

Curriculum Vitae: Louise M Burke OAM

WORK ADDRESS: Mary MacKillop Institute for Health Research
Level 5, 215 Spring St, Melbourne 3000
email: louise.burke@acu.edu.au

DATE OF BIRTH: May 21, 1959

MARITAL STATUS Married to Professor John Hawley
Children: Jack Burke Hawley (3/2/2004)

QUALIFICATIONS: 1990: Doctor of Philosophy, Deakin University, Australia
1981: Graduate Diploma of Dietetics, Deakin University
1980: Bachelor of Science (Nutrition), Deakin University
Accredited Practising Dietitian

EMPLOYMENT

July 2020 Chair in Sports Nutrition, Mary MacKillop Institute for Health Research
Australian Catholic University, Melbourne, Australia
Part time appointment in 2014
Full time role assumed in July 2020

1990– Australian Institute of Sport, Canberra, Australia
June 2020 Head of Discipline, Sports Nutrition (1990-2018)
Chief of Nutrition Strategy (2018-June 2020)

OTHER MAJOR APPOINTMENTS

2003– Member, Nutrition Working Group of International Olympic Committee
2005– Director, International Olympic Committee Diploma in Sports Nutrition
2021– Collaborator, Female Athlete Program, Wu Tsai Human Performance Alliance
Innovation Hub, Boston Children's Hospital

MAJOR AWARDS

2000 **Australian Sports Medal**

2007 **Australia Bulletin Smart 100 Award:** Winner in Category: Sport
Distinguished Scholar Award: Sports, Cardiovascular and Wellness Nutritionists, USA
David R Lamb Excellence in Education Award, Gatorade Sports Science Institute

2009 **Medal of the Order of Australia.** (For services to sports nutrition, as a dietitian and through academic, research and administrative roles)
Citation Award: American College of Sports Medicine

2017 **Excellence in Mentoring:** Sports Dietitians Australia 21st anniversary Awards

2021 **Lifetime membership:** Sports Dietitians Australia

2023 **Tom Osbourne Excellence in Sports Nutrition:** Collegiate and Professional Sports Dietitians America
Lifetime membership: Dietitians Australia
Lifetime membership: Professionals in Nutrition and Exercise Science

SUMMARY OF ACADEMIC METRICS

Peer reviewed publications (PUBMED)	310
H-Index	111 (Google Scholar) https://scholar.google.com/citations?user=dAoAR6sAAAAJ&hl=en 75 (Scopus) https://www.scopus.com/authid/detail.uri?authorId=7102048294
Number of books	23
Number of book chapters	80
Sum of grants received as PI	\$4,197,000
Number of completed doctoral programs	16
Invited (named) Lectures	<ul style="list-style-type: none"> • Vince Higgins Lecture: Australian College of Sports Physicians Annual Meeting, 2005 • Frank Cotton Lecture: Australian Association for Exercise and Sports Science Annual Meeting, 2006 • Danone Chair Lecture: Vrei university, Belgium, University visit, 2010 • Presidents Lecture: American College of Sports Medicine Annual Meeting, 2013 • Gordon Sleivert Lecture: Canadian Sports and Exercise Physiology Annual Meeting, 2015 • Tony Parker Lecture: Exercise and Sports Science Australia Annual Meeting, 2018 • Albert G Hogan Lecture: University of Missouri USA, Annual Lecture series, 2018 • William Refshaughe Lecture, Sports Medicine Australia Annual Meeting, 2018 • Elsworth Buskirk Tutorial Lecture, American College of Sports Medicine Annual Meeting, 2021 • Ismail Jakoet Memorial Lecture, South African Sports Medicine Conference, 2022 • Rob Skinner Lecture, Melbourne Muscle Group Meeting, 2023

EMPLOYMENT HISTORY:**Recent major sporting appointments**

2020-2022	Member, Scientific Advisory Board, Science in Sport (honorarium declined)
2020-	Consultant/mentor Athletics Australia
2014-2015	Member, Gatorade Sports Science Institute Expert Panel (GSSI-XP) [honorarium paid to employer]
2006 -2010	Member, Medical and Anti-Doping Commission, International Association of Athletics Federations
2006 -2008	Consultant dietitian, St Kilda Football Club, Melbourne

Major academic appointments:

2006 -2009	Honorary Chair in Sports Nutrition, Faculty of Health and Behavioural Sciences Deakin University, Melbourne, Australia
2002 – 2005	Visiting Professor of Sports Nutrition (secondment to 50% appointment) Faculty of Health and Behavioural Sciences, Deakin University, Melbourne Responsible for academic leadership, and contribution to teaching, learning and research in undergraduate and post-graduate programs
1994-2003:	Lecturer, Master's degrees in Sports Medicine and Sports Physiotherapy, Australian Institute of Sport and University of Canberra.
1993-2000:	Preparation of Sports Nutrition module for Monash University Medical School Distance Education program (Graduate Diploma of Family Medicine).
1989-2005:	Convenor and lecturer, Sports Nutrition Course for Dietitians, a project of Sports Dietitians Australia (formerly a joint project of Dietitians Association of Australia and Sports Medicine Australia).
1987-1988:	Joint co-ordinator and lecturer, Nutrition Unit, Melbourne College of Advanced Education (now University of Melbourne) Department of Biology.

PREVIOUS SPORTS NUTRITION APPOINTMENTS/CONSULTANCIES**Clinical counselling in sports nutrition (1984-1990)**

1986-1990:	Prahran Sports Medicine Centre, Melbourne.
1985-1990:	Malvern Sports Medicine Centre, Melbourne.
1987:	Winning Edge Gym, Melbourne.
1984-1986:	Melbourne City Baths Sports Medicine Centre.

Private sports nutrition consultancy

Major clients include:

2020-2023	Nutrition consultant: Joel Embiid, NBA player and 2023 MVP, Philadelphia 76ers
2011-2013	UFC Australia magazine
1996-2000:	The Swimmer magazine (Australian Swimming Inc. magazine)
1993-2000:	Australian Coaching Council: collaborative production of Winning Diet for Sport Video series.

1998-2000	Triathlon and Multi-sport magazine
1997:	Mars Incorporated and FIFA: preparation of nutrition slide set in conjunction with 1998 World Cup.
1996-1997:	Australian Golfing Life magazine.
1994:	National Food Authority: preparation of report on sports foods
1993-1997:	Australian Triathlete magazine.
1994:	PowerBar, Australia.
1992-1994:	Kelloggs - spokesperson for Ready Set Go cereal and for Aussie Sport Ready Set Go program in primary schools
1990-1994:	Effem Foods: editorial board for Food for Life Performance Magazine.
1988-1993:	Australian Fitness and Training magazine, now Ultrafit magazine.
1988-1993:	Australian Triathlon Sports Magazine.
1988-1993:	Qantas Melbourne marathon
1990:	Uncle Tobys Pty Ltd.
1989-1990:	Horleys Health Limited, New Zealand.
1989-1990:	Richmond Football Club, Australian Football League.
1988:	Ultimate Sports Club (Home Fitness Videos).
1988:	Essendon Football Club, Victorian Football League.
1987-1988:	Bio-Organics Pty Ltd: Development of Maximum sports drink and RDI multivitamin supplement.
1987:	Australian UBER cup badminton team.
1985-1987:	Australian Runner magazine.
1985-1986:	Geelong Football Club, Victorian Football League.
1986:	Victorian Athletic Association/Australian Sugar Industry (preparation of sports nutrition booklet for Athletics Beyond 2000 program).
1985:	Australia Games, Melbourne.
1983-1985:	Victorian Amateur Weightlifting Association and Hawthorn Weightlifting Club.
1983-1984:	Carlton Football Club, Victorian Football League.
1980-1982:	St. Kilda Football Club, Victorian Football League.

CLINICAL DIETETICS

1989:	St Francis Xavier Cabrini Hospital, Melbourne: (part-time) locum dietitian
1987-1988:	Box Hill Hospital, Melbourne: locum dietitian (part-time).
1985-1987:	St. Andrews Consulting Rooms and Box Hill Medical Gardens (Mr Andrew Jamieson - obesity surgeon) - Clinical dietitian/research assistant
1984:	Epworth Hospital, Melbourne: locum dietitian (Dec).
1984:	Royal Melbourne Hospital, Melbourne: locum dietitian (August-Nov).
1981-1984:	East Bentleigh Community Health Centre, Melbourne Community Health dietitian.

RESEARCH GRANTS AS PRINCIPAL OR CHIEF INVESTIGATOR

- 2023 **The effect of electrolyte replacement during rehydration from late afternoon exercise on hydration characteristics and sleep quality**
Funding: Nuun (Nestle) Sports Nutrition: \$45 K;
- 2023 **The effect of periodised low energy availability on hematological adaptations to altitude training and performance (Supernova 7)**
Funding: Wu Tsai Human Performance Alliance Female Athlete Program: \$81K, Australian Catholic University Program Grant to Mary MacKillop Institute for Health Research: \$50 K; Athletics Australia: \$69 K
- 2022 **Female Athlete Research Camp: the effect of menstrual phase and hormonal contraceptive use on themes of health and performance in Female rugby League players**
Funding: Australian Institute of Sport Female Health and Performance Initiative: \$100K; Wu Tsai Human Performance Alliance Female Athlete Program: \$80K, Australian Catholic University Program Grant to Mary MacKillop Institute for Health Research: 40 K
- 2021 **Effects of Mitopure (Urolithin A) on skeletal muscle function, iron regulation and endurance performance**
Funding: Amazentis, Switzerland: \$294K
- 2020 **The effect of ketone ester supplement in conjunction with adaptation to ketogenic diet on metabolism and performance in elite athletes (Comet)**
Funding: Project Grant. Mary MacKillop Institute for Health Research, Australian Catholic University: \$128K
- 2018-2019 **The effect of potato-supported strategies to increase carbohydrate oxidation, race economy and performance during endurance exercise.**
Funding: Alliance of Potato Research and Education (USA): US\$140K
- 2017-2019 **The effect of dietary periodisation strategies on health and performance outcomes in world class endurance athletes**
Funding: 3 year extension of Program Grant (2017000800) from Australian Catholic University Research: 533K continuing Supernova projects
- 2015-2016 **The effect of different dietary strategies on health and performance outcomes of a block of intensified training in world class endurance athletes**
Funding: Project fund from AIS High Performance Sports Research Fund (40K) towards Supernova project
- 2014-2016 **The effect of dietary periodisation strategies on health and performance outcomes in world class endurance athletes**
Funding: 3 year Program Grant (2013000800) from Australian Catholic University Research Funding (480K)
Collaboration between AIS Sports Nutrition and Australian Catholic University, contributing to doctoral programs of Julia Bone (AIS Physique and Fuel Centre) and Kristylen Tomcik (ACU) and Supernova Research activity

- 2013 **Effects of a high calcium pre-event meal on performance, biomarkers of calcium homeostasis and post-exercise appetite in female cyclists**
Funding: Dairy Australia (\$100 K)
AIS Sports Nutrition project contributing to doctoral program of Eric Haakonssen (AIS Physiology and AIS Sports Nutrition co-supervision)
- 2012-2013 **Effect of pantothenic acid on enhancing muscle metabolic function and performance via optimisation of Coenzyme A concentrations**
Funding: Australian Sports Research Program Big Ideas Fund (\$110 K)
AIS Physique and Fuel Centre Collaborative project with Professor Roger Harris (retired, Chichester University UK); Dr Trent Stellingwerff, Canadian Pacific Sports Centre
- 2012-2013 **Effect of dairy-based high-protein, variable-carbohydrate diets and exercise on muscle maintenance and movement**
Funding: Dairy Health and Nutrition Research Consortium (\$520 K)
AIS Physique and Fuel Centre Collaborative project with RMIT University Melbourne (Professor John Hawley, Dr Vernon Coffey), McMaster University Canada (Professor Stuart Phillips)
- 2010-2013 **Optimising exercise and nutrition throughout the Life Cycle**
Study 1. The effect of the daily pattern of dietary protein intake on muscle protein synthesis and whole body net protein balance after exercise
Study 2. The impact of negative energy balance on acute muscle protein synthesis
Funding: ARC Linkage Grant LP100100010: (\$660 K)
AIS Physique and Fuel Centre Collaborative project with RMIT University Melbourne (Professor John Hawley, Dr Vernon Coffey), McMaster University Canada (Professor Stuart Phillips) and Nestle Research Centre Switzerland (Dr Trent Stellingwerff, Dr Dan Moore)
- 2010-2011 **Chronic beta-alanine supplementation and training and race performance of elite Australian swimmers**
Funding: Australian Sports Research Program Olympic Sports Fund, Victoria University, AIS Sports Nutrition (\$21,000)
Collaborative project with Swimming Australia, Victoria University Melbourne (Professor Davis Bishop) and AIS Physiology Discipline. Includes supervision of Doctoral Student, Weiliang Chung
- 2008 **Pre-cooling strategies and the performance of a cycling time-trial**
Funding: Nestle Australia (\$42,000) Research Program Discretionary Grant (\$15,000)
Collaborative project with Australian Institute of Sport Department of Physiology
- 2007 **The pattern of amino acid delivery on the protein synthetic response to resistance training**
Funding: Nestec Ltd, (\$130,000) and Australian Institute of Sport Research Program Discretionary Grant (\$15,000)

- Collaborative project with Dr Kevin Tipton, University of Birmingham, Professor John Hawley, RMIT University
- 2005 **The effects of caffeine supplementation on swimming performance in elite swimmers**
Funding: Australian Institute of Sport Research Program Discretionary Grant (\$10,000)
Collaborative project with AIS Department of Physiology
- 2003-5 **The effects of intake of protein foods on plasma amino acid responses**
Funding: Nestec (Nestle Switzerland) (\$73,000)
Collaborative project with Assoc Professor David Cameron-Smith, Deakin University
- 2003-4 **The effects of carbohydrate intake on performance of a half-marathon**
Funding: Australian Institute of Sport Research Program Discretionary Grant (\$27,000)
Collaborative project with AIS Department of Physiology and Track and Field Program
- 2002 **The effects of addition of amino acids to a sports drink on metabolism and performance of prolonged cycling (“Accelerade” study)**
Funding: Australian Institute of Sport Research Program Discretionary Grant (\$25,000)
Collaborative project with AIS Department of Physiology
- 2002 **The effects of fat adaptation and carbohydrate restoration on metabolism and performance of prolonged cycling (Part 5)**
Funding: Australian Institute of Sport Research Program Collaborative Grant (\$25,000), AIS Research Program Discretionary Grant (\$15,000), Deakin University (\$10,000)
Collaborative project with Professors Mark Hargreaves (Deakin University) and John Hawley, (RMIT University)
- 2001 **The effect of Coca Cola intake late in exercise on metabolism and performance**
Collaborative supervision of honours student Paul Montgomery with Dr Alan Roberts (University of Canberra)
Funding: Sports Science/Sports Medicine Research Grant, Australian Institute of Sport (\$10,000), University of Canberra (\$10,000) and Nestle Australia (\$5000)
- 2001 **The effect of adaptation to a high fat diet on maximum rate of fat oxidation (fat study part 4)**
Collaborative project with Professors John Hawley, (RMIT University) and Mark Hargreaves (Deakin University), Greg Cox and Andrea Braakhuis (Dept of Sports Nutrition) and Megan Anderson (Department of Physiology)
Funding: Nestle Australia (\$40,000)
- 2000-2001 **The effect of individual coding of dietary records on nutritional assessment of athletes**
Supervision of Fellowship projects of 2000 Nestle Fellow Kelly Meredith and 2001 Nestle Fellow Andrea Braakhuis

- Funding: Sports Science/Sports Medicine Research Grant, Australian Institute of Sport (\$10,000)
- 2000 **The effect of adaptation to a high fat diet on metabolism and performance during prolonged cycling: part 3 – Ultraendurance cycling**
Collaborative supervision with Prof John Hawley of honours students Andrew Cameron and Heidi Staudacher (RMIT University)
Funding: Nestle (\$20,000)
- 1999-2000 **Effect of different caffeine intake strategies on metabolism and performance during prolonged cycling**
Collaborative project with Dr Dave Martin, Angie Moquin (Dept of Physiology and Applied Nutrition), Prof John Hawley, Clinton Bruce (RMIT University) and Ben Desbrow, Greg Cox (Dept of Sports Nutrition)
Funding: Nestle (\$40,000)
- 1999-2000 **The effect of creatine supplementation on soccer performance in elite female players**
Collaborative project with Greg Cox (Sports Nutrition Department) and Doug Tumilty (Department of Physiology and Applied Nutrition)
Funding: Sports Science/Sports Medicine Research Grant, Australian Institute of Sport (\$5,000)
- 1999: **The effect of adaptation to a high fat diet on metabolism and performance during prolonged cycling: part 2.**
Collaborative project with Prof Mark Hargreaves, Prof Greg Collier and Dr David Cameron-Smith (Deakin University), Dr Mark Febbraio and Damien Angus (University of Melbourne), and Prof John Hawley (RMIT University).
Funding: Kelloggs Incorporated (\$28,800)
- 1998: **The effect of adaptation to a high fat diet on metabolism and performance during prolonged cycling: part 1.**

Collaborative project with Prof Mark Hargreaves (Deakin University), Dr Mark Febbraio and Damien Angus (University of Melbourne), and Dr John Hawley (Visiting Research Fellow).
Funding: Sports Science/Sports Medicine Research Grant, Australian Institute of Sport (\$20,000)
- 1998: **Altered availability of plasma free fatty acids on metabolism and performance of high-intensity cycling**
Collaborative project with Prof John Hawley (Visiting Research Fellow), and Dr Dave Martin (Dept of Physiology and Applied Nutrition)
Funding: Sports Science/Sports Medicine Research Grant, Australian Institute of Sport (\$7000)
- 1997: **The effect of carbohydrate loading on the performance of a stochastic cycling task when carbohydrate is fed during exercise.**
Collaborative project with Prof Timothy Noakes and Dr John Hawley (University of Cape Town).
Funding: Sasko Bokomo (70,000 SAR)

- 1997: **The effect of glycemic index of the pre-exercise meal on performance of prolonged moderate exercise with carbohydrate ingestion.**
Collaborative project with Prof Timothy Noakes and Dr John Hawley (University of Cape Town).
Funding: Potato Producers Organisation of South Africa (38,000 SAR)
- 1996: **The effect of carbohydrate intake on soccer-specific skill and sprint performance in the heat.**
Collaborative project with Gary Slater (Sports Nutrition Department) and Doug Tumilty (Department of Physiology and Applied Nutrition)
Funding: Berrivale Fruit Juices (Isosport Sports drink) (\$20,000)
- 1994-5: **Muscle glycogen synthesis following prolonged exercise: the effect of alcohol intake.**
Collaborative project with Dr Mark Hargreaves (University of Melbourne) and Dr Greg Collier (Deakin University).
Funding: Applied Sports Research Program Grant, National Sports Research Centre (\$15,000)
- 1993: **Muscle glycogen synthesis following prolonged exercise: the effect of co-ingestion of fat and protein with carbohydrate feedings.**
Collaborative project with Dr Mark Hargreaves (University of Melbourne) and Dr Greg Collier (Deakin University).
Funding: Applied Sports Research Program Grant, National Sports Research Centre (\$10,000)
- 1993: **The effect of oral creatine supplementation on sprint performance of elite swimmers.**
Collaborative project with Dr David Pyne (Department of Physiology and Applied Nutrition)
Funding: Sports Science/ Sports Medicine Research Grant, Australian Institute of Sport (\$2,000)
- 1992-1998: **Body weight changes and voluntary fluid intake practices of elite athletes during training and competition.**
Supervision of ongoing research project undertaken by Sports Nutrition Fellows at AIS: Mareeta Grundy (1992), Prue Heeley (1993), Liz Broad (1994), Greg Cox (1995), Gary Slater (1996), Natasha Porter (1997), Michelle Murfet (1998).
Funding: Berrivale Fruit Juices Fellowship (Isosport Sports Drink) (\$35,000 pa)
- 1992: **Muscle glycogen synthesis following prolonged exercise: the effect of timing of carbohydrate feedings.**
Collaborative project with Dr Mark Hargreaves (University of Melbourne) and Dr Greg Collier (Deakin University).
Funding: Applied Sports Research Program Grant, National Sports Research Centre (\$10,000)
- 1990-1: **Muscle glycogen synthesis following prolonged exercise: the effect of the**

glycemic index of carbohydrate feedings.

Collaborative project with Dr Mark Hargreaves (University of Melbourne) and Dr Greg Collier (Deakin University).

Funding: Effem Foods, Australia (\$15,000)

1987:

Effect of glucose polymer and starch feedings on cycling performance during a simulated 100km time trial

Collaborative project with Dr John Carlson (Footscray Institute of Technology) and Dr Greg Collier (University of Melbourne).

