

QUESTION:	How can I develop a nutritional plan to help me be as fit and strong as possible while still providing me the freedom to try new foods and enjoy eating?		
MLA CITATION	<u>Author/ Organization. "Article Title." Source Title. Date, URL. Date of Access.</u> Stoppani, Jim. "Jim's Muscle Building Nutrition Rules." <i>JimStoppani.com</i> . 2020. https://www.jimstoppani.com/ . 15 Jan 2020.		
SOURCE TYPE (Highlight)	Eh (1): <ul style="list-style-type: none"> • Blog/Personal Website • Survey sent via email (minimum 50 participants) • VLOG 	GOOD (2): <ul style="list-style-type: none"> • Online Newspaper/ Magazine/ Reliable .COM • Book: Online or Print • Database Article • Reputable .GOV/ .ORG/ .EDU • Video from Database or Reliable Online Source 	GREAT(3): <ul style="list-style-type: none"> • REPORT (PDF) or Scholarly Article on Google • Scholarly Database Article from EBSCO, JSTOR, or GALE
AUTHORITY CHECK OUT THE AUTHOR! *GO TO THE ABOUT TAB OR GOOGLE*	WHAT IS THE AUTHOR OR ORGANIZATION'S NAME? <hr/> <ul style="list-style-type: none"> • The author is Jim Stoppani 		
	WHAT MAKES THEM AN EXPERT ON YOUR TOPIC? <hr/> <ul style="list-style-type: none"> • He holds a Ph.D. in exercise physiology • Stoppani has been featured in many popular muscle building magazines and talks about subjects such as fitness, nutrition, and muscle mass 		
RELIABILITY CHECK OUT THE SOURCE! *GO TO THE ABOUT TAB OR GOOGLE*	WHAT IS THE NAME OF THE SOURCE WHERE YOUR ARTICLE WAS PUBLISHED? <hr/> <ul style="list-style-type: none"> • JimStoppani.com 		
	WHY SHOULD/ SHOULDN'T YOU TRUST IT? <hr/> <ul style="list-style-type: none"> • Although Dr. Stoppani has a great deal of experience, this is simply his personal website. He is not being published in a magazine or book, but rather on his own platform. 		
CURRENCY CHECK THE DATE!	WHEN WAS THE SOURCE PUBLISHED? <hr/> 2022		
	DOES THE PUBLICATION DATE IMPACT THE RELIABILITY OF YOUR SOURCE? <hr/> Yes, it is important that I am getting the most up to date information regarding nutrition as the science behind it is constantly changing. The source was last updated in August 2020 so I feel confident that it is providing the most up-to-date information.		
BIAS WHAT IS THE "GOAL" OF THE ARTICLE?	WHAT IS THE AUTHOR'S MAIN POINT? WHAT WERE THEY TRYING TO ACCOMPLISH IN CREATING YOUR SOURCE? <hr/> <ul style="list-style-type: none"> • While Stoppani does have expertise in exercise physiology, access to his full website requires a subscription and he is clearly selling products and supplements • Though he does have experience on my topic, it is clear that he demonstrates bias as he is also trying to persuade people to purchase his products and join his gym. 		

<p>NOTES</p> <ul style="list-style-type: none"> • Minimum of 8 bullets • Use your own words 	<ul style="list-style-type: none"> • Muscle is comprised of protein and to build muscle, one must intake at least one gram of protein per pound of body weight • Eating more frequent meals prevents muscle protein from breaking down, thus enabling continual growth throughout the day • Fats are essential as well - this includes monounsaturated and saturated fats • Good options are full fat proteins including fish and beef as well as whole eggs • The only fat that should be avoided is trans fats • While there are essential fats and proteins, there are no essential carbs • 1.5 - 2.0 grams of carbs per pound of body weight is a good rule of thumb to avoid overindulging in this category • The real concern actually are the branched-chain amino acids—and leucine, in particular.
<p>REFLECT</p>	<p>HOW DOES THIS SOURCE HELP ANSWER YOUR ESSENTIAL QUESTION?</p> <hr/> <ul style="list-style-type: none"> • This source specifically looks at the connection between what we eat and how we can become stronger and more fit <p>HOW DOES THIS SOURCE RELATE TO YOUR OTHER SOURCES?</p> <hr/> <ul style="list-style-type: none"> • My other source looks at the connection between mental health and the foods that we eat while this looks at the physical aspect <p>WHAT NEW INFORMATION DID THIS SOURCE GIVE YOU?</p> <hr/> <ul style="list-style-type: none"> • I now know that gaining strength and building muscle is dependent not just on what you eat, but also when you eat and how much you eat

Emily Ford's Post

