

Použitá a doporučená literatura a odkazy

- Academy of Nutrition and Dietetics. 2016. Position of the Academy of Nutrition and Dietetics: Interventions for the treatment of overweight and obesity in adults. *J Acad Nutr Diet* 116: 129-147.
- Ackland T.R., T.G. Lohman, J. Sundgot-Borgen, et al. 2012. Current status of body composition assessment in sport: Review and position statement on behalf of the ad hoc research working group on body composition, health and performance, under the auspices of the I.O.C. Medical Commission. *Sports Med* 42 (3): 227-249
- Ackermark, 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.
- American College of Sports Medicine (ACSM). 2007. ACSM position stand on exercise and fluid replacement. *MedSci Sports Exerc* 39 (2): 377-390
- American College of Sports Medicine (ACSM), Academy of Nutrition and Dietetics, and Dietitians of Canada. 2016. Joint position statement: Nutrition and athletic performance. *Med Sci Sports Exerc* 48 (3): 543-568
- American Psychiatric Association. 2013. *Diagnostic and statistical manual of mental disorders*, 5th ed. Washington, DC: Author.
- Appel, L, F. Sacks, V. Carey, et al. 2005. Effects of protein, monounsaturated fat, and carbohydrate intake on blood pressure and serum lipids: Results of the OmniHeart randomized trial. *JAMA* 294: 2455-64.
- Antoni, R., T. Robertson, M. Denise, et al. 2018. A pilot feasibility study exploring the effects of moderate time-restricted feeding intervention on energy intake, adiposity and metabolic physiology in free-living human subjects. *J Nutr Sci* 7e 22.
- Aragon, A., B. Schoenfeld, R. Wildman, et al. 2017. International Society of Sports Nutrition position stand: Diets and body composition. *J IntSoc Sports Nutr* 14(1): 16.
- Archer, E. 2018. In defense of sugar. *Prog Cardiovas Dis* 61 (3-4): 386-387. doi.org/10.1016/j.pcad.2018.07.013.
- 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.
- Artioli, G., B. Gualano, A. Smith, J. Stout, and A. Lancha Jr. 2010. Role of beta-alanine supplementation on muscle carnosine and exercise performance *Med Sci Sports Exerc* 42 (6): 1162-1173.
- 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.
- Barnes, J., J. Waggener, J. Loenneke, R. Williams Jr, Y. Arja, G. Kirby, and T. Pujol 2012. Validity of bioelectrical impedance analysis instruments for the measurement of body composition in collegiate gymnasts. *Med Sci Sports Exerc* 44 (5S): S592

- 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
- 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.
- Beelen, M., L. Burke, M. Gibala, and L. van Loon. 2010. Nutritional strategies to promote postexercise recovery. *Int J Sports Nutr Exerc Metab* 20 (6): 515-532
- Bergstrom, J., L. Hermansen, E. Hultman, and B. Saltin. 1967. Diet, muscle glycogen, and physical performance. *Acta Physiol Scand* 71: 140-150
- Blackburn, G. 2001. The public health implications of the Dietary Approaches to Stop Hypertension Trial. *Am J Clin Nutr* 74: 1-2
- Bo, K, R. Artal, R. Barakat, et al. 2018. Exercise and pregnancy in recreational and elite athletes: 2016/2017 evidence summary from the IOC expert group meeting, Lausanne. Part 5. Recommendations for health professionals and active women *Br J Sports Med* 52: 1080-1085.
- Borjian, A., C. Ferrari, A. Anouf, and L. Touyz. 2010. Pop-cola acids and tooth erosion: An *in vitro*, *in vivo*, electron-microscopic, and clinical report. *Int J Dent* 2010 957842. doi: 10.1155/2010/957842.
- Bouchard, C. 1990. Heredity and the path to overweight and obesity. *Med Sci Sports Exerc* 23 (3): 285-291.
- Braakhuis, A. 2012. Effect of vitamin C supplements on physical performance. *Curr Sports Med Reports* 11 (4): 180-184.
- Bradbury, K., A. Balkwill, E. Spencer, et al. 2014. Organic food consumption and the incidence of cancer in a large prospective study of women in the United Kingdom *Br J Cancer* 110 (9): 2321-2326.
- Bartlett, J., J. Hawley, and J. Morton. 2015 Carbohydrate availability and exercise training adaptation: Too much of a good thing? *Eur J Sport Sci* 15 (1): 3-12
- Bratland-Sanda, S., J. Sundgot-Borgen. 2013. Eating disorders in athletes: Overview of prevalence, risk factors and recommendations for prevention and treatment. *Eur J Sports Sci* 13 (5): 499-508. Appendix B: Selected References 499
- 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
- Breyere, O., C. Cooper, J. Pelletier, et al. 2016. A consensus statement on the European Society for Clinical and Economic Aspects of Osteoporosis and Osteoarthritis (ESCEO) algorithm for the management of knee osteoarthritis-From evidence-based medicine to the real-life setting. *Semin Arthritis Rheum* 45 (4 Suppl): S3-11
- Brik, M., I. Fernandez-Buhigas, and A. Martin-Arias. 2019. Does exercise during pregnancy impact on maternal weight gain and fetal cardiac function? A randomized controlled study. *Ultrasound Obstet Gynecol* 53(5): 583-589. doi: 10.1002/ uog.20147.
