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chapter is specifically formatted to combine the viewpoints of two sports nutrition experts: the scientific principles underpinning each issue are reviewed by an internationally recognized nutritionist with extensive research experience, while a sports dietitian summarizes the practice tips that can be drawn from these principles.

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Louise Burke, PhD, APD,
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who has worked with elite

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About the Authors Louise Burke has been the Head of the Department of Sports Nutrition at the Australian Institute of Sport since 1990 and has nearly 30 years' experience in counseling and educating

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athletes. In 2009 she received a Citation Award from the American College of Sports Medicine and Membership of the Order of Australia (OAM) from the Australian Government in recognition of her work in sports nutrition.

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Louise Mary Burke, OAM is an Australian sports dietitian, academic and author. She was the head of sports nutrition at the Australian Institute of Sport (AIS) throughout its existence from 1990 to 2018 and in 2018 was

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My guest today is Louise Burke, PhD. Dr. Burke is Head of Discipline in Sports Nutrition for the Australian Institute of Sport. She is also Chair in Sports Nutrition, Mary MacKillop Institute for Health Research, Australian Catholic University. ... She is the author of the books Practical Sports Nutrition and Clinical Sports Nutrition. She is ...

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