

## **APPENDIX B**

### **Selected References**

- Ackerman, C., I. Jacobs, M. Rasmussen, and J. Karlsson. 1996. Diet and muscle glycogen concentration in relation to physical performance in Swedish elite ice hockey players. *Int J Sports Nutr and Exerc Metab* 6(3):272-284.
- Affenito, S. 2007. Breakfast: A missed opportunity. *J Amer Diet Assoc* 107(4):565-569.
- Ainslie, P., I. Campbell, K. Frayn, et al. 2002. Energy balance, metabolism, hydration, and performance during strenuous hill walking: The effect of age. *J Appl Physiol* 93(2):714-723.
- Akerstrom, T.C., and B.K. Pedersen. 2007. Strategies to enhance immune function for marathoners: What can be done? *Sports Med* 37(4-5):416-419.
- Alford, B.A., A. Blankenship, and D.R. Hagen. 1990. The effects of variations in carbohydrate, protein, and fat content of the diet upon weight loss, blood values, and nutrient intakes of adult obese women. *J Amer Diet Assoc* 90:534-540.
- American College of Sports Medicine (ACSM). 1998. The recommended quantity and quality of exercise for developing and maintaining cardiorespiratory and muscular fitness, and flexibility in healthy adults. *Med Sci Sports Exerc* 30(6):975-991.
- American College of Sports Medicine (ACSM). 2007. ACSM position stand on exercise and fluid replacement. *Med Sci Sports Exerc* 39(2):377-390.
- American College of Sports Medicine (ACSM). 2007. ACSM position stand on the female athlete triad. *Med Sci Sports Exerc* 39(10):1867-1882.
- American College of Sports Medicine (ACSM), American Dietetic Association (ADA), and Dietitians of Canada. 2000. Joint position statement: Nutrition and athletic performance. *Med Sci Sports Exerc* 32(12):2130-2145.
- American Psychiatric Association. 2000. *Diagnostic and statistical manual of mental disorders*. 4th ed. Washington, DC: Author.
- Armstrong, L. 2002. Caffeine, body fluid-electrolyte balance, and exercise performance. *Int J Sports Nutr and Exerc Metab* 12:189-206.
- Armstrong, L., A. Pumerantz, M. Roti, et al. 2005. Fluid, electrolyte, and renal indices of hydration during 11 days of controlled caffeine consumption. *Int J Sport Nutr Exerc Metab* 15:252-265.

- Bailey, W., D. Jacobsen, and J. Donnelly. 2002. Changes in total daily energy expenditure as a result of 16 months of aerobic training: The Midwest Exercise Trial. *Am J Clin Nutr* 75 (Suppl. no. 2): 363.
- Barr, S. 1999. Vegetarianism and menstrual cycle disturbances: Is there an association? *Am J Clin Nutr* 70 (Suppl. no. 3): 549-554.
- Barr, S., K.C. Janelle, and J.C. Prior. 1995. Energy intakes are higher during the luteal phase of ovulatory menstrual cycles. *Am J Clin Nutr* 61:39-43.
- Bazzano, L.A., Y. Song, V. Bubes, C. Good, J. Manson, and S. Liu. 2005. Dietary intake of whole and refined grain breakfast cereals and weight gain in men. *Obes Res* 13(11):1952-1960.
- Beals, K., and M. Manore. 2000. Behavioral, psychological, and physical characteristics of female athletes with subclinical eating disorders. *Int J Sports Nutr and Exerc Metab* 10(2):128-143.
- Beals, K., and M. Manore. 2002. Disorders of the female athlete triad among collegiate athletes. *Int J Sports Nutr and Exerc Metab* 12:281-293.
- Bell, D.G. and T.M. McLellan. 2002. Endurance exercise 1, 3 and 6 h after caffeine ingestion on caffeine users and nonusers. *J Appl Physiol* 93(4):1227-1234.
- Benardot, D., ed. 1992. *Sports nutrition: A guide for the professional working with active people*. 2nd ed. Chicago: American Dietetic Association.
- Bergstrom, J., L. Hermansen, E. Hultman, and B. Saltin. 1967. Diet, muscle glycogen, and physical performance. *Acta Physiol Scand* 71:140-150.
- Bjelakovic, G., D. Nikolova, L.L. Gluud, R.G. Simonetti, and C. Gluud. 2007. Mortality in randomized trials of antioxidant supplements for primary and secondary prevention: Systematic review and meta-analysis. *JAMA* 297(8):842-857.
- Blackburn, G. 2001. The public health implications of the Dietary Approaches to Stop Hypertension Trial. *Am J Clin Nutr* 74:1-2.
- Bolster, D.R., M.A. Pikosky, P.C. Gaine, et al. 2005. Dietary protein intake impacts human skeletal muscle protein fractional synthetic rates after endurance exercise. *Am J Physiol* 289:E678-E683.
- Bouchard, C. 1990. Heredity and the path to overweight and obesity. *Med Sci Sports Exerc* 23(3):285-291.
- Bray, G., S.J. Nielsen, and B. Popkin. 2004. Consumption of high-fructose corn syrup in beverages may play a role in the epidemic of obesity. *Am J Clin Nutr* 79:537-543.
- Brouns, F., W. Saris, and N. Rehrer. 1987. Abdominal complaints and gastro-intestinal function during long lasting exercise. *Int J Sports Med* 8:175-189.
- Burke, L. 2007. Training and competition nutrition. In *Practical sports nutrition*. Champaign IL: Human Kinetics.
- Burke, L., G. Collier, and M. Hargreaves. 1998. Glycemic index: A new tool in sports nutrition? *Int J Sport Nutr* 8:401-415.
- Burke, L.M., A. Classen, J.A. Hawley, and T.D. Noakes. 1998. Carbohydrate intake during prolonged cycling minimizes effect of glycemic index of preexercise meal. *J Appl Physiol* 85(6):2220-2226.