- Brown L, A. Midgley, R. Vince, L.A. Madden, and L.R. McNaughton. 2013. High versus low glycemic index 3-h recovery diets following glycogen-depleting exercise has no effect on subsequent 5-km cycling time trial performance. *J Sci Med Sport* 16 (5): 450-454.
- Bryant S., K. McLaughlin, K. Morgaine, and B. Drummond. 2011. Elite athletes and oral health. *Int J Sports Med* 32 (9): 720-724.
- Buijsse, B., E. Feskens, F. Kok, and D. Kromhout. 2006. Cocoa intake, blood pressure, and cardiovascular mortality: The Zutphen Elderly Study. *Arch Intern Med* 166 (4): 411-417.
- Burdon, C, I. Spronk. H. Cheng, and H.T. O'Connor. 2017. Effect of glycemic index of a pre-exercise meal on endurance exercise performance: A systematic review and meta-analysis. *Sports Med* 47 (6): 1087-1101.
- Burke, L. 2010. Fueling strategies to optimize performance: Training high or training low? *Scand J Med Sci Sports* 20 (Suppl. no. 2): 48-58.
- 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, and J. Hawley. 2018. Swifter higher, stronger: What's on the menu? *Science* 362: 781-787.

- Burke, L, J. Hawley, S. Wong and A. Jeukendrup. 2011. Carbohydrates for training and competition. *J Sports Sci* 29 (Suppl. no. 1): S17-S27.
- Burke, L, M. Ross, L. Garvican-Lewis, et al. 2017. Low carbohydrate, high fat diet impairs exercise economy and negates the performance benefit from intensified training in elite race walkers. *J Physiol*. 595 (9): 2785-2807.
- Burke L., L. van Loon, and J. Hawley. 2017. Postexercise muscle glycogen resynthesis in humans. *J Appl Physiol* 122: 1055-1067.
- Campbell, C, D. Prince, E. Applegate, and G. Casazza. 2007. Effect of carbohydrate supplementation type on endurance cycling performance in competitive athletes. *Med Sci Sports Exerc* 39 (Suppl. no. 5): Abstract 1760.
- Carrera, O, R. Adan, E. Gutierrez, U. Danner, H. Hoek, et al. 2012. Hyperactivity in anorexia nervosa: Warming up not just burning-off calories. *PloS ONE* 7 (7): e41851 doi:10.1371/journal.pone.0041851.
- Case, S. 2016. *Gluten-free diet: The definitive resource guide*. Regina, Saskatchewan Case Nutrition Consulting.
- 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.
- Casa, D., J. DeMartini, and M. Bergeron. 2015. National Athletic Trainers' Association position statement: Exertional heat illness. *J Athl Train* 50 (9): 986-1000.
- Centers for Disease Control and Prevention. *National diabetes statistics report, 2017*. Atlanta, GA: Centers for Disease Control and Prevention, U.S. Department of Health and Human Services.
- Center for Science in the Public Interest (CSPI). 2006a. Are you deficient? *Nutrition Action Healthletter* 33 (9): 3-7.
- Center for Science in the Public Interest (CSPI). 2006b. Pour better or pour worse: How beverages stack up. *Nutrition Action Healthletter* 33 (5): 3-7.
- Center for Science in the Public Interest (CSPI). 2012. Going organic: What's the payoff? <https://cspinet.org/tip/going-organic-whats-payoff>.
- Chapman, C, C. Benedict, S. Brooks, and H. Schioth. 2012. Lifestyle determinants of the drive to eat: A meta-analysis. *Am J Clin Nutr* 96 (3): 492-497
- Chowdhury, R., S. Warnakula, S. Kunutsor, F. Crowe, et al. 2014. Association of dietary, circulating, and supplement fatty acids with coronary risk: A systematic review and meta-analysis. *Annals Intern Med* 160 (6): 398-406.
- 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.
- Clayton, D., A. Barutcu, C. Machin, et al. 2015. Effect of breakfast omission on energy intake and evening exercise performance. *MedSciSports Exerc* 47 (12): 2645-2652.
- ConsumerLab.com. 2007. Product review: Joint supplements, www.consumerlab.com/results/gluco.asp.
- Consumer Reports. 2018. Arsenic, lead found in popular protein supplements, www.consumerreports.org/dietary-supplements/heavy-metals-in-protein-supplements
- 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. *PhysSportsmed* 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.

- 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
- Davis, S., C. Castelo-Branco, P. Chedruel, M. Lumsden, R. Nappi, D. Shah, P. Villaseca, and Writing Group of the Society from World Menopause Day 2012. 2012. Understanding weight gain at menopause. *Climacteric* 15 (5): 419-429.
- Davison, G., M. Gleeson, and S. Phillips. 2007. Antioxidant supplementation and immunoendocrine responses to prolonged exercise. *MedSciSports Exerc* 39 (4): 645-652.
