

Louise M Burke

List of Publications by Citations

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The third column is the impact factor (IF) of the journal, and the fourth column is the number of citations of the article.

356
papers

15,789
citations

65
h-index

115
g-index

391
ext. papers

18,664
ext. citations

5.3
avg, IF

7.13
L-index

#	Paper	IF	Citations
356	American College of Sports Medicine position stand. Exercise and fluid replacement. <i>Medicine and Science in Sports and Exercise</i> , 2007 , 39, 377-90	1.2	1130
355	The IOC consensus statement: beyond the Female Athlete Triad--Relative Energy Deficiency in Sport (RED-S). <i>British Journal of Sports Medicine</i> , 2014 , 48, 491-7	10.3	690
354	Position of the Academy of Nutrition and Dietetics, Dietitians of Canada, and the American College of Sports Medicine: Nutrition and Athletic Performance. <i>Journal of the Academy of Nutrition and Dietetics</i> , 2016 , 116, 501-528	3.9	502
353	Carbohydrates for training and competition. <i>Journal of Sports Sciences</i> , 2011 , 29 Suppl 1, S17-27	3.6	439
352	American College of Sports Medicine Joint Position Statement. Nutrition and Athletic Performance. <i>Medicine and Science in Sports and Exercise</i> , 2016 , 48, 543-68	1.2	415
351	Design and analysis of research on sport performance enhancement. <i>Medicine and Science in Sports and Exercise</i> , 1999 , 31, 472-85	1.2	409
350	IOC consensus statement on relative energy deficiency in sport (RED-S): 2018 update. <i>British Journal of Sports Medicine</i> , 2018 , 52, 687-697	10.3	307
349	Timing and distribution of protein ingestion during prolonged recovery from resistance exercise alters myofibrillar protein synthesis. <i>Journal of Physiology</i> , 2013 , 591, 2319-31	3.9	280
348	Carbohydrates and fat for training and recovery. <i>Journal of Sports Sciences</i> , 2004 , 22, 15-30	3.6	254
347	IOC consensus statement: dietary supplements and the high-performance athlete. <i>British Journal of Sports Medicine</i> , 2018 , 52, 439-455	10.3	237
346	Caffeine and sports performance. <i>Applied Physiology, Nutrition and Metabolism</i> , 2008 , 33, 1319-34	3	235
345	Skeletal muscle adaptation and performance responses to once a day versus twice every second day endurance training regimens. <i>Journal of Applied Physiology</i> , 2008 , 105, 1462-70	3.7	209
344	Low carbohydrate, high fat diet impairs exercise economy and negates the performance benefit from intensified training in elite race walkers. <i>Journal of Physiology</i> , 2017 , 595, 2785-2807	3.9	203
343	Effect of different protocols of caffeine intake on metabolism and endurance performance. <i>Journal of Applied Physiology</i> , 2002 , 93, 990-9	3.7	197
342	Guidelines for daily carbohydrate intake: do athletes achieve them?. <i>Sports Medicine</i> , 2001 , 31, 267-99	10.6	190
341	Muscle glycogen storage after prolonged exercise: effect of the glycemic index of carbohydrate feedings. <i>Journal of Applied Physiology</i> , 1993 , 75, 1019-23	3.7	185
340	Rapid aminoacidemia enhances myofibrillar protein synthesis and anabolic intramuscular signaling responses after resistance exercise. <i>American Journal of Clinical Nutrition</i> , 2011 , 94, 795-803	7	179