Funding: Bio-Organics Australia (\$6,000)

SUPERVISION OF DOCTORAL PROGRAMS

Completed programs

2023	Margot Rogers (University of Canberra)
2022	Bronwen Lundy (Australian Catholic University, Victoria)
2020	Rebekah Alcock (Australian Catholic University, Victoria)
	Ida Heikura (Australian Catholic University, Victoria)
2017	Julia Bone (Australian Catholic University, Victoria)
	Jill Leckey (Australian Catholic University, Victoria)
	Reid Reale (University of the Sunshine Coast, Queensland)
2016	Evelyn Parr (Australian Catholic University, Victoria)
	Kristyen Tomcik (Australian Catholic University, Victoria)
2014	Eric Haakonssen (University of Queensland)
	Matt Hoon (University of Sydney, New South Wales)
	Jose Areta (RMIT University)
2013	Alisa Nana (RMIT University, Victoria)
	Megan Ross (Edith Cowan University, Western Australia)
2011	Amelia Carr (University of Western Australia)
	Greg Cox (Deakin University, Victoria)

Programs in progress

Megan Kuikman (Australian Catholic University, Victoria)
 Ella Smith (Australian Catholic University, Victoria)
 Aimee Morabito (Australian Catholic University, Victoria)
 Nikita Fensham (Australian Catholic University, Victoria)
 Will Jardine (Deakin University, Victoria)

PUBLICATIONS

- 311 Jardine WT, Aisbett B, Kelly MK, Burke LM, Ross ML, Condo D, Périard JD, Carr AJ. The Effect of Pre-Exercise Hyperhydration on Exercise Performance, Physiological Outcomes and Gastrointestinal Symptoms: A Systematic Review. *Sports Med.* 2023;53(11):2111-2134.
- 310 Mountjoy M, Ackerman KE, Bailey DM, **Burke LM**, Constantini N, Hackney AC, Heikura IA, Melin A, Pensgaard AM, Stellingwerff T, Sundgot-Borgen JK, Torstveit MK, Jacobsen AU, Verhagen E, Budgett R, Engebretsen L, Erdener U. 2023 International Olympic Committee's (IOC) consensus statement on Relative Energy Deficiency in Sport (REDs). *.Br J Sports Med.* 2023;57(17):1073-1097. doi: 10.1136/bjsports-2023-106994
- 309 Ackerman KE, Rogers MA, Heikura IA, **Burke LM**, Stellingwerff T, Hackney AC, Verhagen E, Schley S, Saville GH, Mountjoy M, Holtzman B. Methodology for studying Relative Energy Deficiency in Sport (REDs): a narrative review by a subgroup of the International Olympic Committee (IOC) consensus on REDs. *Br J Sports Med.* 2023;57(17):1136-1147. doi: 10.1136/bjsports-2023-107359
- 308 Hackney AC, Melin AK, Ackerman KE, Torstveit MK, **Burke LM**, Mountjoy ML REDs alert: male athletes be wary and scientists take action! *.Br J Sports Med.* 2023;57(17):1066-1067. doi: 10.1136/bjsports-2023-106719.
- 307 **Burke LM**, Ackerman KE, Heikura IA, Hackney AC, Stellingwerff T Mapping the complexities of Relative Energy Deficiency in Sport (REDs): development of a physiological model by a subgroup of the International Olympic Committee (IOC) Consensus on REDs. *.Br J Sports Med.* 2023;57(17):1098-1108. doi: 10.1136/bjsports-2023-107335
- 306 Mathisen TF, Ackland T, **Burke LM**, Constantini N, Haudum J, Macnaughton LS, Meyer NL, Mountjoy M, Slater G, Sundgot-Borgen J Best practice recommendations for body composition considerations in sport to reduce health and performance risks: a critical review, original survey and expert opinion by a subgroup of the IOC consensus on Relative Energy Deficiency in Sport (REDs). *.Br J Sports Med.* 2023;57(17):1148-1158. doi: 10.1136/bjsports-2023-106812.
- 305 Jardine WT, Aisbett B, Kelly MK, **Burke LM**, Ross ML, Condo D, Périard JD, Carr AJ The Effect of Pre-Exercise Hyperhydration on Exercise Performance, Physiological Outcomes and Gastrointestinal Symptoms: A Systematic Review. *. Sports Med.* 2023;53(11):2111-2134. doi: 10.1007/s40279-023-01885-2
- 304 Fensham NC, Govus AD, Peeling P, **Burke LM**, McKay AKA. Factors Influencing the Hepcidin Response to Exercise: An Individual Participant Data Meta-analysis. *Sports Med.* 2023;53(10):1931-1949. doi: 10.1007/s40279-023-01874-5
- 303 McKay AKA, Ross MLR, Tee N, Sharma AP, Leckey JJ, **Burke LM**. Adherence to a Ketogenic Low-Carbohydrate, High-Fat Diet Is Associated With Diminished Training Quality in Elite Racewalkers. *. Int J Sports Physiol Perform.* 2023; 18(7):686-694. doi: 10.1123/ijspp.2022-0351
- 302 **Burke LM**, Whitfield J, Ross MLR, Tee N, Sharma AP, King AJ, Heikura IA, Morabito A,

- McKay AKA. Short Severe Energy Restriction with Refueling Reduces Body Mass without Altering Training-Associated Performance Improvement. *Med Sci Sports Exerc.* 2023;55(8):1487-1498. doi: 10.1249/MSS.0000000000003169.
- 301 Gardiner C, Weakley J, **Burke LM**, Roach GD, Sargent C, Maniar N, Townshend A, Halson SL The effect of caffeine on subsequent sleep: A systematic review and meta-analysis. *Sleep Med Rev.* 2023; 69:101764. doi: 10.1016/j.smrv.2023.101764.
- 300 Bowler AM, Whitfield J, Marshall L, Coffey VG, **Burke LM**, Cox GR The Use of Continuous Glucose Monitors in Sport: Possible Applications and Considerations. *Int J Sport Nutr Exerc Metab.* 2023; 33(2):121-132 doi: 10.1123/ijsnem.2022-0139.
- 299 Kuikman MA, Smith ES, McKay AKA, Ackerman KE, Harris R, Elliott-Sale KJ, Stellingwerff T, **Burke LM**. Fuelling the Female Athlete: Auditing her Representation in Studies of Acute Carbohydrate Intake for Exercise. *Med Sci Sports Exerc.* 2023 55(3):569-580 doi: 10.1249/MSS.0000000000003056.
- 298 Lundy B, McKay AKA, Fensham NC, Tee N, Anderson B, Morabito A, Ross MLR, Sim M, Ackerman KE, **Burke LM**. The Impact of Acute Calcium Intake on Bone Turnover Markers during a Training Day in Elite Male Rowers. *Med Sci Sports Exerc.* 2023; 55(1):55-65.
- 297 Lundy B, Suni V, Drew M, Trease L, **Burke LM**. Nutrition factors associated with rib stress injury history in elite rowers. *J Sci Med Sport.* 2022: 25(12):979-985
- 296 Smith ES, McKay AKA, Kuikman M, Ackerman KE, Harris R, Elliott-Sale KJ, Stellingwerff T, **Burke LM**. Managing Female Athlete Health: Auditing the Representation of Female versus Male Participants among Research in Supplements to Manage Diagnosed Micronutrient Issues. *Nutrients.* 2022; 14(16):3372. doi: 10.3390/nu14163372.
- 295 Costa RJS, Young P, Gill SK, Snipe RMJ, Gaskell S, Russo I, **Burke LM**. Assessment of Exercise-Associated Gastrointestinal Perturbations in Research and Practical Settings: Methodological Concerns and Recommendations for Best Practice. *Int J Sport Nutr Exerc Metab.* 2022;32(5):387-418. doi: 10.1123/ijsnem.2022-0048.
- 294 Fensham NC, Heikura IA, McKay AKA, Tee N, Ackerman KE, **Burke LM**. Short-term carbohydrate restriction impairs bone formation at rest and during prolonged exercise to a greater degree than low energy availability. *J Bone Miner Res.* 2022;37(10):1915-1925. doi: 10.1002/jbmr.46582022
- 293 Naulleau C, Jeker D, Pancrate T, Claveau P, Deshayes TA, **Burke LM**, Goulet EDB. Effect of Pre-Exercise Caffeine Intake on Endurance Performance and Core Temperature Regulation During Exercise in the Heat: A Systematic Review with Meta-Analysis. *Sports Med.* 2022;52(10):2431-2445. doi: 10.1007/s40279-022-01692-1.
- 292 King AJ, Etxebarria N, Ross ML, Garvican-Lewis L, Heikura IA, McKay AKA, Tee N, Forbes SF, Beard NA, Saunders PU, Sharma AP, Gaskell SK, Costa RJS, **Burke LM**. Short-Term Very High Carbohydrate Diet and Gut-Training Have Minor Effects on Gastrointestinal Status and Performance in Highly Trained Endurance Athletes. *Nutrients.* 2022;14(9):1929. doi: 10.3390/nu14091929
- 291 Lundy B, Torstveit MK, Stenqvist TB, **Burke LM**, Garthe I, Slater GJ, Ritz C, Melin AK.

- Screening for Low Energy Availability in Male Athletes: Attempted Validation of LEAM-Q. Nutrients. 2022 Apr 29;14(9):1873. doi: 10.3390/nu14091873.
- 290 Carr AJ, Vallance BS, Rothwell J, Rea AE, **Burke LM**, Guy JH Competing in Hot Conditions at the Tokyo Olympic Games: Preparation Strategies Used by Australian Race Walkers. .Front Physiol. 2022;13:836858. doi: 10.3389/fphys.2022.836858. eCollection 2022
- 289 Smith ES, McKay AKA, Kuikman M, Ackerman KE, Harris R, Elliott-Sale KJ, Stellingwerff T, **Burke LM** Auditing the Representation of Female Versus Male Athletes in Sports Science and Sports Medicine Research: Evidence-Based Performance Supplements. Nutrients. 2022;14(5):953. doi: 10.3390/nu14050953
- 288 Smith ES, McKay AKA, Ackerman KE, Harris R, Elliott-Sale KJ, Stellingwerff T, **Burke LM**. Methodology Review: A Protocol to Audit the Representation of Female Athletes in Sports Science and Sports Medicine Research. .Int J Sport Nutr Exerc Metab. 2022 32(2):114-127 10.1123/ijsnem.2021-0257.
- 287 McKay AKA, Stellingwerff T, Smith ES, Martin DT, Mujika I, Goosey-Tolfrey VL, Sheppard J, **Burke LM**. Defining Training and Performance Caliber: A Participant Classification Framework. Int J Sports Physiol Perform. 2022 7(2):317-331
- 286 Fensham NC, McKay AKA, Tee N, Lundy B, Anderson B, Morabito A, Ross MLR, **Burke LM**. Sequential Submaximal Training in Elite Male Rowers Does Not Result in Amplified Increases in Interleukin-6 or Hepcidin. Int J Sport Nutr Exerc Metab. 2022; 32(3):177-185. doi: 10.1123/ijsnem.2021-0263.
- 285 Siegler JC, Carr AJ, Jardine WT, Convit L, Cross R, Chapman D, **Burke LM**, Ross M. The Hyperhydration Potential of Sodium Bicarbonate and Sodium Citrate. Int J Sport Nutr Exerc Metab. 2022; 32(2):74-81. doi: 10.1123/ijsnem.2021-0179
- 284 McKay AKA, Peeling P, Pyne DB, Tee N, Whitfield J, Sharma AP, Heikura IA, **Burke LM**. Six Days of Low Carbohydrate, Not Energy Availability, Alters the Iron and Immune Response to Exercise in Elite Athletes. Med Sci Sports Exerc. 2022; 54(3):377-387.
- 283 **Burke LM**. Nutritional approaches to counter performance constraints in high-level sports competition. Exp Physiol. 2021;106(12):2304-2323. doi: 10.1113/EP088188
- 282 Grgic J, Pedisic Z, Saunders B, Artioli GG, Schoenfeld BJ, McKenna MJ, Bishop DJ, Kreider RB, Stout JR, Kalman DS, Arent SM, VanDusseldorp TA, Lopez HL, Ziegenfuss TN, **Burke LM**, Antonio J, Campbell BI. International Society of Sports Nutrition position stand: sodium bicarbonate and exercise performance. J Int Soc Sports Nutr. 2021; 18(1):61. doi: 10.1186/s12970-021-00458-w.
- 281 Rogers MA, Drew MK, Appaneal R, Lovell G, Lundy B, Hughes D, Vlahovich N, Waddington G, Burke LM. The Utility of the Low Energy Availability in Females Questionnaire to Detect Markers Consistent With Low Energy Availability-Related Conditions in a Mixed-Sport Cohort. Int J Sport Nutr Exerc Metab. 2021 31(5):427-437. doi: 10.1123/ijsnem.2020-0233
- 280 Russo I, Della Gatta PA, Garnham A, Porter J, **Burke LM**, Costa RJS. The Effects of an Acute "Train-Low" Nutritional Protocol on Markers of Recovery Optimization in

- Endurance-Trained Male Athletes. *Int J Sports Physiol Perform*. 2021 27:1-13. doi: 10.1123/ijsp.2020-0847
- 279 Stellingwerff T, Heikura IA, Meeusen R, Berman S, Seiler S, Mountjoy ML, **Burke LM**. Overtraining Syndrome (OTS) and Relative Energy Deficiency in Sport (RED-S): Shared Pathways, Symptoms and Complexities. *Sports Med*. 2021 51(11):2251-2280. doi: 10.1007/s40279-021-01491-0
- 278 **Burke LM**, Hall R, Heikura IA, Ross ML, Tee N, Kent, GL, Whitfield J, Forbes SF, Sharma AP, Jones AM et al. Neither Beetroot Juice Supplementation nor Increased Carbohydrate Oxidation Enhance Economy of Prolonged Exercise in Elite Race Walkers. *Nutrients* 2021, 13, 2767. <https://doi.org/10.3390/nu13082767>
- 277 Bone JL, Ross ML, Tomcik KA, Jeacocke NA, McKay AKA, **Burke LM**. The Validity of Ultrasound Technology in Providing an Indirect Estimate of Muscle Glycogen Concentrations Is Equivocal. *Nutrients*. 2021; 13(7):2371. doi: 10.3390/nu13072371.
- 276 **Burke LM**, Slater GJ, Matthews JJ, Langan-Evans C, Horswill CA. ACSM Expert Consensus Statement on Weight Loss in Weight-Category Sports. *Curr Sports Med Rep*. 2021; 20(4):199
- 275 Russo I, Della Gatta PA, Garnham A, Porter J, **Burke LM**, Costa RJS. Assessing Overall Exercise Recovery Processes Using Carbohydrate and Carbohydrate-Protein Containing Recovery Beverages. *Front Physiol*. 2021; 12:628863. doi: 10.3389/fphys.2021.628863
- 274 McKay AKA, Peeling P, Pyne DB, Tee N, Wewers M, Heikura IA, Sharma AP, Whitfield J, Ross ML, van Swelm RPL, Laarakkers CM, **Burke LM**. Sustained Exposure to High Carbohydrate Availability Does Not Influence Iron-Regulatory Responses in Elite Endurance Athletes. *Int J Sport Nutr Exerc Metab*. 2021; 31: 101-108.
- 273 Russo I, Della Gatta PA, Garnham A, Porter J, **Burke LM**, Costa RJS. Does the Nutritional Composition of Dairy Milk Based Recovery Beverages Influence Post-exercise Gastrointestinal and Immune Status, and Subsequent Markers of Recovery Optimisation in Response to High Intensity Interval Exercise? *Front Nutr*. 2021; 7:622270. doi: 10.3389/fnut.2020.622270
- 272 Etxebarria N, Clark B, Ross ML, Hui T, Goecke R, Rattray B, Burke LM. Quinine Ingestion During the Latter Stages of a 3,000-m Time Trial Fails to Improve Cycling Performance. *Int J Sport Nutr Exerc Metab*. 2020; 31(1):9-12
- 271 Mountjoy M, Moran J, Ahmed H, Berman S, Bigard X, Doerr D, Lacoste A, Miller S, Weber A, Foster J, Budgett R, Engebretsen L, **Burke LM**, Gouttebarger V, Grant ME, McCloskey B, Piccininni P, Racinais S, Stuart M, Zideman D. Athlete health and safety at large sporting events: the development of consensus-driven guidelines. *Br J Sports Med*. 2021;55(4):191-197.
- 270 Rogers MA, Appaneal RN, Hughes D, Vlahovich N, Waddington G, **Burke LM**, Drew M. Prevalence of impaired physiological function consistent with Relative Energy Deficiency in Sport (RED-S): an Australian elite and pre-elite cohort. *Br J Sports Med*. 2021;55(1):38-45.

- 269 Collins J, Maughan RJ, Gleeson M, Bilborough J, Jeukendrup A, Morton JP, Phillips SM, A. Armstrong L, **Burke LM**, Close GL, Duffield R, Larson-Meyer E, Louis J, Medina D, Meyer F, Rollo I, Sundgot-Borgen J, Wall BT, Boulosa B, Dupont G, Lizarraga A, Res P, Bizzini M, Castagna C, Cowie CM, D'Hooghe M, Geyer H, Meyer T, Papadimitriou N, Vouillamoz M, McCall. UEFA expert group statement on nutrition in elite football. Current evidence to inform practical recommendations and guide future research. Br J Sports Med. 2020;bjsports-2019-101961. doi: 10.1136/bjsports-2019-101961.
- 268 Whitfield J, Harris RC, Broad E, Patterson AK, Ross MLR, Shaw G, Spriet LL, **Burke LM**. Chronic pantothenic acid supplementation does not affect muscle coenzyme A content or cycling performance. Appl Physiol Nutr Metab. 2021; 46:280-283
- 267 **Burke LM**, Whitfield J, Heikura IA, Ross MLR, Tee N, Forbes SF, Hall R, McKay AKA, Wallett AM, Sharma AP. Adaptation to Low Carbohydrate High Fat diet is rapid but impairs endurance exercise metabolism and performance despite enhanced glycogen availability. J Physiol. 2021 599(3):771-790
- 266 **Burke LM**. Ketogenic low CHO, high fat diet: the future of elite endurance sport? J Physiol. 2021 599(3):819-843.
- 265 Whitfield J, **Burke LM**, McKay AKA, Heikura IA, Hall R, Fensham N, Sharma AP Acute Ketogenic Diet and Ketone Ester Supplementation Impairs Race Walk Performance. Med Sci Sports Exerc. 2021;53:776-84.
- 264 McKay AKA, Pyne DB, **Burke LM**, Peeling P. Iron Metabolism: Interactions with Energy and Carbohydrate Availability. Nutrients. 2020; 12(12):3692. doi: 10.3390/nu12123692.
- 263 Stevens CJ, Ross ML, Périard JD, Vallance BS, Burke LM. Core Temperature Responses to Elite Racewalking Competition. Int J Sports Physiol Perform. 2020 5(6):892-895
- 262 Wells KR, Jeacocke NA, Appaneal R, Smith HD, Vlahovich N, **Burke LM**, Hughes D. The Australian Institute of Sport (AIS) and National Eating Disorders Collaboration (NEDC) position statement on disordered eating in high performance sport. Br J Sports Med. 2020: bjsports-2019-101813. doi: 10.1136/bjsports-2019-101813.
- 261 Ørtenblad N, Nielsen J, Gejl KD, Routledge HE, Morton JP, Close GL, Niemann DC, Bone JL, **Burke LM**. Comment on: "Changes in Skeletal Muscle Glycogen Content in Professional Soccer Players before and after a Match by a NonInvasive MuscleSound® Technology. A Cross Sectional Pilot Study Nutrients 2020, 12(4), 971". Nutrients. 2020 13;12(7):E2070
- 260 King AJ, **Burke LM**, Halson SL, Hawley JA. The Challenge of Maintaining Metabolic Health During a Global Pandemic. Sports Med. 2020; 50(7):1233-124
- 259 **Burke LM**, Sharma AP, Heikura IA, Forbes SF, Holloway M, McKay AKA, Bone JL, Leckey JJ, Welvaert M, Ross ML. Crisis of confidence averted: Impairment of exercise economy and performance in elite race walkers by ketogenic low carbohydrate, high fat (LCHF) diet is reproducible. PLoS One. 2020 4;15(6):e0234027. doi: 10.1371/journal.pone.0234027
- 258 Heikura IA, **Burke LM**, Hawley JA, Ross ML, Garvican-Lewis L, Sharma AP, McKay AKA, Leckey JJ, Welvaert M, McCall L, Ackerman KE. A Short-Term Ketogenic Diet Impairs