- DellaValle, D., and J. Haas. 2011. Impact of iron depletion without anemia on performance in trained endurance athletes at the beginning of a training season: A study of female collegiate rowers. *Int J Sports Nutr Exerc Metab* 21 (6): 501-506
- de Oliveira Otto, M., R. Lemaitre, X. Song, I. King, D. Siscovick, and D. Mozaffarian 2018. Serial measures of circulating biomarkers of dairy fat and total and cause-specific mortality in older adults: The Cardiovascular Health Study. *Am J Clin Nutr* 108 (3): 476-484.
- de Oliveira Otto, M., D. Mozaffarian, D. Kromhout, A. Bertoni, C. Sibley, D. Jacobs Jr, and J. Nettleton. 2012. Dietary intake of saturated fat by food source and incident cardiovascular disease: The multi-ethnic study of atherosclerosis. *Am J Clin Nutr* 96 (2): 397-404.
- de Souza R., A. Mente, A. Maroleanu, et al. 2015. Intake of saturated and trans unsaturated fatty acids and risk of all cause mortality, cardiovascular disease, and type 2 diabetes: Systematic review and meta-analysis of observational studies. *BMJ* 11:351:h3978. doi: 10.1136/bmj.h3978.
- 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.
- Denny, K., K. Loth, M. Eisenberg, and D. Neumark-Sztainer. 2013. Intuitive eating in young adults: Who is doing it, and how is it related to disordered eating behaviors? *Appetite* 60(11): 13-19.
- 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.
- DiNioloantonio, J., and J. O'Keefe. 2018. In critique of "In Defense of Sugar": The nuance of whole foods. *Prog Cardiovas Dis* 61 (3-4): 384-385. doi.org/10.1016/j.pcad.2018.07.006.
- Doering, T., D. Jenkins, P. Reaburn, et al. 2016. Lower integrated muscle protein synthesis in masters compared with younger athletes. *Med Sci Sports Exerc* 48 (8): 1613-1618.
- 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.
- Dolan, E., B. Gualano, E. Rawson. 2018. Beyond muscle: The effects of creatine supplementation on brain creatine, cognitive processing, and traumatic brain injury. *Eur J Sports Sci* Aug 7: 1-14. doi: 10.1080/17461391.2018.1500644.
- Dolan, E., and C. Sale. 2019. Protein and bone health across the lifespan. *Proc Nutr Sci* 78(1): 45-55.
- 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. Bell isle. 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.
- Environmental Working Group. 2018. Shopper's guide to pesticides in produce, www.ewg.org/foodnews/dirty-dozen.php.
- Environmental Protection Agency, n.d. www.epa.gov/ghgemissions/inventory-us-greenhouse-gas-emissions-and-sinks. Accessed November 4, 2018.
- Erskine, R., G. Fletcher, B. Hanson, and J. Folland. 2012. Whey protein does not enhance the adaptations to elbow flexor resistance training. *MedSci Sports Exerc* 44(9): 1791-1800.

- 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.
- Fallaize, R., L. Wilson, J. Gray, L.M. Morgan, and B. Griffin. 2013. Variation in the effects of three different breakfast meals on subjective satiety and subsequent intake of energy at lunch and evening meal. *Eur J Nutr*, 52 (4): 1353-1359.
- 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.
- 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
- Fiolet, T, B. Srour, L. Sellem, et al. 2018. Consumption of ultra-processed foods and cancer risk: Results from NutriNet-Sante prospective cohort. *BMJ* 14:360:k322 doi: 10.1136/bmj.k322.
- 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.
- Floegel, A., T. Pischon, M. Bergmann, B. Teucher, R. Kaaks, and H. Boeing. 2012. Coffee consumption and risk of chronic disease in the European Prospective Investigation into Cancer and Nutrition (EPIC)—German study. *Am J Clin Nutr* 95 (4): 901-908.
- Flores-Mateo, G., D. Rojas-Rueda, J. Basora, E. Ros, and J. Salas-Salvado. 2013. Nut intake and adiposity: Meta-analysis of clinical trials. *Am J Clin Nutr* 97 (6): 1346-1355
- Food and Nutrition Board, Institute of Medicine. 1998/2000. *Dietary reference intakes*. Lanover, MD: National Academy Press.
- Forman, J., J. Silverstein, Committee on Nutrition, and Council on Environmental Health 2012. Organic foods: Health and environmental advantages and disadvantages. *Pediatrics* 130 (5): e1406-1415.
- Forouhi, N., R. Krauss, G. Taubes, and W. Willet. 2018. Dietary fat and cardiometabolic health: Evidence, controversies, and consensus for guidance BMJ 361:k2139.
- 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. *MedSci Sports Exerc* 37 (9): 1481-1486
- Friedmann D., G. Vick, and V. Mishra. 2017. Cellulite: A review with a focus on subcision. *Clin Cosmet Investig Dermatol* 10: 17-23
- Fuglestad, P., R. Jeffery, and N. Sherwood. 2012. Lifestyle patterns associated with diet, physical activity, body mass index and amount of recent weight loss in a sample of successful weight losers. *Int J Behav Nutr Phys Act* 26 (9): 79. doi: 10.1186/1479-5868-9-79.
- Fuller N., I. Caterson, A. Sainsbury, et al. 2015. Effect of a high-egg diet on cardiovascular risk factors in people with type 2 diabetes: The Diabetes and Egg (DIABEGG) Study—a 3-month randomized controlled trial. *Am J Clin Nutr* 101 (4): 705-13.
