

## Example:

### FORMAL OUTLINE

**Thesis:** In the name of public health and safety, state governments have the responsibility to shape health policies and to regulate healthy eating choices, especially since doing so offers a potentially large social benefit for a relatively small cost.

- I. Debates surrounding food regulation have a long history in the United States.
  - A. The 1906 Pure Food and Drug Act guarantees inspection of meat and dairy products.
  - B. Such regulations are considered reasonable because consumers are protected from harm with little cost.
  - C. Consumers consider reasonable regulations to be an important government function to stop harmful items from entering the marketplace.
- II. Even though most foods meet safety standards, there is a need for further regulation.
  - A. The typical American diet—processed sugars, fats, and refined flours—is damaging over time.
  - B. Related health risks are diabetes, cancer, and heart problems.
  - C. Passing chronic-disease-related legislation is our single most important public health challenge.
- III. Food legislation is not a popular solution for most Americans.
  - A. A proposed New York City regulation banning the sale of soft drinks greater than twelve ounces failed in 2012, and in California a proposed soda tax failed in 2011.
  - B. Many consumers find such laws to be unreasonable restrictions on freedom of choice.
  - C. Opposition to food and beverage regulation is similar to the opposition to early tobacco legislation; the public views the issue as one of personal responsibility.
  - D. Counterpoint: Freedom of “choice” is a myth; our choices are heavily influenced by marketing.
- IV. The United States has a history of regulations to discourage unhealthy behaviors.
  - A. Tobacco-related restrictions faced opposition.
  - B. Seat belt laws are a useful analogy.
  - C. The public seems to support laws that have a good cost-benefit ratio; the cost of food/beverage regulations is low, and most people agree that the benefits would be high.

APA

CMS

A Academic Reading,  
Writing, and Speaking

S Sentence Style

R Researched Writing

ML Most Used

MLA