339	A short-term, high-fat diet up-regulates lipid metabolism and gene expression in human skeletal muscle. <i>American Journal of Clinical Nutrition</i> , 2003 , 77, 313-8	7	175
338	IOC Consensus Statement: Dietary Supplements and the High-Performance Athlete. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2018 , 28, 104-125	4.4	159
337	Methodology review: using dual-energy X-ray absorptiometry (DXA) for the assessment of body composition in athletes and active people. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2015 , 25, 198-215	4.4	155
336	Nutritional modulation of training-induced skeletal muscle adaptations. <i>Journal of Applied Physiology</i> , 2011 , 110, 834-45	3.7	148
335	International Olympic Committee (IOC) Consensus Statement on Relative Energy Deficiency in Sport (RED-S): 2018 Update. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2018 , 28, 316-331	4.4	141
334	Effect of fat adaptation and carbohydrate restoration on metabolism and performance during prolonged cycling. <i>Journal of Applied Physiology</i> , 2000 , 89, 2413-21	3.7	131
333	Nutritional strategies to promote postexercise recovery. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2010 , 20, 515-32	4.4	130
332	Decreased PDH activation and glycogenolysis during exercise following fat adaptation with carbohydrate restoration. <i>American Journal of Physiology - Endocrinology and Metabolism</i> , 2006 , 290, E380-8	6	127
331	Low Energy Availability Is Difficult to Assess but Outcomes Have Large Impact on Bone Injury Rates in Elite Distance Athletes. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2018 , 28, 403-411	4.4	121
330	Re-Examining High-Fat Diets for Sports Performance: Did We Call the 'Nail in the Coffin' Too Soon?. <i>Sports Medicine</i> , 2015 , 45 Suppl 1, S33-49	10.6	118
329	Placebo effect of carbohydrate feedings during a 40-km cycling time trial. <i>Medicine and Science in Sports and Exercise</i> , 2000 , 32, 1642-7	1.2	115
328	Reduced resting skeletal muscle protein synthesis is rescued by resistance exercise and protein ingestion following short-term energy deficit. <i>American Journal of Physiology - Endocrinology and Metabolism</i> , 2014 , 306, E989-97	6	114
327	An Integrated, Multifactorial Approach to Periodization for Optimal Performance in Individual and Team Sports. <i>International Journal of Sports Physiology and Performance</i> , 2018 , 13, 538-561	3.5	111
326	Daily training with high carbohydrate availability increases exogenous carbohydrate oxidation during endurance cycling. <i>Journal of Applied Physiology</i> , 2010 , 109, 126-34	3.7	110
325	Energy and carbohydrate for training and recovery. <i>Journal of Sports Sciences</i> , 2006 , 24, 675-85	3.6	110
324	Effects of daily activities on dual-energy X-ray absorptiometry measurements of body composition in active people. <i>Medicine and Science in Sports and Exercise</i> , 2012 , 44, 180-9	1.2	109
323	The effect of nitrate supplementation on exercise performance in healthy individuals: a systematic review and meta-analysis. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2013 , 23, 522-32	4.4	100
322	Pitfalls of Conducting and Interpreting Estimates of Energy Availability in Free-Living Athletes. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2018 , 28, 350-363	4.4	98

