Title (100 font, Times, limit to 8 words or less. Be catchy/creative)

Authors

What is this research about?
- Background sentence…what is the reason that this topic of research has been chosen? Mention the target who will/may benefit from this research
- State the research goal or objective using active, clear language

What did the researchers do?
- Explain in very plain language what the methods for this research were.
- If important, state what is unique about your research method
- Include you measured that gives context to the information you provided in the other boxes

What did the researchers find?
- If your research is not completed, present results that you have already.
- Include information that can benefit/harm Ontarians (Consuming x can have ____ side effect or health benefit)
- If relevant, what is the mode of action or how/why does it work?
- include any figures for results within this larger results box with Fig. x…title and text in figure no smaller than 24 font.

What you need to know
- Briefly summarize what the main findings are from the above boxes related to day to day life of the average Ontarian. What’s the 30 second take-home message of what this all means?
- Provide a specific summary or recommendation for a specific audience (i.e. consumers, teachers, health professionals)

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