- Markers of Bone Health in Response to Exercise. *Front Endocrinol (Lausanne)*. 2020; 10:880. doi: 10.3389/fendo.2019.00880. eCollection 2019.
- 257 Colbey C, Drew MK, Cox AJ, Vider J, Pyne DB, Vlahonich N, Hughes D, Waddington G, Appaneal R, **Burke LM**, Lundy B, Toomey M, Watts D, Lovell G, Praet S, Halson SL, Welvaert M, Zhang P, Cripps AW, West NP. Key viral immune genes and pathways identify elite athletes with URS. *Exerc Immunol Rev*. 2020;26:56-78.
- 256 Betts JA, Gonzalez JT, Burke LM, Close GL, Garthe I, James LJ, Jeukendrup AE, Morton JP, Nieman DC, Peeling P, Phillips SM, Stellingwerff T, van Loon LJC, Williams C, Woolf K, Maughan R, Atkinson G. PRESENT 2020: Text Expanding on the Checklist for Proper Reporting of Evidence in Sport and Exercise Nutrition Trials. *Int J Sport Nutr Exerc Metab*. 2020; 30(1): 2-13.
- 255 McCubbin AJ, Allanson BA, Caldwell Odgers JN, Cort MM, Costa RJS, Cox GR, Crawshaw ST, Desbrow B, Freney EG, Gaskell SK, Hughes D, Irwin C, Jay O, Lalor BJ, Ross MLR, Shaw G, Périard JD, **Burke LM**. Sports Dietitians Australia Position Statement: Nutrition for Exercise in Hot Environments. *Int J Sport Nutr Exerc Metab*. 2020; 30(1): 83-98
- 254 Reale R, **Burke LM**, Cox GR, Slater G. Body composition of elite Olympic combat sport athletes. *Eur J Sport Sci*. 2020; 20(2):147-156.
- 253 McKay AKA, Heikura IA, **Burke LM**, Peeling P, Pyne DB, van Swelm RPL, Laarakkers CM, Cox GR. Influence of Periodizing Dietary Carbohydrate on Iron Regulation and Immune Function in Elite Triathletes. *Int J Sport Nutr Exerc Metab*. 2020; 30(1): 33-44
- 252 Stellingwerff T, Peeling P, Garvican-Lewis LA, Hall R, Koivisto AE, Heikura IA, **Burke LM**. Nutrition and Altitude: Strategies to Enhance Adaptation, Improve Performance and Maintain Health: A Narrative Review. *Sports Med*. 2019; 49 (Suppl 2): 169-184.
- 251 Alcock RD, Shaw GC, Tee N, **Burke LM**. Plasma Amino Acid Concentrations After the Ingestion of Dairy and Collagen Proteins, in Healthy Active Males. *Front Nutr*. 2019; 6:163. doi: 10.3389/fnut.2019.00163.
- 250 Alcock RD, Shaw GC, Tee N, Welvaert M, **Burke LM**. Urinary Hydroxyproline Is Only Suitable As a Biomarker for Acute Intake, Up to 6 hr Postingestion of Collagen Proteins in "Free-Living," Healthy, Active Males. *Int J Sport Nutr Exerc Metab*. 2019; 29(5): 461-465.
- 249 McKay AKA, Pyne DB, Peeling P, Sharma AP, Ross MLR, **Burke LM**. The impact of chronic carbohydrate manipulation on mucosal immunity in elite endurance athletes. *J Sports Sci*. 2019; 37(5): 553-559
- 248 Hoon MW, Haakonssen EC, Menaspà P, **Burke LM**. Racing weight and resistance training: perceptions and practices in trained male cyclists. *Phys Sportsmed*. 2019 47(4):421-426
- 247 McKay AKA, Peeling P, Pyne DB, Welvaert M, Tee N, Leckey JJ, Sharma AP, Ross MLR, Garvican-Lewis LA, van Swelm RPL, Laarakkers CM, **Burke LM**. Acute carbohydrate ingestion does not influence the post-exercise iron-regulatory response in elite keto-adapted race walkers. *J Sci Med Sport*. 2019; 22(6):635-640

- 246 Etxebarria N, Ross ML, Clark B, **Burke LM**. Ingesting a Bitter Solution: The Sweet Touch to Increasing Short-Term Cycling Performance. *Int J Sports Physiol Perform*. 2019 24(6): 727–732.
- 245 Kent GL, Dawson B, McNaughton LR, Cox GR, **Burke LM**, Peeling P. The effect of beetroot juice supplementation on repeat-sprint performance in hypoxia. *J Sports Sci*. 2019; 37(3):339-346
- 244 Heikura IA, Quod M, Strobel N, Palfreeman R, Civil R, **Burke LM**. Alternate-Day Low Energy Availability During Spring Classics in Professional Cyclists. *Int J Sports Physiol Perform*. 2019; 14(9); 1233-1243
- 243 Alcock RD, Shaw GC, **Burke LM**. Bone Broth Unlikely to Provide Reliable Concentrations of Collagen Precursors Compared to Supplemental Sources of Collagen Used in Collagen Research. *Int J Sport Nutr Exerc Metab*. 2019; 29(3):265-272
- 242 Routledge HE, Leckey JJ, Lee MJ, Garnham A, Graham S, Burgess D, **Burke LM**, Erskine RM, Close GL, Morton JP. Muscle Glycogen Utilisation during an Australian Rules Football Game. *Int J Sports Physiol Perform*. 2019 14(1): 122-124
- 241 Murtaza N, **Burke LM**, Vlahovich N, Charlesson B, O'Neill HM, Ross ML, Campbell KL, Krause L, Morrison M. Analysis of the Effects of Dietary Pattern on the Oral Microbiome of Elite Endurance Athletes. *Nutrients*. 2019; 11(3). pii: E614.
- 240 Murtaza N, **Burke LM**, Vlahovich N, Charlesson B, O' Neill H, Ross ML, Campbell KL, Krause L, Morrison M. The Effects of Dietary Pattern during Intensified Training on Stool Microbiota of Elite Race Walkers. *Nutrients*. 2019; 11(2). pii: E261
- 239 Praet SFE, Purdam CR, Welvaert M, Vlahovich N, Lovell G, **Burke LM**, Gaida JE, Manzanero S, Hughes D, Waddington G. Oral Supplementation of Specific Collagen Peptides Combined with Calf-Strengthening Exercises Enhances Function and Reduces Pain in Achilles Tendinopathy Patients. *Nutrients*. 2019; 11(1). pii: E76.
- 238 McKay AKA, Peeling P, Pyne DB, Welvaert M, Tee N, Leckey JJ, Sharma AP, Ross MLR, Garvican-Lewis LA, Swinkels DW, Laarakkers CM, **Burke LM**. Chronic Adherence to a Ketogenic Diet Modifies Iron Metabolism in Elite Athletes. *Med Sci Sports Exerc*. 2019; 51(3):548-555
- 237 **Burke LM**, Castell LM, Casa DJ, Close GL, Costa RJS, Desbrow B, Halson SL, Lis DM, Melin AK, Peeling P, Saunders PU, Slater GJ, Sygo J, Witard OC, Berman S, Stellingwerff T. International Association of Athletics Federations Consensus Statement 2019: Nutrition for Athletics. *Int J Sport Nutr Exerc Metab*. 2019; 29(2):73-84
- 236 **Burke LM**, Jeukendrup AE, Jones AM, Mooses M. Contemporary Nutrition Strategies to Optimize Performance in Distance Runners and Race Walkers. *Int J Sport Nutr Exerc Metab*. 2019; 29(2);
- 235 Stellingwerff T, Morton JP, **Burke LM**. A Framework for Periodized Nutrition for Athletics. *Int J Sport Nutr Exerc Metab*. 2019; 29(2):141-151
- 234 Halson SL, **Burke LM**, Pearce J. Nutrition for Travel: From Jet lag To Catering. *Int J Sport*

- Nutr Exerc Metab. 2019; 29(2): 228-235
- 233 Peeling P, Castell LM, Derave W, de Hon O, **Burke LM**. Sports Foods and Dietary Supplements for Optimal Function and Performance Enhancement in Track-and-Field Athletes. *Int J Sport Nutr Exerc Metab.* 2019; 29(2):198-209
- 232 Reale R, Slater G, Dunican IC, Cox GR, **Burke LM**. The Effect of Water Loading on Acute Weight Loss Following Fluid Restriction in Combat Sports Athletes. *Int J Sport Nutr Exerc Metab.* 2018; 28(6): 565-573
- 231 Kent GL, Dawson B, Cox GR, **Burke LM**, Eastwood A, Croft KD, Peeling P. Dietary nitrate supplementation does not improve cycling time-trial performance in the heat. *J Sports Sci.* 2018; 36(11):1204-1211
- 230 Heikura IA, Stellingwerff T, **Burke LM**. Self-Reported Periodization of Nutrition in Elite Female and Male Runners and Race Walkers. *Front Physiol.* 2018; 9: 1732.
- 229 Bone JL, **Burke LM**. No Difference in Young Adult Athletes Resting Energy Expenditure When Measured Under Inpatient or Outpatient Conditions. *Int J Sport Nutr Exerc Metab.* 2018; 28(5):464-467
- 228 **Burke LM**, Hawley JA, Jeukendrup A, Morton JP, Stellingwerff T, Maughan RJ. Toward a Common Understanding of Diet-Exercise Strategies to Manipulate Fuel Availability for Training and Competition Preparation in Endurance Sport. *Int J Sport Nutr Exerc Metab.* 2018; 28(5):451-463.
- 227 Mujika I, Halson S, **Burke LM**, Balagué G, Farrow D. An Integrated, Multifactorial Approach to Periodization for Optimal Performance in Individual and Team Sports. *Int J Sports Physiol Perform.* 2018; 13(5):538-561
- 226 Mirtschin JG, Forbes SF, Cato LE, Heikura IA, Strobel N, Hall R, **Burke LM**. Organization of Dietary Control for Nutrition-Training Intervention Involving Periodized Carbohydrate Availability and Ketogenic Low-Carbohydrate High-Fat Diet. *Int J Sport Nutr Exerc Metab.* 2018; 28(5):480-489.
- 225 **Burke LM**, Hawley JA. Swifter, higher, stronger: What's on the menu? *Science.* 2018; 362(6416):781-787
- 224 Mountjoy M, Sundgot-Borgen JK, **Burke LM**, Ackerman KE, Blauwet C, Constantini N, Lebrun C, Lundy B, Melin AK, Meyer NL, Sherman RT, Tenforde AS, Klungland Torstveit M, Budgett R. IOC consensus statement on relative energy deficiency in sport (RED-S): 2018 update. *Int J Sport Nutr Exerc Metab.* 2018; 28(4):316-331
Br J Sports Med. 2018;52(11):687-697
- 223 Mountjoy ML, **Burke LM**, Stellingwerff T, Sundgot-Borgen J. Relative Energy Deficiency in Sport: The Tip of an Iceberg. *Int J Sport Nutr Exerc Metab.* 2018; 28(4):313-315.
- 222 **Burke LM**, Close GL, Lundy B, Mooses M, Morton JP, Tenforde AS. Relative Energy Deficiency in Sport in Male Athletes: A Commentary on Its Presentation Among Selected Groups of Male Athletes. *Int J Sport Nutr Exerc Metab.* 2018; 28(4):364-374.

- 221 **Burke LM**, Lundy B, Fahrenholtz IL, Melin AK. Pitfalls of Conducting and Interpreting Estimates of Energy Availability in Free-Living Athletes. *Int J Sport Nutr Exerc Metab.* 2018 ;28(4):350-363
- 220 Hawley JA, Lundby C, Cotter JD, **Burke LM**. Maximizing Cellular Adaptation to Endurance Exercise in Skeletal Muscle. *Cell Metab.* 2018; 27(5):962-976.
- 220 Murphy CH, Shankaran M, Churchward-Venne TA, Mitchell CJ, Kolar NM, **Burke LM**, Hawley JA, Kassis A, Karagounis LG, Li K, King C, Hellerstein M, Phillips SM. Effect of resistance training and protein intake pattern on myofibrillar protein synthesis and proteome kinetics in older men in energy restriction. *J Physiol.* 2018; 596(11):2091-2120
- 219 Maughan RJ, **Burke LM**, Dvorak J, Larson-Meyer DE, Peeling P, Phillips SM, Rawson ES, Walsh NP, Garthe I, Geyer H, Meeusen R, van Loon LJC, Shirreffs SM, Spriet LL, Stuart M, Vernec A, Currell K, Ali VM, Budgett RG, Ljungqvist A, Mountjoy M, Pitsiladis YP, Soligard T, Erdener U, Engebretsen L. IOC consensus statement: dietary supplements and the high-performance athlete. *Br J Sports Med.* 2018; 52(7):439-455. And *Int J Sport Nutr Exerc Metab.* 2018; 28(2):104-125
- 218 **Burke LM**, Peeling P. Methodologies for Investigating Performance Changes With Supplement Use. *Int J Sport Nutr Exerc Metab.* 2018; 28(2):159-169.
- 217 Peeling P, Binnie MJ, Goods PSR, Sim M, **Burke LM**. Evidence-Based Supplements for the Enhancement of Athletic Performance. *Int J Sport Nutr Exerc Metab.* 2018; 28(2):178-187
- 216 Larson-Meyer DE, Woolf K, **Burke LM**. Assessment of Nutrient Status in Athletes and the Need for Supplementation. *Int J Sport Nutr Exerc Metab.* 2018; 28(2):139-158
- 215 Carr AJ, Sharma AP, Ross ML, Welvaert M, Slater GJ, **Burke LM**. Chronic Ketogenic Low Carbohydrate High Fat Diet Has Minimal Effects on Acid-Base Status in Elite Athletes. *Nutrients.* 2018; ;10(2). pii: E236
- 214 Leckey JJ, Hoffman NJ, Parr EB, Devlin BL, Trewin AJ, Stepto NK, Morton JP, **Burke LM**, Hawley JA. FASEB J. High dietary fat intake increases fat oxidation and reduces skeletal muscle mitochondrial respiration in trained humans. 2018; 32(6):2979-2991
- 213 Heikura IA, Uusitalo ALT, Stellingwerff T, Bergland D, Mero AA, **Burke LM**. Low Energy Availability is Difficult to Assess But Outcomes Have Large Impact on Bone Injury Rates in Elite Distance Athletes. *Int J Sport Nutr Exerc Metab.* 2018; 28(4):403-411.
- 212 Reale R, Slater G, **Burke LM**. Weight Management Practices of Australian Olympic Combat Sport Athletes. *Int J Sports Physiol Perform.* 2018; 12(4); 459-466
- 211 Kent GL, Dawson B, Cox GR, Abbiss CR, Smith KJ, Croft KD, Lim ZX, Eastwood A, **Burke LM**, Peeling P. Effect of dietary nitrate supplementation on thermoregulatory and cardiovascular responses to submaximal cycling in the heat. *Eur J Appl Physiol.* 2018; 118(3):657-668.
- 210 Drew M, Vlahovich N, Hughes D, Appaneal R, **Burke LM**, Lundy B, Rogers M, Toomey M,

- Watts D, Lovell G, Praet S, Halson SL, Colbey C, Manzanero S, Welvaert M, West NP, Pyne DB, Waddington G. Prevalence of illness, poor mental health and sleep quality and low energy availability prior to the 2016 Summer Olympic Games. *Br J Sports Med.* 2018; 52(1):47-53
- 209 Peeling P, McKay AKA, Pyne DB, Guelfi KJ, McCormick RH, Laarakkers CM, Swinkels DW, Garvican-Lewis LA, Ross MLR, Sharma AP, Leckey JJ, **Burke LM**. Factors influencing the post-exercise hepcidin-25 response in elite athletes. *Eur J Appl Physiol.* 2017; 117 (6):1233-1239.
- 208 Leckey JJ, Ross ML, Quod M, Hawley JA, Burke LM. Ketone Diester Ingestion Impairs Time-Trial Performance in Professional Cyclists. *Front Physiol.* 2017; 23;8:806.
- 208 Heikura IA, Stellingwerff T, Mero AA, Uusitalo AL, **Burke LM**. A Mismatch Between Athlete Practice and Current Sports Nutrition Guidelines Among Elite Female and Male Middle- and Long-Distance Athletes. *Int J Sport Nutr Exerc Metab.* 2017; 27 (4):351-360.
- 207 Heikura IA, **Burke LM**, Mero AA, Uusitalo AL, Stellingwerff T. Dietary Micro-Periodization in Elite Female and Male Runners and Race-Walkers During a Block of High Intensity Pre-Competition Training. *Int J Sport Nutr Exerc Metab.* 2017; 27(4):297-304.
- 206 Reale R, Slater G, **Burke LM**. Individualised dietary strategies for Olympic combat sports: Acute weight loss, recovery and competition nutrition. *Eur J Sport Sci.* 2017; 17(6):727-740.
- 205 Reale R, Slater G, **Burke LM**. Acute Weight Loss Strategies for Combat Sports and Applications to Olympic Success. *Int J Sports Physiol Perform.* 2017 12(2):142-151.
- 204 Reale R, Cox GR, Slater G, **Burke LM**. Weight Re-Gain: No Link to Success in a Real Life Multi-Day Boxing Tournament. *Int J Sports Physiol Perform.* 2017; 12(7):856-863.
- 203 Bone JL, Ross ML, Tomcik KA, Jeacocke NA, Hopkins WG, **Burke LM**. Manipulation of Muscle Creatine and Glycogen Changes Dual X-ray Absorptiometry Estimates of Body Composition. *Med Sci Sports Exerc.* 2017; 49(5):1029-1035.
- 202 **Burke LM**. Practical Issues in Evidence-Based Use of Performance Supplements: Supplement Interactions, Repeated Use and Individual Responses. *Sports Med.* 2017; 47(Suppl 1):79-100.
- 201 **Burke LM**. Communicating Sports Science in the Age of the Twittersphere. *Int J Sport Nutr Exerc Metab.* 2017 ;27 (1):1-5.
- 200 **Burke LM**, Ross ML, Garvican-Lewis LA, Welvaert M, Heikura IA, Forbes SG, Mirtschin JG, Cato LE, Strobel N, Sharma AP, Hawley JA. Low carbohydrate, high fat diet impairs exercise economy and negates the performance benefit from intensified training in elite race walkers. *J Physiol.* 2017 595(9): 2785-2807.
- 199 Callahan MJ, Parr EB, Hawley JA, **Burke LM**. Single and Combined Effects of Beetroot Crystals and Sodium Bicarbonate on 4-km Cycling Time Trial Performance. *Int J Sport Nutr Exerc Metab.* 2017; 27(3):271-278

- 198 **Burke LM**, van Loon LJ, Hawley JA. Post-exercise muscle glycogen resynthesis in humans. *J Appl Physiol*. 2017; 122(5):1055-1067
- 197 Reale R, Cox GR, Slater G, **Burke LM**. Regain in Body Mass After Weigh-In is Linked to Success in Real Life Judo Competition. *Int J Sport Nutr Exerc Metab*. 2016; 26(6): 525-530
- 196 Shaw G, Slater G, **Burke LM**. Changes in the Supplementation Practices of Elite Australian Swimmers Over 11 Years. *Int J Sport Nutr Exerc Metab*. 2016; 26(6):565-571
- 195 Shaw G, Slater G, **Burke LM**. Supplement Use of Elite Australian Swimmers. *Int J Sport Nutr Exerc Metab*. 2016; 26(3):249-58
- 194 Nana A, Slater GJ, Hopkins WG, Halson SL, Martin DT, West NP, **Burke LM**. Importance of Standardized DXA Protocol for Assessing Physique Changes in Athletes. *Int J Sport Nutr Exerc Metab*. 2016; 26(3):259-67
- 193 Parr EB, Coffey VG, Cato LE, Phillips SM, **Burke LM**, Hawley JA. A randomized trial of high-dairy-protein, variable-carbohydrate diets and exercise on body composition in adults with obesity. *Obesity*. 2016; 24(5):1035-1045
- 192 Parr EB, Camera DM, **Burke LM**, Phillips SM, Coffey VG, Hawley JA. Circulating MicroRNA Responses between 'High' and 'Low' Responders to a 16-Wk Diet and Exercise Weight Loss Intervention. *PLoS One*. 2016; 21;11(4):e0152545.
- 191 Bone J, **Burke LM**. DXA Estimates of Body Composition and Carbohydrate Loading. *Ann Nutr Metab*. 2016; 68(3):228-9
- 190 Thomas DT, Erdman KA, **Burke LM**. American College of Sports Medicine Joint Position Statement: Nutrition and Athletic Performance. *Med Sci Sports Exerc*. 2016;48(3):543-68 [Also published as Position of the Academy of Nutrition and Dietetics, Dietitians of Canada, and the American College of Sports Medicine: Nutrition and Athletic Performance. *J Acad Nutr Diet*. 2016; 116(3):501-28.]
- 189 Marquet LA, Brisswalter J, Louis J, Tiollier E, **Burke LM**, Hawley JA, Hausswirth C. Enhanced Endurance Performance by Periodization of CHO Intake: "Sleep Low" Strategy. *Med Sci Sports Exerc*. 2016; 48: 663-672
- 188 Close GL, Hamilton L, Philp AC, **Burke LM**, Morton JP. New Strategies in Sport Nutrition to Increase Exercise Performance. *Free Rad Biol Med* 2016; 98:144-58
- 187 Leckey JJ, **Burke LM**, Morton JP, Hawley JA. Altering fatty acid availability does not impair prolonged, continuous running to fatigue: evidence for carbohydrate dependence. *J Appl Physiol* 2016; 120(2):107-13
- 186 Haakonssen EC, Barras M, **Burke LM**, Jenkins DG, Martin DT. Body composition in female road and track endurance cyclists: Normative values and typical changes in female road and track endurance cyclists. *Eur J Sport Sci*. 2016; 16(6):6456-53