- Garner, D. 1998. The effects of starvation on behavior: Implications for dieting and eating disorders. *HWJ* 12 (5): 68-72.
- Gardner, C, J. Trepanowski, L. Del Gobbo, et al. 2018. Effect of low-fat vs low-carbohydrate diet on 12-month weight loss in overweight adults and the association with genotype pattern or insulin secretion: The DIETFITS randomized clinical trial *JAMA* 319 (7): 667-679.
- Getchell, B., and W. Anderson. 1982. *Being fit: A personal guide*. New York: Wiley.
- 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.
- Gold, E., K. Leung, S. Crawford, et al. 2013. Phytoestrogen and fiber intakes in relation to incident vasomotor symptoms: Results from the study of women's health across the nation. *Menopause*, 20 (3): 305-314.

- Gordon, C, K. Ackerman, S. Berga, et al. 2017. Functional hypothalamic amenorrhea: An Endocrine Society clinical practice guideline. *J Clin Endocrinol Metab* 102 (5): 1-27.
- 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: 5 (Suppl) Abstract 574.
- Gwacham, N., and D. Wagner. 2012. Acute effects of a caffeine-aurine energy drink on repeated sprint performance of American college football players. *Int J Sports Nutr Exerc Metab* 22 (2): 109-116.
- Haakstad, L., and K. Bo. 2011. Effect of regular exercise on prevention of excessive weight gain in pregnancy: A randomised controlled trial. *Eur J Contracept Reprod Health Care* 16 (2): 116-25.
- 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.
- Helms, E., C. Zinn, D. Rowlands, and S. Brown. 2014. A systematic review of dietary protein during caloric restriction in resistance trained lean athletes: A case for higher intakes. *Intl J Sports Nutr Exerc Metab* 24 (2): 127-138.
- Hemila H., and E. Chalker. 2013. Vitamin C for preventing and treating the common cold. *Cochrane Database Syst Rev* 31: (1) CD000980. doi: 10.1002/14651858. CD000980.pub4.
- Heneghan, C, J. Howick, B. O'Neill, P. Gill, D. Lasserson, D. Cohen, R. Davis, A. Ward, A. Smith, and G. Jones. 2012. The evidence underpinning sports performance products: A systematic assessment. *BMJ Open* 2: e001702. doi:10.1136/bmjopen-2012-001702.
- Heydari, M., J. Freund, and S. Boutcher. 2012. The effect of high-intensity intermittent exercise on body composition of overweight young males. *J Obes*: 480467. doi 10.1155/2012/480467.
- 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.
- Hills, A., N. Byrne, R. Lindstrom, J. Hill. 2013. "Small changes" to diet and physical activity behaviors for weight management. *Obes Facts* 6 (3): 228-238
- 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.
- Hoffman M., and K. Stuenkel. 2015. Muscle cramping during a 161-km ultramarathon: Comparison of characteristics of those with and without cramping. *Sports Med Open* 1 (1): 24.
- Hollcamp, W. 2012. Obesogens: An environmental link to obesity. *Environ Health Perspect* 120 (2): a62-168. www.medscape.com/viewarticle/758210
- Holway, F., and L. Spriet. 2011. Sport-specific nutrition: Practical strategies for team sports. *J Sports Sci* 29 (Suppl. no. 1): S115-S125.
- Hottenrott, K., E. Hass, M. Kraus, G. Neumann, M. Steiner, and B. Knechtie. 2012. A scientific nutrition strategy improves time trial performance by -6% when compared with a self-chosen nutrition strategy in trained cyclists: A randomized cross-over study. *Appl Physiol Nutr Metab* 37 (4): 637-645.
- 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.
- 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.
- Howe, S., T. Hand, and M. Manore. 2014. Exercise-trained men and women: Role of exercise and diet on appetite and energy intake. *Nutrients* 6 (11): 4935-4960
- Institute of Medicine. 1994. *Fluid replacement and heat stress*. Washington, DC National Academy Press
- Institute of Medicine. 2009. *Weight gain during pregnancy: Reexamining the guidelines*. Washington, DC: National Academies Press

- International Olympic Committee. 2011. IOC consensus on sports nutrition 2010. *J Sports Sci* 29 (Suppl. no. 1): S3-4.
- Jakubowicz D., O. Froy, J. Wainstein, and M. Boaz. 2012. Meal timing and composition influence ghrelin levels, appetite scores and weight loss maintenance in overweight and obese adults. *Steroids* 77 (4): 323-331.
- 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.
- Johannesson, E., M. Simren, H. Strid, A. Bajor, and R. Sadik. 2011. Physical activity improves symptoms in irritable bowel syndrome: A randomized controlled trial. *Am J Gastroenterol* 106 (5): 915-922.
- Johnson, C, A. Davenport, M. Hansen, and D. Bacharach. 2010. Pre-competition hydration status of high school athletes participating in different sports. *Med Sci Sports Exerc* 42 (5): S128 (Abstract 1149).
