When El Chapo was arrested [see figure 1], it set off new investigations into the Mexican government’s connections to drug cartels.

Figure 1. El Chapo is transported by American officials after his arrest. [Hays 1]
While fast food may be cheap and easy, the main source of vitamins and nutrients that the human body needs on a daily basis is provided in fresher foods (see table 1) that is largely inaccessible to lower socioeconomic groups because of the expense.

Table 1

<table>
<thead>
<tr>
<th>Fruits Nutrition Facts</th>
<th>Source: U.S. Food and Drug Administration</th>
</tr>
</thead>
</table>

Commented [HDF6]: In parentheses, guide the reader to view the table. This should all be lower cased, “table” should be written out in full.

Commented [HDF7]: Write Table 1, capitalized

Commented [HDF8]: When you insert the image, it needs to align with the 1” margins, the image should “wrap” in line with text. The margins around the image itself should remain the default 1/8” Notice how the essay continues AFTER the image and not next to the image.

Commented [HDF9]: Write the title of the table, capitalized as title rules require

Commented [HDF10]: Write “Source” (capitalized) followed by a colon.

Commented [HDF11]: Unlike a figure, a table does NOT need a descriptive sentence. After “Source:” you insert what would be the internal doc, but you do not put it in parentheses.