

Nutrition for the Canine Athlete, Parts 1 & 2

By Dr. Julie Mayer

Clean Run, February & March 2013

REFERENCES

Articles

- Schwirian, Christopher Faculty. Ohio University Biological Sciences laboratory notes. <http://www.ohio.edu/people/schwiria/bios446/L11Exercise%20Metabolism&Thermal%20Stress.htm>. Lab 11 Part 1: Exercise Metabolism: Fuel substrate selection. Part 2: Thermoregulation & exercise.
- Little, Giles (2008). Evaluating Pet's Nutritional Needs. Banfield Applied Research and Knowledge Team.
- Toll, P.W., Reynolds, A.J. (1998). Feeding Canine Athletes. *Winter 1998 issue of Sports Medicine Program Newsletter*
- Gillette, R.L. (1999). Feeding the Canine Athlete for Optimal Performance. 8th Annual ACSMA Symposium, August 22, 1999 in Kansas City, MO.
- Hill, R.C. (2004). Feeding Dogs for Agility. University of Florida College of Veterinary Medicine 8th Annual Dog Owners & Breeders Symposium on July 31, 2004.
- Hill, R.C. (1998). The Nutritional Requirements of Exercising Dogs. *The Journal of Nutrition*, vol. 128 no. 12 2686S-2690S
- DiLuglio, B.E. (2000). Glutamine and GI Health. United Ostomy Associations of America, Ostomy Quarterly Winter 2000, Vol.37, No. 2
- Coombes, J.S., McNaughton, L.R. (2000). Effects of branched-chain amino acid supplementation on serum creatine kinase and lactate dehydrogenase after prolonged exercise. *Journal of Sports Medicine and Physical Fitness*. 2000 Sep; 40(03): 240-6.
- Mero, A. (1999). Leucine supplementation and intensive training. *Sports Medicine* Jun; 27(6): 347-58.
- Green, K.J., Croaker, S.J., Rowbottom, D.G. (2003). Carbohydrate supplementation and exercise-induced changes in t-lymphocyte function. *Journal of Applied Physiology*, 95, 1216-1223.
- Gleeson, M. (2005). Interrelationship between physical activity and Branch-Chain Amino Acids. *Journal of Nutrition*, 135:1591S-1595S, June 2005

Websites

<http://ndb.nal.usda.gov/> USDA Agricultural Research Service; National Agricultural Library; USDA National Nutrient Database for Standard Reference

http://www.huffingtonpost.com/dr-patricia-fitzgerald/let-food-be-thy-medicine_b_406582.html Fitzgerald, P. (2009) Let Food Be Thy Medicine: Top 10 Healing Foods of the Decade.

<http://www.livestrong.com/article/124597-list-foods-containing-dimethylglycine/#ixzz2ABOMiXfA> Wake, P. (2010). List of Foods Containing Dimethylglycine.

<http://www.exrx.net/Nutrition/Supplements/BCAA.html> No author listed

<http://rense.com/1.mpicons/acidalka.htm> A List of Acid/Alkaline Forming Foods No author listed

Books

Kirk, C., Bartges, J., (2006) *Veterinary Clinics of North America Small Animal Practice, Dietary Management and Nutrition* Volume 36 Number 6. November, 2006 Pages 1183-1410.

Hand, M.S., Thatcher C.D., Remillard, R.L., Roudebush, P., (2000). *Small Animal Clinical Nutrition* 4th Edition. Mark Morris Associates. ISBN 10:0945837054, ISBN 13: 978-0897934923

Richardson, D.C., Toll, P.W., (1997). *Veterinary Clinical Nutrition Volume 4, No. 1: Relationship of Nutrition to Developmental Skeletal Disease in Young Dogs*. Santa Barbara CA: Veterinary Practice Publishing Company.

Kidd, P. (2008). *Phosphatidylserine: Mental Clarity At Any Age*. Nutraceutical Publishing LLC ISBN-10: 0978803116, ISBN-13: 978-0978803117

Schoffro Cook, M. (2004). *Healing Injuries the Natural Way: How to Mend Bones, Muscles, Tendons, and More*. Bloomington, IN: Trafford Publishing. ISBN 10: 1412030056, ISBN 13: 978-1412030052

McArdle, W.D., Katch, F.I., Katch, V.L. (2001). *Exercise Physiology: Energy, Nutrition, and Human Performance*. Philadelphia, PA: Lippincott Williams & Wilkins. ISBN-10: 0781725445, ISBN-13: 978-0781725446

Kern, M. (2005). *CRC Desk Reference of Sports Nutrition: Branch Chain Amino Acids (BCAA)*. Boca Raton, FL: CRC Press ISBN-10: 0849322731 ISBN-13: 978-0849322730