- Johnson, S., H. Park, C. Gross, et al. 2018. Complementary medicine, refusal of conventional cancer therapy, and survival among patients with curable cancers. *JAMA Oncol* Published online July 19, 2018. doi:10.1001/jamaoncol.2018.2487
- Joy. E., A. Kussman, and A. Nattiv. 2016. Update on eating disorders in athletes: A comprehensive narrative review with a focus on clinical assessment and management. *Br J Sports Med* 50: 154-162.
- Joy, J., R. Vogel, K. Shane Broughton, U. Kudla, N. Kerr, J. Davison, R. Wildman, and N. DiMarco. 2018. Daytime and nighttime casein supplements similarly increase muscle size and strength in response to resistance training earlier in the day: A preliminary investigation. *J Int Soc Sports Nutr* 15: 24. doi: 10.1186/s12970-018-0228-9.
- Jones A., S. Bailey, and A. Vanhatalo. 2013. Dietary nitrate and O₂ consumption during exercise. *Med Sports Sci* 59: 29-35.
- Joy E., A. Kussman, and A. Nattiv. 2016. 2016 update on eating disorders in athletes A comprehensive narrative review with a focus on clinical assessment and management. *Br J Sports Med* 50: 154-162.
- Jeukendrup, A. 2017. Training the gut for athletes. *Sports Med* 47 (Suppl 1): S101-S110.
- Kahleova H., J. Lloren, A. Mashchak, et al. 2017. Meal frequency and timing are associated with changes in body mass index in Adventist Health Study 2. *J Nutr* 147(9): 1722-1728.
- Kahwati L, R. Weber, H. Pan, et al. 2018. Vitamin D, calcium, or combined supplementation for the primary prevention of fractures in community-dwelling adults Evidence report and systematic review for the US Preventive Services Task Force. *JAMA* 319(15): 1600-1612.
- Kapoor, E., M. Collazo-Clavell, and S. Faubion. 2017. Weight gain in women at midlife: A concise review of the pathophysiology and strategies for management. *Mayo ClinProc.* 92(10): 1552-1558.
- Karp, J., J. Johnston, S. Tecklenburg, T. Mickleborough, A. Fly, and J. Stager. 2006 Chocolate milk as a post-exercise recovery aid. *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.
- Karsch-Volk M., B. Barrett, and K. Linde. 2015. Echinacea for preventing and treating the common cold. *JAMA* 313 (6): 618-619.
- Keay, N., G. Francis, and K. Hind. 2018. Low energy availability assessed by a sport-specific questionnaire and clinical interview indicative of bone health, endocrine profile and cycling performance in competitive male cyclists. *BMJ Open Sport Exerc Med* 4(1): e000424. doi: 10.1136/bmjsem-2018-000424.
- Kerr, K., et al. 2008. Effects of pre-exercise nutrient timing on glucose responses and intermittent exercise performance. *MedSci Sports Exerc* 40 (Suppl. no. 5): S77.
- Keys, A., J. Brozek, A. Henschel, et al. 1950. *The biology of human starvation*. Vols, and II. Minneapolis: University of Minnesota Press.

- 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.
- 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., 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
- Lambert C. 2018. Exercise training alters the glycemic response to carbohydrates and is an important consideration when evaluating dietary carbohydrate intake. *J Intl Soc Sport Med* 15: 53.
- Lavie, C. 2018. Sugar wars - commentary from the editor. *Prog Cardiovasc Dis* 61 (3-4): 382-383. doi.10.1016/j.pcad.2018.07.007.
- 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.
- Leone, J., E. Sedory, and K. Gray. 2005. Recognition and treatment of muscle dysmorphia and related body image disorders. *J Athl Train* 40 (4): 352-359.
- 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.
- Liu, X., G.C. Machado, J.P. Eyles, et al. 2018. Dietary supplements for treating osteoarthritis: A systematic review and meta-analysis. *Br J Sports Med*. 52: 167-175
- Lovelady, C. 2011. Balancing exercise and food intake with lactation to promote postpartum weight loss. *Proc Nutr Soc* 70 (2): 181 -184.
- Lowndes, J., D. Kawiecki, S. Pardo, V. Nguyen, K. Melanson, Z. Yu, and J. Rippe. 2012 The effects of four hypocaloric diets containing different levels of sucrose or high fructose corn syrup on weight loss and related parameters. *Nutr J* 11 (1): 55.
- Lutter, J., and S. Cushman. 1982. Running while pregnant. *J Melpomene Institute* 1 (1): 2-4.
- Macpherson, H., A. Pipingas, and M. Pase. 2013. Multivitamin-multimineral supplementation and mortality: A meta-analysis of randomized controlled trials. *Am J Clin Nutr*, 97(2): 237-238.
- Manson, J., E. Lee, W. Christen, et al. 2019. Marine n-3 Fatty Acids and Prevention of Cardiovascular Disease and Cancer. *New Eng J Med*. 380 (1): 23-32
- 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. *NutrMetab (Lond)* 20 (2): 25.
- Mason, W.L., G. McConell, and M. Hargreaves. 1993. Carbohydrate ingestion during exercise: Liquid vs. solid feedings. *MedSciSports Exerc* 25 (8): 966-969.
- Mathews, N., 2018. Prohibited contaminants in dietary supplements. *Sports Health* 10(1): 19-30.
