

CURRICULUM VITAE

Elizabeth A. Applegate, Ph.D.

Office

Nutrition Department; 3215 Meyer Hall
Davis, California 95616-8669
Phone: (530) 752-6682; Fax: (530) 752-8966

Email/Websites

email: eaapplegate@ucdavis.edu
<http://nutrition.ucdavis.edu/faculty/applegate.html>

Education

B.Sc., Biochemistry, Honors, University of California, Davis (UC Davis), 1978

Ph.D., Nutrition Science, University of California, Davis, 1983

Dissertation: Chronic exercise and its termination: effects on food intake, adiposity, lipid metabolism and blood lipids in normal and obese Osborne-Mendel rats.

Professional Experience

Director of Sports Nutrition, Inter Collegiate Athletics, UC Davis. 2005- present.

Senior Lecturer, Nutrition Department faculty, UC Davis. 2003-present.

Lecturer, UC Merced. Summer Session 2002, 2003, 2004.

Lecturer, Nutrition Department, UC Davis. Instructor for undergraduate General Education nutrition courses, March 1985-2003.

Nutrition Columnist and Nutrition Editor, *Runner's World* magazine, March 1986-present.

Nutrition Columnist and Editor, *Healthy Woman* magazine, September 1992-June 1996.

Nutrition Editor, *Triathlete* magazine. Review and edit articles and author monthly *Body Talk* section, July 1988-December 1991.

Nutrition Director, Adult Fitness and Cardiac Rehabilitation Programs, UC Davis. Assess nutritional status and counsel patients; direct and train students in program; design and implement new counseling techniques and nutrition education literature, September 1981-June 1989.

Nutritionist, California Department of Forestry. Establish performance and health nutrition program for firefighters, September 1988-June 1989.

National Institute of Health Research Fellow, UC Davis. Obesity, exercise, and lipid metabolism research, June 1980-August 1983.

Awards and Recognition

- 2016 United States Department of Agriculture Food and Agriculture Sciences Excellence in Teaching Award, Association of Public and Land-Grant Universities
- 2015 Nominee Food and Agricultural Sciences Excellence in College and University Awards program - Association of Public and Land-grant Universities
- 2015 Picnic Day at UC Davis Cow Milking Contest, Faculty ASUCD selection
- 2013 "Best New Initiative" Team Davis Good Foods Garden Project, Team Davis -

- developmentally and intellectually challenged adult and adolescent athletes
- 2013 Fall Convocation, UC Davis Emcee
- 2012 Distinguished Scholarly Public Service Award
- 2011 Nominee 9th Annual ASUCD Excellence in Education Awards
- 2009 Distinguished Teaching Award for Undergraduate Teaching
- 2009 *California Aggie* "Best of UCD," Best GE Course - Nutrition 10
- 2008 *California Aggie* "Best of UCD," Best GE Course - Nutrition 10
- 2007 *California Aggie* "Best of UCD," Best GE Course - Nutrition 10
- 2006 *California Aggie* "Best of UCD," Best GE Course - Nutrition 10
- 2006 Educational Technology Resource Award (IET Digital MediaWorks/Teaching Resource Center)
- 2006 University of California, Davis. Picnic Day Parade Marshall
- 2006 & Educational Technology Resource Award (IET Digital MediaWorks/Teaching Resource Center)
- 2005
- 2004 ASUCD Excellence in Education Award, UC Davis, 2004; Golden Key Award
- 1996 Academic Federation Excellence in Teaching Award Winner, UC Davis
- 1995 Finalist, Distinguished Teaching Award, UC Davis
- 1994 Michael J. Coles Award, Athletic Award, Tucson
- 1993 Finalist, Distinguished Teaching Award, UC Davis
- 1981-3 Pre-doctoral Fellowship, National Institute of Health
- 1981-3 Chancellor Patent Research Award, UC Davis
- 1982-3 Jastro Shields Research Award, UC Davis
- 1981-2 Jastro Shields Research Award, UC Davis
- 1982 Graduate Student Travel Award, UC Davis
- 1982-3 Graduate Research Award, UC Davis
- 1974 Women's Sports College Scholarship

Professional Memberships

- American Council on Exercise, Board of Directors, 2002-2006.
- American College of Sports Medicine, Board of Trustees, 2003-2005.
- American Dietetic Association
- American Dietetic Association - Sports and Cardiovascular Nutritionist
- Fellow, American College of Sports Medicine
- Professionals in Nutrition for Exercise and Sport

Editorial and Advisory Boards

- 2014 - present The World Food Center Scientific Literacy Institute (SLI) Advisory Board
- 2013 - present Curves International Scientific Advisory Board
- 2013 - present Best Food Facts Advisory Board

1986 – present	Runner’s World Magazine Editorial Board
1996 – 2000	American College of Sports Medicine Health and Fitness Journal Advisory Board
2012 –2014	American College of Sports Medicine Health and Fitness Journal Advisory Board
1996 – present	International Journal of Sports Nutrition and Exercise Metabolism Editorial Board
2008 – 2010	ACSM Communications and Public Information Committee
2001 – 2006	Davis Farm to School Connection Advisory Board
2002 – 2005	American Council on Exercise Board of Directors
2003 – 2005	Coalition for a Healthy and Active America, Founding Member
2002 – 2003	Life Fitness Academy Scientific and Medical Advisory Board
1999 – 2001	OnHealth Scientific Advisory Board
2000	Fitness Magazine Editorial Advisory Board
2000	American Health Magazine Advisory Board
1999	Healthy Woman Magazine Editorial Advisory Board
1995 –1997	All Sport Sports Medicine Council
1988 – 1995	Rainbo IronKids Advisory Board

Invited Talks and Presentations

- | | |
|------|--|
| 2016 | <ul style="list-style-type: none"> • <i>Lessons Learned from 60,000 Nutrition 10 Students – 31+ Years of Experiences and Musings</i>, UC Davis, Davis, CA • <i>How To Be A Good Loser</i>, Nugget Markets, Sacramento, CA |
| 2015 | <ul style="list-style-type: none"> • <i>Eat Like A Loser, Secrets to Healthy Weight Control</i>, Open Door Education Programs for They National Breast Cancer Coalition, Davis, CA • <i>Nutrition for Runners</i>, American Pistachio Growers Annual Conference, Nutrition and Health, “Invited Speaker, San Diego, CA • <i>Beans, Seeds, Grains and Nuts: Does a Plant-Based Diet Offer Performance and Health Advantages for Athletes?</i> Sports, Cardiovascular, and Wellness Nutrition Dietetics Practice Group of the Academy of Nutrition and Dietetics, SCAN 2015 Symposium, Invited Speaker, Colorado Springs, CO, • <i>Nugget Markets Lifestyle Diets</i>, Nugget Markets Annual Management Education, Sacramento, CA • <i>Weight Loss and Nutrition</i>, Runner’s World Festival, Bethlehem, PA • <i>Performance Nutrition</i> Runner’s World Festival, Bethlehem, PA |

- 2014
- *Six Must-do Eating & Exercise Rules*, El Macero Country Club Speaker Series, Davis, CA
 - *Chocolate and Other Must Eat Foods for Women*, University Farm Circle, Davis
 - *Get Ready to Ride*, Nugget Market Leaders Meeting, Sacramento, CA
 - *Food, Fitness and You*, Nugget Market Leaders Meeting, Sacramento, CA
 - *Eating and Athletic Performance, What to Tell Patients*, Continued Medical Education, Napa Primary Care Conference, Napa, CA
 - *Helping Patients Lose Weight, What Works?* Continued Medical Education, Napa Primary Care Conference, Napa, CA
- 2013
- *Eating Like a Champion*, Team Davis, Davis, CA
 - *Stay Healthy this Season with Immune Boosting Foods*, Breast Cancer Open Door Educational Program Annual Meeting, Davis, CA,
 - *Nutrition As Medicine: Food, Disease Risk, and the Advice YOU Need to Give Your Clients*, American College of Sports Medicine, 17th Annual Health and Fitness Summit, Las Vegas, NV
 - *Gender and Exercise Effects on Accuracy of Healthfulness Perceptions Based on the Meal's Appearance*, American College of Sports Medicine, World Conference on Exercise is Medicine, lecture and poster, Indianapolis, IN
 - *Five Must-do Eating and Exercise Rules*, Nugget Market Leaders Meeting, Sacramento, CA
 - *Six Must-Do Eating & Exercise Rules*, 27th Annual Supported Life Conference, Sacramento, CA
 - *Current Nutrition & Technology Update*, Apple Computer, Cupertino, CA,
- 2012
- *From Chia Seeds to Mushrooms: 10 Must-Eat Foods for Better Health and Performance*, ACSM 16th Annual Health and Fitness Summit, Las Vegas, NV
 - *Eat Smart for Your Best Season Ever!* Mad Cow Racing Team and Golden Valley Harriers, Davis, CA
 - *Meet The Expert*, ACSM 59th Annual Meeting & 3rd World Congress on Exercise in Medicine, San Francisco, CA
 - *Women and Heart Health, Go Red!* American Heart Association & Sutter Health, Sacramento, CA
 - *Priming Your Body for Peak Performance*, Runner's World Festival & Half, Bethlehem, PA
 - *Eat Smart for Your Best Season Ever!* Davis Aquadarts, Nutrition for Swimmers" Davis, CA

- 2011
- *Eat Like A Leader*, Agricultural Leadership class, UC Davis
 - *Eating for Better Running Performance*, Team in Training, Leukemia & Lymphoma Society, Roseville, CA
 - *Embrace Your Range*, ACSM 15th Annual Health and Fitness Summit, Anaheim, CA
 - *What Women Should Really Be Eating*, Women's Learning Retreat, USB Financial Services, Sacramento, CA
 - *Eating for Better Athletic Performance*, Team in Training, Leukemia & Lymphoma Society, Sacramento, CA
 - *Sweet Success: Honey for Better Health and Performance*, Robert Mondavi Institute for Wine and Food Science presents: Honey! A Celebration of Honey and Bees, UC Davis, CA
- 2010
- *Eating Strategies for Special Needs Population*, Creative Living Options, West Sacramento, CA, August 30, 2010
 - *Embrace Your Range: A Refreshing Diet and Fitness Program for Women in Their 40s, 50s and Beyond*, Davis Aquatic Masters, Davis, CA
 - *Aging Gracefully: Eating for a Woman's Body Changes in Midlife*, Breast Cancer Network of Strength, Davis, CA
- 2009
- *The Great Burn: Making the Most of Your Metabolism*, Body and Mind Conference (BAM), Chico, CA
 - *The Great Burn: Making the Most of Your Metabolism*, 13th Annual American College of Sports Medicine's Health and Fitness Summit, Atlanta, GA
 - *Honey and Athletic Performance*, Annual Western Apicultural Society, Healdsburg, CA
- 2008
- *Adonis Complex and the Female Athlete Triad*, UC Davis Coaching Staff
 - *Sports Nutrition Products: What Works and What Doesn't*, *Endurance Athlete Nutritional Strategies and Concerns*, and *The Great Burn: Making the Most of Your Metabolism*; IDEA World Fitness 2008, Las Vegas, NV
 - *Seven Eating Strategies for Boosting Energy Levels and Health*, and *Maximizing Eating and Hydration Strategies for Top Performance*, U.S. Army Base, Vicenza, Italy
- 2007
- *Eating Strategies for Good Health*, CA Ag Leadership Program, Davis, CA
 - *Performance Nutrition*, NTTC pro triathletes, Davis, CA
 - *Sports Products for Fueling Workouts*, Body and Mind Conference, Chico
 - *Vitamins and Minerals in Physically Active People: Does the Research Support the Need for More?* ACSM 11th Health and Fitness Summit Exposition, Dallas, TX
 - *Medical Issues for Endurance Athletes*, *Endurance Athlete Nutritional Strategies and Concerns*, Tri-Columbia Sports Medical Symposium: Columbia, MD
 - *Must-Eat Energy Foods for More Energy*, Novozymes Corp., Davis, CA
 - *Fueling Your Run and Post Workout Re-fueling*, Chicago Marathon, IL.
 - *Endurance Athlete Nutritional Strategies and Concerns* and *Six Dietary Supplements You Should Know About*, 19th Annual Ironman Sports Medicine Conference, Kailua-Kona, HI

- 2006
- *Decoding the New Food Pyramid*, UC Davis Health Awareness. UC Davis
 - *Healthy Eating Strategies*, UC Davis Veterinary School, UC Davis
 - *Five Food and Fitness Secrets for Lasting Weight Loss*, UC Davis Nephrology and Transplantation Conference
 - *Five Eating Strategies that Energize Your Life*, UC Davis Chancellor's Club
 - *Food Smarts*, American College of Sports Medicine. Orlando, FL
 - *Sports Nutrition News You Can Use*, New York State Dietetic Association Meeting. Rye Brook, NY
 - *Bitter or Sweet: The Health Facts About Sugar*, Western Candy Conference. Santa Ana Pueblo, NM
 - *Weight Loss Success*. Target Corporation. Minneapolis, MN
 - *Eating and Health Strategies for Graduate School Survival*, UC Davis
 - *Current Nutrition Trends – Weight Loss and Fitness*, Vancouver, WA
 - *Endurance Training Nutrition*, SacFit Running Club. Sacramento, CA
 - *Omnivore's Dilemma*, STEP Faculty Lecture. UC Davis
 - *Sports Nutrition Product Update*, 18th Annual Ironman Sports Medicine Conference, Kailua-Kona, HI
- 2005
- *Eight Must-Eat Foods for Better Health*, UC Davis Nephrology and Transplantation Conference
 - *Boston's Run to Remember: Eating Strategies for Better Performance*, Boston, MA
 - *Performance Eating for Training and Travel*, UC Davis Men's Golf Team
 - *Talking Nutrition to Your Patients*, UC Davis School of Medicine
 - *Fit and Healthy for a Life Time*, Parent Teacher Association, Davis Joint Unified School
 - *State of the Art: Why Kids Are Fat*, N. CA Regional Pediatric Conference
 - *Eat the Right Foods and Feel Good*, University Retirement Center, Davis
 - *Eat, Smart, Play Hard and Fat & Unfit: Causes and Cure for Child Obesity*, IDEA Health and Fitness Association, Chicago, IL
 - *Summertime Eating and Conditioning*, UC Davis. Women's Gymnastics Team
 - *Sports Product Update*, Florida Dietetics Association. Fort Myers, FL
 - *Sweeteners and Children's Health*, School Nutrition Association Annual Conference, Baltimore, MD
 - *Nutrition Necessities Every Woman Should Know*, Y-ME Northern California Affiliates. Davis, CA
 - *Sports Nutrition for College Athletes*, ICA. UC Davis
 - *Foods for Health*, UC Davis External Research Advisory Board
 - *Four Must Eat Food*, International College Union. UC Davis

- 2004
- *Eating for More Energy and Better Health*, Y-ME Breast Cancer Program
 - *Management of Obesity in the College Population*, San Francisco State University Professional Education Committee
 - *Eight Steps to More Energy and Vitality*, University Retirement Community. Davis, CA
 - *Glycemic Index – Performance & Health Issues – What to Tell Your Clients*, ACSM Health and Fitness Summit. Orlando, FL
 - *Fueling Performance: A Look at Sport Drinks, Energy Bars & Gels*, ACSM Health and Fitness Summit. Orlando, FL
 - *Nutrition ‘Necessities’ That Every Physician Should Tell Their Patient*, Keynote Speaker. Sixth Annual OU Women’s Health Conference. Tulsa, OK
 - *Eat Right For Your Best Season Ever*, Oakland Raiders, Oakland – NFL
 - *Eat Smart Play Hard*, IDEA Conference. Orlando, FL
 - *Fat & Unfit – The Cause and Cure of Childhood Obesity*, IDEA Conference. San Diego, CA
 - *Fat & Unfit – The Cause and Cure of Childhood Obesity*, Keynote. Yolo County Childhood Nutrition and Fitness Forum
 - *Do Performance Foods Measure Up?* American Dietetic Association Food and Nutrition Conference and Exposition National Meeting
 - *Six Nutrition ‘Necessities’ That Every Woman Should Know*, Woman’s Health Initiative. Sacramento, CA
 - *What Women Should Eat*, Prytanean Women’s Honor Society
 - *Eight Must-Eat Foods for Better Health*, Benefits and Wellness Faire. UC Davis
 - *Sports Nutrition and Life Skills*, UCD Intercollegiate Athletes
 - *Cocktail Party Nutrition Questions*, Graduate Group of Nutrition, UC Davis
- 2003
- UC Davis, Peer Counselors in Athletics
 - UC Academic Advisers Conference. Keynote – Health and Performance
 - *Top Ten Foods for Better Health and Performance*, Pear Blossom Run, Medford, OR
 - *Heart Healthy Foods: What to Tell Your Patients*, Southern Oregon Review of Medicine, Medford, OR
 - *Eating for More Energy*, UC Davis Chancellor Staff Meeting, UC Davis
 - Glycemic AAHPERD Annual Conference. Washington, DC
 - *Bounce Your Body Beautiful*, UC Davis Health Awareness 2003-4 Programs
 - Food and Nutrition Expo. American Dietetic Association
- 2002
- *Eat Smart, Play Hard*, Mind, Body, Spirit Reading Group, Barnes and Noble Bookstore, Modesto
 - *New Food Trends for 2002*, Canadian and US Food Editors, Ojai Valley
 - *Nutrition Issues in the College Population*, UCSF
 - *Nutrition for Runners*, International Waters, Norwegian Cruise Line
 - *Nutrition: Frequently Asked Questions*, International Waters, Norwegian Cruise Line
 - *Ten Best Foods For More Energy and Better Health*. Senior Learning Unlimited, Davis
 - *Questions You Need to Ask Your Doctor from the Teen Years through Post-menopause*. Women’s Health Council, Burlingame

- *Eating for Energy...Staying Healthy*. Sacramento Kings Royal Court Dancers
- 2001
 - *Honey Constituents and Research*, American Bee Keeping Federation, San Diego
 - *Fruit Consumption and Health*, Healthy Smile Awards, Sunkist, Tokyo, Japan
 - *Functional Food: Benefits and Risks*. National Food Editors Conference, Clovis
 - *Eat Smart, Play Hard*. ACSM Health and Fitness Summit. Las Vegas
 - *Dietary Guidelines*. ACSM Health and Fitness Summit. Las Vegas
 - *Exposure to College Level Science Course*. Young Scholars Program, Davis
 - *High Energy Eating*. Sacramento Kings, Royal Court Dancers, Sacramento
 - *Performance Nutrition*. UC Davis Football Team, UC Davis
 - *Great Tasting Foods that Fight for Your Health*. Y-Me Breast Cancer Org., Davis
 - *Use of Sweeteners in a Healthful Diet and as Part of a Fitness Plan*. American Dietetic Association, St. Louis
 - *Nutrition for Women*. Prytanean Women's Honor Society, UC Davis
 - *Eat Smart, Play Hard*. Turlock Running Club, Turlock
 - *Nutrition in Work and Athletic Performance*. Calgene Safety and Wellness Day, Davis
 - *Eat Smart, Play Hard*. Borders Books, Davis
- 2000
 - *Nutrition and Swimming Performance*. Davis Aquatic Masters Annual Meeting
 - *Diet and Heart Health*. UC Davis Emeritus Alumni Association
 - *Nutritional Concerns for Fire Fighters*. Sacramento Fire Training Academy
 - *Communicating Messages about Food and Cholesterol*. Health Communicators Conference, Egg Nutrition Center, Florida
 - *Phytochemicals and Cardiovascular Disease*. National Nutrition Month, American Dietetics Association, Northern California
 - *Dietary Supplements*, ACSM, Health and Fitness Summit, San Diego
 - *Diet and Cardiovascular Disease*. ACSM, Health and Fitness Summit, San Diego
 - *Eating and Race Performance*. Boston Marathon, Adidas/Runner's World Seminar
 - *Diet and Heart Health*. Coming of Age 2000 Lecture Series, UC Medical Center
 - *Careers in Sports Nutrition*, UC Davis Nutrition-Dietetic Association
 - *Nutrition and Work Performance*. UC Davis Staff Assembly
 - *Nutrition and Football Performance*, UC Davis Intercollegiate Athletics
 - *Nutrition and Dance Performance*, Sacramento Kings Dance Team
 - *Research Potential of Honey Constituents*, National Honey Board - Scientific Advisory Board, Denver, CO
 - *Nutrition and Athletic Performance*. Davis Senior High School Cross Country and Soccer Teams, Davis
 - *Nutrition and Sports Performance*, Five presentations, Davis Joint Unified School District - High School
 - *Food, Phytochemicals, and Chocolate: Protecting Against and Presenting Cardiovascular Disease*, Am Dietetics Assoc. National Meeting, Denver, CO
 - *Lifestyle, Food Choices, and Health*, Expo 2000, Pfizer Corporation, CT
- 1999
 - *Career Options in Sports Nutrition*, UC Nutrition-Dietetic Association
 - *Current Research in Sports Nutrition*, Nutrition Graduate Group, UC Davis