- Caan, B., M. Neuhouser, A. Aragaki, et al. 2007. Calcium plus vitamin D supplementation and the risk of postmenopausal weight gain. *Arch Intern Med* 167(9):893-902.
- Campbell, C., D. Prince, E. Applegate, and G. Casazza G. 2007. Effect of carbohydrate supplementation type on endurance cycling performance in competitive athletes. *Med Sci Sports Exerc* 39 (Suppl. no. 5): Abstract 1760.
- Casa D., L. Armstrong, S. Montain, et al. 2000. National Athletic Trainers' Association position statement: Fluid replacement for athletes. *J Athletic Training* 35(2):212-224.
- Center for Science in the Public Interest (CSPI). 2006. Are you deficient? *Nutrition Action Healthletter* 33(9): 3-7.
- Center for Science in the Public Interest (CSPI). 2006. Pour better or pour worse: How beverages stack up. *Nutrition Action Healthletter* 33(5):3-7.
- Clancy, R.L., M. Gleeson, A. Cox, et al. 2006. Reversal in fatigued athletes of a defect in interferon gamma secretion after administration of Lactobacillus acidophilus. *Br J Sports Med* 40(4):351-354.
- Clark, N., M. Nelson, and W. Evans. 1988. Nutrition education for elite women runners. *Phys Sportsmed* 16:124-135.
- Clegg, D., D. Reda, C. Harris, et al. 2006. Glucosamine, chondroitin sulfate, and the two in combination for painful knee osteoarthritis. *N Engl J Med* 354(8):795-808.
- ConsumerLab.com. 2007. Product review: Joint supplements. [Online.] Available: [www.Consumerlab.com/results/gluco.asp](http://www.Consumerlab.com/results/gluco.asp).
- Cook, N.R., J. Cutler, E. Obarzanek, et al. 2007. Long term effects of dietary sodium reduction on cardiovascular disease outcomes: Observational follow-up of the trials of hypertension prevention (TOHP). *Br Med J* 334(7599):885.
- Costill, D., R. Bowers, G. Branam, and K. Sparks. 1971. Muscle glycogen utilization during prolonged exercise on successive days. *J Appl Physiol* 31(6):834-838.
- Costill, D.L., D.S. King, R. Thomas, and M. Hargreaves. 1985. Effects of reduced training on muscular power in swimmers. *Phys Sportsmed* 13(2):94-101.
- Costill, D.L., W. Sherman, W. Fink, C. Maresh, M. Witten, and J. Miller. 1981. The role of dietary carbohydrate in muscle glycogen resynthesis after strenuous exercise. *Am J Clin Nutr* 34:1831-1836.
- Costill, D.L., R. Thomas, R.A. Robergs, et al. 1991. Adaptations to swimming training: Influence of training volume. *Med Sci Sports Exerc* 23(3):371-377.
- Couzin, J. 2002. Nutrition research: IOM panel weighs in on diet and health. *Science* 297(5588):1399-1409.
- Coyle, E.F., and S.J. Montain. 1992. Benefits of fluid replacement with carbohydrates during exercise. *Med Sci Sports Exerc* 24 (Suppl. no. 9): 324-330.
- Cribb, P., and A. Hayes. 2006. Effects of supplement timing and resistance exercise on skeletal muscle hypertrophy. *Med Sci Sports Exerc* 38(1):1918-1925.
- Cribb, P., A. Williams, and A. Hayes. 2007. A creatine-protein-carbohydrate supplement enhances responses to resistance training. *Med Sci Sports Exerc* 39(11):1960-1968.

- Das, S.K., C. Gilhooly, J. Golden, et al. 2007. Long-term effects of 2 energy-restricted diets differing in glycemic load on dietary adherence, body composition, and metabolism in CALERIE: a 1-y randomized controlled trial. *Am J Clin Nutr* 85:1023-1030.
- Davison, G., and M. Gleeson. 2005. Vitamin C and carbohydrate ingestion in prolonged exercise. *Int J Sports Nutr Exerc Metab* 15:465-479.
- Davison, G., M. Gleeson, and S. Phillips. 2007. Antioxidant supplementation and immunoendocrine responses to prolonged exercise. *Med Sci Sports Exerc* 39(4):645-652.
- Dawson, D., C. Henry, C. Goodman, et al. 2002. Effect of C and E supplementation on biochemical and ultrastructural indices of muscle damage after a 21 km run. *Int J Sports Med* 23(1):10-15.
- Demura, S., S. Yamaji, F. Goshi, and Y. Nagasawa. 2002. The influence of transient change of total body water on relative body fats based on three bioelectrical impedance analyses methods. Comparison between before and after exercise with sweat loss, and after drinking. *J Sports Med Phys Fitness* 42(1):38-44.
- Deutz, R., D. Benardot, D. Martin, and M. Cody. 2000. Relationship between energy deficits and body composition in elite female gymnasts and runners. *Med Sci Sports Exerc* 32(3):659-668.
- Di Carlo, C., G. Tommaselli, A. Sammartino, et al. 2004. Serum leptin levels and body composition in postmenopausal women: Effects of hormone therapy. *Menopause* 11(4):466-473.
- Doherty, M., and P. Smith. 2005. Effects of caffeine ingestion on the rating of perceived exertion during and after exercise: A meta-analysis. *Scand J Med Sci Sports* 15(2):69-78.
- Dominguez, J., L. Goodman, S. Sen Gupta, et al. 2007. Treatment of anorexia nervosa is associated with increases in bone mineral density, and recovery is a biphasic process involving both nutrition and return of menses. *Am J Clin Nutr* 86(1):92-99.
- Drewnowski, A., and F. Bellisle. 2007. Liquid calories, sugar, and body weight. *Am J Clin Nutr* 85:651-661.
- Dueck, C., K. Matt, M. Manore, and J. Skinner. 1996. Treatment of athletic amenorrhea with a diet and training intervention program. *Int J Sport Nutr and Exerc Metab* 6(1):24-40.
- Ebbeling, C.B., M.M. Leidig, H.A. Feldman, M.M. Lovesky, and D.S. Ludwig. 2007. Effects of a low-glycemic load vs low-fat diet in obese young adults: A randomized trial. *JAMA* 297(19):2092-2102.
- Edwards, J., A. Lindeman, A. Mikesky, and J. Stager. 1993. Energy balance in highly trained female endurance runners. *Med Sci Sports Exerc* 25(12):1398-1404.
- Environmental Working Group. 2006. When should you buy organic? [Online.] Available: [www.foodnews.org/release.php](http://www.foodnews.org/release.php).
- Esmarck, B., J. Andersen, S. Olsen, E. Richter, M. Mizuno, and M. Kjaer. 2001. Timing of postexercise protein intake is important for muscle hypertrophy with resistance training in elderly humans. *J Physiol* 535 (Pt. 1): 301-311.
- Etnier, J., R. Caselli, E. Reiman, et al. 2007. Cognitive performance in older women relative to Apo-E4 genotype and aerobic fitness. *Med Sci Sports Exerc* 39(1):199-207.