- 185 Bird S, **Burke LM**, Goebel C, Greaves RF. Doping in sport and exercise: anabolic, ergogenic, health and clinical issues. *Ann Clin Biochem.* 2016;53(Pt 2):196-221
- 184 **Burke LM.** Re-Examining High-Fat Diets for Sports Performance: Did We Call the 'Nail in the Coffin' Too Soon? *Sports Med.* 2015; 45 Suppl 1:33-49.
- 183 Hultström M, Amorim de Paula C, Antônio Peliky Fontes M, Porcelli S, Bellistri G, Pugliese L, Rasica L, Marzorati M, Pavei G, Ferguson SK, Holdsworth CT, Musch TI, Poole DC, Bourdillon N, Hoon MW, **Burke LM**, Michielli DW, Faiss R, Millet GP, Corona BT, Green MS, da Silveira AL, Sindler AL, Casey DP, Johnson BD, Wheatley CM, Kunces LJ, Bescos R, Cody LC, Martens CR, Justice JN, Ballak SB, Ballak DB, Wanner SP, Rehman S. Commentaries on Viewpoint: Can elite athletes benefit from dietary nitrate supplementation? *J Appl Physiol* 2015; 119(6):762-9
- 182 Lane SC, Camera DM, Lassiter DG, Areta JL, Bird SR, Yeo WK, Jeacocke NA, Krook A, Zierath JR, **Burke LM**, Hawley JA. Effects of sleeping with reduced carbohydrate availability on acute training responses. *J Appl Physiol* 2015; 119(6): 643-55
- 181 Smiles WJ, Areta JL, Coffey VG, Phillips SM, Moore DR, Stellingwerff T, **Burke LM**, Hawley JA, Camera DM. Modulation of autophagy signaling with resistance exercise and protein ingestion following short-term energy deficit. *Am J Physiol Regul Integr Comp Physiol.* 2015;309(5):R603-12
- 180 Peeling P, Cox GR, Bullock N, **Burke LM.** Beetroot Juice Improves on-Water 500 m Time-Trial Performance, and Laboratory-Based Paddling Economy in National and International-Level Kayak Athletes. *Int J Sport Nutr Exerc Metab.* 2015; 25(3) : 278-84.
- 179 Mountjoy M, Sundgot-Borgen J, **Burke L**, Carter S, Constantini N, Lebrun C, Meyer N, Sherman R, Steffen K, Budgett R, Ljungqvist A. Authors' 2015 additions to the IOC consensus statement: Relative Energy Deficiency in Sport (RED-S). *Br J Sports Med.* 2015 49(7):417-20.
- 178 Haakonssen EC, Ross ML, Knight EJ, Cato LE, Nana A, Wluka AE, Cicuttini FM, Wang BH, Jenkins DG, **Burke LM.** The effects of a calcium-rich pre-exercise meal on biomarkers of calcium homeostasis in competitive female cyclists: a randomised crossover trial. *PLoS One.* 2015; 10(5): e0123302
- 177 Murphy CH, Churchward-Venne TA, Mitchell CJ, Kolar NM, Kassis A, Karagounis LG, **Burke LM**, Hawley JA, Phillips SM. Hypoenergetic diet-induced reductions in myofibrillar protein synthesis are restored with resistance training and balanced daily protein ingestion in older men. *Am J Physiol Endocrinol Metab.* 2015; 308(9): E734-43.
- 176 Nana A, Slater GJ, Stewart AD, **Burke LM.** Methodology Review: Using Dual-Energy X-ray Absorptiometry (DXA) for the Assessment of Body Composition in Athletes and Active People. *Int J Sport Nutr Exerc Metab.* 2015; 25(2): 198-215.
- 175 Haakonssen EC, Martin DT, Jenkins DG, **Burke LM.** Race Weight: Perceptions From Elite Female Road Cyclists. *Int J Sports Physiol Perform.* 2015; 10(3); 311-317.
- 174 **Burke LM**, Maughan RJ. The Governor has a sweet tooth - Mouth sensing of nutrients to

- enhance sports performance. *Eur J Sport Sci.* 2015; 15(1): 29-40.
- 173 Haakonssen EC, Ross ML, Cato LE, Nana A, Knight EJ, Jenkins DG, Martin DT, **Burke LM.** Dairy Based Pre-Exercise Meal Does Not Affect Gut Comfort or Time-Trial Performance in Female Cyclists. *Int J Sport Nutr Exerc Metab.* 2014; 24(5):553-558
- 172 Desbrow B, McCormack J, **Burke LM**, Cox GR, Fallon K, Hislop M, Logan R, Marino N, Sawyer SM, Shaw G, Star A, Vidgen H, Leveritt M. Sports Dietitians Australia Position Statement: Sports Nutrition for the Adolescent Athlete. *Int J Sport Nutr Exerc Metab.* 2014; 24(5):570-584.
- 171 Lane SC, Hawley JA, Desbrow B, Jones AM, Blackwell JR, Ross ML, Zemski AJ, **Burke LM.** Single and combined effects of beetroot juice and caffeine supplementation on cycling time trial performance. *Appl Physiol Nutr Metab.* 2014; 39(9):1050-7
- 170 Pelly F, Meyer NL, Pearce J, Burkhart SJ, **Burke LM.** Evaluation of Food Provision and Nutrition Support at the London 2012 Olympic Games: The Opinion of Sports Nutrition Experts. *Int J Sport Nutr Exerc Metab.* 2014; 24(6):674-83.
- 169 Hoon MW, Hopkins WG, Jones AM, Martin DT, Halson SL, West NP, Johnson NA, **Burke LM.** Nitrate supplementation and high-intensity performance in competitive cyclists. *Appl Physiol Nutr Metab.* 2014;39(9):1043-1049
- 168 Mountjoy M, Sundgot-Borgen J, **Burke L**, Carter S, Constantini N, Lebrun C, Meyer N, Sherman R, Steffen K, Budgett R, Ljungqvist A. The IOC consensus statement: beyond the Female Athlete Triad-Relative Energy Deficiency in Sport (RED-S). *Br J Sports Med.* 2014; 48(7):491-497.
- 167 Joy E, De Souza MJ, Nattiv A, Misra M, Williams NI, Mallinson RJ, Gibbs JC, Olmsted M, Goolsby M, Matheson G, Barrack M, **Burke L**, Drinkwater B, Lebrun C, Loucks AB, Mountjoy M, Nichols J, Borgen JS. 2014 female athlete triad coalition consensus statement on treatment and return to play of the female athlete triad. *Curr Sports Med Rep.* 2014; 13(4): 219-232 and *Br J Sports Med.* 2014; 48(4):289
- 166 Stellingwerff T, Pyne DB, **Burke LM.** Nutrition considerations in special environments for aquatic sports. *Int J Sport Nutr Exerc Metab.* 2014; 24(4):470-479
- 165 Melin A, Torstveit MK, **Burke L**, Marks S, Sundgot-Borgen J. Disordered eating and eating disorders in aquatic sports. *Int J Sport Nutr Exerc Metab.* 2014; 24(4):450-459
- 164 **Burke LM**, Mujika I. Nutrition for recovery in aquatic sports. *Int J Sport Nutr Exerc Metab.* 2014; 24(4): 425-436
- 163 Shaw G, Koivisto A, Gerrard D, **Burke LM.** Nutrition Considerations for Open Water Swimming. *Int J Sport Nutr Exerc Metab.* 2014 ; 24(4): 373-381
- 162 Shaw G, Boyd KT, **Burke LM**, Koivisto A. Nutrition for Swimming. *Int J Sport Nutr Exerc Metab.* 2014; 24(4): 360-372
- 161 Hoon MW, Jones AM, Johnson NA, Blackwell JR, Broad EM, Lundy B, Rice AJ, **Burke LM.**

- The Effect of Variable Doses of Inorganic Nitrate-Rich Beetroot Juice on Simulated 2,000 m Rowing Performance in Trained Athletes. *Int J Sports Physiol Perform.* 2014; 9: 615-620
- 160 Dziedzic CE, Ross ML, Slater GJ, **Burke LM**. Variability of Measurements of Sweat Sodium Using the Regional Absorbent Patch Method. *Int J Sports Physiol Perform.* 2014; 9: 832-838.
- 159 Areta JL, **Burke LM**, Camera DM, West DW, Crawshaw S, Moore DR, Stellingwerff T, Phillips SM, Hawley JA, Coffey VG. Reduced resting skeletal muscle protein synthesis is rescued by resistance exercise and protein ingestion following short-term energy deficit. *Am J Physiol Endocrinol Metab.* 2014; 15;306: E989-997
- 158 Ross ML, Stephens B, Abbiss CR, Martin DT, Laursen PB, **Burke LM**. Fluid Balance, Carbohydrate Ingestion and Body Temperature During Men's Stage-Race Cycling in Temperate Environmental Conditions. *Int J Sports Physiol Perform.* 2014; 9(3): 575-582
- 157 Parr EB, Camera DM, Areta JL, **Burke LM**, Phillips SM, Hawley JA, Coffey VG. Alcohol Ingestion Impairs Maximal Post-Exercise Rates of Myofibrillar Protein Synthesis following a Single Bout of Concurrent Training. *PLoS One.* 2014; 12;9(2): e88384
- 156 Hoon MW, Johnson NA, Chapman PG, **Burke LM**. The effect of nitrate supplementation on exercise performance in healthy individuals: a systematic review and meta-analysis. *Int J Sport Nutr Exerc Metab.* 2013; 23(5): 522-532
- 155 Haakonssen EC, Martin DT, **Burke LM**, Jenkins DG. Increased Lean Mass with Reduced Fat Mass in an Elite Female Cyclist Returning to Competition: Case Study. *Int J Sports Physiol Perform.* 2013; 8(6):699-701.
- 154 Vernec A, Stear SJ, **Burke LM**, Castell LM. A-Z of nutritional supplements: dietary supplements, sports nutrition foods and ergogenic aids for health and performance: Part 48. *Br J Sports Med* 2013; 47 (15): 998-1000.
- 153 Burd N, Stear SJ, **Burke LM**, Castell LM. A-Z of nutritional supplements: dietary supplements, sports nutrition foods and ergogenic aids for health and performance: Part 47. *Br J Sports Med* 2013; 47 (14): 933-934.
- 152 Haakonssen EC, Martin DT, **Burke LM**, Jenkins DG. Energy Expenditure of Constant and Variable Intensity Cycling: Power Meter Estimates. *Med Sci Sports Exerc* 2013; 45: 1833-1840.
- 151 Lane SC, Areta JL, Bird SR, Coffey VG, **Burke LM**, Desbrow B, Karagounis LG, Hawley JA. Caffeine Ingestion and Cycling Power Output in a Low or Normal Muscle Glycogen State. *Med Sci Sports Exerc* 2013; 45: 1577-1584.
- 150 **Burke LM**, Meyer NL, Pearce J. National nutritional programs for the 2012 London Olympic games: a systematic approach by three different countries. *Nestle Nutr Inst Workshop Ser* 2013; 76: 103-120
- 149 Deuster PA, Hodgson AB, Stear SJ, **Burke LM**, Castell LM. A-Z of nutritional supplements: dietary supplements, sports nutrition foods and ergogenic aids for health and performance: Part 46. *Br J Sports Med* 2013; 47 (12):809-810.

- 148 **Burke LM.** To beet or not to beet? *J Appl Physiol* 2013; 115: 311-312.
- 147 Garth AK, **Burke LM.** What Do Athletes Drink During Competitive Sporting Activities? *Sports Med* 2013; 43: 539-64.
- 146 Godfrey RJ, Laupheimer MW, Stear SJ, **Burke LM**, Castell LM. A-Z of nutritional supplements: dietary supplements, sports nutrition foods and ergogenic aids for health and performance: Part 45. *Br J Sports Med* 2013; 47(10):659-60.
- 145 Areta JL, **Burke LM**, Ross ML, Camera DM, West DW, Broad EM, Jeacocke NA, Moore DR, Stellingwerff T, Phillips SM, Hawley J, Coffey VG. Timing and distribution of protein ingestion during prolonged recovery from resistance exercise alters myofibrillar protein synthesis. *J Physiol* 2013; 591(Pt 9):2319-31
- 144 **Burke LM.** Practical considerations for bicarbonate loading and sports performance. *Nestle Nutr Inst Workshop Ser* 2013; 75:15-26
- 143 Senchina DS, Stear SJ, **Burke LM**, Castell LM. A-Z of nutritional supplements: dietary supplements, sports nutrition foods and ergogenic aids for health and performance: Part 44. *Br J Sports Med* 2013; 47(9): 595-598
- 142 Ranchordas MK, Burd NA, Godfrey RJ, Senchina DS, Stear SJ, **Burke LM**, Castell LM. A-Z of nutritional supplements: dietary supplements, sports nutrition foods and ergogenic aids for health and performance: Part 43. *Br J Sports Med* 2013; 47(6):399-400
- 141 Lane SC, Bird SR, **Burke LM**, Hawley JA. Effect of a carbohydrate mouth rinse on simulated cycling time-trial performance commenced in a fed or fasted state. *Appl Physiol Nutr Metab* 2013; 13(2):134-139.
- 140 Hodgson AB, Baskerville R, **Burke LM**, Stear SJ, Castell LM. A-Z of nutritional supplements: dietary supplements, sports nutrition foods and ergogenic aids for health and performance: Part 42. *Br J Sports Med* 2013; 47(4):247-248.
139. Ranchordas MK, Lundy B, **Burke LM**, Stear SJ, Castell LM. A-Z of nutritional supplements: dietary supplements, sports nutrition foods and ergogenic aids for health and performance: part 41. *Br J Sports Med* 2013;47(3):185-186
138. Larson-Meyer DE, **Burke LM**, Stear SJ, Castell LM. A-Z of nutritional supplements: dietary supplements, sports nutrition foods and ergogenic aids for health and performance: part 40. *Br J Sports Med* 2013; 47(2): 118-120
137. Ross M, Abbiss C, Laursen P, Martin D, **Burke L.** Precooling methods and their effects on athletic performance : a systematic review and practical applications. *Sports Med* 2013; 43(3): 207-225
- 136 Ross ML, Jeacocke NA, Laursen PB, Martin DT, Abbiss CR, **Burke LM.** Effects of lowering body temperature via hyperhydration, with and without glycerol ingestion and practical precooling on cycling time trial performance in hot and humid conditions. *J Int Soc Sports Nutr* 2013; 17;9(1):55.

135. Nana A, Slater GJ, Hopkins WG, **Burke LM**. Effects of exercise sessions on DXA measurements of body composition in active people. *Med Sci Sports Exerc* 2013; 45(1): 178-185
134. Chung W, Shaw G, Anderson ME, Pyne DB, Saunders PU, Bishop DJ, **Burke LM**. Effect of 10 week Beta-alanine supplementation on competition and training performance in elite swimmers. *Nutrients* 2012; 4(10): 1441-1453.
133. Senchina DS, **Burke LM**, Stear SJ, Castell LM. A-Z of nutritional supplements: dietary supplements, sports nutrition foods and ergogenic aids for health and performance - Part 39. *Br J Sports Med* 2012; 46(16): 1145-1146.
132. Cermak N, Yamamoto T, Meeusen R, **Burke LM**, Stear SJ, Castell LM. A-Z of nutritional supplements: dietary supplements, sports nutrition foods and ergogenic aids for health and performance - Part 38. *Br J Sports Med* 2012; 46(14): 1027-1028.
131. Moore DR, Areta J, Coffey VG, Stellingwerff T, Phillips SM, **Burke LM**, Clérout M, Godin JP, Hawley JA. Daytime pattern of post-exercise protein intake affects whole-body protein turnover in resistance-trained males. *Nutr Metab (Lond)* 2012; 16;9(1):91.
130. Pearce L, Norton LE, Senchina DS, Spriet LL, **Burke LM**, Stear SJ, Castell LM. A-Z of nutritional supplements: dietary supplements, sports nutrition foods and ergogenic aids for health and performance - Part 37. *Br J Sports Med* 2012; 46(13): 954-956.
129. Zemski AJ, Quinlivan RM, Gibala M, **Burke LM**, Stear SJ, Castell LM. A-Z of nutritional supplements: dietary supplements, sports nutrition foods and ergogenic aids for health and performance - Part 36. *Br J Sports Med* 2012; 46(12): 893-894.
128. Lewis N, Keil M, Ranchordas MK, **Burke LM**, Stear SJ, Castell LM. A-Z of nutritional supplements: dietary supplements, sports nutrition foods and ergogenic aids for health and performance - Part 35. *Br J Sports Med* 2012; 46(10): 767-768.
127. King DS, Baskerville R, Hellsten Y, Senchina DS, **Burke LM**, Stear SJ, Castell LM. A-Z of nutritional supplements: dietary supplements, sports nutrition foods and ergogenic aids for health and performance - Part 34. *Br J Sports Med* 2012; 46(9): 689-690.
126. Nieman DC, Laupheimer MW, Ranchordas MK, **Burke LM**, Stear SJ, Castell LM. A-Z of nutritional supplements: dietary supplements, sports nutrition foods and ergogenic aids for health and performance - Part 33. *Br J Sports Med* 2012; 46(8): 618-620.
125. Nana A, Slater GJ, Hopkins WG, **Burke LM**. Techniques for undertaking DXA whole body scans to estimate body composition in tall and/or broad subjects. *Int J Sport Nutr Exerc Metab* 2012; 22(5):313-322.
124. Carr AJ, Slater GJ, Gore CJ, Dawson B, **Burke LM**. Reliability and effect of sodium bicarbonate: buffering and 2000-m rowing performance. *Int J Sports Physiol Perform* 2012; 7(2): 152-60.
123. **Burke LM**, Winter JA, Cameron-Smith D, Enslen M, Farnfield M, Decombaz J. Effect of intake of different dietary protein sources on plasma amino acid profiles. *Int J Sports*

- Nutr Exerc Metabol 2012; 22; 452-462.
122. **Burke LM**, Hawley JA, Ross ML, Moore DR, Phillips SM, Slater GR, Stellingwerff T, Tipton KD, Garnham AP, Coffey VG. Preexercise Aminoacidemia and Muscle Protein Synthesis after Resistance Exercise. *Med Sci Sports Exerc.* 2012; 44(10); 1968-1977.
 121. **Burke LM**, King C. Ramadan fasting and the goals of sports nutrition around exercise. *J Sports Sci* 2012; 30 Suppl 1:S21-23
 120. Phillips SM, Breen L, Watford M, **Burke LM**, Stear SJ, Castell LM. A-Z of nutritional supplements: dietary supplements, sports nutrition foods and ergogenic aids for health and performance. Part 32. *Br J Sports Med* 2012; 46: 454-456.
 119. Gleeson M, Siegler JC, **Burke LM**, Stear SJ, Castell LM. A-Z of nutritional supplements: dietary supplements, sports nutrition foods and ergogenic aids for health and performance. Part 31. *Br J Sports Med* 2012; 46: 377-378.
 118. DiMarco NM, West NP, **Burke LM**, Stear SJ, Castell LM. A-Z of nutritional supplements: dietary supplements, sports nutrition foods and ergogenic aids for health and performance. Part 30. *Br J Sports Med* 2012; 46: 299-300.
 117. Ranchordas MK, Burd N, Senchina DS, **Burke LM**, Stear SJ, Castell LM. A-Z of nutritional supplements: dietary supplements, sports nutrition foods and ergogenic aids for health and performance. Part 29. *Br J Sports Med* 2012; 46: 155-156.
 116. Currell K, Moore DR, Peeling P, **Burke LM**, Stear SJ, Castell LM. A-Z of nutritional supplements: dietary supplements, sports nutrition foods and ergogenic aids for health and performance. Part 28. *Br J Sports Med* 2012; 46: 75-76
 115. Nana A, Slater GR, Hopkins WG, **Burke LM**. Effects of daily activities on DXA measurements of body composition in active people. *Med Sci Sports Exerc* 2012; 44(1): 180-189
 114. Maughan RJ, **Burke LM**. Practical nutrition recommendations for the athlete. *Nestle Nutr Inst Workshop Ser.* 2011; 69: 131-49.
 113. Philp A, **Burke LM**, Baar K. Altering endogenous carbohydrate availability to support training adaptations. *Nestle Nutr Inst Workshop Ser.* 2011; 69:19-37
 112. Jones AM, Haramizu S, Ranchordas M, **Burke LM**, Stear SJ, Castell LM. A-Z of nutritional supplements: dietary supplements, sports nutrition foods and ergogenic aids for health and performance. Part 27. *Br J Sports Med* 2011; 45: 1246-48.
 111. Burd NA, Jeukendrup A, Reid MB, **Burke LM**, Stear SJ, Castell LM. A-Z of nutritional supplements: dietary supplements, sports nutrition foods and ergogenic aids for health and performance. Part 26. *Br J Sports Med* 2011; 45: 1163-64
 110. **Burke LM**, Hawley JA, Wong SH, Jeukendrup AE. Carbohydrates for training and competition. *J Sports Sci* 2011; 29 (suppl 1): S17-S27
 109. Stellingwerff T, Maughan RJ, **Burke LM**. Nutrition for power sports: Middle-distance

- running, track cycling, rowing, canoeing/kayaking, and swimming. *J Sports Sci* 2011; 29 (suppl 1): S79-S89.
108. West DW, Burd NA, Coffey VG, Baker SK, **Burke LM**, Hawley JA, Moore DR, Stellingwerff T, Phillips SM. Rapid aminoacidemia enhances myofibrillar protein synthesis and anabolic intramuscular signaling responses after resistance exercise. *Am J Clin Nutr* 2011; 94: 795-803
 107. Lundy B, Miller JC, Jackson K, Senchina DS, **Burke LM**, Stear SJ, Castell LM. A-Z of nutritional supplements: dietary supplements, sports nutrition foods and ergogenic aids for health and performance. Part 25. *Br J Sports Med* 2011; 45: 1077-1078.
 106. Calbet JA, Mooren FC, **Burke LM**, Stear SJ, Castell LM. A-Z of nutritional supplements: dietary supplements, sports nutrition foods and ergogenic aids for health and performance. Part 24. *Br J Sports Med* 2011; 45: 1005-1007.
 105. Ranchordas MK, Blomstrand E, Calder PC, **Burke LM**, Stear SJ, Castell LM. A-Z of nutritional supplements: dietary supplements, sports nutrition foods and ergogenic aids for health and performance. Part 23. *Br J Sports Med* 2011; 45: 830-831.
 104. Carr AJ, Slater GJ, Gore CJ, Dawson B, **Burke LM**. Effect of Sodium Bicarbonate on $[HCO_3^-]$, pH, and Gastrointestinal Symptoms. *Int J Sports Nutr Exerc Metabol* 2011; 21, 189-194
 103. Geyer H, Braun H, **Burke LM**, Stear SJ, Castell LM. A-Z of nutritional supplements: dietary supplements, sports nutrition foods and ergogenic aids for health and performance. Part 22. *Br J Sports Med* 2011; 45: 752-754.
 102. Goodman C, Peeling P, Ranchordas MK, **Burke LM**, Stear SJ, Castell LM. A-Z of nutritional supplements: dietary supplements, sports nutrition foods and ergogenic aids for health and performance. Part 21. *Br J Sports Med* 2011; 45: 677-679.
 101. Currell K, Derave W, Everaert I, McNaughton L, Slater G, **Burke LM**, Stear SJ, Castell LM. A-Z of nutritional supplements: dietary supplements, sports nutrition foods and ergogenic aids for health and performance. Part 20. *Br J Sports Med* 2011; 45: 530-532.
 100. Hawley JA, **Burke LM**, Phillips SM, Spriet LL. Nutritional modulation of training-induced skeletal muscle adaptation. *J Appl Physiol* 2011; 110: 834-845
 99. **Burke LM**, Stear SJ, Lobb A, Ellison M, Castell LM. BJSM reviews: A-Z of nutritional supplements: dietary supplements, sports nutrition foods and ergogenic aids for health and performance: part 19. *Br J Sports Med* 2011; 45: 456-458
 98. Newsholme P, Krause M, Newsholme E, Stear SJ, Burke LM, Castell LM. BJSM reviews: A-Z of nutritional supplements: dietary supplements, sports nutrition foods and ergogenic aids for health and performance: part 18. *Br J Sports Med* 2011; 45: 230-232
 97. Senchina DS, Bermon S, Stear SJ, **Burke LM**, Castell LM. BJSM reviews: A-Z of nutritional supplements: dietary supplements, sports nutrition foods and ergogenic aids for health and performance: Part 17. *Br J Sports Med* 2011; 45: 150-151.
 96. Yeo WK, Carey AL, **Burke LM**, Spriet LL, Hawley JA. Fat adaptation in well-trained