- *Cycling Performance and Diet*, USCF
 - *Teens and Eating*. Davis Joint Unified School District
 - National Press Club Gallup Poll Announcement, Fad Diet Survey, Washington, DC
 - *Nutrition and Race Performance*, N CA Leukemia Team in Training, Sacto
 - *Drinking and Eating for Better Marathon Performance*. Boston Marathon
 - *Women and Heart Disease*. University Farm Circle and Davis Community
 - *Nutritional Concerns for Training and Racing*, Davis Bike Club
 - *Menu Planning for Heart Health*. Borders Books, Davis Community
 - *Foods that Improve Heart Health*. Avid Reader, Davis Community
- 1998
- *Dietary Antioxidants and Chronic Disease Risk*, Food Editors Conf., Japan
 - *Careers in Nutrition*, Davis Joint Unified School District Career Day, Davis
 - *Race Performance*. Boston Marathon, Boston
 - *Fluids and Foods for Better Performance*, ACSM Health and Fitness Summit, Austin, TX
 - *Antioxidants and Exercise*, ACSM Health and Fitness Summit, Austin
 - *Women in Science*, UC Davis
 - *Eating for Better Swim Performance*, US Swimming, Sierra Nevada
 - *Diet and Performance*, UC Davis, Intercollegiate Water Polo
 - *Eating Disorders and the Female College Student*, UC Davis,
 - *Women's Health Issues*, National Health & Nutrition Magazine Editors, NY
- 1997
- *Diet and Cycling Performance*, U.S. C.F. Cycling Team, Davis
 - *Working it Out: How the Body Uses Fat*, Cutting Edge of Science Series
 - *Race Performance*, Shamrock Sports Festival and Marathon, Norfolk, VA
 - *Soy Protein and Disease Prevention*, CA Dietetics Association, San Francisco
 - *Body Fat and Health*, ACSM Health and Fitness Summit, New Orleans
 - *Carbohydrates, Food Choices & Performance*, World Fitness Idea Convention, LA
 - *Citrus Fruits and Antioxidants*, Food Marketers' Institute Conference, LA
 - *Nutritional Supplements*, International Sports Nutrition Conference, Williamsburg, Virginia
- 1996
- *Update on Sports Drinks and Performance Boosters*, CA Dietetics Assoc.
 - *Historical Perspective on Dietary Fads and Supplement Use in Athletes*, American Institute of Nutrition, History of Nutrition Symposium, Washington, D.C.
 - *Antioxidants*, ACSM Annual Meeting, Cincinnati, OH
 - *Dietary Antioxidants and Athletic Performance*, U.S. Amateur Triathlete Championships, Los Angeles
 - *Sports Drinks and Performance Boosters*, Southwest American College of Sports Medicine Meeting, Las Vegas, Nevada
- 1995
- *Careers in Nutrition*, Patwin Elementary School, Davis
 - *Nutrition and Control of Parkinson Disease Symptoms*, Davis Parkinson Support Group
 - *What's New in Nutrition: Using the Latest Research for Better Health and Performance*, UCD Summer Faculty Speakers Series, UC Davis
 - *The Facts on Fat Burning*, Outdoor Adventure & Fitness Expo Sacramento

- 1994
- *Eating Attitudes of Athletes*, South East Chapter Annual Meeting, ACSM
 - *Nutrition, Fitness and the Adolescent*, Consumer Seminar, UC Cooperative Extension
- 1993
- *Food Guide Pyramid*, Consumer Seminar, UC Cooperative Extension,
 - *Diet and Coronary Artery Disease*, Exercise Test Technologist Workshop, American College of Sports Medicine
 - *Careers In Sports Nutrition*, Nutrition Dietetic Association, UC Davis
- 1992
- *Nutrition and Physical Fitness*, National Nutrition Month, Dairy and Nutrition Council of Indiana
 - *Power Eating for More Energy*, Picnic Day, UC Davis
 - *Nutritional Concerns of Women*, Women's Resource and Research Center Health Fair, UC Davis
 - *Nutrition and Job Performance*, UCD Medical Surgery Seminar, UC Davis
 - *Diet and Coronary Artery Disease*, American College of Sports Medicine Exercise Test Technologist Workshop
 - *Nutrition for the Competitive Athlete*, Competitive Edge Conference, Sports Medicine Continuing Education Course
- 1991
- *Sports Nutrition Update*, Continuing Education course, Am Dietetics Assoc.
 - *Children and Fitness*, National Nutrition Month Am Dietetics Assoc.
 - *Nutrition and Ultra-endurance Performance*, Exceed Sports Nutrition Conference, Orlando, Florida
 - *Diet and Race Performance*, Race Clinic, Los Angeles Marathon
 - *High Performance Eating*, Race Clinic, New York Marathon
 - *Nutrition for the Marathon Runner*, Race Clinic, Marine Corps Marathon,
- 1990
- *Nutrition and Race Performance*, Race Clinic, Boston Marathon
 - *Eating For Fitness and Health*, Milwaukee Sports Medicine Clinic
 - *Nutrition and Athletic Performance*, Sports Symposium, UC Davis
 - *Better Racing Through Proper Eating*, Race Clinic, Long Beach Marathon
 - *Diet and Coronary Artery Disease*, Exercise Test Technologist Workshop, American College of Sports Medicine
 - *Nutrition and Race Performance*, Great North Triathlon
 - *Woman's Nutrition Issues and Race Performance*, New York City Marathon
- 1989
- *Diet and Race Performance*, Training Clinics, Tri-Texas Triathlon Camp
 - *Diet and Race Performance*, Race Clinic, Los Angeles Marathon
 - *Nutritional Concerns of the Ultraendurance Triathlete*, Ultraendurance Athlete Symposium, American College of Sports Medicine
 - *Nutritional Concerns For Active People*, Pre-race Medical Seminar, Western States 100-miler
 - *Diet and Coronary Artery Disease*, Exercise Test Technologist Workshop, American College of Sports Medicine
 - *Diet, Health and Performance*, Race Clinic, DuPont Coolmax National Triathlon Training Team
 - *Nutrition and Race Performance*, Race Clinic, "Hotter'n Hell" Bike Ride, Wichita

Falls, Texas

- *Nutrition and Race Performance*, Race Clinic, US Triathlon Series, San Diego
 - *Nutrition Trends For the Year 2000*, Dow Chemical Future Food Conference
- 1988
- *Nutrition Concerns of the Male and Female Athlete*, Continuing Medical Education faculty member, American College of Sports Medicine,
 - *Sports Nutrition and the Dietitian*, North Valley Dietetic Association
 - *Nutrition and Training*, Race Clinic, Total Fitness Lifestyle 5 Mile Run, Wright State University
 - *Nutrition and Coronary Artery Disease*, Exercise Test Technologist Workshop, American College of Sports Medicine
 - *Nutrition and Athletic Performance*, Race Clinic, DuPont Coolmax National Triathlon Training Team
 - *Sports Medicine, Nutrition and Race Performance*, Race Clinics, U. S. Triathlon Series, Denver and San Jose
- 1987
- *Nutrition and Performance*, Race Clinic, New York City Marathon
 - *Nutrition, Fluid Balance and Athletic Performance*, Spring Conference, Continuing Medical Education, American College of Sports Medicine
 - *Nutrition and Athletic Performance*, Spring Conference, Indiana Governor's Council for Physical Fitness and Sports Medicine
 - *Nutrition and Fitness*, Health Education and Training Program, CA State Department of Education
 - *Dietary Factors and Treatment of Coronary Heart Disease*, Exercise Test Technologist Workshop, American College of Sports Medicine,
 - *Nutrition and Athletic Performance*, National Triathlon Training Camp
 - *Nutrition Fundamentals*, Continuing Education, CA State Board of Registered Nursing
 - *Nutrition and the Collegiate Athlete*, Sports Symposium, UC Davis
 - *Diet, Health and Performance*, California Department of Forestry
- 1986
- *Endurance Athletes, Diet and Fluid Balance*, Continuing Medical Education, American College of Sports Medicine
 - *Exercise and Nutrition for Women*, Am Heart Association, Northern California
 - *Nutrition and Fitness*, Health Education and Training Program, California State Department of Education
 - *Dietary Risk Factors and Treatment for Coronary Heart Disease*, Exercise Test Technologist Workshop, American College of Sports Medicine
 - *Nutrition, Obesity and Exercise*, Clinical Nutrition and the Family Practice Physician, American College of Sports Medicine
 - *Nutrition, Fluid Balance and Diet Counseling for the Athlete*, Continuing Medical Education - Clinical Nutrition Update for the Practicing Physician, American College of Sports Medicine
- 1985
- *Nutrition, Fluid Balance and Athletic Performance*, Continuing Medical Education, American College of Sports Medicine
 - *Nutrition For the Mountaineer*, Continuing Medical Education, Mountain Medicine
 - *Diet, Health and Exercise*, Symposium, Am Heart Assoc., Northern CA

- *Nutrition and Fitness*, Continuing Education for Dietitians, American Dietetics Association
- *Risk Factors For Coronary Artery Disease and Nutrition Intervention*, Exercise Test Technologist Workshop, American College of Sports Medicine
- *Nutrition and Athletic Performance*, National Triathlon Training Camp
- *Diet and Fluid Balance in Women Athletes*, Women and Sports Medicine Update, Continuing Medical Education course director

Research Publications

1. 1981 Upton, D.E., E.A. Applegate and J.S. Stern. Effects of treadmill exercise in male and female rats on food intake, body composition and blood lipids. Federation Proceedings, 40:499.
2. 1982 Applegate, E.A., D.E. Upton and J.S. Stern. Exercise and detraining on food intake, adiposity, and in vivo lipogenesis in Osborne-Mendel rats made obese on high fat diets. Federation Proceedings, 41:714.
3. 1982 Applegate, E.A., D.E. Upton and J.S. Stern. Food intake body composition and blood lipids following treadmill exercise in male and female rats. Physiology and Behavior, 28:917.
4. 1983 Applegate, E.A., and J.S. Stern. Food intake, adiposity and adipose tissue lipoprotein lipase activity associated with exercise and its termination. Federation Proceedings, 42:802.
5. 1983 Castonguay, T.W., E.A. Applegate, D.E. Upton and J.S. Stern. Hunger and appetite: old concepts/new distinctions. Nutrition Reviews, 41:101.
6. 1983 Holly, R.G., R.J. Barnard, J. Rosenthal, E.A. Applegate and N. Pritikin. Triathlete characterization and the effects of prolonged competition and diet on serum components. Medicine and Science in Sports and Exercise, 15:108.
7. 1984 Applegate, E.A., D.E. Upton and J.S. Stern. Exercise and detraining: effect on food intake, adiposity and lipogenesis in Osborne-Mendel rats made obese by a high fat diet. Journal of Nutrition, 114:447.
8. 1986 Holly, R.G., R.J. Barnard, J. Rosenthal, E.A. Applegate and N. Pritikin. Triathlete characterization and response to prolonged strenuous competition. Medicine and Science in Sports and Exercise, 18:123.
9. 1987 Applegate, E.A. and J.S. Stern. Exercise termination effects on food intake, plasma insulin, and adipose lipoprotein lipase activity in the Osborne-Mendel rat. Metabolism, 36:709.
10. 1989 Applegate, E.A. Nutritional concerns of the ultraendurance athlete. Medicine and Science in Sports and Exercise, 21:205.
11. 1989 Applegate, E.A., M.L. O'Toole, and W.D.B. Hiller. Race day dietary intakes during an ultraendurance triathlon. Medicine and Science in Sports and Exercise, 21:48.
12. 1989 O'Toole, M.L., H. Iwane, P.S. Douglas, E.A. Applegate and W.D.B. Hiller. Estimates of iron sufficiency in ultraendurance triathletes. Medicine and Science in Sports and Exercise, 21:78.
13. 1989 O'Toole, M.L., H. Iwane, P.S. Douglas, E.A. Applegate and W.D.B. Hiller. Estimates of iron sufficiency in ultraendurance triathletes. The Physician and Sportsmedicine.

14. 1989 Uriu-Hare, J.Y., C.L. Keen, E.A. Applegate and J.S. Stern. The influence of moderate exercise in diabetic and normal pregnancy on maternal and fetal outcome in the rat. Life Sciences, 45:647.
15. 1991 Applegate, E.A. Nutritional considerations for the ultraendurance athlete. International Journal of Sport Nutrition, 1:118-126.
16. 1991 Holly, R.G., FACSM, D.J. Orber, L. Applegate, N. Rifai, and E.A. Amsterdam. Favorably altered lipoproteins in coronary patients with persistently elevated serum cholesterol and a healthy diet. Medicine and Science in Sports and Exercise, 23:530.
17. 1996 Camplen, L.M., K.L. Olin, H.H. Schmitz, L.A. Applegate, J.B. German, J.D. Shaffrath, C. Emenhiser, S.J. Schwartz and C.L. Keen. An antioxidant-fortified energy bar can reduce exercise induced oxidative stress. FASEB, 10:A477.
18. 1996 Applegate, L.A., L. Camplen, K.L. Olin, J.B. German, H.H. Schmitz and C.L. Keen. Influence of an antioxidant nutrient fortified food product and strenuous exercise on antioxidant enzyme systems. Medicine and Science in Sports and Exercise, 28(5): S30.
19. 1996 Grivetti, L.E., Applegate, E.A., Clarkson, P.M., Grandjean, A.C., McDonald, R.B. and C.M. Tipton. From ancient Olympia to modern Atlanta. Celebration of the Olympic Centennial. Nutrition Today. 31(6):241-249.
20. 1997 Applegate, E.A., Clarkson, P.M., Grandjean, A.C., Grivetti, L., McDonald, R.B., and C.M. Tipton. Introduction. Symposium: Nutrition and Physical Performance: A Century of Progress and Tribute to the Modern Olympic Movement. Journal of Nutrition. 127:8575-8595.
21. 1997 Grivetti, L.E. and E.A. Applegate. From Olympia to Atlanta: A Cultural-historical Perspective on Diet and Athletic Training. Symposium: Nutrition and Physical Performance: A Century of Progress and Tribute to the Modern Olympic Movement. Journal of Nutrition. 127:8605-8685.
22. 1997 Applegate, E.A. and L.E. Grivetti. Search for the Competitive Edge. A History of Dietary Fads and Supplements. Symposium: Nutrition and Physical Performance: A Century of Progress and Tribute to the Modern Olympic Movement. Journal of Nutrition. 127:8695-8735.
23. 1997 Applegate, E.A., Baumgartner, B., Clarkson, P.M., Grivetti, L.E., Haislett, N., McDonald, R.B., Mills, B. and A. Oerter. Gold medal roundtable: Athlete Presentations, Audience Questions, and Summary Statements. Symposium: Nutrition and Physical Performance: A Century of Progress and Tribute to the Modern Olympic Movement. Journal of Nutrition. 127:8865-8925.
24. 1999 Applegate, E.A. Effective nutritional ergogenic aids. International Journal of Sports Nutrition. 9 (2): 229-239.
25. 2000 Applegate, E.A. Introduction: Nutritional and Functional Roles of Eggs in the Diet. Journal of the American College of Nutrition. 19(5):495S-498S.
26. 2006 Applegate, E.A. Branched Chain Amino Acid Supplementation & Exercise Performance. Sports Medicine Program. University of California, Davis.
27. 2006 Casazza, G.A., Skillen, R.A., Braun, M., Testa, M., E.A. Applegate, FACSM and Heiden, E.A., Branched-Chain Amino Acids and Muscle Damage After Consecutive Exercise Bouts, Southwest Chapter, American College of Sports Medicine, 2006 Annual Meeting abstract #8, p. 20.
28. 2006 Campbell, C., Prince, D., Braun, M., Applegate, E.A., FACSM, Casazza, G. A.

- Effect of Carbohydrate Supplementation Type on Endurance Cycling Performance in Competitive Athletes, Southwest Chapter, American College of Sports Medicine, 2006 Annual Meeting abstract #45, p. 30.
29. 2007 Campbell, C., Prince, D., Braun, M., Applegate, E.A., FACSM, Casazza, G. A. Effect of Carbohydrate Supplementation Type on Endurance Cycling Performance in Competitive Athletes, ACSM 54th Annual Meeting May 2007 abstract #1760, p. S290.
 30. 2008 Campbell, C., Prince, D., Braun, M., Applegate, E.A., FACSM, Casazza, G. A. Carbohydrate-Supplement Form and Exercise Performance, *International Journal of Sport Nutrition and Exercise Metabolism*, Volume 18, Number 2, April 2008, p. 179
 30. 2008 Skillen, R., Testa, M., Applegate, E.A., FACSM, Heiden, E., Fascetti, A., Casazza, G. Effects of an Amino Acid-Carbohydrate Drink on Exercise Performance After Consecutive-Day Exercise Bouts, *International Journal of Sport Nutrition and Exercise Metabolism*, Volume 18, Number 5, October 2008, p. 473.
 31. 2010 Jazmin Rodriguez-Jordan^{1,2}, Elizabeth Applegate¹, Sheri Zidenberg-Cherr^{1,2} ¹ Team Davis: A Pilot Study Using a Garden-Enhanced Nutrition Education Curriculum for Individuals with Developmental Disabilities, Department of Nutrition, ²Center for Nutrition in Schools, University of California, Davis.
 32. 2010 Miller, L., Gibson, T., Applegate, E. Predictors of Nutrition Information Comprehension in Adulthood; *Patient Education and Counseling* Issue 80, 2010, p. 107-112.
 33. 2011 Miller, L., Gibson, T., Applegate, E., de Dios, J., Mechanisms Underlying Comprehension of Health Information in Adulthood: The Roles of Prior Knowledge and Working Memory Capacity; *Journal of Health Psychology*, Volume 16, Number 5, 2011, p. 794-806.
 34. 2012 Too, B., Cicai, S., Hockett, K., Applegate, E., FACSM, Davis, B., FACSM, Casazza, G., Effects Of Natural Versus Commercial Product On Running Performance And Gastrointestinal Tolerance; *Medicine & Science in Sports & Exercise*, Volume 44, Number 5, May 2012, p. S423.
 35. 2012 Too, B., Cicai, S., Hockett, K., Applegate, E., Davis, B., Casazza, G., Natural versus commercial carbohydrate supplementation and endurance running performance; *Journal of the International Society of Sports Nutrition*, 9:27, doi:10.1186/1550-2783-927, June 15, 2012.
 36. 2014 Miller, L., Casady, D., Applegate, E., Beckett, L., Gibson, T., Wilson, DeSouza, K., Carlisle, K., Use of Nutrition on Food Labels by Middle-Aged and Older Adults; Gerontological Society of America, GSA 2014 Annual Scientific Meeting, March 3, 2014.
 37. 2015 Miller, L., Casady, D., Applegate, E., Beckett, L., Gibson, T., Wilson, Ellwood, K., Relationships among Food Label Use, Motivation, and Dietary Quality; *Nutrients* 2015 7(2), doi: 10.3390/nu7021068, February 5, 2015.
 38. 2015 Miller, L., Cassady, D., Beckett, L., Applegate L., Wilson, M., Gibson, T., Ellwood, K., Misunderstanding of Front-Of-Package Nutrition Information on US Food Products; *PLoS ONE* 10(4): e0125306; doi: 10.1371/journal.pone.0125306, April 29, 2015.

Periodicals

1. 1983 Applegate, L. Food for Fitness, Triathlete, Aug., p. 20.
2. 1983 Applegate, L. Water Goes the Distance, Triathlete, Oct., p. 17.
3. 1983 Applegate, L. Fact or Fiction, Runner's World, Dec., p. 102.
4. 1984 Applegate, L. Vitamin Overdose, Runner's World, Jan., p. 61.
5. 1984 Applegate, L. B Your Best, Fit, Mar., p. 38.
6. 1984 Applegate, L. and J. Ball. Carbohydrates: To Load or Not to Load, Triathlete, Sep., p.14.
7. 1985 Applegate, L. Staying Fit Through the Holidays, Triathlon, Dec., p. 11.
8. 1986 Applegate, L. Refueling, Triathlon Magazine, Jun., p. 40.
9. 1986 Applegate, L. Choosing a Sport Drink, Runner's World, Jul., p. 18.
10. 1986 Applegate, L. The "Perfect" Pre-race Meal, Runner's World, Aug., p. 18.
11. 1986 Applegate, L. Ironing Out Sports Anemia, Runner's World, Sep., p. 20.
12. 1986 Applegate, L. Science and Supplementation, Runner's World, Oct., p. 28.
13. 1986 Applegate, L. Fish Oil: Go to the Source, Runner's World, Nov., p. 22.
14. 1986 Applegate, L. Surviving Holiday Foods, Runner's World, Dec., p. 18.
15. 1987 Applegate, L. Why Runners Need Protein, Runner's World, Jan., p. 18.
16. 1987 Applegate, L. A Break from Calcium Mania, Runner's World, Feb., p. 20.
17. 1987 Applegate, L. How to Conquer Runner's Trots, Runner's World, Mar., p. 20.
18. 1987 Applegate, L. Do You Need Supplements?, Runner's World, Apr., p. 20.
19. 1987 Applegate, L. Guidelines For Vegetarians, Runner's World, May, p. 96.
20. 1987 Applegate, L. Is Bottled Water Better For You?, Runner's World, Jun., p.70.
21. 1987 Applegate, L. Diet Drinks Or The Real Thing?, Runner's World, Jul., p. 22.
22. 1987 Applegate, L. Fabulous Fresh Fruit, Runner's World, Aug., p. 68.
23. 1987 Applegate, L. Are You Running To Eat?, Runner's World, Sep., p. 24.
24. 1987 Applegate, L. Brewing Controversy, Runner's World, Oct., p. 20.
25. 1987 Applegate, L. Winning Grains, Runner's World, Oct., p. 20.
26. 1987 Applegate, L. Weight Watching, Runner's World, Dec., p. 20.
27. 1987 Applegate, L. Winter Greens, Runner's World, Dec., p. 20.
28. 1988 Applegate, L. Lite Reading, Runner's World, Jan., p. 37.
29. 1988 Applegate, L. Keep - Going Foods, Recipes, Health, Jan., p. 37.
30. 1988 Applegate, L. Making Waves, Runner's World, Feb., p. 20.
31. 1988 Applegate, L. Feeding The Athlete In You, Foods Unlimited, Safeway Stores Inc., Jan./Feb., Vol 6, p. 4.
32. 1988 Applegate, L. These Feet Were Meant For Walking, Foods Unlimited, Safeway Stores, Inc., Jan./Feb., Vol. 6, p. 6.
33. 1988 Applegate, L. No-Age Diet, Runner's World, Mar., p. 20.
34. 1988 Applegate, L. Meat To Win?, Runner's World, Apr., p. 18.
35. 1988 Applegate, L. Equal Bites?, Runner's World, May, p. 18.
36. 1988 Applegate, L. Is Eating Hazardous To Your Health?, Runner's World, Jun., p. 20.
37. 1988 Applegate, L. Nutrition: Just A Trace, Health, Jun., p. 59.
38. 1988 Applegate, L. The ABCs Of The RDAs, Runner's World, Jul., p. 18.
39. 1988 Applegate, L. Different Rides, Different Diets, Bicycling, Jul., p. 78.
40. 1988 Applegate, L. Body Talk: Caffeine - Carbo Stacking, Triathlete, Aug., p. 9.

