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In a survey of 200 community college students, when participants were asked to rank their favorite dessert out of a list of ten options, ice cream sundaes were by far the top ranked dessert out of all choices presented.

-- "Popularity of Desserts," by Julia Greider, published April 1, 2019, page 50

< Paraphrasing:

Greider (2019) proved in her study that students favored ice cream sundaes over any other dessert.

Participants in one prominent study favored ice cream sundaes over any other dessert (Greider, 2019).

< Quoting:

One prominent study proved that in a survey, "ice cream sundaes were by far the top ranked dessert" (Greider, 2019, p. 50).

Greider (2019) proved in her study that "ice cream sundaes were by far the top ranked dessert" (p. 50).

< Academic journal article:

Example: Greider, J. (2019). Popularity of desserts. *Food Studies Journal*, 25(4), 10-25.

<https://doi.org/10.1177/000009120612792>