- Expert Panel on Detection, Evaluation, and Treatment of High Blood Cholesterol in Adults. 2001. Executive summary of the third report of the National Cholesterol Education Program Expert Panel on detection, evaluation, and treatment of high cholesterol in adults. *JAMA* 285:2486-2497.
- Fairchild, T., S. Fletcher, P. Steele, C. Goodman, B. Dawson, and P. Fournier. 2002. Rapid carbohydrate loading after a short bout of near maximal-intensity exercise. *Med Sci Sports Exerc* 34(6):980-986.
- Fairfield, K., and R. Fletcher. 2002. Vitamins for chronic disease prevention in adults. *JAMA* 287(23):3116-3126.
- Ferreira, S.E., M.T. de Mello, S. Pompeia, and M.L. de Souza-Formigoni. 2006. Effects of energy drink ingestion on alcohol intoxication. *Alcohol Clin Exp Res* 30(4):598-605.
- Fields, D., M. Goran, and M. McCrory. 2002. Body-composition assessment via air-displacement plethysmography in adults and children: A review. *Am J Clin Nutr* 75:453-467.
- Finnegan, D. 2003. The health effects of stimulant drinks. *Nutrition Bulletin* 28:147-155.
- Fitó, M., M. Cladellas, R. de la Torre, et al. 2007. Anti-inflammatory effect of virgin olive oil in stable coronary disease patients: A randomized, crossover, controlled trial. *Eur J Clin Nutr* [Online]. March 21.
- Flakoll, P., T. Judy, K. Flinn, C. Carr, and S. Flinn. 2004. Postexercise protein supplementation improves health and muscle soreness during basic military training in marine recruits. *J Appl Physiol* 96(3):951-956.
- Flight, I., and P. Clifton. 2006. Cereal grains and legumes in the prevention of coronary heart disease and stroke: A review of the literature. *Eur J Clin Nutr* 60(10):1145-1159.
- Food and Nutrition Board, Institute of Medicine. 1998/2000. *Dietary reference intakes*. Lanover, MD: National Academy Press.
- Franz, M.J. 2003. Glycemic index: Not the most effective nutrition therapy intervention. *Diabetes Care* 26:2466-2468.
- Fredericson, M., and K. Kent. 2005. Normalization of bone density in a previously amenorrheic runner with osteoporosis. *Med Sci Sports Exerc* 37(9):1481-1486.
- Gallus, S., L. Scotti, E. Negri, et al. 2007. Artificial sweeteners and cancer risk in a network of case-control studies. *Ann Oncol* 18(1):40-44.
- Gardner, C.D., A. Kiazyk, S. Alhassan, et al. 2007. Comparison of the Atkins, Zone, Ornish, and LEARN diets for change in weight and related risk factors among overweight premenopausal women: The A to Z Weight Loss Study: A randomized trial. *JAMA* 297(9):969-977.
- Garner, D. 1998. The effects of starvation on behavior: Implications for dieting and eating disorders. *Healthy Weight Journal* 12(5):68-72.
- Geleijnse, J., L. Launer, D. van der Kuip, A. Hofman, and J. Witteman. 2002. Inverse association of tea and flavonoid intakes with incident myocardial infarction: The Rotterdam Study. *Am J Clin Nutr* 75:880-886.
- Getchell, B., and W. Anderson. 1982. *Being fit: A personal guide*. New York: Wiley.

- Gibson, A., V. Heyward, and C. Mermier. 2000. Predictive accuracy of Omron Body Logic Analyzer in estimating relative body fat of adults. *Int J Sports Nutr and Exerc Metab* 10:216-227.
- Gilhooly, C., S.K. Das, J.K. Golden, et al. 2007. Food cravings and energy regulation: The characteristics of craved foods and their relationship with eating behaviors and weight change during 6 months of dietary energy restriction. *Int J Obes* 31(12):1849-1858.
- Godard, M., D. Williamson, and S. Trappe. 2002. Oral amino-acid provision does not affect muscle strength or size gains in older men. *Med Sci Sports Exerc* 34(7):1126-1131.
- Goran, M., and E. Poehlman. 1992. Endurance training does not enhance total energy expenditure in healthy elderly persons. *Am J Physiol* 263:E950-E957.
- Green, H., M. Ball-Burnett, S. Jones, and B. Farrance. 2007. Mechanical and metabolic responses with exercise and dietary carbohydrate manipulation. *Med Sci Sports Exerc* 39(1):139-148.
- Greene, R., S. Godek, A. Burkholder, and C. Peduzzi. 2007. Sweat sodium and total sodium losses in NFL players with exercise associated muscle cramps during training camp vs matched non-crampers. *Med Sci Sports Exerc* 39 (Suppl. no. 5): Abstract 574.
- Haller, C., N. Benowitz, and J. Peyton. 2005. Hemodynamic effects of ephedra-free weight-loss supplements in humans. *Am J Med* 118:998-1003.
- Hansen, A., C. Fischer, P. Plomgaard, J. Andersen, B. Saltin, and B. Pedersen. 2005. Skeletal muscle adaptation: Training twice every second day vs training once daily. *J Appl Physiol* 98:93-99.
- Heymsfield, S., J. Harp, M. Reitman, et al. 2007. Why do obese patients not lose more weight when treated with low-calorie diets? A mechanistic perspective. *Am J Clin Nutr* 85:346-354.
- Hickner, R., C. Horswill, J. Welker, J. Scott, J. Roemmich, and D. Costill. 1991. Test development for the study of physical performance in wrestlers following weight loss. *Int J Sports Med* 12(6):557-562.
- Hill, J.O., W. McArdle, J. Snook, and J. Wilmore. 1992. *Commonly asked questions regarding nutrition and exercise: What does the scientific literature suggest?* Vol. 9 of *Sports science exchange*. Chicago: Gatorade Sports Science Institute.
- Holm, L., B. Esmarck, M. Mizuno, et al. 2006. The effect of protein and carbohydrate supplementation on strength training outcome of rehabilitation in ACL patients. *J Orthop Res* 24(11):2114-2123.
- Hooper, S.L., L.T. Mackinnon, A. Howard, R. Gordon, and A. Bachmann. 1995. Markers for monitoring overtraining and recovery. *Med Sci Sports Exerc* 27(1):106-112.
- Horowitz, J.F., and E.F. Coyle. 1993. Metabolic responses to preexercise meals containing various carbohydrates and fat. *Am J Clin Nutr* 58:235-241.
- Houmard, J.A., D.L. Costill, J.B. Mitchell, S.H. Park, R.C. Hickner, and J.N. Roemmich. 1990. Reduced training maintains performance in distance runners. *Int J Sports Med* 11(1):46-52.
- Hu, F., L. Bronner, W. Willett, et al. 2002. Fish and omega-three fatty acid intake and risk of coronary heart disease in women. *JAMA* 287:1807-1814.