41. 1988 Applegate, L. Nutrition: Just Desserts, Runner's World, Aug., p.18.
42. 1988 Applegate, L. Body Talk: The Benefits of Fructose, Triathlete, Sep., p. 8.
43. 1988 Applegate, L. Nutrition: The Lowdown on Loading, Runner's World, Sep., p. 20.
44. 1988 Applegate, L. Body Talk: Sex in The Saddle, Triathlete, Oct., p. 10.
45. 1988 Applegate, L. Nutrition: Is Lunch Putting You to Sleep?, Runner's World, Oct., p. 20.
46. 1988 Applegate, L. Body Talk: Fishy Performance, Triathlete, Nov., p. 10.
47. 1988 Applegate, L. Nutrition: Running on Empty, Runner's World, Nov., p.20.
48. 1988 Applegate, L. Nutrition: What's Cookin'?, Runner's World, Dec., p. 18.
49. 1989 Applegate, L. FYI (For Your Information), Q&A Column, The Davis Enterprise, Jan. 10, p. B-1.
50. 1989 Applegate, L. Nutrition: Five Life-Extenders, Runner's World, Jan., p. 18.
51. 1989 Applegate, L. Body Talk: Moody Performance, Triathlete, Jan., p. 13.
52. 1989 Applegate, L. A Never-Drag-Again Eating Plan, Health, Feb., p. 52.
53. 1989 Applegate, L. Body Talk: The Medical Tent, Triathlete, Feb., p. 11.
54. 1989 Applegate, L. Nutrition: Box Treats, Runner's World, Feb., p. 20.
55. 1989 Applegate, L. Nutrition: Pumping Iron, Runner's World, Mar., p. 22.
56. 1989 Applegate, L. Body Talk: Cholesterol Check-Up, Triathlete, Mar., p. 12.
57. 1989 Applegate, L. Nutrition: Faux Better or Worse?, Runner's World, Apr., p. 20.
58. 1989 Applegate, L. Body Talk: Preventing Race Day Collapse, Triathlete, Apr., p. 12.
59. 1989 Applegate, L. Nutrition: Eat, Drink And Be Faster, Runner's World, May, p. 20.
60. 1989 Applegate, L. Total Fitness '89: Dietary Habits, Runner's World, May, p. 66.
61. 1989 Applegate, L. Body Talk: Eating on The Run, Triathlete, May, p. 12.
62. 1989 Applegate, L. Nutrition: Ask The Nutritionist, Runner's World, Jun., p. 22.
63. 1989 Applegate, L. Body Talk: Hot Rides, Triathlete, Jun., p. 10.
64. 1989 Applegate, L. Body Talk: Half A Cup Please, Triathlete, Jul., p. 20.
65. 1989 Applegate, L. Nutrition: Modified Vegetarianism, Runner's World, Jul., p. 22.
66. 1989 Applegate, L., and J. Stern. Do-It-Yourself Diet Analysis, Prevention, Jul., p. 33.
67. 1989 Applegate, L. Nutrition: Face The Facts, Runner's World, Aug., p. 22.
68. 1989 Applegate, L. Body Talk: For Women Only, Triathlete, Aug., p. 10.
69. 1989 Applegate, L. Nutrition: Eat and Run, Runner's World, Sep., p. 22.
70. 1989 Applegate, L. Body Talk: Protein- Are You Eating Enough?, Triathlete, Sep., p. 12.
71. 1989 Applegate, L. Nutrition: Mineral Deposits, Runner's World, Oct., p. 18.
72. 1989 Applegate, L. Body Talk: Traveling Eats, Triathlete, Oct., p. 8.
73. 1989 Applegate, L. Nutrition: What's Brewin'?, Runner's World, Nov., p. 22.
74. 1989 Applegate, L. Body Talk: Sexy Training, Triathlete, Nov./Dec., p. 8.
75. 1989 Applegate, L. Nutrition: Striking a Balance, Runner's World, Dec., p. 22.
76. 1990 Applegate, L. Nutrition: Ethnic Delights, Runner's World, Jan., p. 23.
77. 1990 Applegate, L. Body Talk: Body-Fat Testing, Triathlete, Jan./Feb., p. 8.
78. 1990 Applegate, L. FYI (For Your Information), Q&A column, The Davis Enterprise, Feb., p. 27.
79. 1990 Applegate, L. Nutrition: Girth Control, Runner's World, Feb., p. 22.
80. 1990 Applegate, L. Body Talk: E is for Exercise, Triathlete, Mar., p. 10.
81. 1990 Applegate, L. Nutrition: Fast-Track Snacking, Runner's World, Mar., p. 22.
82. 1990 Applegate, L. Nutrition: The Power of Protein, Runner's World, Apr., p. 20.
83. 1990 Applegate, L. Nutrition: Lean and Green, Runner's World, May, p. 20.
84. 1990 Applegate, L. Body Talk: Iron-Poor Blood: Do You Have It?, Triathlete, May, p.

- 12.
85. 1990 Applegate, L. Expert Advice, Proudtalk Newsletter, Volume V, Issue I, p. 3.
 86. 1990 Applegate, L. Just Do It! But Don't Overdo It!, The Penguin League's Health Letter, May, pp. 1, 4.
 87. 1990 Applegate, L. Nutrition: Ask The Nutritionist, Runner's World, Jun., p. 22.
 88. 1990 Applegate, L. Body Talk: Sweets for Triathletes, Triathlete, Jun., p. 14.
 89. 1990 Applegate, L. Food and Fitness Under the Sun, Foods Unlimited, Safeway Stores, May/Jun., Vol. 8 (3), p. 5.
 90. 1990 Applegate, L. School's Out-Summertime Fun with Food and Fitness, Foods Unlimited, Safeway Stores, May/Jun., Vol. 8 (3), p. 4.
 91. 1990 Applegate, L. Nutrition: Bottoms Up, Runner's World, Jul., p. 20.
 92. 1990 Applegate, L. Body Talk: Running to the Bone, Triathlete, Jul., p. 10.
 93. 1990 Applegate, L. Nutrition: Shop Right, Runner's World, Aug., p. 20.
 94. 1990 Applegate, L. Body Talk: Drink Up, Triathlete, Aug., p. 10.
 95. 1990 Applegate, L. Nutrition: Running on Empty?, Runner's World, Sep., p. 24, 26.
 96. 1990 Applegate, L. Body Talk: Training Setbacks, Triathlete, Sep., p. 12.
 97. 1990 Applegate, L. Nutrition: Carbo-Hydration, Runner's World, Oct., pp. 24, 26.
 98. 1990 Applegate, L. Body Talk: High Performance Breakfasts, Triathlete, Oct., p. 10.
 99. 1990 Applegate, L. Nutrition: Gut Reactions, Runner's World, Nov., pp. 22, 24.
 100. 1990 Applegate, L. Body Talk: Inosine-Super Supplement, Triathlete, Nov./Dec., p. 10.
 101. 1990 Applegate, L. Nutrition: Holiday Meal Make-Over, Runner's World, Dec., pp. 24, 26.
 102. 1991 Applegate, L. Nutrition: Winning Dinners, Runner's World, Jan., pp. 20, 22.
 103. 1991 Applegate, L. Body Talk: Is Age Slowing You Down?, Triathlete, Jan./Feb., p. 12.
 104. 1991 Applegate, L. Eating Well: Fast Track Snacks, Men's Health, Feb., pp. 40, 41.
 105. 1991 Applegate, L. Nutrition: Herbal Heroes?, Runner's World, Feb., pp. 20, 22.
 106. 1991 Applegate, L. Nutrition: What's Cooking?, Runner's World, Mar., pp. 24, 26.
 107. 1991 Applegate, L. Body Talk: Running on Empty, Triathlete, Apr., p. 20.
 108. 1991 Applegate, L. Nutrition: Snack Bars, Runner's World, Apr., pp. 24, 26.
 109. 1991 Applegate, L. Special Report: The 14 Best Frozen Dinners, Rodale's Food and Nutrition Letter, Apr., pp. 10, 11.
 110. 1991 Applegate, L. Nutrition: All About Blood Sugar, Runner's World, May, pp. 28, 30.
 111. 1991 Applegate, L. Nutrition Notes: Daily Double, Runner's World, May, p. 32.
 112. 1991 Applegate, L. Body Talk: Getting Your Z's, Triathlete, May, p. 30.
 113. 1991 Applegate, L. Ask The Experts: Pondering Pop, Reebok's Coaching Challenge, Spring Issue, p. 13.
 114. 1991 Applegate, L. Nutrition: Booster Club, Runner's World, Jun., pp. 28, 30.
 115. 1991 Applegate, L. Body Talk: Menstrual Cycle and Metabolism, Triathlete, Jun., pp. 12-13.
 116. 1991 Applegate, L. Plan A Fit Vacation, Safeway's Foods Unlimited, May/Jun., p. 3.
 117. 1991 Applegate, L. Finding Time For Food And Fitness, Safeway's Foods Unlimited, May/Jun., pp. 4, 5.
 118. 1991 Applegate, L. Quench A Summertime Thirst, Safeway's Foods Unlimited, May/Jun., p. 6.
 119. 1991 Applegate, L. Nutrition: Drinks To Your Health, Runner's World, Jul., pp. 24, 26.
 120. 1991 Applegate, L. Get The Fat Out, Runner's World, Jul., pp. 83-87.
 121. 1991 Applegate, L. Fitness: Unwrap Some Energy, Men's Health, Aug., pp. 20, 21.

122. 1991 Applegate, L. Nutrition: Sinfully Delicious, Runner's World, Aug., pp. 24, 26.
123. 1991 Applegate, L. Nutrition: Ask The Nutritionist, Runner's World, Sep., pp. 24, 26.
124. 1991 Applegate, L. Nutrition: Give It A Rest, Runner's World, Oct., pp. 22, 24.
125. 1991 Applegate, L. Nutrition: Eating To Win, Runner's World, Nov., pp. 26, 30, 31.
126. 1991 Applegate, L. Nutrition: Power Eating, Runner's World, Dec., pp. 28, 29.
127. 1992 Applegate, L. Nutrition: Healing Foods, Runner's World, Jan., pp. 18, 20.
128. 1992 Applegate, L. Nutrition: Solid Chocolate, Runner's World, Feb., pp. 23, 25.
129. 1992 Applegate, L. Medical & Training Advice: The Big Chill, Runner's World, Mar., pp. 30, 31.
130. 1992 Applegate, L. Nutrition Notes: Ask The Expert, Runner's World, Mar., p. 26.
131. 1992 Applegate, L. Nutrition: Label-Ease, Runner's World, Mar., pp. 22, 24, 25.
132. 1992 Applegate, L. Performance Diet: Power Boosters - A Guide to Sports Drinks and Foods, Coaching Challenge, Spring, pp. 8, 9.
133. 1992 Applegate, L. FYI: Balanced Diet Pays Off With Good Health, The Davis Enterprise, Mar. 10, p. A-3.
134. 1992 Applegate, L. Nutrition: Ask The Nutritionist, Runner's World, Apr., pp. 20, 22, 23.
135. 1992 Applegate, L. Nutrition: Good and Healthy, Runner's World, May, pp. 20, 22, 23.
136. 1992 Applegate, L. Nutrition: Protein Power, Runner's World, Jun., pp. 22, 24, 25.
137. 1992 Applegate, L. Nutrition: Good Solutions, Runner's World, Jul., pp. 18, 20, 21.
138. 1992 Applegate, L. Healthy Living: Eat Up! Stay Healthy!, Golden Years, Jul. / Aug., pp. 34, 35.
139. 1992 Applegate, L. Nutrition: More to Life Than Bagels, Runner's World, Aug., pp. 24, 26.
140. 1992 Applegate, L. Nutrition: Faux Fat, Runner's World, Sep., pp. 20, 23.
141. 1992 Applegate, L. Lab Reports: Vital Vitamins, Runner's World, Sep., p. 72.
142. 1992 Applegate, L. Nutrition: Eating Green, Runner's World, Oct., pp. 22, 24.
143. 1992 Applegate, L. Nutrition: Snack Attack, High School Cross-Country Special, Runner's World, Fall, pp. 12, 13.
144. 1992 Applegate, L. Nutrition: Winning Index, Runner's World, Nov., pp. 22, 24.
145. 1992 Applegate, L. Nutrition: Happy Holidays, Runner's World, Dec., pp. 20, 22.
146. 1993 Applegate, L. Nutrition: Ask The Nutritionist, Runner's World, Jan., pp. 20, 23.
147. 1993 Applegate, L. Nutrition: Balancing Act, Runner's World, Feb., pp. 8-19.
148. 1993 Applegate, L. Nutrition: Supplement Speak, Runner's World, Mar., pp. 22, 24.
149. 1993 Applegate, L. Nutrition: Feeding Your Face, Runner's World, Spring, pp. 6, 7.
150. 1993 Applegate, L. Nutrition: Buried Treasures, Runner's World, Apr., pp. 22, 24.
151. 1993 Applegate, L. Healthy Eating: Reducing the Diet Deficit, Healthy Woman, Summer, pp. 21-23.
152. 1993 Applegate, L. Nutrition: Going Meatless, Runner's World, May, pp. 24, 26.
153. 1993 Applegate, L. Nutrition: Boxed Wonders, Runner's World, Jun., pp. 24, 26, 27.
154. 1993 Applegate, L. Nutrition: Futuristic Fluids, Runner's World, Jul., pp. 30, 32.
155. 1993 Applegate, L. Ask The Nutritionist, Power Shakes, Fitness, Jul./ Aug., pp. 22, 23.
156. 1993 Applegate, L. Nutrition: Fruit Force, Runner's World, Aug., pp. 22, 24.
157. 1993 Applegate, L. Nutrition: Ask The Nutritionist, Runner's World, Sep., pp. 22, 24, 25.
158. 1993 Applegate, L. Nutrition: Ethnic Eats, Runner's World, Oct., pp. 26, 28, 29.
159. 1993 Applegate, L. Nutrition Notes, Runner's World High School Cross-Country Special, Fall, pp. 10, 11.

160. 1993 Applegate, L. Nutrition: Label Logic, Runner's World, Nov., pp. 26, 27.
161. 1993 Applegate, L. Healthy Eating: Faux Fat, Healthy Woman, Winter, pp. 18, 19.
162. 1993 Applegate, L. Nutrition: Nutrition Market, Runner's World, Dec., pp. 20, 21.
163. 1994 Applegate, L. Nutrition: What's Cookin'?, Runner's World, Jan., pp. 20, 22, 23.
164. 1994 Applegate, L. Your Menu Planner: Hidden Treasures, Prevention's Guide to Weight Loss, Spring, pp. 14-16.
165. 1994 Applegate, L. Nutrition: Fat Transformed, Runner's World, Feb., pp. 26, 27.
166. 1994 Applegate, L. Nutrition: Ask The Nutritionist, Runner's World, Mar., pp. 20, 22.
167. 1994 Applegate, L. Ask The Nutritionist: The Good-For-You Food, Fitness, Mar./Apr., p. 34.
168. 1994 Applegate, L. Nutrition: Real Men Eat Right, Runner's World, Apr., pp. 22, 24, 25.
169. 1994 Applegate, L. Nutrition: Ode to Spring, Runner's World, May, pp. 30, 32.
170. 1994 Applegate, L. Nutrition: Fats as Fuel?!, Runner's World, Jun., pp. 24, 26.
171. 1994 Applegate, L. Healthy Eating: Hidden Treasures, Heart & Soul, Summer, pp. 28, 30.
172. 1994 Applegate, L. Nutrition: Fluid Fluency, Runner's World, Jul., pp. 30, 32.
173. 1994 Applegate, L. Nutrition Survival Guide, Healthy Woman, Summer, pp. 48-50, 52-54.
174. 1994 Applegate, L. Nutrition: For Sweet Teeth Only, Runner's World, Aug., pp. 26, 28.
175. 1994 Applegate, L. Nutrition: Put it to the Test, Runner's World, Sep., pp. 26, 28.
176. 1994 Applegate, L. Nutrition: Expert Answers to Common Questions, Runner's World, Oct., pp. 22, 23.
177. 1994 Applegate, L. Nutrition: Seven Days and Counting, Runner's World, Nov., pp. 24, 26.
178. 1994 Applegate, L. Nutrition: Healthful Holiday Gifts, Runner's World, Dec., pp. 28-31.
179. 1995 Applegate, L. Nutrition: Middle-Age Creep, Runner's World, Jan., pp. 20, 21.
180. 1995 Applegate, L. Dieting Dangers, Prevention's Guide to Weight Loss, Winter, pp. 13.
181. 1995 Applegate, L. Personal Power: Fuel Up for Power, Success, Feb., pp. 16.
182. 1995 Applegate, L. Nutrition: Ask the Nutritionist, Runner's World, Feb., pp. 20, 21.
183. 1995 Applegate, L. Nutrition: Mother Nature's Superfoods, Runner's World, Mar., pp. 24, 25.
184. 1995 Applegate, L. Nutrition: Beating the Brain Drain, Runner's World, Apr., pp. 24, 25.
185. 1995 Applegate, L. Nutrition: Bottoms Up?, Runner's World, May, pp. 24, 25.
186. 1995 Applegate, L. Nutrition: Will pasta make you fat?, Runner's World, Jun., pp. 25-27.
187. 1995 Applegate, L. Nutrition: Q&A: The ins and outs of hydration and sports drinks, Runner's World, Jul., pp. 24, 25.
188. 1995 Applegate, L. Nutrition: The perfect blend; beat the heat with a blender treat, Runner's World, Aug., pp. 28, 29.
189. 1995 Applegate, L. Nutrition: Eight nutrition tips for women runners, Runner's World, Sept., pp. 22, 23.
190. 1995 Applegate, L. Nutrition: Dig these minerals, Runner's World, Oct., pp. 24-27.
191. 1995 Applegate, L. Nutrition: Claim check, here's the lowdown on four well-known supplements, Runner's World, Nov., pp. 24, 25.
192. 1995 Applegate, L. Nutrition: Season's Feedings, Runner's World, Dec., pp. 22, 23.
193. 1996 Applegate, L. Nutrition: Burning Desire, Runner's World, Jan., pp. 22, 23.
194. 1996 Applegate, L. Nutrition: Dear Liz, Runner's World, Feb., pp. 26-29.
195. 1996 Applegate, L. Nutrition: Food Fight, Runner's World, Mar., pp. 24, 25.

