

Fueling strategies to optimize performance: training high

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Citation Report

#	ARTICLE	IF	CITATIONS
1	Carbohydrate Availability and Training Adaptation. Exercise and Sport Sciences Reviews, 2010, 38, 152-160.	3.0	81
2	Nutrition in Team Sports. Annals of Nutrition and Metabolism, 2010, 57, 26-35.	1.9	59
3	Carbohydrates for Physical Activity. American Journal of Lifestyle Medicine, 2012, 6, 121-132.	1.9	2
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5	Carbohydrate Intake and Food Sources of Junior Triathletes during a Moderate and an Intensive Training Period. International Journal of Sport Nutrition and Exercise Metabolism, 2012, 22, 438-443.	2.1	4
6	Practical Nutritional Recommendations for the Athlete. Nestle Nutrition Institute Workshop Series, 2011, 69, 131-150.	0.1	26
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11	Effect of whey protein- and carbohydrate-enriched diet on glycogen resynthesis during the first 48h after a soccer game. Scandinavian Journal of Medicine and Science in Sports, 2013, 23, 508-515.	2.9	36
12	Protein ingestion does not impair exercise-induced AMPK signalling when in a glycogen-depleted state: implications for train-low compete-high. European Journal of Applied Physiology, 2013, 113, 1457-1468.	2.5	37
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19	Carbohydrates Requirements for the Female Athlete. , 2013, , 25-50.		1
20	Energy and Macronutrient Intake of a Female Vegan Cyclist During an 8-Day Mountain Bike Stage Race. Baylor University Medical Center Proceedings, 2014, 27, 42-45.	0.5	17

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22	Nutrition for Recovery in Aquatic Sports. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2014, 24, 425-436.	2.1	34
23	Chronic Post-Exercise Lactate Administration with Endurance Training Increases Glycogen Concentration and Monocarboxylate Transporter 1 Protein in Mouse White Muscle. <i>Journal of Nutritional Science and Vitaminology</i> , 2014, 60, 413-419.	0.6	15
24	Nutritional habits among high-performance endurance athletes. <i>Medicina (Lithuania)</i> , 2015, 51, 351-362.	2.0	56
25	Role of nutrition in performance enhancement and postexercise recovery. <i>Open Access Journal of Sports Medicine</i> , 2015, 6, 259.	1.3	96
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59	Immune nutrition and exercise: Narrative review and practical recommendations. <i>European Journal of Sport Science</i> , 2019, 19, 49-61.	2.7	24
60	Nutrition in Soccer: A Brief Review of the Issues and Solutions. <i>Journal of Science in Sport and Exercise</i> , 2019, 1, 3-12.	1.0	4
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99	Evidence-Based Recovery in Soccer – Low-Effort Approaches for Practitioners. Journal of Human Kinetics, 0, 82, 75-99.	1.5	5
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