

# The APA Quotation Burger

Using quotes in your APA paper helps support the points you are making, but if you don't set up a 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 analogy is a hamburger.

## The Top Bun

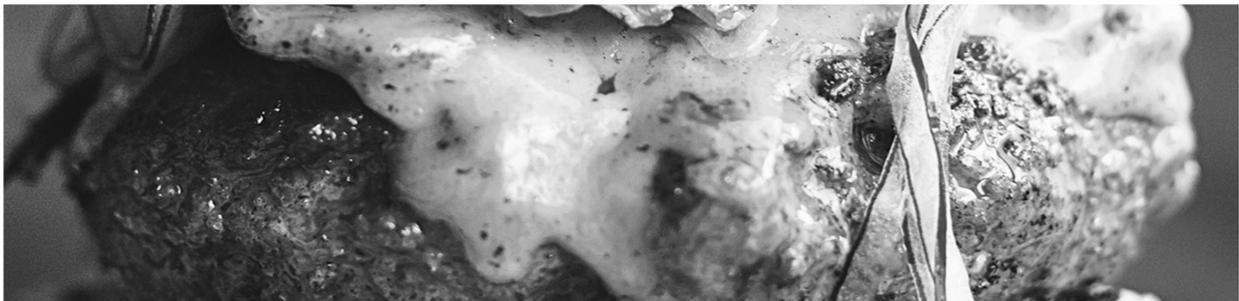


Use a signal phrase. A signal phrase prepares your readers for what is coming. Here are some phrases for introducing quotations:

X (2017) noted, “. . .” (p. 50).  
X (2015) believed, “. . .” (p. 336).  
X (2019) advised, “. . .” (p. 3).  
According to X (2011), “. . .” (p. 1).

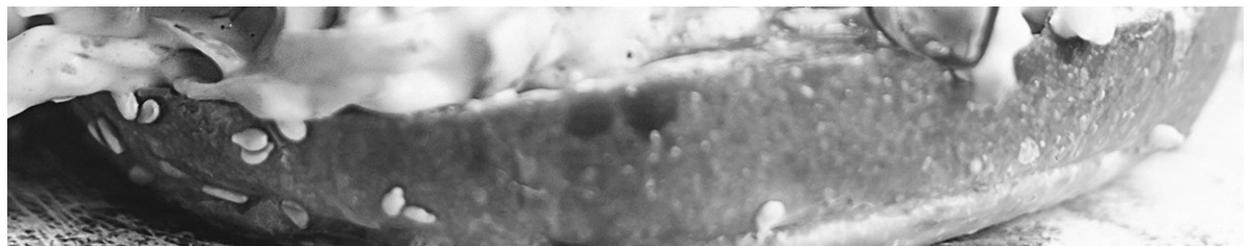
In X's view (2008), “. . .” (p. 11).  
X wrote (2019), “. . .” (p. 11).  
X explained (2012), “. . .” (p. 11).  
X argued (2016), “. . .” (p. 11).

## 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 the point you are making in your paper and/or in the paragraph. Here are some sample phrases for explaining quotations:

X reported that . . .  
In other words, X believed . . .  
This study revealed . . .

These words suggested . . .  
X's point was that . . .  
X's findings have shown that . . .

## Examples of the Quotation Burger

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.

According to Sothorn and Gordon (2003), “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, “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.

## Examples of Signal Phrase Verbs (APA requires past tense or present perfect tense)

acknowledged	rejected	maintained
commented	agreed	suggested
endorsed	contended	believed
pointed out	implied	disputed
added	reported	noted
compared	argued	thought
granted	declared	claimed
reasoned	insisted	emphasized
admitted	responded	observed
confirmed	asserted	wrote
illustrated	denied	

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