- Huang, H.Y., B. Caballero, S. Chang, et al. 2006. The efficacy and safety of multivitamin and mineral supplement use to prevent cancer and chronic disease in adults: A systematic review for a National Institutes of Health state-of-the-science conference. *Ann Intern Med* 145(5):372-385.
- Institute of Medicine. 1994. *Fluid replacement and heat stress*. Washington, DC: National Academy Press.
- Institute of Medicine. 2002. *Dietary reference intakes for energy, carbohydrate, fiber, fat, fatty acids, cholesterol, protein and amino acids*. Washington, DC: National Academy Press.
- International Olympic Committee. 2004. Consensus on sports nutrition 2003. *J Sports Sci* 22(1):X.
- Ivy, J. 2001. Dietary strategies to promote glycogen synthesis after exercise. *Can J Appl Physiol* 26 (Suppl.): 236-245.
- Ivy, J., H. Goforth, B. Damon, T. McCauley, E. Parsons, and T. Price. 2002. Early postexercise muscle glycogen recovery is enhanced with a carbohydrate-protein supplement. *J Appl Physiol* 93(4):1337-1344.
- Janssen, G., C. Graef, and W. Saris. 1989. Food intake and body composition in novice athletes during a training period to run a marathon. *Int J Sports Med* 10:S17-21.
- Jentjens, R.L., K. Underwood, J. Achten, K. Currell, C.H. Mann, and A.E. Jeukendrup. 2006. Exogenous carbohydrate oxidation rates are elevated after combined ingestion of glucose and fructose during exercise in the heat. *J Appl Physiol* 100(3):807-816.
- Jiang, R., J.E. Manson, M.J. Stampfer, S. Liu, W.C. Willett, and F.B. Hu. 2002. Nut and peanut butter consumption and risk of type 2 diabetes in women. *JAMA* 288(20):2554-2560.
- Jówko, E., P. Ostaszewski, M. Jank, et al. 2001. Creatine and beta-hydroxy beta-methylbutyrate (HMB) additively increase lean body mass and muscle strength during a weight-training program. *Nutrition* 17(7-8):558-566.
- Jung, A., P. Bishop, A. Al-Nawwas, and R. Dale. 2005. Influence of hydration and electrolyte supplementation on incidence and time of onset of exercise associated muscle cramps. *J Athl Train* 40:71-75.
- Kant, A., R. Ballard-Barbash, and A. Schatzkin. 1995. Evening eating and its relation to self-reported weight and nutrient intake in women, CSFII 1985-1986. *J Am College Nutr* 14(8):358-363.
- Karp, J., J. Johnston, S. Tecklenburg, T. Mickleborough, A. Fly, and J. Stager. Chocolate milk as a post-exercise recovery aid. 2006. *Int J Sports Nutr Exerc Metab* 16:78-91.
- Karppanen, H., and E. Mervaala. 2006. Sodium intake and hypertension. *Prog Cardiovasc Dis* 49(2):59-75.
- Katz, D., M. Evans, H. Nawaz, et al. 2005. Egg consumption and endothelial function: A randomized controlled crossover trial. *Int J Cardiol* 9(1):65-70.
- Keys, A., J. Brozek, A. Henschel, et al. 1950. *The biology of human starvation*. Vols. I and II. Minneapolis: University of Minnesota Press.
- Kilduff, L., P. Vidakovic, G. Cooney, et al. 2002. Effects of creatine on isometric bench-press performance in resistance-trained humans. *Med Sci Sports Exerc* 34(7):1176-1183.