- athletes: effects on cell metabolism. *Appl Physiol Nutr Metab* 2011; 34: 12-22
95. Ross ML, Garvican LA, Jeacocke NA, Laursen PB, Abbiss CR, Martin DT, **Burke LM**. Novel pre-cooling strategy enhances time trial cycling in the heat. *Med Sci Sports Exerc* 2011; 43: 123-133.
 94. Manore M, Meeusen R, Roelands B, Moran S, Popple AD, Naylor MJ, **Burke LM**, Stear SJ, Castell LM. BJSM reviews: A-Z of nutritional supplements: dietary supplements, sports nutrition foods and ergogenic aids for health and performance: part 16. *Br J Sports Med* 2011; 45: 73-74
 93. Mujika I, **Burke LM**. Nutrition in team sports. *Ann Nutr Metab* 2010; 57 (suppl 2): 26-35
 92. Nieman DC, Stear SJ, Castell LM, **Burke LM**. A-Z of nutritional supplements: dietary supplements, sports nutrition foods and ergogenic aids for health and performance: part 15. *Br J Sports Med* 2010; 44: 1202-1205.
 91. Calder PC, Lindley MR, **Burke LM**, Stear SJ, Castell LM. BJSM reviews: A-Z of supplements: dietary supplements, sports nutrition foods and ergogenic aids for health and performance Part 14. *Br J Sports Med* 2010; 44: 1065-1067.
 90. Beelen M, **Burke LM**, Gibala MJ, van Loon LJC. Nutritional strategies to promote postexercise recovery. *Int J Sports Nutr Exerc Metabol* 2010; 20, 515-532.
 89. Bergeron MJ, Senchina DS, **Burke LM**, Stear SJ, Castell LM. BJSM reviews: A-Z of supplements: dietary supplements, sports nutrition foods and ergogenic aids for health and performance Part 13. *Br J Sports Med* 2010; 44: 985-986
 88. Currell K, Syed A, Dziedzic CE, King DS, Spriet LL, Collins J, Castell LM, **Burke LM**, Stear SJ. BJSM reviews: A-Z of supplements: dietary supplements, sports nutrition foods and ergogenic aids for health and performance Part 12. *Br J Sports Med* 2010; 44: 905-907.
 87. **Burke LM**. Fueling strategies to optimize performance: training high or training low? *Scand J Med Sci Sports* 2010; 20 (Suppl. 2): 11-21.
 86. Hawley JA, **Burke LM**. Carbohydrate availability and training adaptation: effects on cell metabolism. *Exerc Sport Sci Rev* 2010; 38, 4, 152-160.
 85. Cox GR, Snow R, **Burke LM**. Race-day carbohydrate intakes of elite triathletes contesting Olympic-distance triathlon events. *Int J Sports Nutr Exerc Metabol* 2010; 20, 299-306
 84. Poortmans JR, Rawson ES, **Burke LM**, Stear SJ, Castell LM. BJSM reviews: A-Z of supplements: dietary supplements, sports nutrition foods and ergogenic aids for health and performance Part 11. *Br J Sports Med* 2010; 44: 765-766
 83. Stear SJ, Castell LM, **Burke LM**, Jeacocke N, Ekblom B, Shing C, Calder PC, Lewis N. BJSM reviews: A-Z of supplements: dietary supplements, sports nutrition foods and ergogenic aids for health and performance Part 10. *Br J Sports Med* 2010; 44: 688-690
 82. Castell LM, **Burke LM**, Stear SJ, Pearce J, Borchers JR, Kaeding CC, Rawson ES, Shaw G, Burke LM. BJSM reviews: A-Z of supplements: dietary supplements, sports nutrition

- foods and ergogenic aids for health and performance Part 9. *Br J Sports Med* 2010; 44: 609-611
81. Cox GR, Clark SA, Cox AJ, Halson SL, Hargreaves M, Hawley JA, Jeacocke N, Snow RJ, Yeo WK, **Burke LM**. Daily training with high carbohydrate availability increases exogenous carbohydrate oxidation during endurance cycling. *J Appl Physiol* 2010; 109: 126-134.
80. **Burke LM**. Fasting and recovery from exercise. *Brit J Sports Med* 2010; 44: 502-508
79. Castell LM, **Burke LM**, Stear SJ, Maughan RJ. BJSM reviews: A-Z of supplements: dietary supplements, sports nutrition foods and ergogenic aids for health and performance Part 8. *Br J Sports Med* 2010; 44: 486-470
78. **Burke LM**, Castell LM, Stear SJ, Houtkooper L, Manore M, Senchina D. BJSM reviews: A-Z of supplements: dietary supplements, sports nutrition foods and ergogenic aids for health and performance Part 7. *Br J Sports Med* 2010; 44: 389-391
77. Stear SJ, Castell LM, **Burke LM**, Spriet. BJSM reviews: A-Z of supplements: dietary supplements, sports nutrition foods and ergogenic aids for health and performance Part 6. *Br J Sports Med* 2010; 44: 297-298.
76. Jeacocke NA, **Burke LM**. Methods to standardize dietary intake before performance testing. *Int J Sport Nutr Exerc Metab* 2010; 420: 87-103
75. Castell LM, **Burke LM**, Stear SJ, McNaughton LR, Harris RC. BJSM reviews: A-Z of supplements: dietary supplements, sports nutrition foods and ergogenic aids for health and performance Part 5. *Br J Sports Med* 2010; 44: 77-78
74. **Burke LM**, Castell LM, Stear SJ, Rogers PJ, Blomstrand E, Gurr S, Stephens FB, Greenhaff PL. BJSM reviews: A-Z of supplements: dietary supplements, sports nutrition foods and ergogenic aids for health and performance Part 4. *Br J Sports Med* 2009; 43: 1088-1090
73. Stear SJ, **Burke LM**, Castell LM. BJSM reviews: A-Z of supplements: dietary supplements, sports nutrition foods and ergogenic aids for health and performance Part 3. *Br J Sports Med* 2009; 43: 890-892.
72. Castell LM, **Burke LM**, Stear SJ. BJSM reviews: A-Z of supplements: dietary supplements, sports nutrition foods and ergogenic aids for health and performance Part 2. *Br J Sports Med* 2009; 43: 808-810
71. **Burke LM**, Castell LM, Stear SJ. BJSM reviews: A-Z of supplements: dietary supplements, sports nutrition foods and ergogenic aids for health and performance Part 1. *Br J Sports Med* 2009; 43: 728-729
70. **Burke LM**. Caffeine and sports performance. *Appl Physiol Nut Metab* 2008; 33: 1319-1334.
69. Yeo WK, Paton C, Garnham AP, **Burke LM**, Carey AL, Hawley JA. Skeletal muscle adaptation and performance responses to once a day versus twice every second day endurance training regimens *J Appl Physiol* 2008; 105: 1462-1470.
68. Yeo WK, Lessard SJ, Chen ZP, Garnham AP, **Burke LM**, Rivas DA, Kemp BE, Hawley JA.

- Fat-adaptation followed by carbohydrate restoration increases AMPK activity in skeletal muscle from trained humans. *J Appl Physiol* 2008; 105: 1519-1526R.
67. Reilly T, Waterhouse W, **Burke LM**, and Alonso JM. Nutrition for travel. *J Sports Sci* 2007; 25: Suppl 1: 125-134.
 66. **Burke LM**, Millet G, and Tarnopolsky MA. Nutrition for distance events. *J Sports Sci* 2007; 25: Suppl 1: 29-38.
 65. **Burke L** and Pyne DB. Bicarbonate loading to enhance training and competitive performance. *Int J Sports Physiol Perform* 2007; 2(1):93-97.
 64. **Burke LM**. Nutrition strategies for the marathon: fuel for training and racing. *Sports Med* 2007; 37: 344-347
 63. Ebert, TR, Martin DT, Bullock N, Mujika I, Quod MJ, Farthing LA, **Burke LM** and Withers RT. Influence of hydration status on thermoregulation and cycling hill climbing. *Med Sci Sports Exerc* 2007; 39: 323-329.
 62. Sawka MN, **Burke LM**, Eichner, ER, Maughan RJ, Montain SJ, and Stachenfield NS. American College of Sports Medicine Position stand: Exercise and Fluid replacement. *Med Sci Sports Exerc* 2007; 39: 377-390.
 61. **Burke LM** and Hawley JA. Fat and carbohydrate for exercise. *Curr Opin Clin Nutr Metab Care* 2006; 9: 476-481.
 60. **Burke LM**, Loucks AB, and Broad NP. Energy and carbohydrate for training and recovery. *J Sports Sci* 2006; 24: 675-685.
 59. Orchard JW, Fricker PA, White SL, **Burke LM** and Healey DJ. The use and misuse of performance-enhancing substances in sport. *Med J Aust* 2006; 184: 132-136.
 58. Stellingwerff T, Spriet LL, Watt MJ, Kimber NE, Hargreaves M, Hawley JA, and **Burke LM**. Decreased PDH activation and glycogenolysis during exercise following fat adaptation with carbohydrate restoration. *Am J Physiol Endocrinol Metab* 2006; 290: E380-388
 57. **Burke LM** and Kiens B. "Fat adaptation" for athletic performance - the nail in the coffin? *J Appl Physiol* 2006; 100: 7-8.
 56. **Burke LM**, Wood C, Pyne DB, RD Telford and Saunders PU. Effect of carbohydrate intake on half-marathon performance of well-trained runners. *Int J Sport Nutr Exerc Metab* 2005; 15: 573-89.
 55. McInerney P, Lessard SJ, **Burke LM**, Coffey VG, Lo Giudice SL, Southgate RJ, and Hawley JA. Failure to repeatedly supercompensate muscle glycogen stores in highly trained men. *Med Sci Sports Exerc* 2005; 37: 404-411.
 54. Arkinstall MJ, Bruce CR, Clark SA, Rickards CC, **Burke LM**, and Hawley JA. Regulation of fuel metabolism by pre-exercise muscle glycogen content and exercise intensity. *J Appl Physiol* 2004; 97: 2275-2283.

53. **Burke LM**, Kiens B, and Ivy JL. Carbohydrates and fat for training and recovery. *J Sports Sci* 2004; 22: 15-30.
52. Cameron-Smith D, **Burke LM**, Angus DJ, Tunstall RJ, Cox GR, Bonen A, Hawley JA, and Hargreaves M. A short-term, high-fat diet up-regulates lipid metabolism and gene expression in human skeletal muscle. *Am J Clin Nutr* 2003; 77: 313-318.
51. **Burke LM**, Slater G, Broad EM, Haukka J, Modulon S, and Hopkins WG. Eating patterns and meal frequency of elite Australian athletes. *Int J Sport Nutr Exerc Metab* 2003; 13: 521-538.
50. **Burke LM**, Collier GR, Broad EM, Davis PG, Martin DT, Sanigorski AJ, and Hargreaves M. Effect of alcohol intake on muscle glycogen storage after prolonged exercise. *J Appl Physiol* 2003; 95: 983-990.
49. Braakhuis AJ, Meredith K, Cox GR, Hopkins WG, and **Burke LM**. Variability in estimation of self-reported dietary intake data from elite athletes resulting from coding by different sports dietitians. *Int J Sport Nutr Exerc Metab* 2003; 13: 152-165.
48. Stepto NK, Carey AL, Staudacher HM, Cummings NK, **Burke LM**, and Hawley JA. Effect of short-term fat adaptation on high-intensity training. *Med Sci Sports Exerc* 2002; 34: 449-455.
47. Minehan MR, Riley MD, and **Burke LM**. Effect of flavor and awareness of kilojoule content of drinks on preference and fluid balance in team sports. *Int J Sport Nutr Exerc Metab* 2002; 12: 81-92.
46. Martin MK, Martin DT, Collier GR, and **Burke LM**. Voluntary food intake by elite female cyclists during training and racing: effect of daily energy expenditure and body composition. *Int J Sport Nutr Exerc Metab* 2002; 12: 249-267.
45. Cox GR, Broad EM, Riley MD, and **Burke LM**. Body mass changes and voluntary fluid intakes of elite level water polo players and swimmers. *J Sci Med Sport* 2002; 5: 183-193.
44. Cox GR, Mujika I, Tumilty D, and **Burke LM**. Acute creatine supplementation and performance during a field test simulating match play in elite female soccer players. *Int J Sport Nutr Exerc Metab* 2002; 12: 33-46.
43. Cox GR, Desbrow B, Montgomery PG, Anderson ME, Bruce CR, Macrides TA, Martin DT, Moquin A, Roberts A, Hawley JA, and **Burke LM**. Effect of different protocols of caffeine intake on metabolism and endurance performance. *J Appl Physiol* 2002; 93: 990-999.
42. **Burke LM and Hawley JA**. Effects of short-term fat adaptation on metabolism and performance of prolonged exercise. *Med Sci Sports Exerc* 2002; 34: 1492-1498.
41. **Burke LM**, Hawley JA, Angus DJ, Cox GR, Clark S, Cummings NK, Desbrow B, and Hargreaves M. Adaptations to short-term high-fat diet persist during exercise despite high carbohydrate availability. *Med Sci Sports Exerc* 2002; 34: 83-91.
40. Staudacher HM, Carey AL, Cummings NK, Hawley JA, and **Burke LM**. Short-term high-fat diet alters substrate utilization during exercise but not glucose tolerance in highly trained

- athletes. *Int J Sport Nutr Exerc Metab* 2001; 11: 273-286.
39. Carey AL, Staudacher HM, Cummings NK, Stepto NK, Nikolopoulos V, **Burke LM**, and Hawley JA. Effects of fat adaptation and carbohydrate restoration on prolonged endurance exercise. *J Appl Physiol* 2001; 91: 115-122.
38. **Burke LM**. Energy needs of athletes. *Can J Appl Physiol* 2001; 26: S202-S219.
37. **Burke LM**. Nutritional practices of male and female endurance cyclists. *Sports Med* 2001; 31: 521-532
36. **Burke LM**. Nutritional needs for exercise in the heat. *Comp Biochem Physiol* 2001; 128A: 735-748
35. **Burke LM**, Cox GR, Cummings NK, and Desbrow B. Guidelines for daily CHO intake: do athletes achieve them? *Sports Med* 2001; 31: 267-299.
34. Baylis A, Cameron-Smith D, and **Burke LM**. Inadvertent doping through supplement use by athletes: assessment and management of the risk in Australia. *Int J Sport Nutr Exerc Metab* 2001; 11: 365-383
33. Hawley JA, **Burke LM**, Angus DJ, Fallon KE, Martin DT, and Febbraio MA. Effect of altering substrate availability on metabolism and performance during intense exercise. *Br J Nutr* 2000; 84: 829-838
32. Clark VR, Hopkins WG, Hawley JA, and **Burke LM**. Placebo effect of carbohydrate feedings during a 40-km cycling time trial. *Med Sci Sports Exerc* 2000; 32: 1642-1647
31. **Burke LM**, Angus DJ, Cox GR, Cummings NK, Febbraio MA, Gawthorn K, Hawley JA, Minehan M, Martin DT, and Hargreaves M. Effect of fat adaptation and carbohydrate restoration on metabolism and performance during prolonged cycling. *J Appl Physiol* 2000; 89: 2413-2421.
30. **Burke LM**, Hawley JA, Schabort EJ, St Clair Gibson A, Mujika I, and Noakes TD. Carbohydrate loading failed to improve 100-km cycling performance in a placebo-controlled trial. *J Appl Physiol* 2000; 88: 1284-1290
29. **Burke LM**. Searching for the competitive edge. Commonly asked nutrition questions. *Aust Fam Physician* 1999; 28: 694-695
28. **Burke LM**. Nutrition for sport. Getting the most out of training. *Aust Fam Physician* 1999; 28: 561-567.
27. Hopkins WG, Hawley JA, and **Burke LM**. Design and analysis of research on sport performance enhancement. *Med Sci Sports Exerc* 1999; 31: 472-485
26. **Burke LM** and Hawley JA. Carbohydrate and exercise. *Curr Opin Clin Nutr Metab Care* 1999; 2: 515-520
25. Hitchins S, Martin DT, **Burke L**, Yates K, Fallon K, Hahn A, and Dobson GP. Glycerol hyperhydration improves cycle time trial performance in hot humid conditions. *Eur J Appl*

Physiol 1999; 80: 494-501

24. Palmer GS, Clancy MC, Hawley JA, Rodger IM, and **Burke LM**. Carbohydrate ingestion immediately before exercise does not improve 20 km time trial performance in well trained cyclists. *Int J Sports Med* 1998; 19: 415-418
23. Felder JM, **Burke LM**, Lowdon BJ, Cameron-Smith D, and Collier GR. Nutritional practices of elite female surfers during training and competition. *Int J Sport Nutr* 1998; 8: 36-48
22. **Burke LM**, Collier GR, and Hargreaves M. Glycemic index - a new tool in sport nutrition? *Int J Sport Nutr* 1998; 8: 401-415.
21. **Burke LM**, Claassen A, Hawley JA, and Noakes TD. Carbohydrate intake during prolonged cycling minimizes effect of glycemic index of preexercise meal. *J Appl Physiol* 1998; 85: 2220-2226.
20. Hawley JA and **Burke LM**. Effect of meal frequency and timing on physical performance. *Br J Nutr* 1997; 77: S91-S103.
19. **Burke LM**. Fluid balance during team sports. *J Sports Sci* 1997; 15: 287-295
18. **Burke LM** and Hawley JA. Fluid balance in team sports: Guidelines for optimal practices. *Sports Med* 1997; 24: 38-54
17. **Burke LM**. Nutrition for post-exercise recovery. *Aust J Sci Med Sport* 1997; 29: 3-10.
16. **Burke LM**, Pyne DB, and Telford RD. Effect of oral creatine supplementation on single-effort sprint performance in elite swimmers. *Int J Sport Nutr* 1996; 6: 222-233
15. **Burke LM**, Collier GR, Davis PG, Fricker PA, Sanigorski AJ, and Hargreaves M. Muscle glycogen storage after prolonged exercise: effect of the frequency of carbohydrate feedings. *Am J Clin Nutr* 1996; 64: 115-119.
14. Broad EM, **Burke LM**, Cox GR, Heeley P, and Riley M. Body weight changes and voluntary fluid intakes during training and competition sessions in team sports. *Int J Sport Nutr* 1996; 6: 307-320.
13. **Burke LM**, Collier GR, Beasley SK, Davis PG, Fricker PA, Heeley P, Walder K, and Hargreaves M. Effect of coingestion of fat and protein with carbohydrate feedings on muscle glycogen storage. *J Appl Physiol* 1995; 78: 2187-2192.
12. **Burke LM**. Practical issues in nutrition for athletes. *J Sports Sci* 1995; 13: S83-S90.
11. Hargreaves M, Costill D, **Burke L**, McConell G, and Febbraio M. Influence of sodium on glucose bioavailability during exercise. *Med Sci Sports Exerc* 1994; 26: 365-368.
10. **Burke LM** and Read RSD. Dietary supplements in sport. *Sports Med* 1993; 15: 43-56.
9. **Burke LM**, Collier GR, and Hargreaves M. Muscle glycogen storage after prolonged exercise: the effect of the glycemic index of carbohydrate feedings. *J Appl Physiol* 1993;

- 75: 1019-1023.
8. **Burke LM**, Gollan RA, and Read RSD. Dietary intakes and food use of groups of elite Australian male athletes. *Int J Sport Nutr* 1991; 1: 378-394.
 7. **Burke LM** and Read RSD. Sports nutrition: approaching the nineties. *Sports Med* 1989; 8: 80-100.
 6. **Burke LM** and Read RSD. A study of dietary patterns of elite Australian football players. *Can J Sport Sci* 1988; 13: 15-19.
 5. **Burke LM** and Read RSD. A study of carbohydrate loading techniques used by marathon runners. *Can J Sports Sci* 1987; 12: 6-10.
 4. **Burke LM**, Gollan RA, and Read RSD. Seasonal changes in body composition measurements in Australian Rules Footballers. *Br J Sports Med* 1986; 20: 69-71
 3. **Burke LM**, Read RSD, and Gollan RA. Australian Rules Football: an anthropometric study of participants. *Br J Sports Med* 1985; 19: 100-103.
 2. **Burke LM**. Nutrition for the footballer. *Aust Fam Physician* 1984; 13: 625-626
 1. **Burke LM**. Successful weight reduction programs. *Aust Fam Physician* 1982;11: 281-282, 284-288.