- Maughan, R., L. Burke, J. Dvorak, et al. 2018. IOC Consensus Statement: Dietary supplements and the high-performance athlete. *Br J Sports Med* 52 (7): 439-455
- Maughan, R., P. Watson, P. Cordery, Walsh N., Oliver S., Dolci A., Rodriguez-Sanchez N., and Galloway S. 2016. A randomized trial to assess the potential of different beverages to affect hydration status: Development of a beverage hydration index. *Am J Clin Nutr* 103: 717-723.
- McDermott, B.P., S. Anderson, L. Armstrong, D. Casa, S. Cheuvront, L. Cooper, W. Kenney, F. O'Connor, and W. Roberts. 2017 National Athletic Trainers' Association position statement: Fluid replacement for the physically active. *J Athl Train* 52 (9): 877-895.
- 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.
- McSwiney, F, B. Wardrop, P. Hyde, et al. 2018. Keto-adaptation enhances exercise performance and body composition responses to training in endurance athletes. *Metabolism* 81: 25-34.

- Messina, M. 2010. Soybean isoflavone exposure does not have feminizing effects on men: A critical examination of the clinical evidence. *Fertil Steril* 93 (7): 2095-2104.
- 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.
- Mountjoy, M., J. Sundgot-Borgen, L. Burke, et al. (2014) The IOC consensus statement: Beyond the female athlete triad—relative energy deficiency in sport (RED-S). *Br J Sports Med* 48: 491-497.
- Moore, L, A. Midgley, S. Thurlow, G. Thomas, and L. McNaughton. 2010. Effect of the glycaemic index of a pre-exercise meal on metabolism and cycling time trial performance. *J Sci Med Sport* 13 (1): 182-188.
- Moore D.R., Robinson M.J., Fry J.L., Tang J.E., Glover E.I., Wilkinson S.B., Prior T, Tarnopolsky M.A., and Phillips SM. 2009. Ingested protein dose response of muscle and albumin protein synthesis after resistance exercise in young men. *Am J Clin Nutr* 89(1): 161-168.
- Morgan, J., F. Reid, and J. Lacey. 1999. The SCOFF questionnaire: Assessment of a new screening tool for eating disorders. *BMJ* 319 (7223): 1467-1468.
- Morton J., C. Robertson, L. Sutton, et al. 2010. Making the weight: A case study from professional boxing. *Intl J Sport Nutr Exerc Metab* 20: 80-85
- 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
- Mujika, I. 2010. Intense training: The key to optimal performance. *Scand J MedSci Sports* 20 (Suppl. no. 2): 24-31.
- Mursu, J., K. Robien, L. Harnack, K. Park, and D. Jacobs. 2011. Dietary supplements and mortality rate in older women: The Iowa Women's Health Study. *Arch Intern Med* 171 (18): 1625-1633.
- 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, www.nationaleatingdisorders.org.
- National Institutes of Health. 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.
- Neumark-Sztainer, D., M. Wall, J. Guo, M. Story, J. Haines, and M. Eisenhberg. 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. 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
- Novak, C, C. Escande, P. Burghardt, M. Zhang, M. Barbosa, E. Chini, S. Britton, L. Koch, H. Akil, and J. Levine. 2010. Spontaneous activity, economy of activity, and resistance to diet-induced obesity in rats bred for high intrinsic aerobic capacity. *Horm Behav* 58 (3): 355-367.
- 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.
- Office of Disease Prevention and Health Promotion (ODPHP). 2018 Physical Activity Guidelines Advisory Committee scientific report, <https://health.gov/paguidelines/second-edition/report>.
- Olivardia, R. 2002. Body image obsession in men. *HWJ* 16 (4): 59-63.
- Ortega, R, D. Lee, P. Katzmarzyk, J. Ruiz, X. Sui, T. Church, and S. Blair. 2012. The intriguing metabolically healthy but obese phenotype: Cardiovascular prognosis and role of fitness. *Eur Heart J*. 34(5): 389-397. doi: 10.1093/eurheartj/ehs174.

- Otterstetter, R., J. Viar, J. Naylor, S. Krone, and K. Tessmer. 2012. Effects of acute exercise on the accuracy of air-displacement plethysmography in young adults. *Med Sci Sports Exerc* 44 (5S): S591.
- Owens, D., R. Allison, G. Close. 2018. Vitamin D and the athlete: Current perspectives and new challenges. *Sports Med* 48 (Suppl 1): S3-S16.
- Paoli, A., K. Grimaldi, D. D'Agostino, L. Cenci, T. Moro, A. Bianco, and A. Palma. 2012. Ketogenic diet does not affect strength performance in elite artistic gymnasts. *J Int Soc Sports Nutr* 9 (1): 34. doi: 10.1186/1550-2783-9-34.
- Pasman, W., M. van Baak, A. Jeukendrup, and A. deHaan. 1995. The effects of different dosages of caffeine on endurance performance time. *Int J Sports Med* 16: 225-230
- 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 (5) (Suppl): Abstract 2105.
- Petyaev I., and Y. Bashmakov. 2012. Could cheese be the missing piece in the French paradox? *Med Hypotheses* (12) 00385-4: S0306-9877. doi: 10.1016/j. mehy.2012.08.018. 79 (6): 746-749.