- Kirk, E.P., J. Donnelly, and D. Jacobsen. 2002. Time course and gender effects in aerobic capacity and body composition for overweight individuals: Midwest Exercise Trial (MET). *Med Sci Sports Exerc* 34 (Suppl. no. 5): 120.
- Klibanski, A., B.M.K. Biller, D.A. Schoenfeld, D. Herzog, and V. Saxe. 1995. The effects of estrogen administration on trabecular bone loss in young women with anorexia nervosa. *J Clin Endocrinol Metab* 80:898-904.
- Knowler, W.C., E. Barrett-Conner, S.E. Fowler, et al. 2002. Reduction in the incidence of type II diabetes with lifestyle intervention or metformin. *N Eng J Med* 346:393-403.
- Kris-Etherton, P., W. Harris, and L. Appel. 2002. American Heart Association scientific statement: Fish consumption, fish oil, omega-3 fatty acids, and cardiovascular disease. *Circulation* 106:2747-2757.
- Kris-Etherton, P., G. Zhao, A.E. Binkoski, S.M. Coval, and T.D. Etherton. 2001. The effects of nuts on coronary heart disease. *Nutr Rev* 59(4):103-111.
- Kritchevsky, S., and D. Kritchevsky. 2000. Egg consumption and coronary heart disease: An epidemiologic overview. *J Am Coll Nutr* 19 (Suppl. no. 5): 549-555.
- Laidlaw, S.A., M. Grosvenor, and J.D. Kopple. 1990. The taurine content of common foodstuffs. *J Par Ent Nutr* 14:183-188.
- Lappe, J., D. Travers-Gustafson, K. Davies, R. Recker, and R. Heaney. 2007. Vitamin D and calcium supplementation reduces cancer risk: Results of a randomized trial. *Am J Clin Nutr* 85(6):1586-1591.
- Leibel, R.L., M. Rosenbaum, and J. Hirsch. 1995. Changes in energy expenditure resulting from altered body weight. *N Engl J Med* 332:621-628.
- Lemon, P. 1995. Do athletes need more protein and amino acids? *Int J Sport Nutr* 5 (Suppl.): 39-61.
- Levine J., N. Eberhardt, and M. Jensen. 1999. Role of non-exercise activity thermogenesis in resistance to fat gain in humans. *Science* 282(5399):212-214.
- Lichtenstein, A., L. Appel, M. Brands, et al. 2006. American Heart Association scientific statement: Diet and lifestyle recommendations revision 2006: A scientific statement from the American Heart Association Nutrition Committee. *Circulation* 114(1):82-96.
- Lim, U., A.F. Subar, T. Mouw, et al. 2006. Consumption of aspartame-containing beverages and incidence of hematopoietic and brain malignancies. *Cancer Epidemiol Biomarkers Prev* 15(9):1654-1659.
- Liu, H., D. Bravata, I. Olkin, et al. 2007. Systematic review: The safety and efficacy of growth hormone in the healthy elderly. *Ann Intern Med* 146(2):104-115.
- Loucks, A. 2004. Energy balance and body composition in sports and exercise. *J Sport Sci* 22(1):1-14.
- Loucks, A., and B. Thuma. 2003. Luteinizing hormone pulsatility is disrupted at a threshold of energy availability in regularly menstruating women. *J Clin Endocrinol Metab* 88(1):297-311.
- Luscombe, N., P. Clifton, M. Noakes, B. Parker, and G. Wittert. 2002. The effects of energy-restricted diets containing increased protein on weight loss, resting energy expenditure and the thermic effect of feeding in type 2 diabetes. *Diabetes Care* 25:652-657.

- Lutter, J., and S. Cushman. 1982. Running while pregnant. *J Melpomene Institute* 1(1):2-4.
- Marchioli, R., C. Schweiger, G. Levantesi, L. Tavassi, and F. Valagussa. 2001. Antioxidant vitamins and prevention of cardiovascular disease: Epidemiological and clinical trial data. *Lipids* 36 (Suppl.): 53-63.
- Marczinski, C.A., and M.T. Fillmore. 2006. Clubgoers and their trendy cocktails: Implications of mixing caffeine into alcohol on information processing and subjective reports of intoxication. *Exp Clin Psychopharmacol* 14(4):450-458.
- Martin, W., L. Armstrong, and N. Rodriguez. 2005. Dietary protein intake and renal function. *Nutr Metab (Lond)* 20(2):25.
- Mason, W.L., G. McConell, and M. Hargreaves. 1993. Carbohydrate ingestion during exercise: Liquid vs. solid feedings. *Med Sci Sports Exerc* 25(8):966-969.
- McManus, K., L. Antinoro, and F. Sacks. 2001. A randomized controlled trial of a moderate fat, low-energy diet compared with a low-fat, low energy diet for weight loss in overweight adults. *Int J Obes Relat Metab Disord* 25:1503-1511.
- Miller, K., E. Lee, E. Lawson, et al. 2006. Determinants of skeletal loss and recovery in anorexia nervosa. *J Endocrinol Metab* 91(8):2931-2937.
- Morales, A., R. Haubrich, J. Hwang, H. Asakura, and S. Yen. 1998. The effect of six months treatment with a 100 mg daily dose of dehydroepiandrosterone (DHEA) on circulating sex steroids, body composition and muscle strength in age-advanced men and women. *Clin Endocrinol* 49(4):421-432.
- Mosca, L., C. Banka, E. Benjamin, et al. 2007. Evidence-based guidelines for cardiovascular disease prevention in women: 2007 update. *Circulation* 115(7):1481-1501.
- Nair, K., R. Rizza, P. O'Brien, et al. 2006. DHEA in elderly women and DHEA or testosterone in elderly men. *New Engl J Med* 355(16):1647-1659.
- Napoli, N., J. Thompson, R. Civitelli, and R. Armamento-Villareal. 2007. Effects of dietary calcium compared with calcium supplements on estrogen metabolism and bone mineral density. *Am J Clin Nutr* 85:1428-1433.
- National Eating Disorders Association. 2005. No weigh! A declaration of independence from a weight-obsessed world. [Online.] Available: [www.NationalEatingDisorders.org](http://www.NationalEatingDisorders.org).
- National Institutes of Health State-of-the-Science Panel. 2007. National Institutes of Health state-of-the-science conference statement: Multi-vitamin and mineral supplements and chronic disease prevention. *Am J Clin Nutr* 85(1):257S-264S.
- Nattiv, A. 2000. Stress fractures and bone health in track and field athletes. *J Sci Med Sport* 3(3):268-279.
- Nattiv, A., A. Loucks, M. Manore, C. Sanborn et al. 2007. Position Stand of the American College of Sports Medicine: The Female Athlete Triad. *Med Sci Sports Exerc* 39 (10):1867-1882
- Nelson, M., E. Fisher, P. Catsos, C. Meredith, R. Turksoy, and W. Evans. 1986. Diet and bone status in amenorrheic runners. *Am J Clin Nutr* 43:910-916.
- Neumark-Sztainer, D., M. Wall, J. Guo, M. Story, J. Haines, and M. Eisenberg. 2006. Obesity, disordered eating, and eating disorders in a longitudinal study of adolescents: How do dieters fare five years later? *J Amer Diet Assoc* 106:559-568.

