



Food Principles Assignment: “Food Religion” Research Report

Purpose:

The Food Principles Research Report assignment will allow you to get to know one “food religion” very well. Completion of the assignment will demonstrate your ability to communicate your understanding, your research skills, and your reporting skills.

Write in a way that's easily understood by clients so it can be used as a client handout. We'll be posting all papers submitted on the "Done-For-You" page of the module, so you'll get to learn in-depth about each "food religion" without doing all the exhausting research or simply relying on a textbook.

Once completed, you will have the option of presenting your findings on a conference call to your classmates or recording a presentation and submitting as part of your certification requirements.



Choosing Your Topic:

Choose **one of the food plans** from the list below:

- Oxalates
- FODMAPs
- Ayurveda
- Macrobiotic
- Specific Carbohydrate Diet (SCD)
- GAPS
- Low-Carb - Atkins
- Low-Carb - Ketogenic
- Low-Carb - Autoimmune Paleo
- Low-Carb - Zone Diet
- Low-Carb - South Beach Diet
- Low Carb - Rainbow Green Live Food Cuisine
- Low Carb - Body Ecology Diet
- Paleolithic
- Ancestral
- Hunter Gatherer
- Primal
- Weston Price
- Anti-Candida Diet
- Plant-Based Diet
- Vegan
- Ovo/Lacto Vegetarian
- Raw Vegan Diet
- 80-10-10 Diet
- Fruitarian
- Esselstyn Diet
- Ornish Diet
- McDougal Diet
- Elimination Diet
- Engine 2 Diet
- Feingold Diet
- Failsafe Diet
- Low-Phenol - Amines
- Low-Phenol - Salicylates
- Low-Phenol - Histamines
- Low-Glycemic
- Low-Sulfur
- IIFYM - If It Fits Your Macros

As "food religions" are an everchanging list, there may be others not included above. Please let us know your choice [in this spreadsheet](#), and if you choose one that's not listed, add your choice to the bottom of the list.



Research Guidelines:

Your report should include all of the following (if available) on your chosen food religion:

- The general pros
- The general cons
- The specific benefits to overall health (if any)
- The specific benefits to particular conditions / symptoms (if any)
- The specific risks to overall health (if any)
- Optional:** Include a 1-week menu plan and some recipes
- The specific risks for particular conditions / symptoms (if any)
- The foods to include
- The foods to avoid
- Criteria for knowing the circumstances under which this diet may be appropriate for a specific individual.

Report Criteria:

- The report should be roughly two pages (reference page may be an additional page).
- Text citations (APA format - see below) are important to avoid issues of plagiarism.
- Your reference section (APA format - see below) should list all the sources you've previously cited.
- Submit both your “raw file” (i.e. Word doc/docx or Open Office, etc.) and a PDF file.
- Submit your assignment here: <https://drritamarie.com/INEUploader>

Style Conventions (Please use to ensure consistency for our collective resource):

- **Margins:** 1” margins all around
- **Report title:** Arial 20-point font, bold.
- **Report body:** Arial 12-point font, line-spacing: single (preferably set at 1.3 spacing)
- **Header:** Report title on all pages – right-justified
- **Footer:** Include a document footer that includes “Prepared for the Institute of Nutritional Endocrinology (INE) by *your name, credentials*”. Please present page numbers in “Page X of X” format – centered.
- **Citations and References (APA format – see below):** There are many sources on the Internet with detailed instructions on how to format using APA style. Here's one that's succinct. <http://www.drritamarie.com/go/APAReferences>