321	Postexercise muscle glycogen resynthesis in humans. <i>Journal of Applied Physiology</i> , 2017 , 122, 1055-1063.	3.7	96
320	Body weight changes and voluntary fluid intakes during training and competition sessions in team sports. <i>International Journal of Sport Nutrition</i> , 1996 , 6, 307-20		95
319	Effect of a carbohydrate mouth rinse on simulated cycling time-trial performance commenced in a fed or fasted state. <i>Applied Physiology, Nutrition and Metabolism</i> , 2013 , 38, 134-9	3	94
318	Enhanced Endurance Performance by Periodization of Carbohydrate Intake: "Sleep Low" Strategy. <i>Medicine and Science in Sports and Exercise</i> , 2016 , 48, 663-72	1.2	93
317	Eating patterns and meal frequency of elite Australian athletes. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2003 , 13, 521-38	4.4	93
316	Precooling methods and their effects on athletic performance : a systematic review and practical applications. <i>Sports Medicine</i> , 2013 , 43, 207-25	10.6	89
315	Effects of fat adaptation and carbohydrate restoration on prolonged endurance exercise. <i>Journal of Applied Physiology</i> , 2001 , 91, 115-22	3.7	88
314	Adaptations to short-term high-fat diet persist during exercise despite high carbohydrate availability. <i>Medicine and Science in Sports and Exercise</i> , 2002 , 34, 83-91	1.2	87
313	New strategies in sport nutrition to increase exercise performance. <i>Free Radical Biology and Medicine</i> , 2016 , 98, 144-158	7.8	86
312	Effect of sodium bicarbonate on [HCO ₃ ⁻], pH, and gastrointestinal symptoms. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2011 , 21, 189-94	4.4	86
311	Fueling strategies to optimize performance: training high or training low?. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2010 , 20 Suppl 2, 48-58	4.6	82
310	Hypoenergetic diet-induced reductions in myofibrillar protein synthesis are restored with resistance training and balanced daily protein ingestion in older men. <i>American Journal of Physiology - Endocrinology and Metabolism</i> , 2015 , 308, E734-43	6	77
309	Sports Dietitians Australia position statement: sports nutrition for the adolescent athlete. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2014 , 24, 570-84	4.4	76
308	2014 female athlete triad coalition consensus statement on treatment and return to play of the female athlete triad. <i>Current Sports Medicine Reports</i> , 2014 , 13, 219-32	1.9	76
307	Novel precooling strategy enhances time trial cycling in the heat. <i>Medicine and Science in Sports and Exercise</i> , 2011 , 43, 123-33	1.2	76
306	Methods to standardize dietary intake before performance testing. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2010 , 20, 87-103	4.4	76
305	Prevalence of illness, poor mental health and sleep quality and low energy availability prior to the 2016 Summer Olympic Games. <i>British Journal of Sports Medicine</i> , 2018 , 52, 47-53	10.3	75
304	"Fat adaptation" for athletic performance: the nail in the coffin?. <i>Journal of Applied Physiology</i> , 2006 , 100, 7-8	3.7	75

303	Defining Training and Performance Caliber: A Participant Classification Framework.. <i>International Journal of Sports Physiology and Performance</i> , 2022 , 1-15	3.5	75
302	Evidence-Based Supplements for the Enhancement of Athletic Performance. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2018 , 28, 178-187	4.4	73
301	The effect of variable doses of inorganic nitrate-rich beetroot juice on simulated 2,000-m rowing performance in trained athletes. <i>International Journal of Sports Physiology and Performance</i> , 2014 , 9, 615-20	3.5	72
300	Maximizing Cellular Adaptation to Endurance Exercise in Skeletal Muscle. <i>Cell Metabolism</i> , 2018 , 27, 962-976	4.6	71
299	Ketone Diester Ingestion Impairs Time-Trial Performance in Professional Cyclists. <i>Frontiers in Physiology</i> , 2017 , 8, 806	4.6	71
298	Effects of sleeping with reduced carbohydrate availability on acute training responses. <i>Journal of Applied Physiology</i> , 2015 , 119, 643-55	3.7	68
297	Nutrition for power sports: middle-distance running, track cycling, rowing, canoeing/kayaking, and swimming. <i>Journal of Sports Sciences</i> , 2011 , 29 Suppl 1, S79-89	3.6	67
296	Fat adaptation in well-trained athletes: effects on cell metabolism. <i>Applied Physiology, Nutrition and Metabolism</i> , 2011 , 36, 12-22	3	67
295	Muscle glycogen storage after prolonged exercise: effect of the frequency of carbohydrate feedings. <i>American Journal of Clinical Nutrition</i> , 1996 , 64, 115-9	7	66
294	Acute-Weight-Loss Strategies for Combat Sports and Applications to Olympic Success. <i>International Journal of Sports Physiology and Performance</i> , 2017 , 12, 142-151	3.5	65
293	Carbohydrate intake during prolonged cycling minimizes effect of glycemic index of preexercise meal. <i>Journal of Applied Physiology</i> , 1998 , 85, 2220-6	3.7	65
292	Effects of short-term fat adaptation on metabolism and performance of prolonged exercise. <i>Medicine and Science in Sports and Exercise</i> , 2002 , 34, 1492-8	1.2	64
291	A multifactorial evaluation of illness risk factors in athletes preparing for the Summer Olympic Games. <i>Journal of Science and Medicine in Sport</i> , 2017 , 20, 745-750	4.4	63
290	International Association of Athletics Federations Consensus Statement 2019: Nutrition for Athletics. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2019 , 29, 73-84	4.4	63
289	Single and combined effects of beetroot juice and caffeine supplementation on cycling time trial performance. <i>Applied Physiology, Nutrition and Metabolism</i> , 2014 , 39, 1050-7	3	63
288	Toward a Common Understanding of Diet-Exercise Strategies to Manipulate Fuel Availability for Training and Competition Preparation in Endurance Sport. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2018 , 28, 451-463	4.4	62
287	Carbohydrate availability and training adaptation: effects on cell metabolism. <i>Exercise and Sport Sciences Reviews</i> , 2010 , 38, 152-60	6.7	61
286	Relative Energy Deficiency in Sport in Male Athletes: A Commentary on Its Presentation Among Selected Groups of Male Athletes. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2018 , 28, 364-374	4.4	60