- Phillips S., S. Chevalier, H. Leidy. 2016 Protein "requirement" beyond the RDA: Implications for optimizing health. *Appl Phys Nutr Metab* 41 (5): 565-572.
- 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.
- Phillips, S., and van Loon, L. 2011. Dietary protein for athletes: From requirements to optimum adaptation. *J Sports Sci* 29 (Suppl 1): S29-S38.
- Piercy, K., R. Troiano, R. Ballard, et al. 2018. The physical activity guidelines for Americans. *JAMA* 320 (19): 2020-2028.
- Pritchard H., M. Barnes, R. Steward, J. Keogh, and M. McGuigan. 2018. Short-term training cessation as a method of tapering to improve maximal strength. *J Strength Cond Res* 32 (2): 458-465.
- Pyne D., N. West, A. Cox, and A. Cripps. 2015. Probiotics supplementation for athletes—clinical and physiological effects. *Eur J Sport Sci* 15 (1): 63-72
- Reed, S., F. Levin, and S. Evans. 2008. Changes in mood, cognitive performance and appetite in the late luteal and follicular phases of the menstrual cycle in women with and without PMDD (premenstrual dysphoric disorder). *Horm Behav* 54 (\): 185-193
- Ristow, M., K. Zarse, A. Oberbach, et al. 2009. Antioxidants prevent health-promoting effects of physical exercise in humans. *Proc. Nat. Acad. Sci USA* 106 (21): 8664-8670.
- Rock, C. 2007. Primary dietary prevention: Is the fiber story over? *Recent Results Cancer Res* 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.
- Rollo, I., and C. Williams. 2011. Effect of mouth-rinsing carbohydrate solutions on endurance performance. *Sports Med* 41 (6): 339-361.
- Rosenkilde, M., P. Auerbach, M. Reichkender, T. Plough, B. Stallknecht, and A. Sjolin. 2012. Body fat loss and compensatory mechanisms in response to different doses of aerobic exercise: A randomized controlled trial in overweight sedentary males *Am J Physiol Regul Integr Comp Physiol* 303 (6): R571-579.
- 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* 11 (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., A. Lichtenstein, J. Wu, et al. 2017. Dietary fats and cardiovascular disease: Advisory from the American Heart Association. *Circulation* 136: e1-e23
- Satter, E. 2008. *Secrets of feeding a healthy family*. Madison, WI: Kelcy Press
- Schabort, 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.

- Schwartz, M., R. Seeley, L. Zeltser, A. Drewnowski, et al. 2017. Obesity pathogenesis: An Endocrine Society scientific statement. *Endocr Rev* 38: 267-296.
- Schreiber, K. and H.A. Hausenblas. 2015. *The truth about exercise addiction: Understanding the dark side of thinspiration*. Lanham, MD: Rowman and Littlefield.
- 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
- Shang, G., M. Collins, and M. Schwellnus. 2011. Factors associated with self-reported history of exercise-associated muscle cramps in Ironman triathletes: A case-control study. *Clin J Sports Med* 21 (3): 204-210.
- Shaw G., A. Lee-Barthel, M. Ross, et al. 2017. Vitamin C-enriched gelatin supplementation before intermittent activity augments collagen synthesis. *Amer J Clin Nutr* 105(1): 136-143.
- 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.
- Shirriff, S., P. Watson, and R. Maughan. 2007. Milk as an effective post-exercise rehydration drink. *Br J Nutr* 98: 173-180.
- Shlisky, J., T. Hartman, P. Kris-Etherton, C. Rogers, N. Sharkey, and S. Nickols-Richardson. 2012. Partial sleep deprivation and energy balance: An emerging issue for consideration by dietetics practitioners. *J Acad Nutr Diet* 112: 1785-1797
- Sievert, K., S. Hussain, M. Page, et al. 2019. Effect of breakfast on weight and energy intake: systematic review and meta-analysis of randomised controlled trials. *BMJ* 2019 364: 142 <http://dx.doi.org/10.1136/bmj.l42>.
- 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, ST., 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.
- Smith, D. 2012. Review: Omega-3 polyunsaturated fatty acid supplements do not reduce major cardiovascular events in adults. *Ann Intern Med* 157 (12): JC6-5
- Smith-Spangler, C, M. Brandea, G. Hunter, J. Bavinnger, et al. 2012. Are organic foods safer or healthier than conventional alternatives? A systematic review. *Ann Intern Med* 157 (5): 348-366.
- St-Onge, M., L. Ard, M. Baskin, et al. 2017. Meal timing and frequency: Implications for cardiovascular disease prevention: A scientific statement from the American Heart Association. *Circulation* 135 (9): e96-e121
- Stanhope, K., M. Goran, A. Bosy-Westphal, et al. 2018. Pathways and mechanisms linking dietary components to cardiometabolic disease: Thinking beyond calories. *Ones Rev* 19 (9): 1205-1235.
- Staten, M. 1991. The effect of exercise on food intake in men and women. *Am J Clin Nutr* 53: 27-31

- Stearns, R., H. Emmanuel, J. Volek, and D. Casa. 2012. Effects of ingesting protein in combination with carbohydrate during exercise on endurance performance: A systematic review with meta-analysis. *J Strength Cond Res* 24 (8): 2192-2202.
