Using quotes in your APA paper helps support the points you are making, but if you don’t set up the quote properly, it can confuse your audience. Your readers need to move from your words to the words of a source without feeling a jolt.

One helpful metaphor is a hamburger.

**Integrating Sources APA Style**

“Quotation Burger”

**Top Bun:**

Use a signal phrase. A signal phrase prepares your readers for what is coming. Here are some phrases for introducing quotations:


**The Meat:**

The meat is the quote itself. Choose words and phrases that help support your ideas. Be sure to quote the words—*exactly!*

**The Bottom Bun:**

You need to tell your reader why and/or how this quote connects to your paper’s overall focus or your paragraph’s topic. Here are some sample phrases for explaining quotations:

X is saying that… In other words, X believes...
This study reveals… These words suggest…
X’s point is that… X’s findings show that…
Examples

Critser (2013) noted that despite growing numbers of overweight Americans, many health care providers still “remain either in ignorance or outright denial about the health danger to the poor and young” (p. 5). In other words, healthcare providers may currently be turning a blind eye to the growing and legitimate obesity epidemic.

Sothern and Gordon (2003) asserted that, “Environmental factors may contribute as much as 80% to the causes of childhood obesity” (p. 104). This assertion, along with its data, sheds light on the fact that the home lives of children largely affect whether or not they will struggle with obesity.

The Henry J. Kaiser Family Foundation (2004) reported that “Obesity puts children at risk for a number of medical complications, including Type 2 diabetes, hypertension, sleep apnea, and orthopedic problems” (p. 55). This report provides a glimpse into the wide array of health complications that can occur due to childhood obesity.

(**bolds, italics, and underlines used to show the different parts of the quote burger**)