285	Regulation of fuel metabolism by preexercise muscle glycogen content and exercise intensity. <i>Journal of Applied Physiology</i> , 2004 , 97, 2275-83	3.7	60
284	Inadvertent doping through supplement use by athletes: assessment and management of the risk in Australia. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2001 , 11, 365-83	4.4	60
283	Acute creatine supplementation and performance during a field test simulating match play in elite female soccer players. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2002 , 12, 33-46	4.4	60
282	Effect of oral creatine supplementation on single-effort sprint performance in elite swimmers. <i>International Journal of Sport Nutrition</i> , 1996 , 6, 222-33		59
281	Alcohol ingestion impairs maximal post-exercise rates of myofibrillar protein synthesis following a single bout of concurrent training. <i>PLoS ONE</i> , 2014 , 9, e88384	3.7	56
280	Effect of intake of different dietary protein sources on plasma amino acid profiles at rest and after exercise. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2012 , 22, 452-62	4.4	56
279	Effect of meal frequency and timing on physical performance. <i>British Journal of Nutrition</i> , 1997 , 77 Suppl 1, S91-103	3.6	56
278	Fat adaptation followed by carbohydrate restoration increases AMPK activity in skeletal muscle from trained humans. <i>Journal of Applied Physiology</i> , 2008 , 105, 1519-26	3.7	56
277	Daytime pattern of post-exercise protein intake affects whole-body protein turnover in resistance-trained males. <i>Nutrition and Metabolism</i> , 2012 , 9, 91	4.6	55
276	What do athletes drink during competitive sporting activities?. <i>Sports Medicine</i> , 2013 , 43, 539-64	10.6	54
275	Assessment of Nutrient Status in Athletes and the Need for Supplementation. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2018 , 28, 139-158	4.4	53
274	Importance of Standardized DXA Protocol for Assessing Physique Changes in Athletes. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2016 , 26, 259-67	4.4	53
273	Beetroot Juice Improves On-Water 500 M Time-Trial Performance, and Laboratory-Based Paddling Economy in National and International-Level Kayak Athletes. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2015 , 25, 278-84	4.4	53
272	Effects of exercise sessions on DXA measurements of body composition in active people. <i>Medicine and Science in Sports and Exercise</i> , 2013 , 45, 178-85	1.2	53
271	Swifter, higher, stronger: What's on the menu?. <i>Science</i> , 2018 , 362, 781-787	33.3	53
270	Carbohydrate loading failed to improve 100-km cycling performance in a placebo-controlled trial. <i>Journal of Applied Physiology</i> , 2000 , 88, 1284-90	3.7	50
269	Energy needs of athletes. <i>Applied Physiology, Nutrition, and Metabolism</i> , 2001 , 26 Suppl, S202-19		50
268	Fluid balance in team sports. Guidelines for optimal practices. <i>Sports Medicine</i> , 1997 , 24, 38-54	10.6	49

