



# EXAMPLE SANDWICH NOTECARD

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Florida State study finds watermelon lowers blood pressure

**#1Claim:**  
Watermelon can be beneficial to your health.

**Intro & Quote:**  
Studies have shown that watermelon "has a vasodilatory effect, and one that may prevent prehypertension from progressing to full-blown hypertension, a major risk factor for heart attacks and strokes" ("[Florida State](#)").

**Commentary:**  
Lowering the risk of high blood pressure by eating watermelon can help maintain a good circulatory system which in turn means a healthy heart.

Citation:  
"[Florida State](#) study finds watermelon lowers blood pressure." *Obesity, Fitness & Wellness Week* 30 Oct. 2010: 643. *General OneFile*. Web. 26 Nov. 2014.

**Full Text:**  
No matter how you slice it, watermelon has a lot going for it -- sweet, low calorie, high fiber, nutrient rich -- and now, there's more. Evidence from a pilot study led by food scientists at The [Florida State University](#) suggests that watermelon can be an effective natural weapon against prehypertension, a precursor to cardiovascular disease.

## REMINDERS:

- If your article is long enough you can have multiple Claims, Intros & Quotes and Commentary on a single clipping (only one Citation is needed per article)
- Tag your article to help with organization
- The INTRO to the quote should be in your own words!
- The COMMENTARY should be in your own words and make a connection between the claim you are making and the quote you have selected.