**Research outline example 2**

The example below is for a paper that makes the argument that using a ketogenic diet may reduce the incidence of certain disease. In this case, certain topics may be expanded into separate paragraphs. It uses a full sentence, parallel structure.

I. Introductory paragraph

A. In the United States, health experts have increasingly looked at diet as a causal factor in diseases such as epilepsy, multiple sclerosis, Alzheimer's, and diabetes.

B. The prevalence of diabetes, epilepsy, and multiple sclerosis in the United States is increasing. (Journal of Health statistics)

C. The ketogenic diet is a high fat, moderate protein, low carbohydrate diet.

1. Describe ketogenic parameters for:

a. carbohydrates

b. fat

c. protein

D. Thesis

1. The ketogenic diet may decrease the prevalence of disease by controlling blood sugar, reducing the intake of refined foods, and limiting excessive protein intake.

II. Body Paragraph I

A. The ketogenic diet successfully helps adherents control blood sugar.

B. Increased carbohydrate intake negatively affects blood sugar, insulin and correlates with certain disease.

C. Restricting carbohydrate intake improves measures of fasting blood sugar, insulin response and appears to reduce the instance of certain disease.

D. Several studies have examined the effects of the ketogenic diet, blood sugar, and disease severity.

1. Describe 16-week ketogenic diet study on diabetes and blood sugar control (McMurray, 2019)
2. Describe 24-week ketogenic diet study on Alzheimer's and blood sugar control (McMurray 2016)

III. Body Paragraph II

A. In addition to possible disease-modifying benefits of blood sugar control, the ketogenic diet may prevent disease by reducing adherents' consumption of processed food.

B. The ketogenic diet reduces consumption of processed food

C. There is a correlation between consuming processed food and multiple sclerosis, diabetes, and Alzheimer's.

D. Replacing processed food with unprocessed food leads to a decrease in the prevalence of certain diseases (Journal of Diabetes and Weight Management, 2016)

IV. Body Paragraph III

A. Finally, the ketogenic diet may reduce the occurrence of disease by reducing the overconsumption of protein.

B. Excess protein consumption may contribute to disease.

1. Excess protein creates a burden for the kidneys.
2. Excess protein consumption is predictive of heart disease.

C. The ketogenic diet moderates protein consumption.

D. Studies find there are benefits of decreased protein consumption on disease.

1. Describe 30-week correlational study on decreased protein consumption and kidney function (McMurtry, West, and Johnson, 2015)

V. Conclusion

A. In conclusion, the ketogenic diet may reduce disease through its roles in reducing carbohydrate and protein intake, as well as aiding in blood sugar management.

B. Summarize research on how the following contribute to disease:

1. Reduction in carbohydrate intake and blood sugar management
2. Reduction in processed food intake and disease
3. Reduction in excess protein consumption and disease

C. Review how ketogenic diet may be beneficial because it:

1. Reduces protein consumption
2. Reduces processed food intake
3. Reduces excess protein consumption

D. Research appears to suggest that there is a relationship between a ketogenic diet and a decrease in variables that may contribute to Alzheimer's, diabetes, or multiple sclerosis.