196. 1996 Applegate, L. Nutrition: Phyting Phoods, Runner's World, May, pp. 28,29.
197. 1996 Applegate, L. Food facts-fast, Stress Free Living, May, pp. 86-90.
198. 1996 Applegate, L. Nutrition: Performance on Demand?, Runner's World, June, pp. 30-31.
199. 1996 Applegate, L. Nutrition: Fluid News You Can Use., Runner's World, July, pp. 26-28.
200. 1996 Applegate, L. Nutrition: Going Organic., Runner's World, August, pp. 30-31.
201. 1996 Applegate, L. Nutrition: Performance Pick-Me-Ups., Runner's World, September, pp. 24-25.
202. 1996 Applegate, L. Nutrition: Your Questions Answered., Runner's World, October, pp. 26-28.
203. 1996 Applegate, L. Nutrition: Protein Primer., Runner's World, November, pp. 24-25.
204. 1996 Applegate, L. Nutrition: The Mourning After., Runner's World, December, pp. 22-23.
205. 1997 Applegate, L. Nutrition: Inspecting the Fortifications, Runner's World, January, pp. 24-25.
206. 1997 Applegate, L. Nutrition: The New "Supermarket," Runner's World, February, pp. 26-27.
207. 1997 Applegate, L. Nutrition: Your Questions Answered, Runner's World, March, pp. 28-29.
208. 1997 Applegate, L. Nutrition: Vegetable Matter, Runner's World, April, pp. 26-27.
209. 1997 Applegate, L. New Reasons to Take Vitamins, Redbook, April, pp. 59-50.
210. 1997 Applegate, L. Ten Answers You Need, Runner's World, May, pp. 30-32.
211. 1997 Applegate, L. Dear Mr. President, Runner's World, June, pp. 30-31.
212. 1997 Applegate, L. Water Works, Runner's World, July, pp. 30-31.
213. 1997 Applegate, L. Fruit's the Route, Runner's World, August, pp. 30-32.
214. 1997 Applegate, L. Fast Low-fat Dinners, Total Fitness for Women, September, pp. 30-32.
215. 1997 Applegate, L. Food Face-Off, Runner's World, September, pp. 24-26.
216. 1996 Applegate, L. Your Marathon Menu, Runner's World, October pp. 22-24.
217. 1997 Applegate, L. Liz's Top Ten, Runner's World, November, pp. 26-27.
218. 1997 Applegate, L. Immunity Boosting, Runner's World, December, pp. 24-26.
219. 1998 Applegate, L. Mean Cuisine, Runner's World, January, pp. 24-26.
220. 1998 Applegate, L. Supplement Speak, Runner's World, February, pp. 30-32.
221. 1998 Applegate, L. Pump Up Your Energy, Runner's World, March, p. 26.
222. 1998 Applegate, L. Running Into Trouble, Runner's World, April, pp. 30-31, 82.
223. 1998 Applegate, L. Fat Chance, Shape, April, pp. 62-65.
224. 1998 Applegate, L. Greens Know-how, Runner's World, May, pp. 28-30.
225. 1998 Applegate, L. Performance Fuel, Runner's World, June, pp. 30-31.
226. 1998 Applegate, L. Brave New Beverages, Runner's World, July, pp. 26-28.
227. 1998 Applegate, L. And the Winner is..., Runner's World, August, pp. 26-29.
228. 1998 Applegate, L. Looking for a Boost, Runner's World, September, pp. 24-26.
229. 1998 Applegate, L. Taking the Bar, Runner's World, October, pp. 24-26.
230. 1998 Applegate, L. Soy Wonder, Runner's World, November, pp. 26-28.
231. 1998 Applegate, L. Present Perfect, Runner's World, December, pp. 24-27.
232. 1999 Applegate, L. The Fat You'll Want, Runner's World, January, pp. 24-26.
233. 1999 Applegate, L. Vitamins: Are You Taking Too Many? Runner's World, February,

- pp. 24-26.
234. 1999 Applegate, L. Spring Clean Your Diet. Runner's World, March, pp. 26, 103.
 235. 1999 Applegate, L. Herbs Made Easy. Runner's World, April, pp. 28, 30.
 236. 1999 Applegate, L. Defensive Eating. Runner's World, May, pp. 32, 34.
 237. 1999 Applegate, L. Too Bashful to Ask? Runner's World, June, pp. 28-31.
 238. 1999 Applegate, L. Test Your Fluid Sense, Runner's World, July, pp. 30-32.
 239. 1999 Applegate, L. Smoothie Savvy, Runner's World, August, pp. 28,30.
 240. 1999 Applegate, L. This Just In, Runner's World, September, pp. 28, 31.
 241. 1999 Applegate, L. Make Room for Fish, Runner's World, October, pp. 27, 28.
 242. 1999 Applegate, L. The 25 Best Snacks for Runners, Runner's World, November, pp. 30,33.
 243. 1999 Applegate, L. Seven Ways to Lose 7 Pounds, Runner's World, December, pp. 28,29.
 244. 2000 Applegate, L. Soup Therapy, Runner's World, January, pp. 20-23.
 245. 2000 Applegate, L. Feed Your Injury, Runner's World, February, pp. 22,23.
 246. 2000 Applegate, L. The Pyramid Plan, Runner's World, March, pp. 20,22.
 247. 2000 Applegate, L. Just the Facts, Runner's World, April, pp. 30,32.
 248. 2000 Applegate, L. Spring Bored?, Runner's World, May, pp. 36,38.
 249. 2000 Applegate, L. Stay Young for Life, Runner's World, June, pp. 32,34.
 250. 2000 Applegate, L. Liquid Assets, Runner's World, July, pp. 30-32.
 251. 2000 Applegate, L. Power Plants, Runner's World, August, pp. 32,33.
 252. 2000 Applegate, L. Want This?...Drink This, Men's Health, September, pp. 118, 119.
 253. 2000 Applegate, L. Breaking News, Runner's World, September, pp. 26,28,81.
 254. 2000 Applegate, L. Eating Like An Olympian, Better Homes and Gardens, September, pp. 224, 227.
 255. 2000 Applegate, L. Shelling Yourself Short?, Runner's World, October, pp. 32,34.
 256. 2000 Applegate, L. Kitchen Sync, Runner's World, November, pp. 30,32.
 257. 2000 Applegate, L. Heart Healthy Eating, Woman's Day, pp. 60.
 258. 2000 Applegate, L. The Joy of Eating, Runner's World, December, pp. 30,32.
 259. 2001 Applegate, L. Something You Ate?, Runner's World, January, pp. 26,27.
 260. 2001 Applegate, L. Become a Bread Winner, Runner's World, February, pp. 28,29.
 261. 2001 Applegate, L. Race Ready, Runner's World, March, pp. 22,23.
 262. 2001 Applegate, L. Self Nutrition Challenge, Self, March, pp. 23.
 263. 2001 Applegate, L. Food Diary, Runner's World, April, pp. 25,26.
 264. 2001 Applegate, L. Self Nutrition Challenge, Self, April, pp. 73, 80.
 265. 2001 Applegate, L. What's In Store, Runner's World, May, pp. 32,34,87.
 266. 2001 Applegate, L. Season's Eatings, Runner's World, June, pp. 24, 25, 28.
 267. 2001 Applegate, L. Self Nutrition Challenge, Self, May, pp. 72.
 268. 2001 Applegate, L. The New Way to Eat for Energy, Fitness, July, pp. 94-99.
 269. 2001 Applegate, L. Liquid Energy, Runner's World, July, pp. 24, 26.
 270. 2001 Applegate, L. Food Rx, Runner's World, August, pp. 28, 30.
 271. 2001 Applegate, L. This Just In, Runner's World, September, pp. 23, 24.
 272. 2001 Applegate, L. Keep Your Edge, Runner's World, October, pp. 24, 26.
 273. 2001 Applegate, L. Time to Winterize, Runner's World, November, pp. 26-28.
 274. 2001 Applegate, L. Think Big to Lose Weight, Runner's World, December, pp. 22,23.
 275. 2002 Applegate, L. Not Created Equal, Runner's World, January, pp.22,23.
 276. 2002 Applegate, L. Soul Food, Runner's World, February, pp. 22,23.

277. 2002 Applegate, L. Soft Drinks: Bad to the Bone?, IDEA, February, pp.16-18.
278. 2002 Applegate, L. Ask Liz. Runner's World, March, pp. 26, 86.
279. 2002 Applegate, L. Raising the Bar. Runner's World, April, pp. 26, 28,79.
280. 2002 Applegate, L. Recharge Your Batteries. Runner's World, May, pp. 24, 26, 27.
281. 2002 Applegate, L. Vitamin C: A Recovery Aid?. IDEA Personal Trainer, May, pp. 15.
282. 2002 Applegate, L. Enough is enough. Runner's World, June, pp. 26, 27.
283. 2002 Applegate, L. Reach for a cold one. Runner's World, July, pp. 30, 31.
284. 2002 Applegate, L. Are you properly insured? Runner's World, August, pp. 24, 26.
285. 2002 Applegate, L. Fish, The Wonder Food, Runner's World, September, pp 38,39.
286. 2002 Applegate, L. Testing an Ephedra Supplement, IDEA Personal Trainer October pp. 23, 24, 25.
287. 2002 Applegate, L. News You Can Use, Runner's World, October, pp 30, 31, 32.
288. 2002 Applegate, L. Size Matters, Runner's World, November, pp 24, 25.
289. 2002 Applegate, L. Healthy Holidays, Runner's World, December, pp 24, 25.
290. 2003 Applegate, L. Carbohydrate-Gate, Runner's World, January, pp 26, 28, 29.
291. 2003 Applegate, L. Joys of the Season, Be Healthy & Beautiful, Winter, pp 14.
292. 2003 Applegate, L. Yes, You Can Eat That, Runner's World, February, pp 20, 21.
293. 2003 Applegate, L. Inquiring Minds Want to Know, Runner's World, March, pp. 26, 28.
294. 2003 Applegate, L. Fare Essentials: Here are the 10 foods every runner should eat - and why. Runner's World, April, pp. 28, 29.
295. 2003 Applegate, L. Bounce Your Body Beautiful, Be Healthy & Beautiful, Spring pp 20.
296. 2003 Applegate, L. Why Am I So Tired? Runner's World, May, pp. 24,25.
297. 2003 Applegate, L. Take Your Pick: To stay healthy and run strong, you need to make the right food choices. Runner's World, June, pp. 28, 30.
298. 2003 Applegate, L. Spring Clean Your Diet, Be Healthy & Beautiful, Spring, pp 18, 19.
299. 2003 Applegate, L. Take the Sizzle out of Summer. Runner's World, July, pp. 28, 29.
300. 2003 Applegate, L. Have Food, Will Travel. Runner's World, August, pp 28, 30.
301. 2003 Applegate, L. Summer's Bounty, Be Healthy & Beautiful, Summer, pp 20-21.
302. 2003 Applegate, L. Straight from the Lab. Runner's World, September, pp26-28.
303. 2003 Applegate, L. Get Your Carbs Here, Runner's World, October pp. 30.
304. 2003 Applegate, L. The Bar Scene: Top energy bar picks-there's one right for you! Be Healthy & Beautiful, Fall 2003, pg.22, 24.
305. 2003 Applegate, L. Yes, You Can: Canned foods are healthier and tastier than you might think. Runner's World, November, pp 28, 30.
306. 2003 Applegate, L. Get Moving and Gain Control, Better Homes and Garden Diabetic Recipes Special Publication, pp 110 - 112.
307. 2003 Applegate, L. The Sweetest Time of Year: What every runner should know about sugar, and why it might be better than you think. Runner's World, December, pp 28, 30.
308. 2004 Applegate, L. Are You High? Runner's World, January pp. 28.
309. 2004 Applegate, L. The Virtues of Bar Food - Meal-replacement products. Runner's World, February pp. 28, 29.
310. 2004 Applegate, L. Setting the Record Straight - Misconceptions about hydration, fasting, weight loss, and healthy diets. Runner's World, March pp. 22-23.
311. 2004 Applegate, L. Weighing In On Protein. Runner's World, April pp, 50-51.
312. 2004 Applegate, L. Fridge Wisdom - Low Carb Products. Runner's World. May pp 52.
313. 2004 Applegate, L. Fridge Wisdom - Healthy Fats. Runner's World. June pg. 48.

314. 2004 Applegate, L. Fridge Wisdom – Salt Intake. Runner's World. July pp 46.
315. 2004 Applegate, L. Fridge Wisdom – Race-Ready Meals. Runner's World, August pp 50.
316. 2004 Applegate, L. An Apple a Day: Sports Drinks. ARC Life, August pp 1.
317. 2004 Applegate, L. Fridge Wisdom – Q&A, Kitchen Simple. Runner's World, September
318. 2004 Applegate, L. An Apple a Day: Low Carb Diet. ARC Life, September pp 1.
319. 2004 Applegate, L. Fridge Wisdom – Recovery Drinks. Runner's World, October pp 48.
320. 2004 Applegate, L. 10 Under 10. Runner's World, October pp 78 - 82.
321. 2004 Applegate, L. An Apple a Day: Pre-Workout Meal. ARC Life, October pp 1.
322. 2004 Applegate, L. Fridge Wisdom – Meal Timing. Runner's World, November pp 50.
323. 2004 Applegate, L. Fridge Wisdom – Party Food Makeover. Runner's World, December pp 46.
324. 2004 Applegate, L. An Apple a Day: Post-workout Eating. ARC Life, December pp 1.
325. 2005 Applegate, L. Fridge Wisdom – It's a Crock. Runner's World, January pp 51.
326. 2005 Applegate, L. An Apple a Day: Energy Bars. ARC Life, January pp 1.
327. 2005 Applegate, L. Fridge Wisdom Fried Foods. Runner's World, February pp 46.
328. 2005 Applegate, L. Fridge Wisdom – Lactose Intolerance. Runner's World, March pp 44.
329. 2005 Applegate, L. An Apple a Day: Food Fats. ARC Life, March pp 1.
330. 2005 Applegate, L. Fridge Wisdom – Stealth Veggies. Runner's World, April pp 62.
331. 2005 Applegate, L. An Apple a Day: Frozen Vegetables. ARC Life, April pp 1.
332. 2005 Applegate, L. Fridge Wisdom – A Good Egg. Runner's World, May pp 56.
333. 2005 Applegate, L. An Apple a Day: Skin Health. ARC Life, May pp 1.
334. 2005 Applegate, L. Fridge Wisdom – Super Bowl. Runner's World, June pp 56.
335. 2005 Applegate, L. Fat Free and Low Fat Foods. ARC Life, June pp. 1
336. 2005 Applegate, L. Fridge Wisdom – Smart Summer Snacks. Runner's World. July pp 58.
337. 2005 Applegate, L. Fridge Wisdom – Cold Comfort. Runner's World. August pp 54.
338. 2005 Applegate, L. An Apple a Day: the Subway Diet. ARC Life. August pp 1.
339. 2005 Applegate, L. Fridge Wisdom – Bag It. Runner's World. September pp 50.
340. 2005 Applegate, L. An Apple a Day: Calcium Supplements. ARC Life. September pp 1.
341. 2005 Applegate, L. The New Rules of Food. Runner's World. October pp 66.
342. 2005 Applegate, L. An Apple a Day: Breast Cancer Risks. ARC Life. October pp 1.
343. 2005 Applegate, L. Fridge Wisdom – Easy Recipes for Hard to Prepare Foods. November pp 52.
344. 2005 Applegate, L. An Apple a Day: Smoking and Weight Loss. ARC Life. November pp 1.
345. 2005 Applegate, L. Fridge Wisdom – Holiday Survival Guide. Runner's World. December pp 48.
346. 2005 Applegate, L. An Apple a Day: Healthy Eating During Finals. ARC Life. December pp 1.
347. 2006 Applegate, L. Fridge Wisdom – Good to Great. Runner's World. January pp 50.
348. 2006 Applegate, L. An Apple a Day: Caffeinated Beverages. ARC Life. January pp 1.
349. 2006 Applegate, L. Fridge Wisdom – Healthy Halftimes. Runner's World. February pp 50.
350. 2006 Applegate, L. Fridge Wisdom – One-Dish Wonders. Runner's World. March pp 46.
351. 2006 Applegate, L. An Apple a Day: Eating Healthfully at Restaurants and Fast Food

- Places. ARC Life. March pp 4.
352. 2006 Applegate, L. Learning From Losers. Runner's World. April pp 76-79.
353. 2006 Applegate, L. Fridge Wisdom – Dressing the Part. Runner's World. April pp 60.
354. 2006 Applegate, L. Long Term Consequences of Excessive Alcohol Consumption. ARC Life. April pp 4.
355. 2006 Applegate, L. Fridge Wisdom – Instant Flavor Without Added Fat or Sodium. Runner's World. May pp 58.
356. 2006 Applegate, L. An Apple a Day: Foods Against Spring Allergies. ARC Life. May pp 4.
357. 2006 Applegate, L. Fridge Wisdom – Kitchen Hall of Fame. Runner's World. June pp 58.
358. 2006 Applegate, L. What is Lycopene? ARC Life. June pp 4.
359. 2006 Applegate, L. Fridge Wisdom – A Better Barbecue. Runner's World. July pp 62.
360. 2006 Applegate, L. Smoothies. ARC Life. July pp 4.
361. 2006 Applegate, L. Fridge Wisdom – Kitchen Simple. Runner's World. August pp
362. 2006 Applegate, L. Fridge Wisdom – A Better Bowl. Runner's World. September pp 56.
363. 2006 Applegate, L. Liz Applegate's Top 4 Eating Tips, Runner's World, September pp 77.
364. 2006 Applegate, L. The Best Grocery List of All Time. Runner's World. October pp 76-86.
365. 2006 Applegate, L. Handheld Heroes. Runner's World. November pp 62.
366. 2006 Applegate, L. Fridge Wisdom – Soup's On. Runner's World. December pp 54.
367. 2007 Applegate, L. Fridge Wisdom – Eating at Ethnic Restaurants. Runner's World. January pp 54.
368. 2007 Applegate, L. Fridge Wisdom – Guilt-free Comfort Foods. Runner's World. February pp 50.
369. 2007 Applegate, L. Fridge Wisdom – Perfect Pairs. Runner's World. March pp 38.
370. 2007 Applegate, L. Fridge Wisdom feature, 20 Simple Swaps. Runner's World. April pp 74.
371. 2007 Applegate, L. Fridge Wisdom – Kitchen Simple (Avocado Soup). Runner's World. May pp 56.
372. 2007 Applegate, L. Fridge Wisdom – He Eats, She Eats. Runner's World. June pp 62.
373. 2007 Applegate, L. Fridge Wisdom – Small But Mighty. Runners' World. July pp 60.
374. 2007 Applegate, L. Fridge Wisdom – Better by Half. Runner's World. August pp 54.
375. 2007 Applegate, L. Fridge Wisdom – Seeds of Wisdom. Runner's World. September pp.56.
376. 2007 Applegate, L. Real Good Eats: A Healthy Whole Eating Plan in Six Courses. Runner's World. October pp 72-86.
377. 2007 Applegate, L. Food Worth Cheering For. Runner's World. November pp. 60.
378. 2007 Applegate, L. Skinny Dipping. Runner's World. December pp.58.
379. 2008 Applegate, L. A Year of Eating Seasonally. Runner's World. January pp. 56
380. 2008 Applegate, L. Looking for a Good Bar. Runner's World. February pp. 48.
381. 2008 Applegate, L. Cold Gold (Frozen Foods). Runner's World. March pp. 52.
382. 2008 Applegate, L. Asparagus. Runner's World. April pp. 52.
383. 2008 Applegate, L. Good Zingers. Runner's World. May pp. 60.
384. 2008 Applegate, L. Power Salad. Runner's World. June 2008 pp. 58.
385. 2008 Applegate, L. Liquid Diet. Runner's World. July 2008, pp. 52.
386. 2008 Applegate, L. Sweet Reward, Runner's World. August 2008, pp. 52.
387. 2008 Applegate, L. The Super Bowl, Runner's World. September 2008, pp. 42.

388. 2008 Applegate, L. Stud Muffins, Runner's World. October 2008, pp. 44.
389. 2008 Applegate, L. News You Can Use, Runner's World. November 2008, pp. 44.
390. 2008 Applegate, L. Goodies for Foodies, Runner's World. December 2008, pp. 44.
391. 2009 Applegate, L. A New Tradition, Runner's World. January 2009, pp. 42.
392. 2009 Applegate, L. Everyday Eats, Runner's World. February 2009, pp. 36.
393. 2009 Applegate, L. Natural Defenses, Runner's World. March 2009, pp. 36.
394. 2009 Applegate, L. Spring Fling, Runner's World. April 2009, pp. 40.
395. 2009 Applegate, L. Good Buzz, Runner's World. May 2009, pp. 46.
396. 2009 Applegate, L. Big Bird, Small Price, Runner's World, June 2009, pp. 38.
397. 2009 Applegate, L. Cool and Collected, Runner's World, July 2009, pp. 40.
398. 2009 Applegate, L. Treat Yourself, Runner's World, August 2009, pp. 42.
399. 2009 Applegate, L. Title tk, Runner's World, September 2009, pp. xx.
400. 2009 Applegate, L. Wise Bean, Runner's World, October 2009, pp. 44.
401. 2009 Applegate, L. Fast Food, , Runner's World, November 2009, pp. 38.
402. 2009 Applegate, L. Power Picks, Runner's World, December 2009, pp. 38.
403. 2009 Applegate, L. Get Milk, Runner's World, January 2010, pp. 42.
404. 2010 Applegate, L. Hot List, Runner's World, February 2010, pp. 38.
405. 2010 Applegate, L. Don't Kick the Can, Runner's World, March 2010, pp. 38.
406. 2010 Applegate, L. Fresh Picks, Runner's World, April 2010, pp. 38.
407. 2010 Applegate, L. Runner's Digest, Runner's World, May 2010, pp. 48.
408. 2010 Applegate, L. Sweet Success, Runner's World, June 2010, pp. 44.
409. 2010 Applegate, L. Fourth Amendments, Runner's World, July 2010, pp. 42.
410. 2010 Applegate, L. All You Can Eat, Runner's World, August 2010, pp. 44.
411. 2010 Applegate, L. A Good Catch, Runner's World, September 2010, pp. 54.
412. 2010 Applegate, L. Kitchen Chemistry, Runner's World, October 2010, pp. 52.
413. 2010 Applegate, L. One-Dish Wonders, Runner's World, November 2010, pp. 48.
414. 2010 Applegate, L. No Gain, Runner's World, December 2010, pp. 44.
415. 2011 Applegate, L. Smart Start, Runner's World, January 2011, pp. 46.
416. 2011 Applegate, L. The Spud Report, Runner's World, February 2011, pp. 36.
417. 2011 Applegate, L. Make It Grain, Runner's World, March 2011, pp. 38.
418. 2011 Applegate, L. The Runner's Pie, Runner's World, April 2011, pp. 48.
419. 2011 Applegate, L. Fill'r Up: Alternative Carb Sources to Keep You Fueled on Runs Runner's World, April 2011, pp. 48.
420. 2011 Applegate, L. Better Barbecue, Runner's World, May 2011, pp. 52.
421. 2011 Applegate, L. Keep It Cool, Runner's World, August 2011, pp.44.
422. 2011 Applegate, L. Honey Do, Runner's World, September 2011, pp. 42.
423. 2011 Applegate, L. Food Science, Runner's World, October 2011, pp. 32.
424. 2011 Applegate, L. Make It To Go, Runner's World, November 2011, pp. 40.
425. 2011 Applegate, L. Kitchen Rx, Runner's World, December 2011, pp. 42.
426. 2011 Applegate, L. Dairy Counsel, Bicycling, December 2011, pp. 18-19.
427. 2012 Applegate, L. Eating White, Runner's World, January 2012, pp. 32.
428. 2012 Applegate, L. Are You D-ficient?, Runner's World, February 2012, pp. 30.
429. 2012 Applegate, L. Top Seeded, Runner's World, March 2012, pp. 34.
430. 2012 Applegate, L. Sunny Side Up, Runner's World, April 2012, pp. 50.
431. 2012 Applegate, L. Food for Thought, Runner's World, May 2012 pp. 44
432. 2012 Applegate, L. Good-Bye Gluten?, Runner's World, June 2012, pp. 42.
433. 2012 Applegate, L. Better Burgers, Runner's World, July 2012, pp. 46.