267	Variability in estimation of self-reported dietary intake data from elite athletes resulting from coding by different sports dietitians. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2003 , 13, 152-65	4.4	49
266	Nutritional practices of male and female endurance cyclists. <i>Sports Medicine</i> , 2001 , 31, 521-32	10.6	49
265	Practical Issues in Evidence-Based Use of Performance Supplements: Supplement Interactions, Repeated Use and Individual Responses. <i>Sports Medicine</i> , 2017 , 47, 79-100	10.6	48
264	Individualised dietary strategies for Olympic combat sports: Acute weight loss, recovery and competition nutrition. <i>European Journal of Sport Science</i> , 2017 , 17, 727-740	3.9	48
263	Effect of short-term fat adaptation on high-intensity training. <i>Medicine and Science in Sports and Exercise</i> , 2002 , 34, 449-55	1.2	48
262	Glycerol hyperhydration improves cycle time trial performance in hot humid conditions. <i>European Journal of Applied Physiology and Occupational Physiology</i> , 1999 , 80, 494-501		48
261	Dietary intakes and food use of groups of elite Australian male athletes. <i>International Journal of Sport Nutrition</i> , 1991 , 1, 378-94		48
260	Effect of coingestion of fat and protein with carbohydrate feedings on muscle glycogen storage. <i>Journal of Applied Physiology</i> , 1995 , 78, 2187-92	3.7	47
259	Manipulation of Muscle Creatine and Glycogen Changes Dual X-ray Absorptiometry Estimates of Body Composition. <i>Medicine and Science in Sports and Exercise</i> , 2017 , 49, 1029-1035	1.2	45
258	Nutritional needs for exercise in the heat. <i>Comparative Biochemistry and Physiology Part A, Molecular & Integrative Physiology</i> , 2001 , 128, 735-48	2.6	45
257	Contemporary Nutrition Strategies to Optimize Performance in Distance Runners and Race Walkers. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2019 , 29, 117-129	4.4	45
256	Preexercise aminoacidemia and muscle protein synthesis after resistance exercise. <i>Medicine and Science in Sports and Exercise</i> , 2012 , 44, 1968-77	1.2	44
255	Bicarbonate loading to enhance training and competitive performance. <i>International Journal of Sports Physiology and Performance</i> , 2007 , 2, 93-7	3.5	44
254	Influence of hydration status on thermoregulation and cycling hill climbing. <i>Medicine and Science in Sports and Exercise</i> , 2007 , 39, 323-9	1.2	44
253	The Governor has a sweet tooth - mouth sensing of nutrients to enhance sports performance. <i>European Journal of Sport Science</i> , 2015 , 15, 29-40	3.9	43
252	Dietary supplements in sport. <i>Sports Medicine</i> , 1993 , 15, 43-65	10.6	42
251	Effect of carbohydrate intake on half-marathon performance of well-trained runners. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2005 , 15, 573-89	4.4	41
250	The Challenge of Maintaining Metabolic Health During a Global Pandemic. <i>Sports Medicine</i> , 2020 , 50, 1233-1241	10.6	41