- Stellingwerff, T., R. Maughan, and L. Burke. 2011. Nutrition for power sports: Middle-distance running, track cycling, rowing, canoeing/kayaking, and swimming. *J Sports Sci* 29 (S1): S79-89.
- 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, 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.
- Sundgot-Borgen, J., and I. Garthe. 2011. Elite athletes in aesthetic and Olympic weight-class sports and the challenge of body weight and body compositions. *J Sports Sci* 29 (Suppl. no. 1): S101-114.
- Sundgot-Borgen, J., N. Meyer, T. Lohman, et al. 2013. How to minimise the health risks to athletes who compete in weight-sensitive sports: review and position statement on behalf of the Ad Hoc Research Working Group on Body Composition, Health and Performance, under the auspices of the IOC Medical Commission. *Br. J. Sports Med.* 47: 1012-1022.
- Syrotuik D., and G. Bell. 2004. Acute creatine monohydrate supplementation: A descriptive physiological profile of responders vs. nonresponders. *J Strength Cond Res* 18 (3): 610-617.
- 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.
- Teneforde, A., M. Barrack, A. Nattiv, and M. Frederison. 2016. Parallels with the female athlete triad in male athletes. *Sports Med* 46 (2): 171-182.
- 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.
- Teixeira, F., C. Matias, C. Monteiro, et al. 2019. Leucine metabolites do not enhance training-induced performance or muscle thickness. *Med Sci Sports Exerc* 51 (1) 56-64.
- Tibana, R., and Sousa, N. 2018. Are extreme conditioning programmes effective and safe? A narrative review of high-intensity functional training methods research paradigms and findings. *BMJ Open Sport Exerc Med* 4 (1): e000435. doi:10.1136/bmjsem-2018-000435.
- 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.
- 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.
- USDA Pesticide Data Program Annual Summary, Calendar Year 2016.
www.ams.usda.gov/sites/default/files/media/2016PDPAAnnualSummary
- Van Loon, L. 2013. Is there a need for protein ingestion during exercise? *Sports Science Exchange* 26 (109): 1-6.
- 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.
- vanVliet, S., N.A. Burd, and L.J. van Loon. 2015. The skeletal muscle anabolic response to plant-versus animal-based protein consumption. *J Nutr* 145 (9): 1981-1991.
- van Vliet, S., E. Shy, S. Abou Sawan, J. Beals, D. West, S. Skinner, A. Ulanov, et al. 2017. Consumption of whole egg promotes greater stimulation of postexercise muscle protein synthesis than consumption of isonitrogenous amounts of egg whites in young men. *Am J Clin Nutr* 106 (6): 1401-1412.
- 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.
- Voight, B., G. Peloso, M. Orho-Melander, et al. 2012. Plasma HDL cholesterol and risk of myocardial infarction: A mendelian randomisation study. *Lancet* 380 (9841): 572-580.
- 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. *MedSciSports Exerc* 37: 426-432.
- Weaver, C. 2002. Adolescence: The period of dramatic bone growth. *Endocrine* 17: 43-48.
- Wesnes, K., C. Pincock, and A. Scholey. 2012. Breakfast is associated with enhanced cognitive function in schoolchildren. An internet based study. *Appetite* 59 (3): 646-649.
- 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. *Sri Med*68(1): 21-30
- White, R. and M. Hall. 2017. Nutritional and greenhouse gas impacts of removing animals from US agriculture. *Proc Natl Acad Sci USA* 114 (48): E10301-E10308. doi: 10.1073/pnas.1707322114.
- 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.
- Wilson, J.R., J. Lowery, J. Joy, S. Walters, J. Baier, et al. 2013. B-hydroxy-B-methylbutyrate free acid reduces markers of exercise-induced muscle damage and improves recovery in resistance-trained men. *BrJNutr*3: 1-7.
- Wing, R., S. Belle, G. Eid, G. Dakin, W. Inabnet, et al. 2008. Physical activity levels of patients undergoing bariatric surgery in the Longitudinal Assessment of Bariatric Surgery study. *Surg Obes Relat Dis* 4 (6): 721-728.
- Wing, R., and S. Phelan. 2005. Long-term weight loss maintenance. *Am J Clin Nutr* 82 (Suppl. no. 1): 222-225.
- Winter, C., and S. Davis. 2006. Scientific status summary: Organic foods. *J Food Science* 71 (9): R117.
- Wood A., S. Kaptoge, A. Butterworth, et al. 2018. Risk thresholds for alcohol consumption: Combined analysis of individual-participant data for 599,912 current drinkers in 83 prospective studies. *The Lancet* 391: 1513-1523.
- 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.
- 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.
- Yang, Y., L. Breen, N. Burd, A. Hector, T. Churchward-Venne, A. Josse, M. Tarnopolsky, and S. Phillips. 2012. Resistance exercise enhances myofibrillar protein synthesis with graded intakes of whey protein in older men. *Br J Nutr* 108 (10): 1780-1788.
- 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.
- Zelasko, C. 1995. Exercise for weight loss: What are the facts? *J Am Diet Assoc* 95 (12): 1414-1417