- Nieman, D., D. Henson, S. McAnulty, et al. 2002. Influence of vitamin C supplementation on oxidative and immune changes after an ultramarathon. *J Appl Physiol* 92(5):1070-1077.
- Nieman, D., D. Henson, S. McAnulty, et al. 2004. Vitamin E and immunity after the Kona Triathlon World Championship. *Med Sci Sports Exerc* 36(8):1328-1335.
- Noakes, T. 2003. *Lore of running*. 4th ed. Champaign, IL: Human Kinetics.
- O'Dea, J., and P. Rawstorne. 2001. Male adolescents identify their weight gain practices, reasons for desired weight gain, and sources of weight gain information. *J Amer Diet Assoc* 101(1):105-107.
- Ode, J., J. Pivarnik, M. Reeves, and J. Knous. 2007. Body mass index as a predictor of percent fat in college athletes and nonathletes. *Med Sci Sports Exerc* 39(3):403-409.
- Olivardia, R. 2002. Body image obsession in men. *Healthy Weight Journal* 16(4):59-63.
- Pasman, W., M. van Baak, A. Jeukendrup, and A. de Haan. 1995. The effects of different dosages of caffeine on endurance performance time. *Int J Sports Med* 16:225-230.
- Pedersen, S., J. Kang, and G. Kline. 2007. Portion control plate for weight loss in obese patients with type 2 diabetes mellitus: A controlled clinical trial. *Arch Intern Med* 167:1277-1283.
- Pennington, J. 2004. *Bowes & Church's food values of portions commonly used*. 18th ed. Philadelphia: Lippincott Williams & Wilkins.
- Pereira, M., D. Jacobs, J. Pins, et al. 2002. Effect of whole grains on insulin sensitivity in overweight hyperinsulinemic adults. *Am J Clin Nutr* 75:848-855.
- Peterson, J., W. Repovich, M. Eash, D. Notrica, and C. Hill. 2007. Accuracy of consumer grade bioelectrical impedance analysis devices compared to air displacement plethysmography. *Med Sci Sports Exerc* 39 (Suppl. no. 5): Abstract 2105.
- Phillips, P., B. Rolls, J. Ledingham, et al. 1984. Reduced thirst after water deprivation in healthy elderly men. *N Engl J Med* 311:753-759.
- Pomerleau, M., P. Imbeault, T. Parker, and E. Doucet. 2004. Effects of exercise intensity on food intake and appetite in women. *Am J Clin Nutr* 80:1230-1236.
- Rasmussen, B., K. Tipton, S. Miller, et al. 2000. An oral essential amino acid-carbohydrate supplement enhances muscle protein anabolism after resistance exercise. *J Appl Physiol* 88:386-392.
- Rauch, L.H.G., I. Rodger, G. Wilson, et al. 1995. The effects of carbohydrate loading on muscle glycogen content and cycling performance. *Int J Sports Nutr* 5(1):25-35.
- Reichenbach, S., R. Sterchi, M. Schere, et al. 2007. Meta-analysis: Chondroitin for osteoarthritis of the knee or hip. *Ann Int Med* 146(8):580-590.
- Reyner, L., and J. Horne. 2002. Efficacy of a "functional energy drink" in counteracting driver sleepiness. *Physiol Behav* 75(3):331-335.
- Ribisl, P. 2002. A slim chance in a fat world: Beating the odds on weight control. *ACSM's Health Fit J* 6(4):33.
- Rock, C. 2007. Primary dietary prevention: Is the fiber story over? *Recent Results Cancer Research*. 174:171-177

- Roffe, C., S. Sills, P. Crome, and P. Jones. 2002. Randomised, cross-over, placebo controlled trial of magnesium citrate in the treatment of chronic persistent leg cramps. *Med Sci Monit* 8(5):CR326-330.
- Roti, M.W., D.J. Casa, A.C. Pumerantz, et al. 2006. Thermoregulatory responses to exercise in the heat: Chronic caffeine intake has no effect. *Aviat Space Environ Med* 77(2):124-129.
- Saarni, S., A. Rissanen, S. Sarna, M. Koskenvuo, and J. Kaprio. 2006. Weight cycling of athletes and subsequent gain in middle age. *Int J Obes* 30(11):1639-1644.
- Sacks, F.M., A. Lichtenstein, L. Van Horn, W. Harris, P. Kris-Etherton, and M. Winston; American Heart Association Nutrition Committee. 2006. Soy protein, isoflavones, and cardiovascular health: An American Heart Association Science Advisory for professionals from the Nutrition Committee. *Circulation* 113(7):1034-1044.
- Sallis, R., M. Longacre, and L. Morris. 2007. Gastrointestinal symptoms in Hawaiian Ironman Triathletes. *Med Sci Sports Exerc* 39 (Suppl. no. 5): Abstract 2080.
- Sanborn, C., M. Horea, B. Siemers, and K. Dieringer. 2000. Disordered eating and the female athlete triad. *Clin Sports Med* 19(2):199-213.
- Saunders, M., M. Kane, and K. Todd. 2004. Effects of a carbohydrate-protein beverage on cycling endurance and muscle damage. *Med Sci Sports Exerc* 36:1233-1238.
- Schabert, E., A. Bosch, S. Welton, and T. Noakes. 1999. The effect of a preexercise meal on time to fatigue during prolonged cycling exercise. *Med Sci Sports Exerc* 31(3):464-471.
- Schlundt, D.G., J.O. Hill, T. Sbrocco, J. Pope-Cordle, and T. Sharp. 1992. The role of breakfast in the treatment of obesity: A randomized clinical trial. *Am J Clin Nutr* 55(3):645-651.
- Schwellnus, M.P., J. Nicol, R. Laubscher, and T.D. Noakes. 2004. Serum electrolyte concentrations and hydration status are not associated with exercise associated muscle cramping (EAMC) in distance runners. *Br J Sports Med* 38(4):488-492.
- Sellmeyer, D., M. Schloetter, and A. Sebastian. 2002. Potassium citrate prevents increased urine calcium secretion and bone resorption induced by a high sodium chloride diet. *J Clin Endocrinol Metab* 87(5):2008-2012.
- Sesso H., R. Pfaffenbarger, and I. Lee. 2000. Physical activity and coronary heart disease in men: The Harvard Alumni Health Study. *Circulation* 102(9):975-980.
- Sherman, W., G. Brodowicz, D. Wright, W. Allen, J. Simonsen, and A. Dernbach. 1989. Effects of 4 h preexercise carbohydrate feedings on cycling performance. *Med Sci Sports Exerc* 21(5):598-604.
- Sherman, W., D. Costill, W. Fink, and J. Miller. 1981. Effect of exercise-diet manipulation on muscle glycogen and its subsequent utilization during performance. *Int J Sports Med* 2:114-118.
- Sherman, W., M. Pedan, and D. Wright. 1991. Carbohydrate feedings 1 hour before exercise improves cycling performance. *Am J Clin Nutr* 54:866-870.
- Sherman, W.M., and E.W. Maglischo. 1991. Minimizing athletic fatigue among swimmers: Special emphasis on nutrition. *Sports Sci Exchange* 4(35): 1-4.
- Sherriffs, S., and R. Maughan. 1997. Restoration of fluid balance after exercise-induced dehydration: Effects of alcohol consumption. *J Appl Physiol* 83(40):1152-1158.