249	Glycemic index--a new tool in sport nutrition?. <i>International Journal of Sport Nutrition</i> , 1998 , 8, 401-15		40
248	Techniques for undertaking dual-energy X-ray absorptiometry whole-body scans to estimate body composition in tall and/or broad subjects. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2012 , 22, 313-22	4.4	39
247	Weight Management Practices of Australian Olympic Combat Sport Athletes. <i>International Journal of Sports Physiology and Performance</i> , 2018 , 13, 459-466	3.5	38
246	Doping in sport and exercise: anabolic, ergogenic, health and clinical issues. <i>Annals of Clinical Biochemistry</i> , 2016 , 53, 196-221	2.2	38
245	High dietary fat intake increases fat oxidation and reduces skeletal muscle mitochondrial respiration in trained humans. <i>FASEB Journal</i> , 2018 , 32, 2979-2991	0.9	38
244	The effects of a calcium-rich pre-exercise meal on biomarkers of calcium homeostasis in competitive female cyclists: a randomised crossover trial. <i>PLoS ONE</i> , 2015 , 10, e0123302	3.7	38
243	Circulating MicroRNA Responses between 'High' and 'Low' Responders to a 16-Wk Diet and Exercise Weight Loss Intervention. <i>PLoS ONE</i> , 2016 , 11, e0152545	3.7	38
242	Periodization of Carbohydrate Intake: Short-Term Effect on Performance. <i>Nutrients</i> , 2016 , 8,	6.7	38
241	A Framework for Periodized Nutrition for Athletics. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2019 , 29, 141-151	4.4	38
240	The Effects of Dietary Pattern during Intensified Training on Stool Microbiota of Elite Race Walkers. <i>Nutrients</i> , 2019 , 11,	6.7	37
239	Diet Patterns of Elite Australian Male Triathletes. <i>Physician and Sportsmedicine</i> , 1987 , 15, 140-55	2.4	37
238	Nutrition in team sports. <i>Annals of Nutrition and Metabolism</i> , 2010 , 57 Suppl 2, 26-35	4.5	36
237	Effect of alcohol intake on muscle glycogen storage after prolonged exercise. <i>Journal of Applied Physiology</i> , 2003 , 95, 983-90	3.7	36
236	Analysis of the Effects of Dietary Pattern on the Oral Microbiome of Elite Endurance Athletes. <i>Nutrients</i> , 2019 , 11,	6.7	35
235	Nutrition for travel. <i>Journal of Sports Sciences</i> , 2007 , 25 Suppl 1, S125-34	3.6	35
234	Body mass changes and voluntary fluid intakes of elite level water polo players and swimmers. <i>Journal of Science and Medicine in Sport</i> , 2002 , 5, 183-93	4.4	35
233	Effect of altering substrate availability on metabolism and performance during intense exercise. <i>British Journal of Nutrition</i> , 2000 , 84, 829-38	3.6	35
232	UEFA expert group statement on nutrition in elite football. Current evidence to inform practical recommendations and guide future research. <i>British Journal of Sports Medicine</i> , 2021 , 55, 416	10.3	35

231	Regain in Body Mass After Weigh-In is Linked to Success in Real Life Judo Competition. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2016 , 26, 525-530	4.4	34
230	The Australian Institute of Sport (AIS) and National Eating Disorders Collaboration (NEDC) position statement on disordered eating in high performance sport. <i>British Journal of Sports Medicine</i> , 2020 , 54, 1247-1258	10.3	34
229	Factors influencing the post-exercise hepcidin-25 response in elite athletes. <i>European Journal of Applied Physiology</i> , 2017 , 117, 1233-1239	3.4	33
228	Nutrition for distance events. <i>Journal of Sports Sciences</i> , 2007 , 25 Suppl 1, S29-38	3.6	33
227	Carbohydrate and exercise. <i>Current Opinion in Clinical Nutrition and Metabolic Care</i> , 1999 , 2, 515-20	3.8	33
226	Relative Energy Deficiency in Sport (RED-S). <i>British Journal of Sports Medicine</i> , 2015 , 49, 421-423	10.3	32
225	Caffeine ingestion and cycling power output in a low or normal muscle glycogen state. <i>Medicine and Science in Sports and Exercise</i> , 2013 , 45, 1577-84	1.2	32
224	Crisis of confidence averted: Impairment of exercise economy and performance in elite race walkers by ketogenic low carbohydrate, high fat (LCHF) diet is reproducible. <i>PLoS ONE</i> , 2020 , 15, e0234027	3.7	30
223	Failure to repeatedly supercompensate muscle glycogen stores in highly trained men. <i>Medicine and Science in Sports and Exercise</i> , 2005 , 37, 404-11	1.2	30
222	Adaptation to a low carbohydrate high fat diet is rapid but impairs endurance exercise metabolism and performance despite enhanced glycogen availability. <i>Journal of Physiology</i> , 2021 , 599, 771-790	3.9	30
221	Nitrate supplementation and high-intensity performance in competitive cyclists. <i>Applied Physiology, Nutrition and Metabolism</i> , 2014 , 39, 1043-9	3	29
220	Fluid balance during team sports. <i>Journal of Sports Sciences</i> , 1997 , 15, 287-95	3.6	29
219	Practical issues in nutrition for athletes. <i>Journal of Sports Sciences</i> , 1995 , 13 Spec No, S83-90	3.6	29
218	Sports Foods and Dietary Supplements for Optimal Function and Performance Enhancement in Track-and-Field Athletes. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2019 , 29, 198-209	4.4	29
217	Ketogenic low-CHO, high-fat diet: the future of elite endurance sport?. <i>Journal of Physiology</i> , 2021 , 599, 819-843	3.9	29
216	Nutrition and Altitude: Strategies to Enhance Adaptation, Improve Performance and Maintain Health: A Narrative Review. <i>Sports Medicine</i> , 2019 , 49, 169-184	10.6	28
215	Variability of measurements of sweat sodium using the regional absorbent-patch method. <i>International Journal of Sports Physiology and Performance</i> , 2014 , 9, 832-8	3.5	28
214	Effect of 10 week beta-alanine supplementation on competition and training performance in elite swimmers. <i>Nutrients</i> , 2012 , 4, 1441-53	6.7	28