Books

23. **Burke L**, V Deakin and M Minehan, eds. (2021), *Clinical Sports Nutrition*, 6th edition. Sydney: McGraw Hill.
22. **Burke L** and V Deakin, eds. (2015), *Clinical Sports Nutrition*, 5th edition. Sydney: McGraw Hill.
21. Castell LM, Stear SJ, **Burke LM**, eds. (2015). Nutritional supplements in sport, exercise and health an A-Z guide. Routledge, Oxon UK
20. **Burke LM**, Desbrow B, Spriet L. (2013). Caffeine and sports performance. Champaign Illinois, Human Kinetics
19. Maughan RJ, **Burke LM**, Eds. (2011) *Sports Nutrition: More Than Just Calories – Triggers for Adaptation* (pp 131-149). Switzerland: Nestec Ltd., Vevey and S. Karger AG, Basel
18. **Burke L** and G Cox (2010). *The Complete Guide to Food for Sports Performance*, 3rd edition. Sydney: Allen and Unwin.
17. **Burke L**, L Broad, C Cox, C Dziedzic, N Jeacocke, M Minehan, J Mirtschin, G Shaw (2010). *Survival for the Active Family*. Sydney: FPC Custom Media.
16. **Burke L**. and V Deakin, eds. (2010), *Clinical Sports Nutrition*, 4th edition. Sydney: McGraw Hill.
15. **Burke L**. Practical Sports Nutrition (2007). Champaign Illinois, Human Kinetics
 - Translations in Spanish and Serbian
14. **Burke L**. and V Deakin, eds. (2006), *Clinical Sports Nutrition*, 3rd edition. Sydney: McGraw Hill.
13. Maughan RJ, **LM. Burke**, EF. Coyle (Eds) (2004). Food, Nutrition and Sports Performance II. Routledge, London.
12. **Burke L**, L Bell, M Cort, G Cox, R Crawford, M Minehan, C Wood (2004). *Survival around the World*. Sydney: FPC Custom Media.
11. Maughan RJ and **LM Burke** (2002). Sports Nutrition: Handbook of Sports Medicine and Science. Massachusetts: Blackwell Science.
 - Translation in Dutch, Greek and Polish
10. **Burke L**, G Cox, A Braakhuis, R Crawford, and M Minehan. (2001). *Survival from the Fittest*. Sydney: Murdoch Magazines.
9. **Burke L** and V Deakin, eds. (2000), *Clinical Sports Nutrition*, 2nd edition. Sydney: McGraw Hill.
8. **Burke L**, G Cox, N Cummings, B Desbrow, and M Minehan. (1999) *Survival for the Fittest*. Sydney: Murdoch Magazines
7. Hawley J. and **L Burke**. (1998). *Peak Performance: training and nutrition strategies for sport*. Sydney: Allen and Unwin.
6. **Burke L**. (1998). *The Complete South African Guide to Sports Nutrition*. Cape Town: Oxford

University Press.

5. Modulon S. and **L Burke.** (1997), *Cooking for Champions: a guide to catering for large quantities of athletes*. Canberra: Australian Sports Commission.
4. **Burke L.** (1995), *The Complete Guide to Food for Sports Performance*, 2nd edition. Sydney: Allen and Unwin.
3. **Burke L.** and V Deakin, eds. (1994), *Clinical Sports Nutrition*, Sydney: McGraw Hill.
2. **Burke L.** (1992), *The Complete Guide to Food for Sports Performance*, 1st edition. Sydney: Allen and Unwin.
1. Farmer P. and **L Burke.** (1986), *Triathlon for the Pre-elite*. Melbourne: Tri-it.

Book Chapters/Contributions

- 80 **Burke LM**, Fahrenholtz I, Garthe I, Lundy L and Melin A (2021). Low Energy Availability: challenges and approaches to measurement and treatment. In: **Burke LM**, Deakin V, Minehan M. (eds). *Clinical Sports Nutrition*. 6th edition. Pp 110-142. Sydney: McGraw-Hill.
- 79 **Burke LM** and Slater G (2021). Dietary supplements and nutritional ergogenic aids. In: **Burke LM**, Deakin V, Minehan M. (eds). *Clinical Sports Nutrition*. 6th edition. Pp 444-478 . Sydney: McGraw-Hill.
- 78 **Burke LM and** Hawley JA (2021). Nutritional strategies to enhance fat oxidation during aerobic exercise. In **Burke LM**, Deakin V, Minehan M. (eds). *Clinical Sports Nutrition*. 6th edition. Pp 417-444 . Sydney: McGraw-Hill.
77. **Burke LM**. (2021). Nutrition for recovery after competition and training. In: **Burke LM**, Deakin V, Minehan M. (eds). *Clinical Sports Nutrition*. 6th edition. Pp 375-416 . Sydney: McGraw-Hill.
76. **Burke LM** and Hall R. (2021). Preparation for competition. In: **Burke LM**, Deakin V, Minehan M. (eds). *Clinical Sports Nutrition*. 6th edition. Pp 313-335 . Sydney: McGraw-Hill.
75. **Burke LM** and Patterson A (2021). Fluid guidelines. In: **Burke LM**, Deakin V, Minehan M. (eds). *Clinical Sports Nutrition*. 6th edition. pp . Sydney: McGraw-Hill.
74. Whitfield J and Burke LM (2020). Dietary Manipulation for Optimizing Endurance Training Adaptations and Performance: Carbohydrate vs. Fat. In Tiidus PM, MacPherson REK, LeBlanc PJ, Josse AR (eds). *The Routledge Handbook on Biochemistry of Exercise*, Routledge International Handbooks. Pp 292-302, New York, Routledge Handbooks International
73. Broad EM and **Burke LM** (2019). Principles of Sports Nutrition. In: Broad LM (ed) *Sports Nutrition for Paralympic Athletes*. 2nd ed. pp 23-66, Boca Raton FL, CRC Press
72. **Burke LM**. (2019). Hydration in sport and exercise. In Periard JD and Racinais S. *Heat Stress in Sport and Exercise*; pp. 113-138. Springer Nature: Switzerland
71. **Burke LM**. (2019). Macronutrient periodization. In: Belski R, Forsyth A, Mantzioris E. *Nutrition for sport, exercise and performance*; pp 128-142 Sydney; Allen & Unwin
70. **Burke LM** and Patterson A (2015). Fluid guidelines. In **Burke LM** and Deakin V. (eds). *Clinical Sports Nutrition*. 5th edition. pp. Sydney: McGraw-Hill.
69. **Burke LM and** Hawley JA (2015). Nutritional strategies to enhance fat oxidation during aerobic exercise. In **Burke LM** and Deakin V. (eds). *Clinical Sports Nutrition*. 5th edition. pp 462-492. Sydney: McGraw-Hill.
68. **Burke LM**. (2015). Nutrition for recovery after competition and training. In **Burke LM** and Deakin V. (eds). *Clinical Sports Nutrition*. 5th edition. pp 358-392. Sydney: McGraw-Hill.
67. **Burke LM**. (2015). Preparation for competition. In: **Burke LM** and Deakin V. (eds). *Clinical Sports Nutrition*. 5th edition. pp 346-367. Sydney: McGraw-Hill.

66. **Burke LM** and Cato, L (2015). Dietary supplements and nutritional ergogenic aids. In **Burke LM** and Deakin V. (eds). *Clinical Sports Nutrition*. 5th edition. pp 493-582. Sydney: McGraw-Hill.
65. Halson S and **Burke LM** (2015). Nutrition and Recovery. In: Reid M, Elliott B, Crespo M, (eds) *Tennis Science*. pp 105-130, Boca Raton FL, CRC Press
64. **Burke LM** (2015). Nutrition and dietary supplements for team sport athletes. In: Rawson ES and Volpe SE (eds) *Nutrition for elite athletes*. pp 105-130, Boca Raton FL, CRC Press
63. Broad EM and **Burke LM** (2014). Principles of Sports Nutrition. In: Broad LM (ed) *Sports Nutrition for Paralympic Athletes*. pp 24-65, Boca Raton FL, CRC Press
62. **Burke LM** and Shaw G. (2014) Nutrition for swimming. In: Maughan RJ (ed) *The Encyclopaedia of Sports Medicine: Vol XIX Sports Nutrition*. pp 607-618, Oxford: Wiley Blackwell
61. **Burke LM** (2014). Carbohydrate needs of athletes in training. In: Maughan RJ (ed) *The Encyclopaedia of Sports Medicine: Vol XIX Sports Nutrition*. pp 102-112, Oxford: Wiley Blackwell
60. **Burke LM** and Dziedzic CE. (2013). Carbohydrate requirements for the female athlete. In: Beals KA (ed) *Nutrition and the Female athlete: from research to practice*, pp 25-59. Boca Raton FL, CRC Press.
58. **Burke L** and Maughan R. (2012). Sports nutrition and therapy. *Handbook of Sports Medicine and Science: Sports Therapy Services: Organization and Operations*, pp 103-116. International Olympic Committee. Published by John Wiley & Sons Ltd, London
58. **Burke LM**. (2012). Hydration and exercise. In: Rippe JM (ed). *Encyclopedia of Lifestyle Medicine and Health*. Pp 1466-1475. Sage Reference Online Web 29 Feb. Sage, Thousand Oakes, California.
57. **Burke LM**. (2012). Sports Nutrition. In. Erdman JW, MacDonald IA, Ziesel SH (eds). *Present Knowledge in Nutrition*, 10th edition. pp 669-687. ILSI and Wiley-Blackwell, Iowa.
56. **Burke LM**. (2012). Elite athletes. In. Rosenbloom CA, Coleman EJ (eds). *Sports Nutrition: a practice manual for professionals*, 5th edition. pp 312-325. Academy of Nutrition and Dietetics, Chicago.
55. **Burke LM** and Cox G. (2012). Nutrition for endurance training and competition. In: Mujika I. (ed) *Endurance Training: science and practice*, pp 221-224. Basque Country, Inigo Mujika.
54. **Burke LM**. (2011). Competition nutrition. In: Lanham-New SA, Stear SJ, Shirreffs SM, Collins AL. (eds) *Sport and Exercise Nutrition*, pp 200-209. Wiley-Blackwell, London.
53. **Burke LM** and Jeacocke NA. (2011). The basis of nutrient timing and its role in sport and metabolic regulation. In: Kerksick CM. (ed) *Nutrient Timing: Metabolic Optimisation for Health, Performance and Recovery*, pp 1-22. Boca Raton FL, CRC Press.
52. Jeukendrup AE and **Burke LM**. (2011). Exercise performance. In: Lanham-New SA, M. MacDonald, I and Roche, H.M. (eds) *Nutrition and Metabolism*, 2nd ed pp 387-417. Blackwell Science, Oxford.
51. **Burke LM**. (2010). Nutrition for swimming. In Seifert L, Chollet D, Mujika I. (eds). *World Book of*

- Swimming: From Science to Performance. pp 419-500. Nova Science Publishers, Inc.
50. **Burke LM.** (2010). Nutrition for recovery. In Jeukendrup A (ed). *Sports nutrition: from lab to kitchen*. pp 48-53. Maidenhead: Meyer & Meyer Sport UK.
 49. **Burke LM.** (2010). Swimming. In Jeukendrup A (ed). *Sports nutrition: from lab to kitchen*. pp 152-159. Maidenhead: Meyer & Meyer Sport UK.
 48. **Burke LM,** L Broad, G Cox, B Desbrow, C Dziedzic, Stephen Gurr, Benita Lalor, Greg Shaw, N Shaw, G Slater. (2010). Dietary supplements and nutritional ergogenic aids. In **Burke LM** and Deakin V. (eds). *Clinical Sports Nutrition*. 4th edition. pp 419-500. Sydney: McGraw-Hill.
 47. JA Hawley and **Burke LM** (2010). Nutritional strategies to enhance fat oxidation during aerobic exercise. In **Burke LM** and Deakin V. (eds). *Clinical Sports Nutrition*. 4th edition. pp 393-418. Sydney: McGraw-Hill.
 46. **Burke LM.** (2010). Nutrition for recovery after competition and training. In **Burke LM** and Deakin V. (eds). *Clinical Sports Nutrition*. 4th edition. pp 358-392. Sydney: McGraw-Hill.
 45. **Burke LM.** (2010). Preparation for competition. In. **Burke LM** and Deakin V. (eds). *Clinical Sports Nutrition*. 4th edition. pp 304-329. Sydney: McGraw-Hill.
 44. **Burke LM** and GR Cox (2009). Nutrition in Combat Sports. In: Kordi R, Maffulli N, Wroble RR, Wallace WA (eds) *Combat Sports Medicine*. pp. 1-20, Springer Verlag, London.
 43. **Burke LM** (2008). Sports Nutrition: practical guidelines for the sports physician. In: Schwellnus M (ed). *The Olympic Textbook of Medicine in Sport*. pp. 581-600. Oxford: Blackwell Publishing.
 42. **Burke LM** (2008). Dietary goals and eating strategies, In: Maughan RJ (ed). *The Olympic Textbook of Science in Sport*. pp. 101-115. Oxford: Blackwell Publishing.
 41. **Burke LM,** B Kiens and KD Tipton. (2008). Chapter 32. Optimising and enhancing human performance through nutrition. In: Taylor NAS (ed). *Physiological bases of human performance during work and exercise*. pp. 545-562.
 40. **Burke LM** (2008). Chapter 34.1 Sports supplements debate: a risky practice that produces expensive urine or legitimate performance boosts that can be found in a packet or bottle? In: Taylor NAS (ed). *Physiological bases of human performance during work and exercise*. pp. 577-584.
 39. **Burke LM.** (2007). Nutrition. In: Secher NH and Volianitis S (eds). *Handbook of Sports Medicine and Science: Rowing*. pp. 103-114. Oxford, Blackwell Science.
 38. **Burke LM.** (2007) Chapter 33. Sports Nutrition. In: Mann J and Truswell, A.S. (eds). *Essentials of Human Nutrition*, 3rd edition. pp 488-501. Oxford, Oxford University Press.
 37. **Burke LM** and CH Brown. (2006) Nutrition and athlete health in. Brown CH and Brown M (eds). *Medical Manual 2006 Edition*. International Association of Athletics Federations, Monaco.
 36. **Burke LM,** M Cort, G Cox, R Crawford, B Desbrow, L Farthing, M Minehan, N Shaw, O Warnes. (2006). Dietary supplements and nutritional ergogenic aids. In **Burke LM** and Deakin V. (eds).

Clinical Sports Nutrition. 3rd edition. Pp 485-579. Sydney: McGraw-Hill.

35. JA Hawley and **Burke LM** (2006). Nutritional strategies to enhance fat oxidation during aerobic exercise. In **Burke LM** and Deakin V. (eds). *Clinical Sports Nutrition*. 3rd edition. Pp 455-483. Sydney: McGraw-Hill.
34. **Burke LM**. (2006). Nutrition for recovery after competition and training. In **Burke LM** and Deakin V. (eds). *Clinical Sports Nutrition*. 3rd edition. Pp 415-454. Sydney: McGraw-Hill.
33. **Burke LM**. (2006). Preparation for competition. In. **Burke LM** and Deakin V. (eds). *Clinical Sports Nutrition*. 3rd edition. Pp 355-384. Sydney: McGraw-Hill.
32. **Burke LM**. (2005). Elite athletes. In. Dunford, M (ed). *Sports Nutrition: a practice manual for professionals*, 4th edition. pp 283-293. American Dietetic Association, Chicago.
31. **Burke LM**. (2003). Sports supplements and sports foods. In: Hargreaves M and Hawley J (eds). *Physiological bases of sports performance*. pp 183-253. McGraw Hill, Sydney.
30. **Burke LM**. (2003). Nutrition for training and competition. In: Hargreaves M and Hawley J. (eds). *Physiological bases of sports performance*. pp 152-182. McGraw Hill, Sydney.
29. Jeukendrup AE and **Burke LM**. (2003). Exercise performance. In: Gibney, M. MacDonald, I and Roche, H.M. (eds) *Nutrition and Metabolism* pp 349-378. Blackwell Science, Oxford.
28. **Burke LM**. (2002). Practical sports nutrition. In: Jeukendrup A. (ed). *High Performance Cycling*. pp.183-199. Champaign, Illinois: Human Kinetics.
27. **Burke LM**. (2002) 30. Sports Nutrition. In: Mann J and Truswell AS. (eds). *Essentials of Human Nutrition*, 2nd edition. pp 541-550. Oxford, Oxford University Press.
26. **Burke LM**. (2000). Nutrition for runners. In: Hawley JA (ed). *Handbook of Sports Medicine and Science: Running*. pp. 58-71. Oxford, Blackwell Science.
25. **Burke LM** and R Parisotto. (2000). Hematologic disorders, In: ACSMs Resources for Clinical Exercise Physiology: musculoskeletal, neuromuscular, neoplastic, immunologic, and hematological conditions. pp. 233-242. Pennsylvania: Lippincott Williams & Wilkins.
24. **Burke LM**, B Desbrow, and M Minehan. (2000). Dietary supplements and nutritional ergogenic aids in sport. In Burke LM and Deakin, V. (eds). *Clinical Sports Nutrition*. 2nd edition. pp 455-553. Sydney: McGraw-Hill.
23. **Burke LM**. (2000). Nutrition for recovery after competition and training. In **Burke LM** and Deakin V. (eds). *Clinical Sports Nutrition*. 2nd edition. pp 396-427. Sydney: McGraw-Hill.
22. **Burke LM**. (2000). Preparation for competition. In **Burke LM** and Deakin V. (eds). *Clinical Sports Nutrition*. 2nd edition. pp 341-368. Sydney: McGraw-Hill.
21. Maughan RJ and **LM Burke**. (2000). Sports nutrition: an historical perspective. In **Burke LM** and Deakin V (eds). *Clinical Sports Nutrition*, 2nd edition, pp 1-13. Sydney: McGraw-Hill.
20. **Burke LM** and RJ Maughan (2000). Alcohol in sport. In Maughan RJ (ed). *Encyclopaedia of Sports*

Medicine. pp 405-416, Oxford: Blackwell Science.

19. **Burke LM.** (2000). Dietary carbohydrates. In Maughan RJ (ed). *Encyclopaedia of Sports Medicine*. pp 73-84, Oxford: Blackwell Science.
18. **Burke, L.M.** and Broad, E.M. Nutritional demands of training and competition. In: Maughan, R.J. (ed). *Basic and applied sciences for sports medicine*. Butterworth Heinemann, Oxford, 1999.
17. Maughan RJ, **LM Burke** and M. Gleeson. (1999). Sports Nutrition In: Hackney R and Wallace A (eds), *Sports Medicine Handbook*. pp 105-133. London: BMJ Publishing Group.
16. **Burke LM.** (1998). Nutrition for the athlete. In Sherry E. (ed). *Oxford Handbook of Sports Medicine*. pp 548-586. Oxford University Press.
15. **Burke LM.** and J.A. Hawley. (1997). Nutrition for athletic performance and health. In Fields KB and Fricker PA (eds). *Medical Problems in Athletes*, pp 349-364. Cambridge, MA: Blackwell Science Inc.
14. Gilchrist P. and **LM Burke.** (1995). Eating disorders. In Bloomfield J, Fricker PA and Fitch K. (eds). *Textbook of Science and Medicine in Sport*, 2nd edition, pp 665-673. Sydney: Blackwell Scientific Inc.
13. **Burke LM.** (1995). Nutrition for the female athlete. In Krummel D. and Kris-Etherton P. (eds). *Nutrition in womens health*, pp 263-298. Maryland: Aspen Publishers Inc.
12. **Burke LM.** and M. Hargreaves. (1995). Eating for peak performance. In Zuluaga M. et al (eds). *Textbook of Physiotherapy*, pp 707-719. Sydney: Churchill Livingstone
11. Flintoff-King D. (1995). *Instant Vitality*. Melbourne: Anne ODonovan. Major contributor (8 chapters).
10. **Burke LM.** and K Inge. (1994). Protein requirements for training and bulking up. In: **Burke LM** and Deakin V. (eds). *Clinical Sports Nutrition*, pp 124-150. Sydney: McGraw Hill.
9. Frail H and **LM Burke.** (1994). Carbohydrate needs for training. In: **Burke LM** and Deakin V (eds). *Clinical Sports Nutrition*, pp 151-173. Sydney: McGraw Hill.
8. **Burke LM.** (1994). Sports amenorrhoea, osteopenia, stress fractures and calcium. In: **Burke LM** and Deakin V (eds). *Clinical Sports Nutrition*, pp 124-150. Sydney: McGraw Hill.
7. **Burke LM.** and P. Heeley. (1994). Dietary supplements and nutritional ergogenic aids. In: **Burke LM** and Deakin V (eds). *Clinical Sports Nutrition*, pp 200-226. Sydney: McGraw Hill.
6. **Burke LM.** (1994). Food and fluid intake during competition. In: **Burke LM** and Deakin V. (eds). *Clinical Sports Nutrition*, pp 333-365. Sydney: McGraw Hill.
5. **Burke LM.** (1994). Sport and body fatness. In: Hills AP and Wahlqvist ML. (eds). *Exercise and Obesity*, pp 213-227. London: Smith-Gordon.
4. **Burke LM.** (1992). Fuelling your body. In: Cedaro R. *Triathlon: into the nineties*, pp 130-165.

Sydney: Murray Child Publications.