- Shields, D., K. Corrales, and K. Metallinos-Katsaras. 2004. Gourmet coffee beverage consumption among college women. *J Amer Diet Assoc* 104:650-653.
- Shing, C.M., J. Peake, K. Suzuki, et al. 2007. Effects of bovine colostrum supplementation on immune variables in highly trained cyclists. *J Appl Physiol* 102:1113-1122.
- Sims, E. 1976. Experimental obesity, dietary induced thermogenesis, and their clinical implications. *J Clin Endocrinol Metab* 5:377-395.
- Sims, E., and E. Danforth. 1987. Expenditure and storage of energy in man. *J Clin Invest* 79:1-7.
- Sims, S.T., L. van Vliet, J. Cotter, and N. Rehrer. 2007. Sodium loading aids fluid balance and reduces physiological strain of trained men exercising in the heat. *Med Sci Sports Exerc* 39(1):123-130.
- Siris, E.S., P.D. Miller, E. Barrett-Connor, et al. 2001. Identification and fracture outcomes of undiagnosed low bone mineral density in postmenopausal women: Results of the National Osteoporosis Risk Assessment. *JAMA* 286(22):2815-2822.
- Slater, G., A. Rice, K. Sharpe, D. Jenkins, and A. Hahn. 2007. The influence of nutrient intake after weigh-in on lightweight rowing performance. *Med Sci Sports Exerc* 39(1):184-191.
- Song, W., O. Chun, S. Obayashi, S. Cho, and C. Chung. 2005. Is consumption of breakfast associated with body mass index in US adults? *J Amer Diet Assoc* 105:1373-1382.
- Staten, M. 1991. The effect of exercise on food intake in men and women. *Am J Clin Nutr* 53:27-31.
- Sternfeld, B., H. Wang, C. Quesenberry, et al. 2004. Physical activity and changes in weight and waist circumference in midlife women: Findings from the study of women's health across the nation. *Am J Epidemiol* 160(9):912-922.
- Stevenson E., C. Williams, and H. Biscoe. 2005. The metabolic responses to high carbohydrate meals with different glycemic indices consumed during recovery from prolonged strenuous exercise. *Int J Sports Nutr Exerc Metab* 15(3):291-307.
- Stevenson, E., C. Williams, G. McComb, and C. Oram. 2005. Improved recovery from prolonged exercise following the consumption of low glycemic index carbohydrate meals. *Int J Sport Nutr Exerc Metab* 15(4):333-349.
- Stout, R., J. Eckerson, T. Housch, G. Johnson, and N. Betts. 1994. Validity of body fat estimations in males. *Med Sci Sports Exerc* 26(5): 262.
- Taheri, S., L. Lin, D. Austin, T. Young, and E. Mignot. 2004. Short sleep duration is associated with reduced leptin, elevated ghrelin, and increased body mass index. *PLoS Med* 1(3):E62.
- Taubert, D., R. Roesen, C. Lehmann, N. Jung, and E. Schömig. 2007. Effects of low habitual cocoa intake on blood pressure and bioactive nitric oxide: A randomized controlled trial. *JAMA* 298:49-60.
- Terjung R.L., P. Clarkson, R. Eichner, et al. 2000. American College of Sports Medicine roundtable. The physiological and health effects of oral creatine supplements. *Med Sci Sports Exerc* 32(3):706-717.
- Thompson, J., M. Manore, J. Skinner, E. Ravussin, and M. Spraul. 1995. Daily energy expenditure in male athletes with differing energy intakes. *Med Sci Sports Exerc* 27(3):347-354.

