

Sentence Style: Clarity, Conciseness, and Emphasis Exercise

Directions: The following passage was taken from a paper on health and diet myths. Try improving the style of the passage by (1) placing key ideas at the beginning or end of each sentence, (2) eliminating unnecessary words, and (3) combining shorter sentences or breaking up longer ones.

You may remove or add words, move around phrases or whole sentences, combine sentences, or reword sentences. When you are finished, compare your revised passage with the sample revised passage on the next page.

Original Passage

Diets high in carbohydrates and low in fat are popular right now with most dieters. These kinds of diets are supposed to help dieters with their weight loss efforts and prevent dieters from catching diseases or developing health problems later in their lives. There are actually no studies that show that a diet that is high in carbohydrates and low in fat is all that good for the dieter. Some studies have shown that diets higher in fat and lower in carbohydrates are a lot better for the body, especially diets that are low in refined sugars.

Sample Revised Passage

Diets high in carbohydrates and low in fat are popular now because they are purported to help dieters lose weight and reduce their risk of disease and other health problems. Yet no studies have shown that a low-fat/high-carbohydrate diet promotes weight loss or long-term health. On the contrary, some studies show that diets higher in fat and lower in carbohydrates, especially refined sugars, are much healthier for dieters.