

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:

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

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

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>