434. 2012 Applegate, L. Juicy Details, Runner's World, August 2012, pp. 46.
435. 2012 Applegate, L. Hot Stuff, Runner's World, September 2012, pp. 48.
436. 2012 Applegate, L. Harvest a PR, Runner's World, November 2012, pp. 48.
437. 2012 Applegate, L. Festive Fuel, Runner's World, December 2012, pp. 40.
438. 2013 Applegate, L. Soup's On, Runner's World, January 2013, pp. 36.
440. 2013 Applegate, L. Cold (& Flu) Warriors, Runner's World, February 2013, pp. 40.
439. 2013 Applegate, L. Health Notes From Dr. Liz, *The Field Guide*, Nugget Market Field guide, Spring 2013, pp. 10, 34 - 35.
441. 2013 Applegate, L. Onion Breadth, Runner's World, March 2013, pp. 42.
442. 2013 Applegate, L. Fresh Start, Runner's World, April 2013, pp. 46.
443. 2013 Applegate, L. Fast Snacks, Runner's World, May 2013, pp. 44.
444. 2013 Applegate, L. Your Diet Qs, Runner's World, June 2013, pp. 46.
445. 2013 Applegate, L. Health Notes From Dr. Liz, *The Field Guide*, Nugget Market Field guide, Summer 2013, pp. 22, 34.
446. 2013 Applegate, L. What're You Drinking? Runner's World, July 2013, pp. 60.
447. 2013 Applegate, L. Grill Easy, Runner's World, August 2013, pp. 42.
448. 2013 Applegate, L. Green Machine, Runner's World, September 2013, pp. 42.
449. 2013 Applegate, L. Health Notes From Dr. Liz, *The Field Guide*, Nugget Market Field guide, Fall 2013, pp. 33, 38-41.
450. 2013 Applegate, L. Good News! Runner's World, October 2013, pp. 44.
451. 2013 Applegate, L. Six Brain Foods for Better Running, Runner's World, November 2013, pp. 44.
452. 2013 Applegate, L. Pie, Wine, and Potatoes! Runner's World, December 2013, pp. 46.
453. 2013 Applegate, L. Health Notes From Dr. Liz, *The Field Guide*, Nugget Market Field guide, Winter 2014, pp. 2, 5, 22-23, 30, 38-39, 47, 49, 53, 56.
454. 2014 Applegate, L. Power Plus, Runner's World, January 2014, pp. 36
455. 2014 Applegate, L. 21 Day Challenge, Nugget Market pamphlet, February 2014, pp. 1-23.
456. 2014 Applegate, L. Heart-y Diet, Runner's World, February 2014, pp. 36.
457. 2014 Applegate, L. Coffee Perks, Runner's World, March 2014, pp. 34.
458. 2014 Applegate, L. Eight Reasons to Sip on Coffee, Runner's World, April 2014, pp. 36.
459. 2014 Applegate, L. What to Eat the Week of a Marathon, Runner's World, May 2014, pp. 34.
460. 2014 Applegate, L. Food Fight, Runner's World, June 2014, pp. 36.
461. 2014 Applegate, L. Hot Tomatoes, Runner's World, July 2014, pp. 40.
462. 2014 Applegate, L. Viewpoint: Soda labeling bill is based on misleading statements, Special to The Sacramento Bee, July 2, 2014.
463. 2014 Applegate, L. Drink Up!, Runner's World, August 2014, pp. 42.
464. 2014 Applegate, L. Joint Food, Runner's World, September 2014, pp. 36.
465. 2014 Applegate, L. Consuming News, Runner's World, October 2014, pp. 54.
466. 2014 Applegate, L. Health Notes From Dr. Liz, *The Field Guide*, Nugget Market Field guide, Winter 2014
467. 2014 Applegate, L. Chili Power, Runner's World, November 2014, pp. 46-47.
468. 2014 Applegate, L. Ace Your Plate, Runner's World, December 2014, pp. 52.
469. 2015 Applegate, L. A Fresh Way To Lose, Runner's World, January/February 2015, pp. 46-47.
470. 2015 Applegate, L. Zest For Life, Runner's World, March 2015, pp. 48.
471. 2015 Applegate, L. Secret Ingredients, Runner's World, April 2015, pp. 52-53.
472. 2015 Applegate, L. Herb Appeal, Runner's World, May 2015, pp. 52.

473. 2015 Applegate, L. Real Sweet, Runner's World, June 2015, pp. 52-53.
474. 2015 Applegate, L. Trippy Dips, Runner's World, July 2015, pp. 48.
475. 2015 Applegate, L. Splendor In The Glass, Runner's World, August 2015, pp. 52-53.
476. 2015 Applegate, L. Up And Eat 'Em, Runner's World, September 2015, pp. 50.
477. 2015 Applegate, L. News You Can Consume, Runner's World, October 2015, pp. 50.
478. 2015 Applegate, L. Growth Spurt, Runner's World, November 2015, pp. 56.
479. 2015 Applegate, L. Fridge Wisdom, Runner's World, December 2015, pp. 46.
480. 2015 Applegate, L. Seasonal Superfoods, Fridge Wisdom, Runner's World, December 2015, pp. 46.
481. 2016 Applegate, L. Plant Power, Fridge Wisdom, Runner's World, March 2016, pp. 44.
482. 2016 Applegate, L. Essential Lentils, Fridge Wisdom, Runner's World, April 2016, pp. 52
483. 2016 Applegate, L. How to Blend a Perfect Smoothie, Food for Thought, The Field Guide, Spring and Summer 2016, pg. 8
484. 2016 Applegate, L. Mediterranean Eats, The Field Guide, Spring and Summer 2016, pg. 14-21.
485. 2016 Applegate, L. Trail Blazin!, , The Field Guide, Spring and Summer 2016, pg. 52-53
486. 2016 Applegate, L. Ask Me Another, Fridge Wisdom, Runner's World, May 2016, pp. 50
487. 2016 Applegate, L. A Van and a Plan, Fridge Wisdom, Runner's World, June 2016, pp.52

Books

1. 1991 Book: Power Foods, Rodale Press, 325 pages.
2. 1991 Book: contributor to If You Print This, Please Don't Use My Name, Terra Nova Press, pp.139-141.
3. 1992 Book: contributor to Prevention's Lose Weight Guidebook 1992, 274 pages.
4. 1994 Book: contributor to Prevention's Lose Weight Guidebook 1994, pp. 176-181.
5. 1995 Book: contributor to Prevention's Lose Weight Guidebook 1995, pp. 14-18.
6. 1995 Book: contributor to The Healthy Woman 1995, pp. 226-231.
7. 1995 Book: contributor to Dr. Bob Arnot's Guide to Turning Back the Clock, pp. 93, 94.
8. 1996 Book: contributor to Prevention's Lose Weight Guidebook 1995, pp. 14-18.
9. 1997 Book: contributor to Complete Book of Running, pp. 31-35, 56-60, 125-126.
10. 1999 Book: Eat Your Way to a Healthy Heart, Prentice Hall, 350 pages..
11. 2000 Book: 101 Miracle Foods That Heal You Heart; (paperback reprint Eat Your Way to a Healthy Heart) 308 pages.
- 12.. 2001 Book: Eat Smart, Play Hard, Rodale Press, 238 pages. (June, 2001).
13. 2002 Book: contributor to The Worst Case Scenario Survival Handbook: Dating and Sex 2002, pp. 77-79.
14. 2002 Book: Encyclopedia of Sports and Fitness Nutrition, Prima Publishing, 411 pages.
15. 2003 Book: Bounce Your Body Beautiful, Prima Publishing, 311 pages.
16. 2004 Book: Nutrition Basics for Better Health and Performance, Kendall-Hunt Publishing, 500 pages.

17. 2006 Book: Nutrition Basics for Better Health and Performance, Ed. 2nd, Kendall-Hunt Publishing, 520 pages.
18. 2011 Book: Nutrition Basics for Better Health and Performance, Ed. 3rd, Kendall-Hunt Publishing, 498 pages.
19. 2013 Book: What Doctors EAT, Rodale, excerpt pages 176 – 179.
20. 2013 Book: contributor to The Runner's World Cookbook, Rodale.
20. 2015 Book: contributor to The Runner's World Meals on the Go, Rodale.

Educational Brochures

1. 1986 Booklet: Weight Control for Better Health, Krames Communication, 16 pages.
2. 1987 Booklet: High Performance Nutrition: A guide to good nutrition for athletic teens, Kellogg Company, 7 pages.
3. 1988 Booklet: Fad Diets and Supplement Use in Athletics; Gatorade Sports Science Exchange, 5 pages.
4. 1989 Booklet: Rainbo Bread IronKids Fitness Guide, Rainbo Bakery Campbell Taggart, Inc. 7 pages.
5. 1990 - 1993 Newsletter, Children's Health and Fitness: contributor to and editor of Proudtalk, Mazer Corp.
6. 1990 Booklet: The Great Cholesterol Mystery, IronKids Health and Fitness Program, Campbell Taggart, Inc.
7. 1990 Booklet: Family Fitness Guide, Path to Health and Fitness, Teacher's Edition, Campbell Taggart, Inc.
8. 1991 Booklet: Building Pride Inside, Path to Health and Fitness, Teacher's Edition, Campbell Taggart, Inc.
9. 1991 Booklet: Family Nutrition Guide, IronKids Health and Fitness Program, Campbell Taggart, Inc.
10. 1994 Brochure: Health and Fitness Series, All Sport; 11 pages.
11. 1994 Booklet: Let's Do Lunch: 10 Tips For Packing School Lunches, IronKids Health and Fitness Program, Campbell Taggart, Inc.
12. 1995 Booklet: Get Fit for Life, Training Basics for Runners of all Levels, Rodale Press, pp. 35-47, 1995.
13. 1995 Booklet: Eating to Win, Essential Nutrition for Runners, Rodale Press, 47 pages.
14. 1996 Booklet: Sports Drinks, All Sport; 8 pages.
15. 1996 Booklet: Burn Fat Faster, Rodale Press; 48 pages.
16. 1998 Physical Activity and Health: American College of Sports Medicine Supplement to the Surgeon General's Report; 3 pages.
17. 1998 Booklet: Women's Running Guide, Rodale Press; 5 pages.
18. 1998 Help Clients Control Weight Through Physical Activity, Supplement to ACSM's Health & Fitness Journal, Mar/Apr, pp. 30-32.
19. 1998 Booklet: Women's Running Guide, Rodale Press; 48 pages.
20. 1999 Brochure: Fitness: Almonds Are In..., Almond Board of California; 2 pages.
21. 1999 Booklet: Perspectives: Dying and Death, Running Into Trouble; pp.33-35.

22. 1999 Booklet: Super Foods for Runners, Rodale Press; 48 pages.
23. 1999 Booklet contributor: Mind, Body, Spirit; Nike, Rodale Press; pp. 11,12.
24. 2000 Booklet: Fit and Fabulous: A Woman's Guide to a Lifetime of Good Health; Ocean Spray; 9 pages.
25. 2000 Brochure: Race Day Tips; National Honey Board; 2 pages.
26. 2001 Brochure: Peak Performance Foods; Rodale Press; 48 pages.
27. 2002 Brochure: Nike Running Camps, Camp Workbook; USSC US Sports Camps, pp. 15, 16.
28. 2003 Booklet: Food as Fuel, American Association of Retired Persons (AARP), 12 pages.
29. 2003 Booklet: Super Foods For Runners, Rodale Press; re-print, 48 pages.
30. 2003 Booklet: Runner's World Training Log: The Best Nutrition for Runners, pg. 58-59.
31. 2005 Brochure: Selecting and Effectively Using Sports Drinks, Carbohydrate Gels and Energy Bars. American College of Sports Medicine; 4 pages.
32. 2006 Brochure: Carbohydrate Fueling Products. SCAN, 2 pages. Spring 2006.

Videos

1. 1989 Video: IronKids Brand Triathlon Orientation, Campbell Taggart Inc.
2. 1989 Video: Eating for the Long Run, Exceed Sports Nutritionals.
3. 1993 Video: Women's Health Companion, California Production Group.
4. 1993 Video: Testing Fitness Equipment, California Production Group.
5. 1994 Video: Rehydration Innovation, All Sport, PepsiCo Inc.
6. 1998 Video: Winning Sports Nutrition, University of Arizona
7. 2004 Video: Healthy Learning DVD, ACSM: 50 Years of Excellence.
8. 2016 Video: Aggie Rundown: Sports Nutrition, University of California, Davis. Online <http://nutrition.ucdavis.edu/news/department/applegate-sports-nutrition.html>
9. 2016 Video: Liz Applegate Gives the Aggie Rundown on Sports Nutrition
10. 2016 Video: Liz Applegate Presents on Lessons Learned from 60,000 Nutrition 10 Students 30+ Years of Experiences and Musings, University of California, Davis. Online. <http://nutrition.ucdavis.edu/news/department/applegate-talk.html>

Television and Media Experience

1. Nutritional Concerns For Competition, Bay-to-Breakers Program, KGO Radio, San Francisco, March 1987.
2. Sport Drinks and Summer Exercise, KCRA TV News - Sports Report, KRCA - NBC, June 1987.
3. Eating For Fitness, Body Watch, KVIE-PBS, May-June 1988.
4. Exercise and Diet, KCRA TV News - Sports Report, KRCA-NBC, June 1988.
5. Rainbo IronKids National Championship, Co-host, ESPN TV, September 1989.
6. Nutrition and Athletic Performance, Running and Racing News Broadcasts, ESPN TV, October 1989.

7. Fitness and Nutrition Trends For the 90's, KCRA TV News-Health Report, KCRA-NBC, January 1990.
8. Nutrition For Active People, Symposium, NHK Broadcasting, Japan, February 1991.
9. Women and Nutrition, Home Show, ABC, November 1991.
10. Breakfast, Start Your Day With Energy, Inside San Diego, KGTV, December 1991.
11. Foods and Energy, AM Northwest Talkshow, Portland, KATU, December 1991.
12. Eating to Stay Fit, Best of Health, Nationally Syndicated, Wilder Bros. Studio, Los Angeles, December 1991.
13. Nutrition and Job Performance, State of California Peace Officer Training, KVIE-PBS, February 1992.
14. Nutrition And Performance, Good Morning America, ABC, September 1992.
15. Weight Loss and Exercise, KCRA TV News-Health Report, KRCA-NBC, May 1993.
16. Exercise, Fluid Replacement and Sport Drinks, Pulse, KXTV-CBS, June 1993.
17. Diet and Weight Loss, Woman's Health Companion, California Production Group, June 1993.
18. Fitness Equipment, California Production Group, Cable television, September 1993.
19. Holiday Eating and Fitness Tips, KCRA TV News-Health Report, KCRA-NBC, December 1993.
20. Power Foods for Performance, The Sporting Life, WERC Radio, Birmingham AL, September 1994.
21. Thigh Creams, Call 3 to the Test TV News-Consumer Report, KCRA-NBC, November 1994.
22. Thanksgiving, Fit or Feast, News Talk Live, televised half-hour live viewer call-in, KCRA-NBC, November 1994.
23. Breakfast Ideas for Sustained Stamina, Chicago Tribune, January 1995.
24. Higher Education and Large Classes, KOVR News, KOVR-ABC, February 1995.
25. Chromium Picolinate, KXTV TV News, KXTV-CBS, February 1995.
26. Sports Drinks and Exercise, Video news release; all National Networks, March 1996.
27. Antioxidants and Exercise, XTRA-AM Radio, California, June 1996.
28. Olympic Athletes and Diet, KXTV TV News, CBS, July 1996.
29. Eating During the Holidays, KFBK Radio, November 1996.
30. Public Service Announcement, radio U.S.A. 170 million audience, November 1996.
31. Dieting and Weight Loss, KOMO-ABC, Northwestern Afternoon, Seattle, January 1997.
32. Nutrition Facts, KGO Radio, Ron Owens Show, San Francisco, January 1997.
33. Weight Loss, KOIT-Radio, San Francisco, January 1997.
34. Eating Breakfast, KPWB-TV, Sacramento, January 1997.
35. Grocery Shopping for Better Health, KMGH ABC TV, Denver, January 1997.
36. Vitamin C and Health, Video News Release, Nationwide TV, January 1997.
37. Antioxidants, CNN Japan, February 1997.
38. Children and Obesity, FOX-TV, February 1997.
39. Healthy Cooking, National TV Japan, February 1997.
40. Health Habits Radio Talk Show, KDVS, October 1997.
41. Nutrition Facts, Ron Owens Show, KGO Radio, San Francisco, November 1997.
42. Fighting Colds and Flu with a Healthy Diet, Video News Release, Nationwide TV, December 1997.
43. Diet and Exercise, National TV, Japan, January 1998.
44. Food, Nutrients and Phytochemicals, Nationwide Satellite TV, January 1998.
45. Food Versus Supplements, KPWP-TV, Sacramento, February 1998.
46. Herbs and Health, Ron Owens Show, KGO Radio, San Francisco, April 1998.

47. Fruit and Health, Nationwide Satellite TV, June 1998.
48. Supplements. Ron Owens Show, KGO Radio, San Francisco, August 1998.
49. Phytochemicals and Health, PBS-TV, California, January 1999.
50. Gallup Survey Announcement - Fat diets and eating attitudes, CNN, Fox-TV and local affiliates, Washington, DC and nationwide, March 1999.
51. Nutrition research and consumer confusion. Ron Owens Show, KGO Radio, San Francisco, March 1999.
52. Tomatoes, Phytochemicals and Health. California Heartland, PBS, April 1999.
53. Foods to control blood cholesterol. WAMB Radio, Nashville, May 1999.
54. Heart disease and diet. Paul Gonzalez Radio Show - syndicated across U.S., May 1999.
55. Women and heart health. Talk America Radio Network - syndicated across U.S., May 1999.
56. Chocolate and foods with potential health benefits. WDLW Radio, Cleveland, May 1999.
57. Nutrition research and consumer confusion. WMSX Radio, Boston, May 1999.
58. Soy and heart health. Karen Ross Show, Chicago, May 1999.
59. Women and Nutrition. Health Week/Newsweek, Public Broadcasting System (PBS), Nationwide Distribution, June 1999.
60. High-Protein Diets and Childhood Obesity. WMAL, ABC Radio, Washington, D.C., June 1999.
61. Nutrition and Heart Health. Ron Owens Show, KGO Radio, San Francisco, June 1999.
62. Food and Heart Health. Nationwide Satellite TV (FOX, NBC, ABC, CBS affiliates), 12 TV interviews, July 1999.
63. Nutrition Supplements and Performance. KNBR Radio, San Francisco, July 1999.
64. Nutrition and Heart Health. KTKK Radio, Salt Lake City, August 1999.
65. Energy Bars. Lifetime Channel, Cable TV, September 1999.
66. Nutrition and Running Performance. KNBR Radio, San Francisco, October 1999.
67. Heart Healthy Foods. UC Davis News Watch, PBS, October 1999.
68. Nutritious Holiday Eating. ABC Affiliate, KGO-TV San Francisco, November 1999.
69. Oranges, Antioxidants and Health. Video News Release, Nationwide Distribution, December 1999.
70. Nutrition research and consumer confusion. Ron Owens Show, KGO Radio, San Francisco, January 2000.
71. Chocolate, Phytochemicals and Health. Video News Release, Nationwide Distribution, February 2000.
72. Chocolate and Heart Health. UC Davis News Watch, PBS, February 2000.
73. Fruit Phytochemicals and Health. Nationwide Satellite TV (FOX, NBC, ABC, CBS affiliates), 10 interviews, February 2000.
74. Nutrition and Running Performance-Boston Marathon. WBZ-AM, Radio Interview, Boston, April 2000.
75. Nutrition and Running Performance-Boston Marathon. WBET-AM, Radio Interview, Massachusetts, April 2000.
76. Nutrition and Running Performance-Boston Marathon. Media One, Health Source, TV Interview, Massachusetts, April 2000.
77. Nutrition and Running Performance-Boston Marathon. New England Cable News, Sports Night, TV Interview, Massachusetts, April 2000.
78. Nutrition and Running Performance-Boston Marathon. WTTK-FM, Radio Interview, Boston, Massachusetts, April 2000.