- Tipton, K., T. Elliot, M. Cree, S. Wolf, A. Sanford, and R. Wolfe. 2004. Ingestion of casein and whey proteins result in muscle anabolism after resistance exercise. *Med Sci Sports Exerc* 36(12):2073-2081.
- Torres, I.C., L. Mira, C.P. Ornelas, and A. Melim. 2000. Study of the effects of dietary fish intake on serum lipids and lipoproteins in two populations with different dietary habits. *Br J Nutr* 83(4):371-379.
- Tremblay, A., J. Despres, C. Leblanc, et al. 1990. Effect of intensity of physical activity on body fatness and fat distribution. *Am J Clin Nutr* 51:153-157.
- Tucker, K.L., K. Morita, N. Qiao, M.T. Hannan, L.A. Cupples, and D.P. Kiel. 2006. Colas, but not other carbonated beverages, are associated with low bone mineral density in older women: The Framingham Osteoporosis Study. *Am J Clin Nutr* 84(4):936-942.
- Turner, R., R. Bauer, K. Woelkart, T. Hulsey, and J. Gangemi. 2005. An evaluation of Echinacea angustifolia in experimental rhinovirus infections. *New Eng J Med* 353(4):341-348.
- USDA Pesticide Data Program. 2006. Annual summary calendar year 2005 [Online], p. 31. Available: [www.ams.usda.gov/science/pdp/status.htm](http://www.ams.usda.gov/science/pdp/status.htm).
- Van der Merwe, P., and E. Grobbelaar. 2005. Unintentional doping through the use of contaminated nutritional supplements. *S Afr Med J* 95(7):510-511.
- van Loon L.J., R. Koopman, J.H. Stegen, A.J. Wagenmakers, H.A. Keizer, and W.H. Saris. 2003. Intramyocellular lipids form an important substrate source during moderate intensity exercise in endurance-trained males in a fasted state. *J Physiol* 553 (Pt. 2): 611-625.
- Vander Wal, J.S., J.M. Marth, P. Khosla, C. Jen, and N.V. Dhurandhar. 2005. Short-term effect of eggs on satiety in overweight and obese subjects. *J Am Coll Nutr* 24(6):510-515.
- Varner, L. 1995. Dual diagnosis: Patients with eating and substance-related disorders. *J Am Diet Assoc* 95(2):224-225.
- Vega-Lopez, S., L.M. Ausman, J.L. Griffith, and A.H. Lichtenstein. 2007. Inter-individual reproducibility of glycemic index values for commercial white bread. *Diabetes Care* 30:1412-1417.
- Vertanian, L., M. Schwartz, and K. Brownell. 2007. Effects of soft drink consumption on nutrition and health: A systematic review and meta-analysis. *Am J Public Health* 97:667-675.
- Wagner, M., R. Keathley, and M. Bass. 2007. Developing a social norm intervention promotion campaign for student-athletes enrolled in a Division I-AA University. *Med Sci Sports Exerc* 39 (Suppl. no. 5): Abstract 1366.
- Wallis, G., D. Rowlands, C. Shaw, R. Jentjens, and A. Jeukendrup. 2005. Oxidation of combined ingestion of maltodextrins and fructose during exercise. *Med Sci Sports Exerc* 37:426-432.
- Wallis, G.A., S.E. Yeo, A.K. Blannin, and A.E Jeukendrup. 2007. Dose-response effects of ingested carbohydrate on exercise metabolism in women. *Med Sci Sports Exerc* 39(1):131-138.
- Weaver, C. 2002. Adolescence: The period of dramatic bone growth. *Endocrine* 17:43-48.

- Weaver, C.M., D. Teegarden, R.M. Lyle, et al. 2001. Impact of exercise on bone health and contraindication of oral contraceptive use in young women. *Med Sci Sports Exerc* 33:873-880.
- Westerterp, K., G. Meijer, E. Janssen, W. Saris, and F. Ten Hoor. 1992. Long term effects of physical activity on energy balance and body composition. *Br J Med* 68(1):21-30.
- Williams, P. 2007. Maintaining vigorous activity attenuates 7-year weight gain in 8340 runners. *Med Sci Sports Exerc* 39(5):801-809.
- Wilmore, J., K. Wambsgans, M. Brenner, et al. 1992. Is there energy conservation in amenorrheic compared with eumenorrheic distance runners? *J Appl Physiol* 72(1):15-22.
- Wing, R., and S. Phelan. 2005. Long-term weight loss maintenance. *Am J Clin Nutr* 82 (Suppl. no. 1): 222-225.
- Wing, R.R., K.A. Matthews, L.H. Kuller, E.N. Meilahn, and P.L. Plantinga. 1991. Weight gain at the time of menopause. *Arch Intern Med* 151(1):97-102.
- Winter, C., and S. Davis. 2006. Scientific status summary: Organic foods. *J Food Science* 71(9):R117.
- Woo, R., J.S. Garrow, and F.X. Pi-Sunyer. 1982. Effect of exercise on spontaneous calorie intake in obesity. *Am J Clin Nutr* 36(3):470-477.
- Woo, R., and F.X. Pi-Sunyer. 1985. Effect of increased physical activity on voluntary intake in lean women. *Metabolism* 34(9):836-841.
- Woolsey, M. 2001. *Eating disorders: A clinical guide to counseling and treatment*. Chicago: American Dietetic Association.
- World Cancer Research Fund and the American Institute for Cancer Research Expert Panel. 2007. Food, Nutrition, Physical Activity and the Prevention of Cancer; a Global Perspective. [www.dietandcancerreport.org](http://www.dietandcancerreport.org)
- Wyatt, H.R., G.K. Grunwald, C.L. Mosca, M.L. Klem, R.R. Wing, and J.O. Hill. 2002. Long-term weight loss and breakfast in subjects in the National Weight Control Registry. *Obes Res* 10(2):78-82.
- Wylie-Rosett, J., C.J. Segal-Isaacson, and A. Segal-Isaacson. 2004. Carbohydrates and increases in obesity: Does the type of carbohydrate make a difference? *Obes Res* 12 (Suppl. no. 2): 124-129.
- Yoshioka, M., E. Doucet, S. St-Pierre, et al. 2001. Impact of high-intensity exercise on energy expenditure, lipid oxidation and body fatness. *Int J Obes Relat Metab Disord* 25(3):332-339.
- Zachweija, J. 2002. Protein: Power or puffery? [Online]. Gatorade Sports Science Institute. Available: [www.gssiweb.com](http://www.gssiweb.com)
- Zanker, C., and C. Cooke. 2004. Energy balance, bone turnover, and skeletal health in physically active individuals. *Med Sci Sports Exerc* 36(8):1372-1381.
- Zarkadas, P., J. Carter, and E. Banister. 1994. Taper increases performance and aerobic power in triathletes. *Med Sci Sports Exerc* 26 (Suppl.): Abstract 194.
- Zelasko, C. 1995. Exercise for weight loss: What are the facts? *J Am Diet Assoc* 95(12):1414-1417.