3. **Burke LM.** and RSD Read. (1988). Food use and nutritional practices of elite Australian Olympic weightlifters. In: Truswell AS and Wahlqvist ML (eds). *Food Habits in Australia*, pp. 112-121, Melbourne: Rene Gordon.
2. Wahlqvist ML and JS Vobecky. (eds). (1987). *Patient Problems in Clinical Nutrition*. John London: Libbey and Company. Contributor.
1. Inge K and P Brukner. (eds). (1986). *Food for Sport*. Melbourne: William Heinemann. Major contributor.

Other Scientific Journals (non- Pub Med or non-peer reviewed)

56. **Burke LM.** An interview with our journal's founder, Professor Mel Williams. *Int J Sport Nutr Exerc Metab.* 20: 264-269, 2010
55. **Burke LM.** The interview tables are turned. Interview by Marie Dunford. *Int J Sport Nutr Exerc Metab.* 19: 685-688, 2009
54. **Burke LM,** Haymes E. A lifetime in sports nutrition: an interview with Emily Haymes. *Int J Sport Nutr Exerc Metab.* 19: 561-564, 2009
53. **Burke LM,** Coleman E. Practical sports nutrition: Survival nutrition. *Int J Sport Nutr Exerc Metab.* 19: 323-327, 2009
52. **Burke LM.** Wanik J. Feeding the Beijing Olympics: an interview with Jillian Wanik. *Int J Sport Nutr Exerc Metab.* 19: 433-437, 2009
51. **Burke LM.** Mettler S. A food pyramid for Swiss athletes. *Int J Sport Nutr Exerc Metab.* 18: 430-437, 2008
50. **Burke LM.** Sports nutrition and Australian football. *Int J Sport Nutr Exerc Metab.* 18:96-98, 2008
49. **Burke LM.** The IAAF consensus on nutrition for athletics: updated guidelines. *Int J Sport Nutr Exerc Metab* 17:411-415, 2007
48. **Burke LM,** Noakes T. Fluid guidelines for sport: interview with Professor Tim Noakes. *Int J Sport Nutr Exerc Metab.* 16:644-52, 2006
47. **Burke LM.** Nutrition for the beautiful game. *Int J Sport Nutr Exerc Metab* 16:332-6, 2006
46. **Burke LM,** Pyne DB. Research in sport nutrition: an interview with David Pyne. *Int J Sport Nutr Exerc Metab* 16:122-5, 2006.
45. **Burke LM,** Lundy B. Dietary studies of athletes: an interview with sports dietitian Bronwen Lundy. *Int J Sport Nutr Exerc Metab* 16:226-8, 2006.
44. **Burke LM,** Shirreffs SM. Fluid balance testing for elite team athletes: an interview with Dr. Susan Shirreffs. *Int J Sport Nutr Exerc Metab* 5:323-327, 2005.

43. **Burke LM**, Meyer NL. A call to sports dietitians: interview with Nanna Meyer. *Int J Sport Nutr Exerc Metab* 15:458-460, 2005.
42. **Burke LM**, Maughan R. Contamination of supplements: an interview with professor Ron Maughan. *Int J Sport Nutr Exerc Metab* 14: 493-496, 2004.
41. **Burke LM**. The IOC consensus on sports nutrition 2003: new guidelines for nutrition for athletes. *Int J Sport Nutr Exerc Metab* 13: 549-552, 2003.
40. **Burke LM**. Nutrition for open water sailing: an interview with Jeni Pearce, sports dietitian. *Int J Sport Nutr Exerc Metab* 3: 224-49, 2003.
39. **Burke LM**. An interview with Suzanne Nelson Steen. *Int J Sport Nutr Exerc Metab* 13:117-21, 2003.
38. **Burke LM**, Steinmuller P, Talbott S, Miles MP. An interview with Patti Steinmuller and Shawn Talbott about online courses in sports nutrition. *Int J Sport Nutr Exerc Metab* 12: 238-45, 2002
37. **Burke LM**, Beals KA. An interview with Kathie Beals *Int J Sport Nutr Exerc Metab* 12:364-7, 2002
36. **Burke LM**, O'Connor H, Cox G. Feeding ultra-endurance athletes: an interview with Dr. Helen O'Connor and Gregory Cox. *Int J Sport Nutr Exerc Metab* 12: 490-494, 2002.
35. **Burke LM**, Minehan M. Developing a sports nutrition website: an interview with Michelle Minehan. Interview by Louise Burke. *Int J Sport Nutr Exerc Metab* 11: 513-515, 2001.
34. **Burke LM**, Green G. An interview with Dr Gary Green about supplements and doping problems from an NCAA perspective. *Int J Sport Nutr Exerc Metab* 11: 397-400, 2001.
33. **Burke LM**, Houtkooper L. An interview with Linda Houtkooper *Int J Sport Nutr Exerc Metab* 11: 264-267, 2001
32. **Burke LM**. Fat loading for athletic performance. *Current Therapeutics*: September: 23-27, 2001
31. **Burke LM**. Fat adaptation and glycogen restoration for prolonged cycling: recent studies from the Australian Institute of Sport. *Aust J Nutr Diet*. 58 (supp): S23-S27, 2001
30. **Burke LM**. Sports foods – a new market for the food industry? *Food Australia* 52(9): 405-406, 2000.
29. **Burke LM**. Nutrition and the athlete. *Mod Med South Africa* Nov: 34-41, 1998
28. **Burke LM**. Olympic Eating - A Century of Interest and Change. *Nutridate* 8 (4): 1-4, 1997.
27. **Burke LM**. Eating for Sydney 2000 - nutrition and the athlete. *Mod Med Aust*. 39(2): 78-89, 1996.
26. **Burke LM**. Atlanta Olympic Nutrition Program. *Sports Coach* 19 (2): 12-13, 1996.
25. **Burke LM**, Sando B. Staying Cool in Atlanta. *Sports Coach* 19(2): 14, 1996.
24. **Burke LM**. Sports Nutrition. Latest thoughts on some carbohydrate issues. *Nutrition Issues* and

- Abstracts. No 9:1-3, 1996.
23. **Burke LM.** Rehydration strategies before and after exercise. *Aust J Nutr Diet* 53 (4: suppl): S22-S26, 1996.
 22. Rehner NJ and **LM Burke.** Sweat losses during various sports. *Aust J Nutr Diet* 53 (4:suppl): S13-S16, 1996.
 21. Hawley JA, **Burke LM.** Nutrition for swimmers. *New Zealand Coach* 4(2): 18-20, 1995.
 20. **Burke LM.** Food selection and guidance for physically active people. *Asia Pacific J Clin Nutr.* 4 suppl 1: 39-44, 1995.
 19. **Burke LM..** Fluids and dehydration - staying cool during exercise. *Nutridate* 5(4): 5-7, 1995.
 18. **Burke LM.** Practical issues related to travel, altitude and environmental conditions. *Coaching Focus* No 25, Spring: 21-22, 1994.
 17. **Burke LM.** and Broad EM. Supplements - can the edge be found in a pill or potion? *Sports Coach* 17(3): 23-26, 1994.
 16. Heeley P and **Burke LM.** The Sports Drink - The Drink of the 90s? *Sports Coach* 16(4):7-11, 1993.
 15. **Burke LM.** Fluid and food intake during training and competition. State of the Art Review, Australian Sports Commission, No 35, 1993.
 14. **Burke LM.** Protein and amino acids needs of the athlete. State of the Art Review, Australian Sports Commission, No 28, 1992.
 13. PyneD, **LM Burke,** and T Gathercole. Swimming and Altitude Training: Albuquerque 1990, *Sports Coach* 15(1):40-42, 1992.
 12. **Burke LM.** Nutrition for sport - preparing for competition. *Nutridate* 3(2): 1-4, 1992.
 11. **Burke LM.** Amenorrhoea, low bone density and stress fractures in athletes: What is the dietary connection? *Sport Health* 8(4): 44-47, 1990.
 10. **Burke LM.** Dietary supplements and nutritional ergogenic aids in sport: Part 2 - what supplements are athletes using? *Sport Health* 8(3): 33,40, 1990.
 9. **Burke LM.** Dietary supplements and nutritional ergogenic aids in sport: Part 1 - how many athletes use supplements? *Sport Health* 8(2): 12,16, 1990.
 8. **Burke LM.** The festive season: surviving with your nutritional goals intact. *Excel* 6(1): 28-30, 1989.
 7. **Burke LM.** Dietary intakes of marathon runners. *Excel* 4(2): 14-16, 1987.
 6. **Burke LM** and RSD. Read. Diet patterns of elite Australian male triathletes. *Phys Sports Med.* 15(2): 140-155, 1987.

5. **Burke LM** and RSD. Read. Food to keep marathon men on the run. Sports Coach 7(4): 23-26, 1984.
4. Read RSD. and **LM Burke**. Carbohydrate loading for increased endurance performance. Sports Coach 7(2): 3-6, 1983.
3. Read RSD, **LM Burke** and ML Wahlqvist, M.L. Food for sport: Does exercise increase nutritional requirements? Patient Management March: 45-52, 1983.
2. **Burke LM**, L Piterman, and RSD Read. Safety and supervision in fun runs. Aust J Sports Med Ex Sci. 14(4): 125-128, 1982
1. **Burke LM**. Situations of nutritional concern among sportsmen. J Food Nutr. 39(3): 130-132, 1982.

PRESENTATIONS AT MAJOR SCIENTIFIC CONFERENCES

- 2020 **Ketogenic diets: the future of elite endurance performance?**
Royal College of Sports Physicians Annual Conference, Canberra, February 8
2020
- 2019 1. **Ketogenic diets: the future of elite endurance performance**
2. **Real Food Sources of Carbohydrate in Sports Nutrition**
3. **Females in sports performance research: a call to arms**
4. **Chair: 6 Questions, 6 Experts: New thoughts on caffeine and nitrate
supplementation**
International Sport and Exercise Nutrition Conference, Newcastle, UK, Dec 16-
19, 2019
- 2019 **New ideas about Calcium for bone Health in Athletes**
Dairy Council Northern Ireland Workshop on Sports Nutrition
Belfast, Northern Ireland, Dec 13, 2019
- 2019 **Ketogenic diets for elite endurance performance: where are we at?**
Canadian Society for Exercise Physiology Annual Meeting, Kelowna, BC, Canada,
November 7-9
- 2019 5. **GSSI Pre-Conference workshop: Update on supplements: new ideas on
research, education and practice**
6. **Debate: The effects of a ketogenic diet on exercise metabolism during
endurance performance**
7. **Low Energy Availability and Relative Energy Deficiency in Sport (RED-S)
Updates: from the Lab to Practice**
Food and Nutrition Conference and Expo: Academy of Nutrition and Dietetics,
Philadelphia, USA, October 26-29
- 2019 1. **Keynote: Manipulating carbohydrates for endurance training and
performance: from keto to train low to compete/train high**
2. **Update on supplements: new ideas on research, education and practice**
South African Sports Medicine Association, CapeTown October 12-13
- 2019 **Nutritional strategies to offset fatigue**
Fatigue as a limitation to performance. Preconference symposium, Royal
Physiological Society Annual Meeting, Aberdeen, July 7
- 2019 **Adaptation to high fat diets and endurance performance in elite athletes. In
Symposium: High-carbohydrate or high-fat diets for optimising training
adaptation and performance?**
European College of Sports Science, 24th Annual Congress, Prague, July 3-6
- 2019 1. **Nutrition for the 24/7 athlete: in GSSI Sponsored Pre-conference workshop**
2. **Ketogenic Diets for Endurance performance: in Highlighted Symposium:
Ketones for health and performance**
3. **The emerging art and science of nutrition periodisation as it pertains to
athletics in: Symposium: expert Update on the 2018 International**

- Association of Athletics Federations (IAAF) Consensus**
4. **Physique vs Function: Nutrition for Weight management in athletes. In: Highlighted Symposium: You're doing it wrong: Training and physique for physique vs for function**
 5. **Chair : PINES Special Event: 10 Questions, 10 Experts: Mythbusting in sports nutrition**
- American College of Sports Medicine, 66th Annual Meeting, Orlando, May 28-June 1
- 2018
1. **Implementing a sports nutrition program: challenges and opportunities: National Program**
 2. **Ketogenic diets for endurance performance**
 3. **FAT, RED-S and LEA: where are we now**
 4. **10 Questions, 10 Experts: 10 Things I wish I'd known at the start of my career**
- International Sport and Exercise Nutrition Conference, Newcastle, UK, Dec 17-20 2018
- 2018
1. **Fat – magic bullet for sports performance?**
 2. **Integrated periodization: the sleep low series**
- VIII. International Congress on science of exercise: Santiago, Chile, 14-15 December
- 2018
- Strategies for providing nutrition support for elite athletes: 28 years of AIS Sports Nutrition**
- High Performance Sport Conference 2018: From Pyeonghchang 2018 to Tokyo 2020, Japan Sports Council. October 23-24, Tokyo, Japan
- 2018
- Some updates about supplements**
- TeamNL Leaders in Performance Conference, Papendal, the Netherlands, September 18,
- 2018
- Carbohydrate vs fat: metabolic flexibility for sports performance**
- Integrative Physiology of Exercise: ACSM Conference, San Diego, USA, September 2018
- 2018
- Nutritional strategies for Basketball Competition**
- Sports and Entertainment Starr Summit
Philadelphia 76ers Basketball Club, Philadelphia, June 2018
- 2018
1. **Tutorial: Periodisation of carbohydrate intake for training adaptation and performance: where does the current evidence sit?**
 2. **Tutorial: Relative Energy Deficiency in Sport (RED-S): Conundrums, pitfalls and solutions**
 3. **Methodologies for investigating performance changes with supplement use in: Symposium: Dietary Supplements and elite athletes: an update from the International Olympic Committee Consensus meeting**
 4. **Chair : PINES Special Event: 10 Questions, 10 Experts: Alcohol and the athlete**
- American College of Sports Medicine, 65th Annual Meeting, Minneapolis, Minnesota, May 29-June 2

- 2018 **1.The Low Carb High Fat (LCHF) diet for Elite Endurance Athletes: Lessons in science versus scienciness: Tony Parker Lecture**
2.Recovery for athletes
Exercise and Sports Science Australia Annual Congress, Brisbane, Australia, March 27-28
- 2018 **Carbohydrate: friend or Foe for endurance performance: Albert G Hogan Lectureship:**
University of Missouri, MO, USA, March 21, 2018
- 2017 **Refshauge Lecture: Sports Medicine Australia**
SMA Annual Conference, Langkawi, Malaysia, Oct 25-27
- 2017 **1. Investigating the elite athlete**
2. Training the gut
3. Periodising carbohydrate availability: effects on performance
4. 10 Questions, 10 Experts: Something new about supplements
International Sport and Exercise Nutrition Conference
Newcastle, UK, Dec 16-19
- 2017 **1. Symposium: LCHF diets for endurance performance**
2. Chair : PINES Special Event: 10 Questions, 10 Experts: My favourite Sports nutrition paper
American College of Sports Medicine, 64th Annual Meeting, Denver, May 28-June 1
- 2016 **1. Energy availability in athletes**
2. Methodology for dietary assessment of athletes
3. 10 Questions, 10 Experts: My favourite Sports nutrition paper
International Sport and Exercise Nutrition Conference
Newcastle, UK, Dec 20-22
- 2016 **1. Chair : PINES Special Event: 10 Questions, 10 Experts: Diet, exercise and appetite**
2. Tutorial: what is optimal nutritional fuelling for exercise performance?
American College of Sports Medicine, 63rd Annual Meeting, Boston, Massachusetts, May 27-31
- 2016 **High fat diets for athletes - time to abandon sports nutrition guidelines?**
Sports, Cardiovascular and Wellness Nutrition (SCAN) 33rd annual Conference, Charlotte, North Carolina, March 31-April 2
- 2015 **1. Diets 101: update on current fad diets**
2. Guidelines for fluid intake during sport: does “drinking to thirst” cut it?
3. Examining research data on elite athletes and small sample sizes
4. 10 Questions, 10 Experts: Nutrition strategies for the ultimate Cross-Fit athlete
International Sport and Exercise Nutrition Conference, Newcastle, UK, Dec 14-16
- 2015 **1. Gordon Sleivert Memorial Lecture: Sports Nutrition Practice in the**

Twitterverse

2. Fat or carbs for performance: what does the science say?

Canadian Society for Exercise Physiology Annual Meeting
Hamilton, Ontario, Canada, October 14-17

2015

LCHF for Sports Performance

Sports Dietitians Association Annual Conference
Melbourne, Australia, Oct 22-24

2015

Do individual responses really occur in sports nutrition interventions?

14th Sports Nutrition Conference, Berlin, Sept 27-29

2015

1. Training low

2. Supplements for endurance

ACSM Pre-conference: GSSI Sports Nutrition Exchange

1. Tutorial: Fuelling optimal competition performance – are carbs crucial or redundant?

2. Chair : PINES Special Event: 10 Questions, 10 Experts: Nutrition for the Brain: Mouth sensing of nutrients

American College of Sports Medicine, 62st Annual Meeting, San Diego, California. May 26-30, 2015

2015

Applying lessons from performance nutrition research and practice to recreational athletes and chronic disease management

32nd National Conference, Dietitians Association of Australia
Perth, Australia, May 13-16,

2015

New directions in creatine supplementation for sports performance

Creatine conference 2015: Health, Sport, Medicine
Laufen Germany, April 22-24

2014

1. Plenary session: High fat diets and sports performance

2. A career in Sports Nutrition: high performance sport

International Sports and Exercise Nutrition Conference, Newcastle, UK, 16-18 December

2014

Nutrition for elite cycling: from the lab to the musette (co-presentation with Dr David Bailey)

2nd World Congress of Cycling Science, Leeds UK, 2-3 July

2014

1. Nutrition Supplements: benefit risks, and regulation

ACSM Pre-conference: The Future of Sports Nutrition,

2. Tutorial: Periodising carbohydrate availability for adaptation and performance

3. Tutorial: Treating low energy availability in female athletes

4. Tutorial: FINA Consensus meeting on Nutrition for Aquatic Sports

5. Chair: PINES Special Event: 10 Questions, 10 Experts: Superfoods and Phytochemicals for Sports Performance

American College of Sports Medicine, 61st Annual Meeting, Orlando, Florida. May 27-31

- 2014 **1. Carbohydrates for training**
 2. Ergogenic aids in sports: beneficial effects on performance
International Sports Nutrition Conference, Stockholm, Sweden, March 18-20
- 2014 **High fat diets for sports performance**
GSSI-XP Annual scientific Meeting, Park City Utah, March 13-15
- 2013 **1. Keynote: Evidence-based practice in sport and exercise nutrition**
 2. Paleo diets and performance
 3. Chair: 10 questions, 10 experts: Nutrition for the brain
International Sports and Exercise Nutrition Conference, Newcastle, UK, 16-18
December
- 2013 **Nutrition for recovery**
FINA Consensus meeting on Nutrition for Aquatic Sports, London,
December 13-15
- 2013 **Nutrition for the marathon**
13th Sports Nutrition Conference, New York, November 3-5
- 2013 **Nutrition for recovery and sleep**
12th Sports Nutrition Conference, Paris, July 21-23
- 2013 **Presidents Lecture: Lessons learned from the coalface of sports nutrition**
American College of Sports Medicine, 60th Annual Meeting, Indianapolis,
Indiana, May 29-June 2
- 2013 **1. Experiences of the AIS Sports Supplement Program**
 2. Post-exercise recovery
Pan Pacific Conference of Medicine and Science in Sport, Honolulu, Hawaii, Feb
18-20, 2013
- 2012 **1. Extreme weight loss practices in elite cyclists**
 2. Post-exercise refuelling
International Sports and Exercise Nutrition Conference, Newcastle, UK, 13-15
December 2012
- 2012 **1. Carbohydrates in sports: train low-compete high**
 2. Fat adaptation
Scandinavian Congress of Medicine and Science in Sports, Malmo, Sweden, 19-
22 September, 2012
- 2012 **Nutritional interventions prior to the 2012 Olympics**
76th Nestle Nutrition institute Workshop, Oxford, 15th August 2012
- 2012 **Preparing for the 2012 Olympics: successes and failures of nutritional**
 interventions
14th Sports Nutrition Conference, London/Oxford, August 12-14, 2012
- 2012 **Training adaptations: macronutrients and exercise interactions**
Gatorade Sports Science Institute Pre-conference workshop, ECSS annual

meeting, Bruges, Belgium, July 3, 2012

- 2012 **Supplements in the trenches: a behind the scenes look at the AIS Supplement Program**
17th annual Congress of the European College of Sports Science, Bruges, Belgium, 4-7 July, 2012
- 2012 **The London Olympics: a walk in the park?**
5th ESSA/SDA Conference, Gold Coast, Queensland, April 19-21
- 2011 **Bicarbonate supplementation**
11th Sports Nutrition Conference, Majorca, December 7-8
- 2011 **The AIS Sports Supplement Program**
Les Entre-tien des L'Insept 2011: Manger for gagner: INSEP conference, Paris, France, December 5-6
- 2011 **Fasting and recovery from exercise**
1st International Congress Meeting on Ramadan and Football
Doha, Qatar, November 25-26
- 2011 **1. The 2010 IOC Consensus Conference: what did we decide and how did we do it?**
2. Caffeine and sports performance: new ideas and practices
3. Sports nutrition: from research to the coal face
4. Sports foods and supplements: 10 years of experience with the AIS Sports Nutrition Program
5. Keynote session: Train low – cutting edge exercise-nutrient intervention or blunt tool
14th Biennial South African Sports Medicine Conference, Johannesburg, South Africa, October 18-20
- 2011 **Nutrition for Team sports: what are the challenges?**
10th Sports Nutrition Conference, Colorado Springs, September 18-20
- 2011 **1. The battle of sports scientists: Australian Institute of Sport versus English Institute of Sport**
2. The IOC Consensus on Nutrition for Sport 2010
4th annual International Sports Science and Sports Medicine Congress, Newcastle UK, August 18-20
- 2011 **Fuelling athletes with carbs: from research to practice**
27th annual SCAN symposium, Chicago, USA, March 11-13
- 2010 **The IOC Consensus on Nutrition for Sport 2010**
9th Sports Nutrition Conference, Canberra, November
- 2010 **Carbohydrate intake for training and Recovery**
IOC Consensus meeting on Nutrition for Sport, Lausanne, Switzerland
- 2010 **Sports nutrition: past, present and future**

Ironman Sports Medicine Conference, Kona, Hawaii, October

2010 **Reflections from the Beijing Olympics**

4th ESSA/SDA Conference, Gold Coast, Queensland, April 9-11

2010 **Danone Chair Lecture series:**

1. **Train low, compete high?**
2. **Sports Nutrition at the interface between research and gold medals**
3. **Reflections from the Beijing Olympics**

Vrije University Brussels, Belgium, March 25-30

2009 **The AIS Sports Supplement Program**

Canadian Society for Exercise Physiology Annual Meeting, Vancouver, BC
Ontario, Canada, November

2009 **1. Fuelling strategies to optimise performance: train high or train low?
2. Integration of sports science and practice: the Australian experience**

International consensus conference: Performance in Top Sports involving
intense exercise, Copenhagen, June 16-18

2009 **1. Training low for athletic performance: Symposium: Train low with
Carbohydrates – is there a case?
2. The Australian Perspective: Symposium: Nutrition for the Beijing Olympic
Games**

American College of Sports Medicine, 56th Annual Meeting, Seattle,
Washington, May 27-30

2009 **1. Nutrition for Recovery
2. Caffeine and exercise performance
3. Supplements in sport
4. Fat adaptation for exercise
5. Hydration in Sport: History and Controversies**

XV International Symposium on Science on Exercise and Nutrition, Rosario,
Argentina, May 23-24

2009 **Nutrition for Recovery**

IOC Working group Consensus meeting on Nutrition for Fasting, Lausanne,
Switzerland, April

2008 **Convergence of Science and Practice in Sports nutrition**

Nestle 5th International Nutrition Symposium, Lausanne, Switzerland

2008 **Hydration practices of elite male team athletes during training sessions**

American College of Sports Medicine, 55th Annual Congress, Indianapolis,
Indiana, USA.

