chapter6.htm>. Accessed September 12, 2006.
7. US Department of Agriculture. *Fats in Food and Diet.* Washington, D.C.: US Government Printing Office; 1974. Agriculture Information Bulletin No. 361.

#### Websites (Non-Government)

8. Nemours Foundation, Division of Health and Prevention Services. *Figuring Out Fat and Calories.* Teen Health; March 2005. Available at: [http://www.kidshealth.org/teen/food\\_fitness/nutrition/fat\\_calories.html](http://www.kidshealth.org/teen/food_fitness/nutrition/fat_calories.html). Accessed September 12, 2006.
9. American Cancer Society. *Prevention and Early Detection: Common Questions About Diet and Cancer.* 2006. Available at: [http://www.cancer.org/docroot/ped/content/ped\\_3\\_2x\\_common\\_questions\\_about\\_diet\\_and\\_cancer.asp](http://www.cancer.org/docroot/ped/content/ped_3_2x_common_questions_about_diet_and_cancer.asp). Accessed September 12, 2006.

#### For more information concerning ADA style:

1. Review articles from the Journal of the American Dietetic Association (available online at <http://library.unco.edu>)
2. Look on the Web at <http://ww2.sjc.edu/archandouts/adastyleofreferencing.pdf>.
3. Look on the Web at <http://www.editorialmanager.com/adaj/account/style.pdf#search=%22journal%20of%20the%20american%20dietetic%20association%20copyediting%20style%20guide%22>

UNC Libraries – <http://library.unco.edu/> | UNC – <http://www.unco.edu/> | Guides – <http://library.unco.edu/guides/list.htm>  
University of Northern Colorado Libraries, Greeley, CO 80639

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