

Types of Supporting Details with Examples

Specific or concrete examples:

Many foods are rich in calcium, like milk, yogurt, cheese, and even broccoli!

Facts:

Many companies are beginning to eliminate trans-fats from their packaged foods.

Self-evident truths:

Good health is the product of good habits.

Anecdotes (narrative vignettes):

Once when I was younger, I ate a chocolate bar for breakfast. I became hungry within an hour of my "breakfast" and by mid-morning I was irritable and unable to concentrate.

Comparison or Analogies:

Foods high in carbohydrates produce a sudden burst of energy, but foods rich in protein provide a more durable, longer lasting source of energy.

Authoritative Quotes or Testimonials:

In the words of my dentist, "Don't be in a rush when you brush."

Numbers/Statistics:

Seventy-five percent of Americans begin their new year with a resolution involving healthy habits.

Descriptive Details:

The brown, fuzzy exterior of the kiwi is a contrast to its sweet, juicy, bright green interior.

Definition:

"Triglycerides" is the scientific name for fats that can travel in your bloodstream.