2008 **Nutrition for Swimming**

Sports Nutrition Conference, Indianapolis, USA

2008 **Nutrition for Recovery**

Swiss Forum for Sports Nutrition, Zurich, Switzerland

- 2007 **Caffeine and sports performance**
Canadian Society for Exercise Physiology Annual Meeting, London Ontario, Canada
- 2007 **Supplements and doping – minimising the risk**
Co-presentation with Dr Samantha Stear,
Sports Medicine Australia Annual Conference, Adelaide, Australia
- 2007 **Nutrition for Distance events**
IAAF consensus on Nutrition for Athletics, Monaco
- 2007 **Keynote: Alcohol and Athletic Performance**
Cricket Australia Sports Science Sports Medicine Conference, Brisbane, Australia
- 2007 **Keynote: Sports dietetics: research and practice at the cutting edge**
23rd Annual Symposium of Sports, Cardiovascular and Wellness Nutritionists, Austin, Texas, USA
- 2006 **The AIS Sports Supplement Program**
Latest strategies in Anti-Doping. IAAF and WADA joint conference, Lausanne, Switzerland
- 2006 **The AIS Sports Supplement Program**
Australian Association for Musculoskeletal Health annual conference, Canberra
- 2006 **Nutrition strategies for the marathon**
2006 World Congress on the Science and Medicine of the Marathon, Chicago, USA
- 2006 **Low dose caffeine intake does not enhance swimming performance (poster)**
American College of Sports Medicine, 53rd Annual Congress, Denver, CO USA.
- 2006 **Frank Cotton Lecture: Latest nutritional strategies for peak performance**
Exercise and Sports Science 2006: From Research to Practice. Joint conference of the Australian Association for Exercise and Sports Science and Sports Dietitians Australia, Sydney, Australia
- 2005 **Fat adaptation strategies for endurance sports**
Nutrition Society Australia, Annual Conference, Melbourne, Australia
- 2005 **Supplements in Sport; The Australian Institute of Sport model**
Vince Higgins Lecture, Australasian College of Sports Physician Annual Conference, Gold Coast, Australia
- 2005 **Energy and macronutrient needs for training and recovery**
FIFA and F-Marc consensus on Nutrition for Football, Zurich, Switzerland
- 2005 **Fat adaptation strategies for ultra-endurance sports**
Exercise, muscle and metabolism 03, Melbourne, Australia

- 2003 **1. Recovery of muscle glycogen after exercise**
2.Update on supplements in sport
4th International congress on sports nutrition, Rio de Janeiro, Brazil
- 2003 **Addition of amino acid to carbohydrate drink does not enhance performance of prolonged cycling (poster)**
American College of Sports Medicine, 50th Annual Congress, San Francisco, California, USA.
- 2003 **Carbohydrates and fat training and recovery**
IOC Consensus on Sports Nutrition, Lausanne, Switzerland.
- 2002 **Effect of adaptation to a high fat diet on substrate utilization at different exercise intensities (poster)**
American College of Sports Medicine, 49th Annual Congress, St Louis, Missouri, USA.
- 2002 **1. Nutrition keynote: Effects of fat adaptation on metabolism and athletic performance**
2. Glycemic Index and Sport
3. A model for managing supplements for athletes: the AIS Sports Supplement Program
Sports Medicine and Sports Science New Zealand Annual Conference, Christchurch, New Zealand.
- 2001 **Carbohydrates for refuelling before and after exercise**
Evolving Evidence and Continuing Controversies in Carbohydrate Nutrition, University of British Columbia, Vancouver, Canada
- 2001 **Nutrition support to maximise recovery after training and to maximise adaptation: Meeting energy requirements**
First International Scientific Congress on Nutrition and Athletic Performance, Edmonton, Canada
- 2001 **The role of fat adaptation strategies in endurance and ultra-Endurance performance**
Australian Conference of Science and Medicine in Sport, Perth, Western Australia
- 2001 **Carbohydrates for refuelling before and after exercise**
Evolving Evidence and Continuing Controversies in Carbohydrate Nutrition, University of British Columbia, Vancouver, Canada
- 2001 **Nutrition support to maximise recovery after training and to maximise adaptation: Meeting energy requirements**
First International Scientific Congress on Nutrition and Athletic Performance, Edmonton, Canada
- 2001 **The role of fat adaptation strategies in endurance and ultra-Endurance performance**

Australian Conference of Science and Medicine in Sport, Perth, Western Australia

- 2001
1. **The effects of fat adaptation on metabolism and performance during ultra-endurance cycling.**
 2. **Effect of different caffeine intake protocols on metabolism and performance of prolonged cycling.**
- American College of Sports Medicine, 48th Annual Meeting, Baltimore, Maryland.
- 2000
1. **Metabolic changes following fat adaptation persist during prolonged cycling despite CHO availability**
 2. **Post-exercise restoration of muscle glycogen content**
- Mini Symposium: Nutritional strategies for post-exercise recovery**
- American College of Sports Medicine, 47th Annual Meeting, Indianapolis, Indiana.
- 2000
- Nutritional needs in the heat**
- International Conference on Physiological and Cognitive Performance in Extreme Environments, Canberra, Australia
- 1999
- Fat adaptation with carbohydrate recovery promotes metabolic adaptations during prolonged cycling**
- American College of Sports Medicine, 46th Annual Meeting, Seattle, Washington.
- 1999
- Supplements to enhance sports performance: where's the evidence**
- 5th IOC World Congress, Sydney, Australia
- 1999
- Dietary preparation of Australian athletes**
- 10th World Congress of Food Science and Technology, Sydney, Australia
- 1999
1. **Glycemic index: a new tool in sports nutrition?**
 2. **Nutrition for post-exercise recovery**
- International Sports Nutrition Conference, Taipei, Taiwan
- 1999
- A Nutrition education package for soccer**
- 4th World Congress of Science and Football, Sydney, Australia
- 1998
- Food for Olympians**
- Dietitians Association of Australia, 17th National Conference, Sydney, Australia.
- 1998
- Sport Nutrition Research: Where are we going in the 21st Century?**
- XXVI FIMS World Congress of Sports Medicine, Orlando, Florida.
- 1998
1. **No effect of Glycemic Index of Pre-Exercise Meals with Carbohydrate Intake During Exercise**
 2. **Evaluating Claims of Performance Enhancement: Mini-Symposium: Enhancement of Sports Performance: Can scientists Detect It?**
- American College of Sports Medicine, 45th Annual Meeting, Orlando, Florida.

- 1998 **The effect of carbohydrate loading on performance of prolonged stochastic exercise**
Australian Conference of Science and Medicine in Sport, Adelaide
- 1997 **1. Effective Nutritional Support Programs for Olympic Athletes**
2. Nutrition programs at the Australian Institute of Sport (Keynote)
1997 International Sport Nutrition Conference, Williamsburg, Virginia
- 1997 **Effects of carbohydrate ingestion on performance of soccer specific skills.**
American College of Sports Medicine, 44th Annual Congress, Denver, USA.
- 1997 **1. Alcohol and sport.**
2. Glycemic Index and Sports Performance.
7th Biannual Congress of South African Sports Medicine Association, Sun City, South Africa.
- 1996 **Periodicity of eating and exercise performance. Joint paper with Dr John Hawley.**
International workshop, Periodicity of Eating and Human Health, in conjunction with American Association of Dietitians and European Federation of Associations of Dietitians, Paris, France.
- 1996 **Eating in the Atlanta Olympic Village.**
Sports Medicine Australia, Annual Scientific Congress, Sydney, Australia.
- 1996 **Fluid balance during team sports.**
Fatigue During Competitive Sport Conference. Sports Science Institute of South Africa, Cape Town, South Africa.
- 1996 **Nutrition for post-exercise recovery.**
11th International Congress of Dietetics, Manila, Philippines.
- 1996 **Effect of alcohol intake on muscle glycogen storage following prolonged exercise.**
American College of Sports Medicine, 43rd Annual Congress, Cincinnati, Ohio.
- 1996 **Effect of alcohol intake on muscle glycogen storage following prolonged exercise.**
Sports Medicine Australia, Australian Conference of Science and Medicine in Sport, Canberra, Australia.
- 1995 **1. Keynote presentation: Nutrition - the cutting edge.**
2. Nutritional preparation for intermittent versus endurance sports.
3. Weight loss in athletes - issues and guidelines.
South African Sports Medicine Association 6th Congress, Durban, South Africa.
- 1995 **Practical issues in nutrition for athletes.**
Current Issues on Nutrition in Athletics International Scientific Consensus Conference, International Amateur Athletics Federation, Monaco.
- 1995 **Oral creatine supplementation does not improve sprint performance of elite**

- swimmers.**
American College of Sports Medicine, 42nd Annual Congress, Minneapolis, USA.
- 1995 **Creatine does not improve acute swimming performance in elite swimmers.**
Sports Medicine Australia, Annual Scientific Congress, Hobart, Australia.
- 1994 **Fluid needs in Hot and Cold Environments - practical issue (Joint lecture with Dr Bob Murray).**
Gatorade Nutritional Ergogenic Aids Conference, Chicago.
- 1994 **Food selection guide for physically active people.**
International Symposium on Nutrition and Fitness, Institute of Nutrition and Food Hygiene, and Chinese Academy of Preventative Medicine, Beijing, China.
- 1994 **Muscle glycogen storage following prolonged exercise: effect of the addition of fat and protein to carbohydrate feedings.**
American College of Sports Medicine, 41st Annual Congress, Indianapolis, Indiana.
- 1994 **Muscle glycogen storage following prolonged exercise: effect of the addition of fat and protein to carbohydrate feedings.**
Sports Medicine Australia, Annual Scientific Congress, Brisbane, Australia.
- 1993 **Myths and facts in sports nutrition practice.**
Workshop on Nutrition for Sport, ILSI South-East Asian Branch Conference on Nutrition for Sports Performance, Singapore.
- 1993 **Amino acids - food or supplements?**
Australian Sports Medicine Federation, 29th Annual Scientific Conference, Melbourne.
- 1993 **Dietary recommendations for the athlete in training.**
Exercise, Metabolism and Nutrition, 9th Biennial conference, Cumberland College of Health Science, University of Sydney.
- 1993 **Sport and fitness.**
Appropriate Technology in Body Composition. IUNS Satellite meeting, Melbourne.
- 1993 **Muscle glycogen storage following prolonged exercise: effect of carbohydrate feedings.**
Australian Sports Medicine Federation, Annual Scientific Congress, Melbourne.
- 1993 **Muscle glycogen storage following prolonged exercise: effect of the frequency of carbohydrate feedings.**
American College of Sports Medicine, 40th Annual Congress, Seattle, Washington.
- 1992 **Dietary factors in Sports Performance.**
IOCCC (International Office of Cocoa, Chocolate and Sugar Confectionery) General Assembly, Sydney, Australia.

- 1992 **Muscle glycogen storage following prolonged exercise: effect of the glycemic index of carbohydrate feedings.**
American College of Sports Medicine, 39th Annual Congress, Dallas, Texas.
- 1992 **Muscle glycogen storage following prolonged exercise: effect of the glycemic index of carbohydrate feedings.**
Australian Sports Medicine Federation, Annual Conference, Perth, Australia.
Commendation: Young Investigators Award: Basic Science.
- 1991 **Nutrition for recovery.**
Australian Sports Medicine Federation, 27th National Annual Scientific Conference, Canberra, Australia.
- 1991 **Alcohol use in a team sport: Australian Rules Football Players (poster).**
What do athletes actually eat? A survey of dietary intake and food use amongst groups of elite Australian male athletes (poster).
First World Congress on Sports Nutrition, Barcelona, Spain.
- 1992 **High carbohydrate eating for athletes.**
Food for Life Performance seminar - Olympic Awareness Symposium
Lecture series with Professor Ron Maughan and Dr Mark Hargreaves Sydney, Melbourne.
- 1991 **High carbohydrate eating for athletes.**
Food for Life Performance seminar - Olympic Awareness Week.
Lecture series with Professor David Costill and Dr Mark Hargreaves, Canberra, Sydney, Melbourne.
- 1991 **Dietary intakes and nutrition practices of elite athletes.**
Nutrition Society of Australia, 16th Annual Conference, Canberra, Australia.
- 1990 **Dietary supplements and nutritional ergogenic aids in sport.**
Dietitians Association of Australia, 9th National Conference, Melbourne, Australia.
- 1990 **Dietary supplements and nutritional ergogenic aids in sport.**
Australian Sports Medicine Federation, 26th National Annual Scientific Conference, Alice Springs, Australia.
- 1989 **1. Sports nutrition for the 1990s (Keynote paper).**
2. Dealing with athletes and iron.
3. Dietary demands of children in sport.
New Zealand Federation of Sports Medicine Annual Conference, Wellington, New Zealand.
- 1987 **Alcohol use by elite Australian Rules Football players.**
Nutrition Society of Australia, Twelfth Annual Conference, Melbourne, Australia.
- 1986 **Dietary practices of elite Australian Olympic weightlifters.**
XXII FIMS World Congress of Sports Medicine, Brisbane, Australia.

- 1985 **Dietary practices of elite Australian male triathletes.**
Australian Sports Medicine Federation, National Conference, Ballarat, Australia.
- 1985 **Iron deficiency in sport.**
Challenge 85, Royal Australian College of General Practitioners, Scientific Congress, Melbourne, Australia.
Australian Sports Medicine Federation, Annual Conference, Perth, Australia.
- 1983 **Use of dietary supplements by football players.**
Nutrition Society of Australia, Eighth Annual Conference, Brisbane, Australia.
- 1983 **Nutrition and Sports.**
Australian Association for Adolescent Health, Third National Conference, Melbourne, Australia.
- 1982 **Nutrition for optimum sports performance**
Study of body composition in a group of athletes
Australian Sports Medicine Federation International Conference, "Medical and Scientific Aspects of Elitism in Sport", Gold Coast, Australia.
- 1982 **Observations of protein and energy intake in Australia Rules Footballers.**
Nutrition Society of Australia, 7th Annual Conference, Melbourne, Australia.
- 1981 **Body composition of an elite group of sportsmen (poster).**
Nutrition Society of Australia, Sixth Annual Conference, Sydney, Australia.

EDITORIAL BOARD POSITIONS

International Journal of Sport Nutrition and Exercise Metabolism (special projects editor)

MEMBERSHIP OF PROFESSIONAL ASSOCIATIONS

- Fellow of the American College of Sports Medicine.
 - 2011-2013: International delegate on Board
- Fellow of Sports Medicine Australia.
- Fellow of Sports Dietitians Australia.
 - 1996-2005: Member of Executive: Portfolio - Education
- Dietitians Australia (DA).
- Accredited Practising Dietitian
- Member, European College of Sports Science

LANGUAGES: English, French

TEAM TRAVEL - INTERNATIONAL COMPETITION

2021	Dietetic Support Athletics Australia, Australian Olympic Team 2020 Olympic Games, Tokyo, Japan
2012	Team dietitian Australian Olympic Team 2012 Olympic Games, London, United Kingdom
2010	Team dietitian Australian Cycling Team 2010 UCI World Road Cycling Championships, Geelong, Australia
2008	Team dietitian Australian Olympic Team 2008 Olympic Games, Beijing, China
2006	Team dietitian Australian Swimming Team 2006 Commonwealth Games, Melbourne, Australia
2005	Team dietitian Australian Swimming Team 2005 World Swimming Championships, Montreal, Canada
2004	Team dietitian Australian Olympic Team 2004 Olympic Games, Athens, Greece
2003	Team dietitian Australian Swimming Team 10 th World Swimming Championships, Barcelona, Spain
2002	Team dietitian Australian Swimming Team 2002 Pan Pacific Championships, Yokohama, Japan
2002	Team dietitian Australian Swimming Team 2002 Commonwealth Games, Manchester, England
2002	Team dietitian Australian Swimming Team 7 th World Short Course Swimming Championships, Moscow, Russia
2001	Team dietitian Australian Swimming Team

- 9th World Swimming Championships, Fukuoka, Japan
- 2000 Team dietitian
Australian Olympic Team
2000 Olympic Games, Sydney, Australia
- 2000 Team dietitian
Australian National Swimming Team
5th World Short Course Swimming Championships. Athens, Greece
- 1999 Team dietitian
Australian National Swimming Team
1999 Pan Pacific Championships, Sydney, Australia
- 1999 Team dietitian
Australian National Swimming Team
4th World Short Course Swimming Championships, Hong Kong
- 1998 Team dietitian
Australian National Swimming Team
1998 Commonwealth Games, Kuala Lumpur, Malaysia.
- 1998 Team dietitian
Australian National Swimming Team
8th World Swimming Championships, Perth.
- 1997 Team dietitian
Australian National Swimming Team
Pan Pacific Swimming Championships, Fukuoka, Japan and training camp, Singapore.
- 1997 Team dietitian
Australian National Swimming Team
3rd World Course Swimming Championships, Goteburg, Sweden.
- 1996 Team dietitian, Medical Headquarters
Australian Olympic Team,
1996 Olympic Games, Atlanta, USA.
- 1995 Team dietitian,
Australian National Swimming Team
Pan-Pacific Swimming Championships, Atlanta.
- 1995 Team dietitian,
Australian National Swimming Team
2nd World Short Course Swimming Championships, Rio de Janeiro, Brazil.
- 1994 Team dietitian,
Australian National Swimming Team
Commonwealth Games, Victoria, Canada and

- 7th World Swimming Championships, Rome.
- 1994 Team dietitian,
Australian Institute of Sport Swimming Team
Altitude training camp, Font Romeu, France.
- 1993 Team dietitian,
Australian National Swimming Team
1st World Short Course Swimming Championships, Mallorca, Spain.
- 1993 Assistant team manager and team dietitian,
Australian National Swimming Team
Pan Pacific Games (Kobe, Japan) and training camp (Singapore).
- 1992 Team dietitian,
1992 Australian Swimming Team,
Pre-Olympic Assembly (Sydney and Frankfurt, Germany).
- 1991 Team dietitian,
Australian Swimming Team,
Pan Pacific Games (Edmonton, Canada) and Barcelona pre-Olympic training camp.
- 1991 Manager and Team dietitian,
Australian Institute of Sport, breaststroke swimming team
USA trip (LA Invitational Meet, and Flagstaff/Albuquerque altitude training camps).
- 1990 Manager and Team dietitian,
Australian Institute of Sport womens swimming team USA trip (Santa Clara International
Meet and Albuquerque training camp).
- 1990 Manager,
Australian Triathlon Team
Commonwealth Games, Auckland, New Zealand.

ELITE SPORTS PARTICIPATION

Triathlon: International representation at ultra-endurance triathlon events

- 1988 Bud Light Ironman Triathlon World Championship, Hawaii.
- 1988 Nutrimetrics Great Lakes Ironman Triathlon, Forster-Tuncurry, Australia.
- 1987 Bud Light Ironman Triathlon World Championship, Hawaii.
- 1987 Double Brown Ironman Triathlon Championship, Auckland, New Zealand.
- 1986 Bud Light Ironman Triathlon World Championship, Hawaii.
Member of Australian Team - second place in International Team Cup Competition.
- 1986 Lake Biwa Japan Ironman, Japan.
- 1985 Bud Light Ironman Triathlon World Championship, Hawaii. Member of Australian Team - second place in International Team Cup Competition.