79. Nutrition and Running Performance-Boston Marathon. WBCN-FM, Radio Interview, Boston, Massachusetts, April 2000.
80. Nutrition and Running Performance-Boston Marathon. WRKO-AM, Radio Interview, Massachusetts, April 2000.
81. Nutrition and Running Performance-Boston Marathon. FOX Affiliate, WFXT-TV (25), Sports Sunday on Fox, TV Interview, Massachusetts, April 2000.
82. Sports Snack. HealthCentral.com Reports with Dr. Dean Edell, ABC Affiliate, KGO-TV, San Francisco, May 2000.
83. Food, Fruit and Health. UPN Affiliate, KMAX 31, Good Day Sacramento, TV Interview, June 2000.
84. 2000 Track and Field Olympic Trials Nutritional Considerations. NBC Affiliate, KCRA 3, TV interview, July 2000.
85. 2000 Track and Field Olympic Trials Nutritional Considerations. ABC Affiliate, KXTV 10, TV interview, July 2000.
86. 2000 Track and Field Olympic Trials Nutritional Considerations. CBS Affiliate, KOVR 13, TV interview, July 2000.
87. Soy Benefits. HealthCentral.com Reports with Dr. Dean Edell, ABC Affiliate, KGO-TV, San Francisco, October 2000.
88. American Heart Association 2000 Dietary Guidelines. KFBK Radio, October 2000.
89. American Heart Association 2000 Dietary Guidelines. KOVR 13 TV Interview, October 2000.
90. Herbal and Nutritional Supplements and Heart Health. KIEV Radio, Los Angeles, October 2000.
91. Nutrition and Running Performance. Radio Interview, ESPN, Cincinnati, Ohio, October 2000.
92. Nutrition and Heart Health. KNBR Radio, San Francisco November 2000.
93. Chocolate Benefits. HealthCentral.com Reports with Dr. Dean Edell, ABC Affiliate, KGO-TV, San Francisco, November 2000.
94. Health Attributes of Honey. Video News Release, Nationwide Distribution, October 2000.
95. Nutrition and Immune Function. Video News Release, Nationwide Distribution, November 2000.
96. Nutrition and Running Performance-New York Marathon. WBAI-FM Radio Interview, New York, November 2000.
97. Nutrition and Running Performance- New York Marathon. Madison Square Garden Network, New York, November 2000.
98. Nutrition and Running Performance- New York Marathon. WLIB-AM, Sports Box, Radio Interview, New York, November 2000.
99. Nutrition and Running Performance- New York Marathon. WROW-AM, News, Views, and Interview, Radio Interview, New York, November 2000.
100. Nutrition and Running Performance-New York Marathon. WAXQ-FM Radio Interview, New York, November 2000.
101. Fruit Consumption and Health Benefits. Japan National Television, January 2001.
102. Chocolate and Health Benefits. UPN Affiliate, KMAX 31, Good Day Sacramento, TV Interview, February 2001.
103. Chocolate and Health Benefits. ABC Affiliate, KXTV 10, TV Interview, February 2001.
104. Energy Bars. NBC Affiliate, KCRA 3, TV Interview, March 2001.
105. Sports Drinks. NBC Affiliate, KCRA 3, TV Interview, March 2001.
106. Vitamin Supplement Risks. NBC Affiliate, KCRA 3, TV Interview, April 2001.
107. Energy Drinks. CNN Headline News, CNN International, TV Interview, May 2001.

108. Cholesterol. Discovery Channel, BBC News, Interview, June 2001 (air 1/02.)
109. Energy Bars. NBC Affiliate, KCRA 3, TV Interview, August 2001.
110. Dehydration/Fitness Water. NBC Affiliate, KCRA 3, TV Interview, August 2001.
111. Eat Smart, Play Hard. KNBR Radio, San Francisco. August 2001.
112. Eat Smart, Play Hard. KMAX 31, UPN Affiliate, Sacramento, November 2001.
113. Functional Foods, National Satellite, TV, February 2002.
114. Chocolate Benefits. UCD Newswatch, Davis. February 2002.
115. Fitness and Nutrition, Fox in the Morning, XETV-TV, February 2003.
116. Importance of Strength Training for Women, Central Valley Chronicles, Channel 6, February 2003.
117. Women's Health "Utilizing Fitness Balls". Frankie Boyer Show. Icicle Productions - WROL. May 25, 2004.
118. Healthy and Portable Lunch Options. National Women's, Fitness, Family, Lifestyle and Food Magazines. New York. June 2004.
119. New Scientific Hydration Guidelines. WCTI-TV, June 2004.
120. Hydration and Health - The Importance of Staying Hydrated. WRGB-TV - New York. June 2004.
121. Hydration Facts and Perceptions. WITN-TV. Greenville. June 2004.
122. National Academy of Sciences - New Hydration Guidelines. KFTY-TV - San Francisco. June 2004.
123. Scientific Hydration Guidelines - National Academy of Sciences. WMUR-TV - Boston. June 2004.
124. Hydration and Health - The Importance of Staying Hydrated. CN8 -TV - Philadelphia. June 2004.
125. Hydration Facts and Perceptions. XETV. San Diego. June 2004.
126. National Academy of Sciences - New Hydration Guidelines. WLWT. Cincinnati. June 2004.
127. Carb Confusion. KCRA TV News-Health Report, KCRA-NBC, July 27, 2004.
128. New Dietary Guidelines Update. KCBS Radio, August 13, 2004.
129. Childhood Obesity. KYN-AM Radio Philadelphia, September 2004.
130. Healthy Snacking. National Public Radio, September 2004.
131. Children Fitness Recommendations. Voice of America Radio National, September 2004.
132. Parents, Kids and Healthy Eating. WNTN-AM Radio Boston, September 2004.
133. National Childhood Obesity Problem. FOX-TV Denver, September 2004.
134. Youth Fitness Recommendations. ABC-TV Los Angeles, September 2004.
135. Healthy Food Choices for Families. ABC-TV Cincinnati, September 2004.
136. School-Time Eating Recommendations. FOX-TV Salt Lake City, September 2004.
137. New Dietary Guidelines. National FOX-TV, September 2004.
138. 2005 Dietary Guidelines. KCBC Radio. San Francisco, CA. January 2005.
139. Childhood and Teen Obesity. NBC-TV. St. Louis, MD. February 2005.
140. Teen Fitness. NBC-TV. Colorado Springs, CO. February, 2005.
141. Healthy Eating and Fitness For Teens. CBS-TV. Sacramento, CA. February 2005.
142. Meal Planning for Children and Teens. CBS-TV. Tampa, FL. February 2005.
143. Teen Fitness. NBC-TV. Seattle, WA. February, 2005.
144. Video Coli. Online. University of California, Davis. May, 2005.
145. Heat Illness and Hydration. ABC Affiliate. Champaign, IL. June 2005.
146. Summertime Fluid Replacement Tips. ABC Affiliate. Sioux Falls, SD. June 2005.
147. Exercising During the Summer Heat. Fox Affiliate. Charlotte, NC. June 2005.

148. Fluid Needs with Exercise. ABC Affiliate. Philadelphia, PA. June 2005.
149. Diet and Fluid Issues for Summer. NBC Affiliate. Amarillo, TX. June 2005.
150. DRI for Fluid. National, Cable. June 2005.
151. Exercising in the Heat. NBC Affiliate. Albuquerque, NM. June 2005.
152. Fluid Needs for the Summer. ABC Affiliate. Reno, NV. June 2005.
153. Healthy Lifestyles – Childhood Obesity. PBS Affiliate. State College, Penn. September 2005.
154. KCBS Radio – trans fat. December 2006.
155. About.com – Hydration video, December 2006.
156. Bowflex training video, Women and Strength, Training Benefits December 2006.
157. KCRA (NBC Affiliate), Sacramento, Vitamins, May 2007.
158. KGO Radio, San Francisco, Weight Loss, May 2007.
159. Sacramento & Company (ABC Affiliate), Sacramento, Vitamin Beverages, May 2007.
160. Good Day Sacramento (CBS Affiliate), Sacramento, Vitamin Beverages, June 2007.
161. WVOX-AM, New York, Fortified Beverages, June 2007.
162. WFVA-AM, Washington, D.C., Fortified Beverages, June 2007.
163. WRAZ (Fox), Raleigh-Durham, Fortified Beverages, June 2007.
164. WRAL (CBS), Raleigh-Durham, Fortified Beverages, June 2007.
165. KRQE (CBS), Albuquerque/Santa Fe, Fortified Beverages, June 2007.
166. KOLO (ABC), Reno, Fortified Beverages, June 2007.
167. Health Radio Network, Fortified Beverages, June 2007.
168. USA Radio Network, Fortified Beverages, June 2007.
169. Wall Street Journal Radio, Fortified Beverages, June 8, 2007.
170. Good Day Sacramento (CBS Affiliate), Sacramento, The Freshman 15, August 2007.
171. Sacramento & Company (ABC Affiliate), Sacramento, Healthy Halloween Treats, October 2007.
172. KCBS Radio, San Francisco, FDA’s Hearing on Salt Intake, November 2007.
173. Sacramento & Company (ABC), Sacramento, Making New Year’s Resolutions Stick, January 2008.
174. KCBS Radio, San Francisco, Coffee Drinks and Their Calories, January 25, 2008.
175. Good Day Sacramento (CBS), Healthy Cereals for Kids, February 4, 2008.
176. Sacramento & Company (ABC), Is Chocolate Healthy?, February 14, 2008.
177. Sacramento & Company (ABC), Healthy Greens, March 14, 2008.
178. Sacramento & Company (ABC), Probiotics, April 4, 2008.
179. Sacramento & Company, (ABC), Healthy Grilling, May 23, 2008.
180. Sacramento & Company, (ABC), Fabulous Fruits, June 6, 2008.
181. Sacramento & Company, (ABC), Summer Hydration, July 8, 2008.
182. Sacramento & Company, (ABC) Healthy Road Trips, August 4, 2008.
183. (Energy Foods). Prevention Magazine December 2010
184. “Healthy New Year” segment “Sacramento & Company” (ABC), January 7, 2011.
185. KCBS Radio (SF) re: Energy Drink, February 14, 2011
186. KCBS Radio (SF) re: Fitness gram testing, March 25, 2011
187. KCBS Radio (SF) re: weight gain/inactivity in the workplace, May 26, 2011
188. Sirius/XM’s “Doctor Radio”, Caffeine & Health, June 16, 2011.
189. KCBS Radio (SF) re: Restaurant Meals Program, August 2, 2011.
190. Sirius / XM’s “Doctor Radio”, Caffeine & Health, February 20, 2012.
191. KFBK Radio, Sacramento, re: Large Plate and Portion Size in Restaurants, May 24, 2012.
192. KCBS Radio (SF) re: NYC Soda Ban, May 31, 2012.

193. KCBS Radio (SF) re: Federal Task Force Recommending All Obese Adults Receives Counseling, June 26, 2012.
194. WAMU Radio (NPR), Washington DC., Virginia, and Maryland, re: Diets of Olympic Athletes, July 16, 2012.
195. KCBS Radio (SF) re: Factors That Contribute to Weight Gain Among College Students, August 29, 2012.
196. MythBusters, (Discovery Channel) Food Fables, November 18, 2012.
197. KFBK Radio, Sacramento, re: Hangover Cures, December 28, 2012.
198. KCBS Radio (SF), re: New Health Clubs Strictly for Obese People, January 9, 2013.
199. The Hub (Davis), re: Sports Drinks, January 14, 2013.
200. UC Davis Magazine (Davis), re: Sports Nutrition, January 15, 2013.
201. The Balancing Act (Lifetime Television), re: New Year New YOU! Food-a-no-brainer for healthy weight loss, January 2, 2013, January 9, 2013 and February 19, 2013.
202. KCBS Radio (SF), re: The Mediterranean Diet Can Cut Heart Disease, February 25, 2013.
203. KCBS Radio (SF), re: "Obesity" as a Disease? AMA Report, June 19, 2013.
204. KCBS Radio (SF), re: Diet and Exercise for New Years, December 31, 2013.
205. KCBS Radio (SF), re: Butter is Now Winning the Fat Wars, January 22, 2014.
206. The Elk Grove Citizen, re: The Benefits of Kale, January 29, 2014.
207. KCBS Radio (SF), re: The Growing Acceptance of Gluten-Free, February 2, 2014.
208. Prevention.com (NY), re: Foodie and Boozy Marathons, February 4, 2014.
209. New York Times, re: Sochi Olympics and the US Women's Hockey Team, February 7, 2014.
210. KCBS Radio (SF), re: Kids Trading Soda for Starbucks, February 14, 2014.
211. KCBS Radio (SF), re: The New Nutritional Label Proposal, March 2, 2014.
212. Fox40 Morning News, Sacramento, re: Nutrition Label Hysteria, March 10, 2014.
213. KCBS Radio (SF), re: National Running Day, June 4, 2014.
214. KCBS Radio (SF), re: Wearable Health Tracking Devices, June 24, 2014.
215. CBS Television (Sacramento), re: New Twist on Coffee Giving Drinkers Big Benefits, July 5, 2014.
216. KCBS Radio (SF), re: Xtreme Awards for 2014, August 5, 2014.
217. KCBS Radio (SF), re: Fruits and Veggies are We Getting Enough? August 11, 2014.
218. KCBS Radio (SF), re: Coke and Pepsi Concede That Maybe Soda Is Bad For You, September 24, 2014.
219. Live Science (Boston), re: Dangers of Juice Cleanses and Fasts, October 10, 2014.
220. KDVS News re: Agricultural Specialty Moving Away From Aggie Pride, February 5, 2015.
221. KCBS Radio (SF), re: The new WHO sugar intact guidelines, March 4, 2015.
222. KCBS Radio (SF), re; Diet Pepsi Dropping Aspartame, April 24, 2015.
223. Capital Public Radio, re: Sugary Beverage Warning Label Bill Dails First Senate hearing, April 30, 2015.
224. KCBS Radio (SF), re: High-Sodium Warnings on Menus, June 10, 2015.
225. KCBS Radio (SF), Restaurant Meals Worse Than Fast Food? July 1, 2015.
226. KGO Radio (SF), Firefighter Nutrition, August 10, 2015.
227. KCBS Radio (SF), re: Skipping Breakfast, August 11, 2015.
228. Live Science, re: The Best Way to Lose Weight Safely, December 7, 2015. Online. <http://www.livescience.com/52992-weight-loss-safely-be-healthy.html>
229. 2015 Rockwood, K. Test Your Cocktail Party Smarts, [Health.com](http://www.health.com), December 2015, pp. 61.
230. KCBS Radio (SF), Food Addiction, January 2, 2016
231. KCBS Radio (SF), 2016 Dietary Guidelines, January 7, 2016

232. KGO Radio (SF), 2016 Dietary Guidelines, January 7, 2016
233. Dr. Oz The Good Life, How Do you Pick a Good Protein Powder for a Smoothie?, January 19, 2016. Online.
<http://www.drozthegoodlife.com/healthy-food-nutrition/nutrition/a1092/how-to-pick-a-good-protein-powder/>
234. Pat Bailey, 8 Tips to Keep Those Resolutions for Health, January 14, 2016. Online.
<https://www.ucdavis.edu/news/tips-resolutions-health>
235. 2016 Krieger, L. The New Diets, *Health.com*, February 2016, pp. 158.
236. Tehrene Firman, Dr. Oz the Good Life, Everything You Need to Know About Protein Powders for Fitness <http://www.drozthegoodlife.com/fitness/a1395/protein-powder-for-muscle/>, March 16, 2016.
237. UC Davis Student Health and Counseling Services, Helmet Hair. Don't Care!, <https://drive.google.com/a/ucdavis.edu/file/d/0ByFmEhWhuuQbRjxhdTd1VmpDNU0/view>, April 2016.
238. KCBS Radio (SF), Food Labels: Exercise Per Caloric Intake, April 8, 2016
239. Fatima Siddiqui, Technology Takeover, April 13, 2016. Online.
<https://theaggie.org/2016/04/13/technology-takeover/>
244. Call Kurtis Undercover: Incredible Claims of Fixing HIV, Cancer and Rebuilding Heart Valves. Channel 13 News Sacramento, April 2016.
245. Amby Burfoot, Runner's World, Good News and Bad News for "Biggest Loser" Contestants, May 5, 2016. Online.
<http://www.runnersworld.com/weight-loss/good-news-and-bad-news-for-biggest-loser-contestants>
246. Shan Li, LA Times, What does 'healthy' mean? FDA might change its definition, May 10, 2016. Online. <http://www.latimes.com/business/la-fi-fda-healthy-20160510-snap-story.html>
247. Jocelyn Anderson, UC Davis Magazine, Envisioning the University of the 21st Century, Spring 2016. Print.
248. Anne Ternus-Bellamy, The Davis Enterprise, A swan song for beloved teacher, May 25, 2016. Print and Online. <http://www.davisenterprise.com/local-news/a-swan-song-for-beloved-teacher/>
249. Samantha Teshima, SpoonUniversity.com, Dr. Applegate: The End of the Nutrition Queen's Reign, May 29, 2016. Online. <http://spoonuniversity.com/news/dr-applegate-end-nutrition-queens-reign>
250. Julia Wu, The Aggie, Women in athletics: Dr. Liz Applegate, May 31, 2016. Online.
<https://theaggie.org/2016/05/31/women-in-athletics-dr-liz-applegate/>
251. Ashley Lewis, Reader's Digest, 13 Things that Happen to Your Body When you Eat a Vegan Diet, May 31, 2016. Online. <http://www.rd.com/health/healthy-eating/vegan-diet-health-benefits/>

Online

1. Applegate, L. Food & Fitness. *OnHealth*. Online. Available: <http://www.OnHealth.com/ch1/index.asp>. March 23, 1999.
2. Applegate, L. Combining Good Eating and Good Exercise. *OnHealth*. Online. Available: <http://www.OnHealth.com/ch1/columnist>. March 23, 1999.
3. Applegate, L. Any Risks to High-Protein, Low-Carbohydrate Diets? *OnHealth*. Online.

- Available: <http://www.OnHealth.com/ch1/index.asp>. March 30, 1999.
4. Applegate, L. Are High-Protein, Low-Carbohydrate Diets Risky? *OnHealth*. Online. Available: <http://www.OnHealth.com/ch1/columnist/item,38674.asp>. March 31, 1999.
 5. Applegate, L. How to Eat Enough Calcium. *OnHealth*. Available: <http://www.OnHealth.com/ch1/columnist/item,38786.asp>. April 7, 1999.
 6. Applegate, L. Eat Right, Exercise and Control Diabetes. *OnHealth*. Online. Available: <http://www.OnHealth.com/ch1/columnist/item,38954.asp>. April 13, 1999.
 7. Applegate, L. Managing Diabetes wit Diet, Exercise. *OnHealth*. Online. Available: <http://www.OnHealth.clm/ch1/columnist/item,38954.asp>. April 13, 1999.
 8. Applegate, L. A Workout That's Hot, Hot, Hot!. *OnHealth*. Online. Available: <http://www.OnHealth.com/ch1/columnist/item,39218.asp>. April 20, 1999.
 9. Applegate, L. She's Red-Faced at the Gym. *OnHealth*. Online. Available: <http://www.OnHealth.com/ch1/columnist/item,39218.asp>. April 20, 1999.
 10. Applegate, L. Why do you want to lose weight? *OnHealth*. Online. Available: <http://www.OnHealth.com/ch1/index.asp>. April 27, 1999.
 11. Applegate, L. Does She Really Need to Lose Weight? *OnHealth*. Online. Available: <http://www.OnHealth.com/ch1/columnist/item,39346.asp>. April 27, 1999.
 12. Applegate, L. Bye-Bye Belly. *OnHealth*. Online. Available: <http://www.OnHealth.com/ch1/index.asp>. May 4, 1999.
 13. Applegate, L. Work Out More, Eat Less, Lose Weight. *OnHealth*. Online. Available: <http://www.OnHealth.com/ch1/columnist/item,39414.asp>. May 4, 1999.
 14. Applegate, L. Missing her muscles. *OnHealth*. Online. Available: <http://OnHealth.com/ch1/index.asp>. May 11, 1999.
 15. Applegate, L. Gender, Genetics and Big Muscles. *OnHealth*. Online. Available: <http://www.OnHealth.com/ch1/columnist/item,39680.asp>. May 11, 1999.
 16. Applegate, L. A weight loss challenge. *OnHealth*. Online. Available: <http://www.OnHealth.com/ch1/index.asp>. May 18, 1999.
 17. Applegate, L. Thyroid Conditions and Weight Loss. *OnHealth*. Online. Available: <http://www.OnHealth.com/ch1/columnist/item,39824.asp>. May 18, 1999.
 18. Applegate, L. Fat as fuel?! A little more fat in your diet may help you on your next run. *Runner's World*. Online. Available: <http://www.runnersworld.com/nutrition/nuburnfat.html>. May 18, 1999.
 19. Applegate, L. Burning desire. Lose fat the old-fashioned way: burn it. *Runner's World*. Online. Available: <http://www.runnersworld.com/nutrition/nuburnfat.html>. May 18, 1999.
 20. Applegate, L. Fluid Fluency. Everything you need to know about hydrating in the heat. *Runner's World*. Online. Available: <http://www.runnersworld.com/nutrition/nufluids.html>. May 18, 1999.
 21. Applegate, L. Fluid Situation... and a whole lot more. *Runner's World*. Online. Available: <http://www.runnersworld.com/nutrition/nufluid.html>. May 18, 1999.
 22. Applegate, L. For Women Only. Eight great nutrition tips for women runners. *Runner's World*. Online. Available: <http://www.runnersworld.com/nutrition/nu4women.html>. May 18, 1999.
 23. Applegate, L. Hot Weather Running Questions. *Runner's World*. Online. Available: <http://www.runnersworld.com/nutrition/nu4hotrun.html>. May 18, 1999.
 24. Applegate, L. Beating the Brain Drain. *Runner's World*. Online. Available: <http://www.runnersworld.com/nutrition/nubrainfood.html>. May 18, 1999.

25. Applegate, L. Seven Days and Counting. *Runner's World*. Online.
Available: <http://www.runnersworld.com/nutrition/nu7days.html>. May 18, 1999.
26. Applegate, L. Protein Primer. *Runner's World*. Online.
Available: <http://www.runnersworld.com/nutrition/nuliztop10.html>. May 18, 1999.
27. Applegate, L. Liz's Top 10 *Runner's World*. Online.
Available: <http://www.runnersworld.com/nutrition/nuliztop10.html>. May 18, 1999.
28. Applegate, L. Looking For A Boost. *Runner's World*. Online.
Available: <http://www.runnersworld.com/nutrition/nuboot.html>. May 18, 1999.
29. Applegate, L. Greens Know-how. *Runner's World*. Online.
Available: <http://www.runnersworld.com/nutrition/nugreens.html>. May 18, 1999.
30. Applegate, L. Brave New Beverages. *Runner's World*. Online.
Available: <http://www.runnersworld.com/nutrition/nuhydration.html>. May 18, 1999.
31. Applegate, L. Dig These Minerals. *Runner's World*. Online.
Available: <http://www.runnersworld.com/nutrition/numinerals.html>. May 18, 1999.
32. Applegate, L. For Sweet Teeth Only. *Runner's World*. Online.
Available: <http://www.runnersworld.com/nutrition/nusweets.html>. May 18, 1999.
33. Applegate, L. Going Organic. *Runner's World*. Online.
Available: <http://www.runnersworld.com/nutrition/nuorganic.html>. May 18, 1999.
34. Applegate, L. Phyting Foods. *Runner's World*. Online.
Available: <http://www.runnersworld.com/nutrition/nuphyto.html>. May 18, 1999.
35. Applegate, L. Performance Pick-Me-Ups. *Runner's World*. Online.
Available: <http://www.runnersworld.com/nutrition/nuperform.html>. May 18, 1999.
36. Applegate, L. Mother Nature's Super Foods. *Runner's World*. Online.
Available: <http://www.runnersworld.com/nutrition/nuperfood.html>. May 18, 1999.
37. Applegate, L. Taking the Bar. *Runner's World*. Online.
Available: <http://www.runnersworld.com/nutrition/nuenergybar2.html>. May 18, 1999.
38. Applegate, L. And the Winner Is... *Runner's World*. Online.
Available: <http://www.runnersworld.com/nutrition/nubestfoods.html>. May 18, 1999.
39. Applegate, L. Soy Wonder! *Runner's World*. Online.
Available: <http://www.runnersworld.com/nutrition/nusoy.html>. May 18, 1999.
40. Applegate, L. Vegetable Matter. *Runner's World*. Online.
Available: <http://www.runnersworld.com/nutrition/nuvegmatter.html>. May 18, 1999.
41. Applegate, L. Running, the Trots and Other Gastrointestinal Problems. *OnHealth*. Online.
Available: <http://OnHealth.com/ch1/columnist/item.40089.asp> May 26, 1999.
42. Applegate, L. Smoking and Weight Gain. *OnHealth*. Online.
Available: <http://OnHealth.com/ch1/index.asp> May 26, 1999.
43. Applegate, L. It's Possible to Pick up Your Metabolism, *OnHealth*. Online.
Available: <http://OnHealth.com/ch1/columnist/item,40384.asp> June 01, 1999.
44. Applegate, L. How Cholesterol Works. *OnHealth*. Online.
Available: <http://OnHealth.com/ch1/columnist/item,40468.asp> June 8, 1999.
45. Applegate, L. Beyond Big Legs, *OnHealth*. Online.
Available: <http://OnHealth.com/ch1/columnist/item,40688.asp> June 15, 1999
46. Applegate, L. Which Exercise Burn the Most Fat? *OnHealth*. Online.
Available: <http://OnHealth.com/ch1/columnist/item,40993.asp> June 22, 1999
47. Applegate, L. Cutting Back on Portion Size. *OnHealth*. Online.
Available: <http://OnHealth.com/ch1/columnist/index/asp>. June 29, 1999.
48. Applegate, L. Building Muscle with Creatine. *OnHealth*. Online.

- Available: <http://OnHealth.com/ch1/columnist/item,44134.asp> July 6, 1999.
49. Applegate, L. A Harbinger of Bulimia?, *OnHealth*. Online.
Available: <http://OnHealth.com/ch1/columnist/item,44783.asp> July 13, 1999.
 50. Applegate, L. Fresh or Frozen, Veggies Pack Vitamins, *OnHealth*. Online.
Available: <http://OnHealth.com/ch1/columnist/item,45268.asp> July 20, 1999.
 51. Applegate, L. Get the Skinny on How to Gain Weight. *OnHealth*. Online.
Available: <http://OnHealth.com/ch1/columnist/item,45952.asp> July 27, 1999.
 52. Applegate, L. Fat-Blockers: Do They Work? *OnHealth*. Online.
Available: <http://OnHealth.com/ch1/columnist/item,46466.asp> August 3, 1999.
 53. Applegate, L. The Hydration Game: Water vs. Sports Drinks. *OnHealth*. Online.
Available: <http://OnHealth.com/ch1/columnist/item,46772.asp> August 10, 1999.
 54. Applegate, L. Coffee's Caffeine: Grounds for Concern? *OnHealth*. Online.
Available: <http://OnHealth.com/ch1/columnist/item,47177.asp> August 17, 1999.
 55. Applegate, L. The Power of Protein, *OnHealth*. Online.
Available: <http://OnHealth.com/ch1/columnist/item,47592.asp> August 24, 1999.
 56. Applegate, L. Surviving Leg Cramps and Dinner Parties, *OnHealth*. Online.
Available: <http://OnHealth.com/ch1/columnist/item,48081.asp> August 31, 1999.
 57. Applegate, L. Mix Swimming and Running For a Good Workout, *OnHealth*. Online.
Available: <http://OnHealth.com/ch1/columnist/item,48424.asp> September 1, 1999.
 58. Applegate, L. Do You Need More than a Trace of Minerals?, *OnHealth*. Online.
Available: <http://OnHealth.com/ch1/columnist/item,48889.asp> September 14, 1999.
 59. Applegate, L. Flax Your Heart Muscle, *OnHealth*. Online.
Available: <http://OnHealth.com/ch1/columnist/item,49475.asp> September 21, 1999.
 60. Applegate, L. It's Just Not Working Out, *OnHealth*. Online.
Available: <http://OnHealth.com/ch1/columnist/item,50014.asp> September 28, 1999.
 61. Applegate, L. Fiber in a Bottle, *OnHealth*. Online.
Available: <http://OnHealth.com/ch1/columnist/item,50543.asp> October 5, 1999.
 62. Applegate, L. When's the Best Time to Work Out?, *OnHealth*. Online.
Available: <http://OnHealth.com/ch1/columnist/item,51040.asp> October 12, 1999.
 63. Applegate, L. Losing 100, the Healthy Way, *OnHealth*. Online.
Available: <http://OnHealth.com/ch1/columnist/item,51714.asp> October 19, 1999.
 64. Applegate, L. Burning Fat with Chromium, *OnHealth*. Online.
Available: <http://OnHealth.com/ch1/columnist/item,52154.asp> October 26, 1999.
 65. Applegate, L. High Protein Equals Higher Risk, *OnHealth*. Online.
Available: <http://OnHealth.com/ch1/columnist/item,52606.asp> November 2, 1999.
 66. Applegate, L. Garlic and Fish: Recipe for a Healthy Heart?, *OnHealth*. Online.
Available: <http://OnHealth.com/ch1/columnist/item,54209.asp> November 9, 1999.
 67. Applegate, L. Ironing Out a Mineral Deficiency, *OnHealth*. Online.
Available: <http://OnHealth.com/ch1/columnist/item,55272.asp> November 16, 1999.
 68. Applegate, L. Go Ahead-Gobble That Turkey Dinner, *OnHealth*. Online.
Available: <http://OnHealth.com/ch1/columnist/item,55821.asp> November 23, 1999.
 69. Applegate, L. Translating the Trans-Fat Food Labels, *OnHealth*. Online.
Available: <http://OnHealth.com/ch1/columnist/item,55961.asp> November 30, 1999.
 70. Applegate, L. Fuel up for your Workout, *OnHealth*. Online.
Available: <http://OnHealth.com/ch1/columnist/item,56329.asp> December 7, 1999.
 71. Applegate, L. Fit for Holiday Travel, *OnHealth*. Online.
Available: <http://OnHealth.com/ch1/columnist/item,57112.asp> December 14, 1999.

72. Applegate, L. Puttin' On the Ritz-But Not All the Extra Pounds, *OnHealth*. Online. Available: <http://OnHealth.com/ch1/columnist/item,66499.asp> December 21, 1999.
73. Applegate, L. Fighting the Common Cold, *OnHealth*. Online. Available: <http://OnHealth.com/ch1/columnist/item,76176.asp> December 28, 1999.
74. Applegate, L. Shoving Off the Weight-Loss Plateau, *OnHealth*. Online. Available: <http://OnHealth.com/ch1/columnist/item,40384.asp> January 4, 2000.
75. Applegate, L. Avoiding the Freshman 15, *OnHealth*. Online. Available: <http://OnHealth.com/ch1/columnist/item,76742.asp> January 11, 2000.
76. Applegate, L. Flatulence. It's No Laughing Matter, *OnHealth*. Online. Available: <http://OnHealth.com/ch1/columnist/item,77421.asp> January 18, 2000.
77. Applegate, L. Setting Limits on Weightlifting Sets, *OnHealth*. Online. Available: <http://OnHealth.com/ch1/columnist/item,77847.asp> January 25, 2000.
78. Applegate, L. Too Much of a Good Thing - Carrot Juice Overload, *OnHealth*. Online. Available: <http://OnHealth.com/ch1/columnist/item,78311.asp> February 1, 2000.
79. Applegate, L. Cut Down That High Cholesterol, *OnHealth*. Online. Available: <http://OnHealth.com/ch1/columnist/item,79116.asp> February 8, 2000.
80. Applegate, L. Searching for the Missing 'Six-Pack', *OnHealth*. Online. Available: <http://OnHealth.com/ch1/columnist/item,80218.asp> February 22, 2000.
81. Applegate, L. Is Drinking Healthy or Not?, *OnHealth*. Online. Available: <http://OnHealth.com/ch1/columnist/item,80219.asp> February 22, 2000.
82. Applegate, L. Does Eating Once a Day Make You Fat?, *OnHealth*. Online. Available: <http://OnHealth.com/ch1/columnist/item,82030.asp> March 7, 2000.
83. Applegate, L. Dried Fruit Makes the Grade, *OnHealth*. Online. Available: <http://OnHealth.com/ch1/columnist/item,82029.asp> March 7, 2000.
84. Applegate, L. Focus on the Food, Not the Sugar, *OnHealth*. Online. Available: <http://OnHealth.com/fitness/columnist/item,85601.asp> March 21, 2000.
85. Applegate, L. get Over Your Fat Phobia, *OnHealth*. Online. Available: <http://OnHealth.com/fitness/columnist/item,85602.asp> March 21, 2000.
86. Applegate, L. Pump Up with Food, *OnHealth*. Online. Available: <http://OnHealth.com/fitness/columnist/item,87477.asp> April 4, 2000.
87. Applegate, L. Does Calcium Heal Broken Bones?, *OnHealth*. Online. Available: <http://OnHealth.com/fitness/columnist/item,87477.asp> April 4, 2000.
88. Applegate, L. Fat Burners: A Lot of Hot Air, *OnHealth*. Online. Available: <http://OnHealth.com/fitness/columnist/item,88268.asp> April 18, 2000.
89. Applegate, L. Hit Your Calorie Target, *OnHealth*. Online. Available: <http://OnHealth.com/fitness/columnist/item,88267.asp> April 18, 2000.
90. Applegate, L. Does Soda Pop Weaken Your Bones?, *OnHealth*. Online. Available: <http://OnHealth.com/fitness/columnist/item,89024.asp> May 2, 2000.
91. Applegate, L. Breakfast Makeover, *OnHealth*. Online. Available: <http://OnHealth.com/fitness/columnist/item,89023.asp> May 2, 2000.
92. Applegate, L. Lose It for the Long Term, *OnHealth*. Online. Available: <http://OnHealth.com/fitness/columnist/item,89760.asp> May 16, 2000.
93. Applegate, L. How Do I Gain 10 Pounds?, *OnHealth*. Online. Available: <http://OnHealth.com/fitness/columnist/item,89759.asp> May 16, 2000.
94. Applegate, L. Don't Feel Guilty about Frozen Dinners, *OnHealth*. Online. Available: <http://OnHealth.com/fitness/columnist/item,91045.asp> May 30, 2000.
95. Applegate, L. Can Vitamins Boost My Workout?, *OnHealth*. Online.

- Available: <http://OnHealth.com/fitness/columnist/item,91047.asp> May 30, 2000.
96. Applegate, L. Nutrition for Your Next Century, *OnHealth*. Online.
Available: <http://OnHealth.com/fitness/columnist/item,92144.asp> June 13, 2000.
97. Applegate, L. Midday exercise Not Working Out, *OnHealth*. Online.
Available: <http://OnHealth.com/fitness/columnist/item,92119.asp> June 13, 2000.
98. Applegate, L. Smoothies Rule in Summertime, *OnHealth*. Online.
Available: <http://OnHealth.com/fitness/columnist/item,92982.asp> June 26, 2000.
99. Applegate, L. Stay on Course to Golf Success, *OnHealth*. Online.
Available: <http://OnHealth.com/fitness/columnist/item,92983.asp> June 26, 2000.
100. Applegate, L. Easy Exercises for Desk "Slugs", *OnHealth*. Online.
Available: <http://OnHealth.com/fitness/columnist/item,94331.asp> July 11, 2000.
101. Applegate, L. Does Chondroitin Really Work? *OnHealth*. Online.
Available: <http://OnHealth.com/fitness/columnist/item,94330.asp> July 11, 2000.
102. Applegate, L. Pack the Right Trail Food *OnHealth*. Online.
Available: <http://OnHealth.com/fitness/columnist/item,95108.asp> July 24, 2000.
103. Applegate, L. Washboard on Wheels, *OnHealth*. Online.
Available: <http://OnHealth.com/home/index.asp> July 24, 2000.
104. Applegate, L. Kick the Weekend Warrior Blues, *OnHealth*. Online.
Available: <http://OnHealth.com/fitness/columnist/item,96752.asp> August 7, 2000.
105. Applegate, L. How Much Protein?, *OnHealth*. Online.
Available: <http://OnHealth.com/fitness/columnist/item%2C96753.asp> August 7, 2000.
106. Applegate, L. No More Muscle Cramps, *OnHealth*. Online.
Available: <http://OnHealth.com/home/shared/clipandsend.asp?cid=97898>
August 21, 2000.
107. Applegate, L. Eating and Exercising for Two, *OnHealth*. Online.
Available: <http://OnHealth.com/fitness/columnist/item%2C97901.asp> August 21, 2000.
108. Applegate, L. Build Up Your Lower Back, *OnHealth*. Online.
Available: <http://OnHealth.com/fitness/columnist/item%2C98764.asp> September 4, 2000.
109. Applegate, L. First Aid for Anorexics: Caring, *OnHealth*. Online.
Available: <http://OnHealth.com/fitness/columnist/item,98757.asp> September 4, 2000.
110. Applegate, L. Too Young to Go Veggie?, *OnHealth*. Online.
Available: <http://OnHealth.webmd.com/fitness/columnist/item%2C99943.asp> September 18, 2000.
111. Applegate, L. Jam Your Kids' Fiber Radar, *OnHealth*. Online.
Available: <http://OnHealth.webmd.com/fitness/columnist/item,99941.asp> September 18, 2000.
112. Applegate, L. Energize Your Exercise, *OnHealth*. Online.
Available: <http://OnHealth.webmd.com/fitness/columnist/item,101573.asp> October 2, 2000.
113. Applegate, L. Should I Drink Distilled Water?, *OnHealth*. Online.
Available: <http://OnHealth.webmd.com/fitness/columnist/item,101574.asp> October 2, 2000.
114. Applegate, L. Lifting Weights and Blood Pressure?, *OnHealth*. Online.
Available: <http://OnHealth.webmd.com/fitness/columnist/item%2C102854.asp> October 16, 2000.
115. Applegate, L. Eat, Drink, Get in the Pink, *OnHealth*. Online.
Available: http://OnHealth.webmd.com/conditions/in-depth/item/item%2C91637_1_1.asp October 16, 2000.
116. Applegate, L. Making Sense of the New Diet Guidelines, *OnHealth*. Online.

- Available: <http://OnHealth.webmd.com/fitness/columnist/item%2C105456.asp> October 30, 2000.
117. Applegate, L. What's Up with the Glycemic Index?, *OnHealth*. Online.
Available: <http://OnHealth.webmd.com/fitness/columnist/item105455.asp> October 30, 2000.
 118. Applegate, L. Surviving the Night Shift, *OnHealth*. Online.
Available: <http://OnHealth.webmd.com/fitness/columnist/item106924.asp> November 13, 2000.
 119. Applegate, L. Lifting Without Weights, *OnHealth*. Online.
Available: <http://OnHealth.webmd.com/fitness/columnist/item%2C106925.asp> November 13, 2000.
 120. Applegate, L. Should I Work Out When I'm Sick?, *OnHealth*. Online.
Available: <http://OnHealth.webmd.com/fitness/columnist/item107611.asp> November 27, 2000.
 121. Applegate, L. Miles To Go 'Till Weight-Loss Goal, *OnHealth*. Online.
Available: <http://OnHealth.webmd.com/fitness/columnist/item%2C107612.asp> November 27, 2000.
 122. Applegate, L. Heart-Healthy Holiday Strategies, *OnHealth*. Online.
Available: <http://OnHealth.webmd.com/fitness/columnist/item108557.asp> December 11, 2000.
 123. Applegate, L. Staying In Shape After Surgery, *OnHealth*. Online.
Available: <http://OnHealth.webmd.com/fitness/columnist/item%2C108558.asp> December 11, 2000.
 124. Applegate, L. Bounce Back From Holiday Hangover, *OnHealth*. Online.
Available: <http://OnHealth.webmd.com/fitness/columnist/item109276.asp> December 25, 2000.
 125. Applegate, L. Healthy Tactics for Road Warriors, *OnHealth*. Online.
Available: <http://OnHealth.webmd.com/fitness/columnist/item109276.asp> December 25, 2000.
 126. Applegate, L. Don't Let Computers Spoil Your Posture, *OnHealth*. Online.
Available: <http://OnHealth.webmd.com/fitness/columnist/item110146.asp> January 8, 2001.
 127. Applegate, L. Does Fat Weigh Less Than Muscle?, *OnHealth*. Online.
Available: <http://OnHealth.webmd.com/fitness/columnist/item%2C110147.asp> January 8, 2001.
 128. Applegate, L. A Guide to Essential Eating, *OnHealth*. Online.
Available: <http://OnHealth.webmd.com/fitness/columnist/item,110841.asp> January 22, 2001.
 129. Applegate, L. Gum Won't Gum Up the Works, *OnHealth*. Online.
Available: <http://OnHealth.webmd.com/fitness/columnist/item%2C110842.asp> January 22, 2001.
 130. Applegate, L. Herbs Made Easy, *Runner's World*. Online.
Available: <http://www.runnersworld.com/nutrition/home.html>. February 15, 2001.
 131. Applegate, L. Too Bashful to Ask? *Runner's World*. Online.
Available: <http://www.runnersworld.com/nutrition/home.html>. February 15, 2001.
 132. Applegate, L. 4 Top Reader Questions Answered, *Runner's World*. Online.
Available: <http://www.runnersworld.com/nutrition/home.html>. February 15, 2001.
 133. Applegate, L. Fat You Want, *Runner's World*. Online.
Available: <http://www.runnersworld.com/nutrition/home.html>. February 15, 2001.

134. Applegate, L. Defensive Eating, *Runner's World*. Online.
Available: <http://www.runnersworld.com/nutrition/home.html>. February 15, 2001.
135. Applegate, L. Supplements, *Runner's World*. Online.
Available: <http://www.runnersworld.com/nutrition/home.html>. February 15, 2001.
136. Applegate, L. Energy To Go, *Runner's World*. Online.
Available: <http://www.runnersworld.com/nutrition/home.html>. February 15, 2001.
137. Applegate, L. Liquid Energy, *Runner's World*. Online.
Available: <http://www.runnersworld.com/nutrition/home.html>. April 15, 2002.
138. Applegate, L. Race Ready, *Runner's World*. Online.
Available: <http://www.runnersworld.com/nutrition/home.html>. April 15, 2002.
139. Applegate, L. This Just In, *Runner's World*. Online.
Available: <http://www.runnersworld.com/nutrition/home.html>. April 15, 2002.
140. Applegate, L. Breaking News, *Runner's World*. Online.
Available: <http://www.runnersworld.com/nutrition/home.html>. April 15, 2002.
141. Applegate, L. Kitchen Sync, *Runner's World*. Online.
Available: <http://www.runnersworld.com/nutrition/home.html>. April 15, 2002.
142. Applegate, L. Think Big to Lose Weight, *Runner's World*. Online.
Available: <http://www.runnersworld.com/nutrition/home.html>. April 15, 2002.
143. Applegate, L. Start Your Engine, *Runner's World*. Online
Available: <http://www.runnersworld.com/article/0,5033,s6-53-85-0-5056,00.html>
September 2004.
144. Applegate, L. Bag It, *Runner's World*, Online
Available: <http://www.runnersworld.com/article/0,7120,s6-242-303--11340-0,00.html>
September 2005
145. Applegate, L. Greens Know-How, *Runner's World*. Online
Available: <http://www.runnersworld.com/article/0,5033,s6-53-0-0-671,00.html>
February 2005.
146. Applegate, L. Handheld Heroes, *Runner's World*. Online
Available: <http://www.runnersworld.com/article/0,7120,s6-242-300--10441-0,00.html>
November 2005.
147. Applegate, L. Learning from Loser, *Runner's World* Online
Available: <http://www.runnersworld.com/article/0,7120,s6-242-304-310-9521-0,00.html>
April 2006.
148. Applegate, L. Smoothies, *Runner's World* Online.
Available: <http://www.runnersworld.com/article/0,7120,s6-242-303-309-10335-0,00.html>
July 2006.
149. Applegate, L. A Better Bowl, *Runner's World*. Online.
Available: <http://www.runnersworld.com/article/0,7120,s6-242-300--10006-0,00.html>
September 2006.
150. Applegate, L. The Best Grocery List of All Time, *Runner's World*. Online
Available: <http://www.runnersworld.com/article/0,7120,s6-242-301--10200-0,00.html>
October 2006.
151. Applegate, L. Eating at Ethnic Restaurants, *Runner's World*. Online
Available: <http://www.runnersworld.com/article/0,7120,s6-242-304--11183-0,00.html>
January 2007
152. Applegate, L. Perfect Food Pairs, *Runner's World*. Online
Available: <http://www.runnersworld.com/article/0,7120,s6-242-300--11501-0,00.html>

- March 2007
153. Applegate, L. Heirloom Tomato Primer, Fresh to Market Newsletter by Nugget Markets, August 2007
 154. Applegate, L. Stay Fluid This Summer, Fresh to Market Newsletter by Nugget Markets, August 2007
 155. Applegate, L. Omega-3 Oils, Fresh to Market Newsletter by Nugget Markets, September 2007
 156. Applegate, L. Transitioning Away from Trans Fats, Fresh to Market Newsletter by Nugget Markets, September 2007
 157. Applegate, L. Pumpkin Facts, Fresh to Market Newsletter by Nugget Markets, October 2007
 158. Applegate, L. Going Nuts, Fresh to Market Newsletter by Nugget Markets, December 2007
 159. Applegate, L. Cranberry Magic, Fresh to Market Newsletter by Nugget Markets, December 2007
 160. Applegate, L. Essential Oils, Fresh to Market Newsletter by Nugget Markets, January 2008.
 161. Applegate, L. Food for Lovers, Fresh to Market Newsletter by Nugget Markets, February 2008
 162. Applegate, L. Put Some Sunshine Into Your Winter (Citrus), Fresh to Market Newsletter by Nugget Markets, February 2008.
 163. Applegate, L. Greens Primer, Fresh to Market Newsletter by Nugget Markets, March 2008.
 164. Applegate, L. Garlic's Goodness, Fresh to Market Newsletter by Nugget Markets, March 2008.
 165. Applegate, L. Ladies, Take Heart, Fresh to Market Newsletter by Nugget Markets, May 2008.
 166. Applegate, L. Ode to Oysters, Fresh to Market Newsletter by Nugget Markets, May 2008.
 167. Applegate, L. Melon Primer, Fresh to Market Newsletter by Nugget Markets, June 2008.
 168. Applegate, L. Delicious and Nutritious Peaches and Nectarines, Fresh to Market Newsletter by Nugget Markets, June 2008.
 169. Applegate, L. Cool Off with Food, Fresh to Market Newsletter by Nugget Markets, July 2008.
 170. Applegate, L. Corn-a-copia Summer, Fresh to Market Newsletter by Nugget Markets, July 2008.
 171. Applegate, L. Gorge or Diet: What Olympians Really Eat to Compete, ABC News.com, August 14, 2008, <http://abcnews.go.com/Health/China/story?id=5575690&page=1>
 172. Applegate, L., Savoring Summer Squash, Fresh to Market Newsletter by Nugget Markets, July 2008.
 173. Applegate, L., Chill Out, Lactose Free, Fresh to Market Newsletter by Nugget Markets, August 2008.
 174. Applegate, L., Keep Your Kids' Immune System Strong, Fresh to Market Newsletter by Nugget Markets, September 2008.
 175. Applegate, L., Red Wine - Take to Heart, Fresh to Market Newsletter by Nugget Markets, September 2008.
 176. Applegate, L., Purely Pumpkin, Fresh to Market Newsletter by Nugget Markets, October 2008.
 177. Applegate, L., Going Raw, Fresh to Market Newsletter by Nugget Markets, October 2008.

178. Applegate, L., Transitioning Away from trans-fats, Fresh to Market Newsletter by Nugget Markets, November 2008.
179. Applegate, L., Thanksgiving Goodies, Fresh to Market Newsletter by Nugget Markets, November 2008.
180. Applegate, L., Healthy Holiday Baking, Fresh to Market Newsletter by Nugget Markets, December 2008.
181. Applegate, L., Healthy Party Planning, Fresh to Market Newsletter by Nugget Markets, December 2008.
182. Applegate, L., Holiday Eating Survival Guide, Fresh to Market Newsletter by Nugget Markets, December 2008.
183. Applegate, L., Less Is More, Fresh to Market Newsletter by Nugget Markets, January 2009.
184. Applegate, L., Chili - Hot and Healthy, Fresh to Market Newsletter by Nugget Markets, January 2009.
185. Applegate, L., Chili - Put Some "Love" Into Your Cooking, Fresh to Market Newsletter by Nugget Markets, February 2009.
186. Applegate, L., Chili - Snow Food , Fresh to Market Newsletter by Nugget Markets, February 2009.
186. Applegate, L., Go Oats , Fresh to Market Newsletter by Nugget Markets, March 2009.
187. Applegate, L., The Wonder of Chicken, Fresh to Market Newsletter by Nugget Markets, March 2009.
188. Applegate, L., Egg Power!, Fresh to Market Newsletter by Nugget Markets, April 2009.
189. Applegate, L., Eating Green, Fresh to Market Newsletter by Nugget Markets, April 2009.
190. Applegate, L., Four Foods for Mom, Fresh to Market Newsletter by Nugget Markets, April 2009.
191. Applegate, L., Healthy Grilling 101, Fresh to Market Newsletter by Nugget Markets, May 2009.
192. Applegate, L., Grad Party Tips, Fresh to Market Newsletter by Nugget Markets, June 2009.
193. Applegate, L., Summer's Best - Corn, Fresh to Market Newsletter by Nugget Markets, July 2009.
194. Applegate, L., Build a Better Salad, Fresh to Market Newsletter by Nugget Markets, July 2009.
195. Applegate, L., Keeping Cool, Fresh to Market Newsletter by Nugget Markets, July 2009.
196. Applegate, L. Burger Bites, Fresh to Market Newsletter by Nugget Markets, August 2009.
197. Applegate, L. Back-to-School Eats, Fresh to Market Newsletter by Nugget Markets, August 2009.
198. Applegate, L. Healthy Eats in No Time!, Fresh to Market Newsletter by Nugget Markets, September 2009.
199. Applegate, L. Wine-country Foods at Their Best, Fresh to Market Newsletter by Nugget Markets, September 2009.
200. Applegate, L. Fall Gems, Fresh to Market Newsletter by Nugget Markets, October 2009.
201. Applegate, L. Delicious Protection, Fresh to Market Newsletter by Nugget Markets, October 2009.

202. Applegate, L. Six Food for Fall, Fresh to Market Newsletter by Nugget Markets, October 2009
203. Applegate, L. An Apple A Day..., Fresh to Market Newsletter by Nugget Markets, November 2009
204. Applegate, L. The Wonder of Thanksgiving, Fresh to Market Newsletter by Nugget Markets, November 2009
205. Applegate, L. Holiday-Baking Goodness, Fresh to Market Newsletter by Nugget Markets, December 2009
206. Applegate, L. A Jewel of a Juice, Fresh to Market Newsletter by Nugget Markets, December 2009
207. Applegate, L. A Fungus Among Us!, Fresh to Market Newsletter by Nugget Markets, January 2010
208. Applegate, L. Wintertime Healing Foods, Fresh to Market Newsletter by Nugget Markets, January 2010
209. Applegate, L. Game Plan, Fresh to Market Newsletter by Nugget Markets, February 2010
210. Applegate, L. Get Moving – A “Recipe” for Heart Health, Fresh to Market Newsletter by Nugget Markets, February 2010
211. Applegate, L. Asparagus’s Riches, Fresh to Market Newsletter by Nugget Markets, March 2010
212. Applegate, L. Eat Like the Irish, Fresh to Market Newsletter by Nugget Markets, March 2010
213. Applegate, L. A Good Egg, Fresh to Market Newsletter by Nugget Markets, April 2010
214. Applegate, L. Earth Day Eating, Fresh to Market Newsletter by Nugget Markets, April 2010
215. Applegate, L. Better for Breakfast, Fresh to Market Newsletter by Nugget Markets, April 2010
216. Applegate, L. Honey – How Sweet It Is!, Fresh to Market Newsletter by Nugget Markets, May 2010
216. Applegate, L. Let Summer Begin!, Fresh to Market Newsletter by Nugget Markets, May 2010
217. Applegate, L. Four Foods Men Should Eat, Fresh to Market Newsletter by Nugget Markets, June 2010
218. Applegate, L. Summer Munchies, Fresh to Market Newsletter by Nugget Markets, June 2010
219. Applegate, L. Zest for Good Health, Fresh to Market Newsletter by Nugget Markets, July 2010
220. Applegate, L. Snacking Sense, Fresh to Market Newsletter by Nugget Markets, August 2010
221. Applegate, L. Tomato Heaven, Fresh to Market Newsletter by Nugget Markets, August 2010
222. Applegate, L. Labor Day Grilling – Go Fruity!, Fresh to Market Newsletter by Nugget Markets, September 2010
223. Applegate, L. Dr. Liz on Fair Trade, Fresh to Market Newsletter by Nugget Markets, September 2010

224. Applegate, L. Oktoberfest Foods, Fresh to Market Newsletter by Nugget Markets, September 2010
225. Applegate, L. How Sweet It Is, Fresh to Market Newsletter by Nugget Markets, October 2010
226. Applegate, L. Spooky Party Treats, Fresh to Market Newsletter by Nugget Markets, October 2010
227. Applegate, L. Apple Facts, Fresh to Market Newsletter by Nugget Markets, November 2010
228. Applegate, L. Thanksgiving: It's About Veggies!, Fresh to Market Newsletter by Nugget Markets, November 2010
229. Applegate, L. Simply Delicious Substitutions, Fresh to Market Newsletter by Nugget Markets, December 2010
230. Applegate, L. Super Spread, Fresh to Market Newsletter by Nugget Markets, January 2011
231. Applegate, L. Gluten-Free Eating, Fresh to Market Newsletter by Nugget Markets, March 2011
232. Applegate, L. Eating Green, Fresh to Market Newsletter by Nugget Markets, March 2011
233. Applegate, L. Primer on Buying Organic, Local and Sustainable Products, Fresh to Market Newsletter by Nugget Markets, April 2011
234. Applegate, L., Four Foods for Mom, Fresh to Market Newsletter by Nugget Markets, May 2011.
235. Applegate, L., Buying Organic, Local & Sustainable Products, Ask The Expert, The Davis Enterprise, April 28, 2011.
236. Applegate, L., Four Foods Men Should Eat – Health Notes from Dr. Liz, Daily Dish, Nugget Markets, June 15, 2011.
237. Applegate, L., Tips for a Healthy 2012 – Health Notes from Dr. Liz, Daily Dish, January 4, 2012.
238. Applegate, L., Gluten-Free Eating – Health Notes from Dr. Liz, Daily Dish, May 3, 2012.
239. Applegate, L., Five Items to Give You a Boost, Runner's World Online Available: <http://www.runnersworld.com/nutrition-runners/five-items-give-you-boost>, September 4, 2012.
240. Applegate, L., Best Fall Foods for Runners, Runner's World Online, Available: <http://www.runnersworld.com/nutrition-runners/best-fall-foods-runners>, October 15, 2012.
241. Applegate, L., Festive Fuel: Food Gifts for Runners, Runner's World Online Available: <http://www.runnersworld.com/recipes/festive-fuel-food-gifts-runners>, November 12, 2012.
242. Applegate, L., Foods to Strengthen Immune System, Runner's World Online, Available: <http://www.runnersworld.com/nutrition-runners/foods-strengthen-immune-system>, January 9, 2013.
243. Applegate, L., Runner-Specific Uses for Onions, Runner's World Online, Available: <http://www.runnersworld.com/nutrition-runners/runner-specific-uses-onions>, February 7, 2013.
244. Applegate, L., The Ultimate Spring-Time Vegetable – Health Notes from Dr. Liz, Daily Dish, Nugget Markets, March 13, 2013.
245. Applegate, L., Give Your Fridge a Makeover, Runner's World Online Available: <http://www.runnersworld.com/nutrition-runners/give-your-fridge-makeover>, March 14, 2013.
250. Applegate, L., Do-It-Yourself (DIY) Canning – Health Notes from Dr. Liz, Daily Dish,

- Nugget Markets, March 26, 2013.
251. Applegate, L., Easy Snacks for Between-Meal Energy, Runner's World Online Available <http://www.runnersworld.com/nutrition-runners/easy-snacks-between-meal-energy>, April 12, 2013.
 252. Applegate, L., Weight-Loss FAQs Answered, Runner's World Online Available: <http://www.runnersworld.com/weight-loss/weight-loss-faqs-answered>, May 8, 2013.
 253. Applegate, L., What Sports Drinks You Should Be Drinking, Runner's World Online Available: <http://www.runnersworld.com/drinks-hydration/what-sports-drinks-you-should-be-drinking>, June 13, 2013.
 254. Applegate, L., Five New Uses for Avocados, Runner's World Online, Available: <http://www.runnersworld.com/nutrition-for-runners/five-new-uses-for-avocados>, August 13, 2013
 255. Applegate, L., Nutrition Research Roundup and What It Means for You, Runner's World Online, Available: <http://www.runnersworld.com/nutrition-for-runners/nutrition-research-roundup-and-what-it-means-for-you>, September 17, 2013.
 256. Applegate, L., Apple = A+ for Health – Health Notes from Dr. Liz, Daily Dish, Nugget Markets, October 3, 2013.
 257. Applegate, L., Six Brain Foods for Better Running, Runner's World Online, Available: <http://www.runnersworld.com/nutrition-for-runners/six-brain-foods-for-better-running>, October 14, 2013.
 258. Applegate, L., Warm Up to Soup – Health Notes from Dr. Liz, Daily Dish, Nugget Markets, November 5, 2013.
 259. Applegate, L., Turkey Breast– Health Notes from Dr. Liz, Daily Dish, Nugget Markets, November 9, 2013.
 260. Applegate, L., Fall Gems – Health Notes from Dr. Liz, Daily Dish, Nugget Markets, November 15, 2013.
 261. Applegate, L., Holiday Food Guide Q&A, Runner's World Online, Available: <http://www.runnersworld.com/nutrition-for-runners/holiday-food-guide-qa>, November 27, 2013.
 262. Applegate, L., The Best Protein for Runners, Runner's World Online, Available: <http://www.runnersworld.com/nutrition-for-runners/the-best-protein-for-runners>, December 19, 2013.
 263. Applegate, L., Rainbow Bright– Health Notes from Dr. Liz, Daily Dish, Nugget Markets, Available: <http://www.nuggetmarket.com/articles/871/rainbow-carrots/>, January 3, 2014.
 264. Applegate, L., This for That – Health Notes from Dr. Liz, Daily Dish, Nugget Markets, Available: <http://www.nuggetmarket.com/articles/904/this-for-that/>, January 6, 2014.
 265. Applegate, L., Winter's Sunshine Fruit - Lemons – Health Notes from Dr. Liz, Daily Dish, Nugget Markets, Available: <http://www.nuggetmarket.com/articles/942/winters-sunshine-fruit-lemons/>, January 8, 2014.
 266. Applegate, L., A Drink with Jam and Bread – Health Notes from Dr. Liz, Daily Dish, Nugget Markets, Available: <http://www.nuggetmarket.com/articles/971/a-drink-with-jam-and-bread/>, January 28, 2014.
 267. Applegate, L., Tea Time – Health Notes from Dr. Liz, Daily Dish, Nugget Markets, Available: <http://www.nuggetmarket.com/articles/985/tea-time/>, January 30, 2014
 268. Applegate, L., Top Heart Health Tips, Runner's World Online, Available:

- <http://www.runnersworld.com/nutrition-for-runners/top-heart-health-tips>, January 21, 2014.
269. Applegate, L., Eight Reasons to Sip on Coffee, Runner's World Online, Available: <http://www.runnersworld.com/nutrition-for-runners/eight-reasons-to-sip-on-coffee>, February 14, 2014.
270. Applegate, L., The Sweetest Thing – Health Notes from Dr. Liz, Daily Dish, Nugget Markets, Available: <http://www.nuggetmarket.com/articles/79/health-notes-from-dr-liz/>, April 7, 2014.
271. Applegate, L., The Healthiest Food Options for Summer, Runner's World Online, Available: <http://www.runnersworld.com/nutrition-for-runners/the-healthiest-food-options-for-summer>, May 6, 2014.
272. Applegate, L., The Very Best Beverages for Runners, Runner's World Online, Available: <http://www.runnersworld.com/hydration-dehydration/the-very-best-beverages-for-runners>, October 14, 2014.
273. Applegate, L., Foods and Drinks That Help (and Hurt) Your Running, Available: <http://www.runnersworld.com/nutrition-for-runners/foods-and-drinks-that-help-and-hurt-your-running>, September 29, 2014.
274. Applegate, L., The Best Protein for Runners, Runner's World Online, Available: <http://www.runnersworld.com/nutrition-for-runners/the-best-protein-for-runners>, December 19, 2014.
275. Applegate, L., Whey Power, Daily Dish, Nugget Markets, Available: <http://www.nuggetmarket.com/articles/1262/whey-power/>, January 15, 2015.
276. Applegate, L., This Super Bowl Staple Is Actually Good for you, Runner's World Online, Available: <http://www.runnersworld.com/nutrition-for-runners/this-super-bowl-staple-is-actually-good-for-you>, January 29, 2015.
277. Applegate, L., 3 Reasons to Cook a Pot of Soup–Right Now, Runner's World Online, Available: <http://www.runnersworld.com/nutrition-for-runners/3-reasons-to-cook-a-pot-of-soup-right-now>, February 6, 2015.
278. Applegate, L., 6 Superfoods That Can Protect Your Heart, Runner's World Online Available: <http://www.runnersworld.com/nutrition-for-runners/6-superfoods-that-can-protect-your-heart>, February 23, 2015.
279. Applegate, L., Peaches and Nectarines and Apricots, Oh my! Daily Dish, Nugget Markets, Available: <http://www.nuggetmarket.com/articles/1382/peaches-and-nectarines-and-apricots-oh-my/>, May 27, 2015.
280. Applegate, L., Artichoke Super Food Facts from Dr. Liz, Daily Dish, Nugget Markets, Available: <http://www.nuggetmarket.com/articles/1392/artichoke-super-food-facts-from-drliz/>, June 6, 2015.
281. Applegate, L., 5 Great Guy Foods for Father's Day, Runner's World Online Available: <http://www.runnersworld.com/fridge-wisdom/5-great-guy-foods-for-fathers-day>, June 19, 2015.
282. Applegate, L., Healthiest Fats for Runners, Runner's World Online Available: <http://www.runnersworld.com/fridge-wisdom/the-healthiest-fats-for-runners>, July 10, 2015.
283. Applegate, L., Salsa Recipes for Guilt-Free Snacking, Runner's World Online Available: <http://www.runnersworld.com/fridge-wisdom/salsa-recipes-for-guilt-free-snacking>, July 13, 2015.
284. Applegate, L., Oh La La!! French Cheese! – Health Notes from Dr. Liz, Daily Dish,

- Nugget Markets, Available: <http://www.nuggetmarket.com/articles/1445/oh-la-la-french-cheese/>, July 17, 2015.
285. Applegate, L., Micro Greens – Health Notes from Dr. Liz, Daily Dish, Nugget Markets, Available: <http://www.nuggetmarket.com/articles/tags/health-notes-from-dr-liz/page/1/>, July 18, 2015.
286. Applegate, L., The Power of Plant-Base Proteins – Health Notes from Dr. Liz, Daily Dish, Nugget Markets, Available: <http://www.nuggetmarket.com/articles/1455/the-power-of-plant-base-proteins/>, July 28, 2015.
287. Applegate, L., The Summer Danger Every Runner Faces, Runner’s World Online Available: <http://www.runnersworld.com/fridge-wisdom/the-summer-danger-every-runner-faces>, July 29, 2015.
288. Applegate, L., Hydrating Produce– Health Notes from Dr. Liz, Daily Dish, Nugget Markets, Available: <http://www.nuggetmarket.com/articles/1457/health-notes-from-dr-liz---hydrating-produce-/>, August 5, 2015.
289. Applegate, L., