Nutrition and Athletic Performance

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Citation Report

#	Article	IF	Citations
1	Reflection on sports nutrition: Where we come from, where we are, and where we are headed. Revista De Nutricao, 2016, 29, 435-444.	0.4	6
2	Timing, Optimal Dose and Intake Duration of Dietary Supplements with Evidence-Based Use in Sports Nutrition. Journal of Exercise Nutrition & Biochemistry, 2016, 20, 1-12.	1.3	46
3	Post-Exercise Rehydration: Effect of Consumption of Beer with Varying Alcohol Content on Fluid Balance after Mild Dehydration. Frontiers in Nutrition, 2016, 3, 45.	1.6	16
4	Slow-Absorbing Modified Starch before and during Prolonged Cycling Increases Fat Oxidation and Gastrointestinal Distress without Changing Performance. Nutrients, 2016, 8, 392.	1.7	13
5	Developing a Performance Nutrition Curriculum for Collegiate Athletics. Journal of Nutrition Education and Behavior, 2016, 48, 419-424.e1.	0.3	23
6	Mouth rinsing with a sweet solution increases energy expenditure and decreases appetite during 60 min of self-regulated walking exercise. Applied Physiology, Nutrition and Metabolism, 2016, 41, 1255-1261.	0.9	10
7	Protein intake for athletes and active adults: Current concepts and controversies. Nutrition Bulletin, 2016, 41, 202-213.	0.8	16
8	REBUTTAL from â€œYesâ€• Wilderness and Environmental Medicine, 2016, 27, 198-200.	0.4	9
9	Modulation of bovine whey protein digestion in gastrointestinal tract: A comprehensive review. International Dairy Journal, 2016, 62, 10-18.	1.5	32
10	Efficacy of a randomized trial examining commercial weight loss programs and exercise on metabolic syndrome in overweight and obese women. Applied Physiology, Nutrition and Metabolism, 2017, 42, 216-227.	0.9	95
11	Total Energy Expenditure, Energy Intake, and Body Composition in Endurance Athletes Across the Training Season: A Systematic Review. Sports Medicine - Open, 2017, 3, 8.	1.3	93
12	Supplementing an energy adequate, higher protein diet with protein does not enhance fat-free mass restoration after short-term severe negative energy balance. Journal of Applied Physiology, 2017, 122, 1485-1493.	1.2	28
13	Preserving Healthy Muscle during Weight Loss. Advances in Nutrition, 2017, 8, 511-519.	2.9	183
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16	Acute effect of high-intensity interval exercise and moderate-intensity continuous exercise on appetite in overweight/obese males: a pilot study. Sport Sciences for Health, 2017, 13, 403-410.	0.4	4
17	Iron Deficiency and Anemia among Collegiate Athletes. Medicine and Science in Sports and Exercise, 2017, 49, 1711-1715.	0.2	53
18	The effects of an increased calorie breakfast consumed prior to simulated matchâ€play in Academy soccer players. European Journal of Sport Science, 2017, 17, 858-866.	1.4	6
19	Low carbohydrate, high fat diet impairs exercise economy and negates the performance benefit from intensified training in elite race walkers. Journal of Physiology, 2017, 595, 2785-2807.	1.3	281

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20	Creatine and creatine forms intended for sports nutrition. Molecular Nutrition and Food Research, 2017, 61, 1600772.	1.5	22
21	Trapped sweat in basketball uniforms and the effect on sweat loss estimates. Physiological Reports, 2017, 5, e13463.	0.7	6
22	Pre-season dietary intake of professional soccer players. Nutrition and Health, 2017, 23, 215-222.	0.6	17
23	A comparison of isomaltulose versus maltodextrin ingestion during soccer-specific exercise. European Journal of Applied Physiology, 2017, 117, 2321-2333.	1.2	31
24	Timing and pattern of postexercise protein ingestion affects whole-body protein balance in healthy children: a randomized trial. Applied Physiology, Nutrition and Metabolism, 2017, 42, 1142-1148.	0.9	11
25	Nutrition practices and knowledge among NCAA Division III football players. Journal of the International Society of Sports Nutrition, 2017, 14, 13.	1.7	56
26	Postexercise muscle glycogen resynthesis in humans. Journal of Applied Physiology, 2017, 122, 1055-1067.	1.2	143
27	Estrategias dietÃ©ticas y composiciÃ³n corporal en halterofilia de Ã©lite: RevisiÃ³n SistemÃ¡tica. Revista Espanola De Nutricion Humana Y Dietetica, 2017, 21, 237.	0.1	4
28	The Responses of Elite Athletes to Exercise: An All-Day, 24-h Integrative View Is Required!. Frontiers in Physiology, 2017, 8, 564.	1.3	30
29	Ketone Diester Ingestion Impairs Time-Trial Performance in Professional Cyclists. Frontiers in Physiology, 2017, 8, 806.	1.3	100
30	Higher Protein Intake Does Not Improve Lean Mass Gain When Compared with RDA Recommendation in Postmenopausal Women Following Resistance Exercise Protocol: A Randomized Clinical Trial. Nutrients, 2017, 9, 1007.	1.7	25
31	â€œEat as If You Could Save the Planet and Win!â€•Sustainability Integration into Nutrition for Exercise and Sport. Nutrients, 2017, 9, 412.	1.7	45
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33	Ingestion of an Amino Acid Electrolyte Beverage during Resistance Exercise Does Not Impact Fluid Shifts into Muscle or Performance. Sports, 2017, 5, 36.	0.7	2
34	Do Image-Assisted Mobile Applications Improve Dietary Habits, Knowledge, and Behaviours in Elite Athletes? A Pilot Study. Sports, 2017, 5, 60.	0.7	29
35	Efficacy of Carbohydrate Ingestion on CrossFit Exercise Performance. Sports, 2017, 5, 61.	0.7	12
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37	Variable-Intensity Simulated Team-Sport Exercise Increases Daily Protein Requirements in Active Males. Frontiers in Nutrition, 2017, 4, 64.	1.6	15

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56	Energy, macronutrient and water intake during a mountain ultramarathon event: The influence of distance. Journal of Sports Sciences, 2018, 36, 333-339.	1.0	39
57	Possible gastrointestinal disorders for athletes during Ramadan: an overview. Biological Rhythm Research, 2018, 49, 51-60.	0.4	14
58	Carbohydrate mouth rinse does not affect performance during a 60-min running race in women. Journal of Sports Sciences, 2018, 36, 824-833.	1.0	6
59	Effect of Preexercise Ingestion of Modified Amylomaize Starch on Glycemic Response While Cycling. International Journal of Sport Nutrition and Exercise Metabolism, 2018, 28, 82-89.	1.0	1
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95	Considerations for ultra-endurance activities: part 2 â€“ hydration. Research in Sports Medicine, 2019, 27, 182-194.	0.7	45
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131	Carbohydrate Restriction in Type 1 Diabetes: A Realistic Therapy for Improved Glycaemic Control and Athletic Performance?. Nutrients, 2019, 11, 1022.	1.7	37
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147	Load, Overload, and Recovery in the Athlete: Select Issues for the Team Physicianâ€"A Consensus Statement. Medicine and Science in Sports and Exercise, 2019, 51, 821-828.	0.2	11
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167	Impact of 24-h high and low fermentable oligo-, di-, monosaccharide, and polyol diets on markers of exercise-induced gastrointestinal syndrome in response to exertional heat stress. Applied Physiology, Nutrition and Metabolism, 2020, 45, 569-580.	0.9	43
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