213	Effect of resistance training and protein intake pattern on myofibrillar protein synthesis and proteome kinetics in older men in energy restriction. <i>Journal of Physiology</i> , 2018 , 596, 2091-2120	3.9	27
212	Chronic Adherence to a Ketogenic Diet Modifies Iron Metabolism in Elite Athletes. <i>Medicine and Science in Sports and Exercise</i> , 2019 , 51, 548-555	1.2	26
211	Nutrition for recovery in aquatic sports. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2014 , 24, 425-36	4.4	26
210	Nutrition considerations for open-water swimming. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2014 , 24, 373-81	4.4	26
209	Single and Combined Effects of Beetroot Crystals and Sodium Bicarbonate on 4-km Cycling Time Trial Performance. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2017 , 27, 271-278	4.4	25
208	Modulation of autophagy signaling with resistance exercise and protein ingestion following short-term energy deficit. <i>American Journal of Physiology - Regulatory Integrative and Comparative Physiology</i> , 2015 , 309, R603-12	3.2	25
207	Nutrition for swimming. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2014 , 24, 360-72	4.4	25
206	Race-day carbohydrate intakes of elite triathletes contesting olympic-distance triathlon events. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2010 , 20, 299-306	4.4	25
205	Effect of flavor and awareness of kilojoule content of drinks on preference and fluid balance in team sports. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2002 , 12, 81-92	4.4	25
204	Voluntary food intake by elite female cyclists during training and racing: influence of daily energy expenditure and body composition. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2002 , 12, 249-67	4.4	25
203	Methodologies for Investigating Performance Changes With Supplement Use. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2018 , 28, 159-169	4.4	24
202	Practical Hydration Solutions for Sports. <i>Nutrients</i> , 2019 , 11,	6.7	24
201	Carbohydrate ingestion immediately before exercise does not improve 20 km time trial performance in well trained cyclists. <i>International Journal of Sports Medicine</i> , 1998 , 19, 415-8	3.6	24
200	Sports nutrition. Approaching the nineties. <i>Sports Medicine</i> , 1989 , 8, 80-100	10.6	24
199	Weight Regain: No Link to Success in a Real-Life Multiday Boxing Tournament. <i>International Journal of Sports Physiology and Performance</i> , 2017 , 12, 856-863	3.5	22
198	Ramadan fasting and the goals of sports nutrition around exercise. <i>Journal of Sports Sciences</i> , 2012 , 30 Suppl 1, S21-31	3.6	22
197	Practical considerations for bicarbonate loading and sports performance. <i>Nestle Nutrition Institute Workshop Series</i> , 2013 , 75, 15-26	1.9	22
196	The Effect of Water Loading on Acute Weight Loss Following Fluid Restriction in Combat Sports Athletes. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2018 , 28, 565-573	4.4	22

195	Impact of Energy Availability, Health, and Sex on Hemoglobin-Mass Responses Following Live-High-Train-High Altitude Training in Elite Female and Male Distance Athletes. <i>International Journal of Sports Physiology and Performance</i> , 2018 , 13, 1090-1096	3.5	21
194	A-Z of nutritional supplements: dietary supplements, sports nutrition foods and ergogenic aids for health and performance: part 15. <i>British Journal of Sports Medicine</i> , 2010 , 44, 1202-5	10.3	21
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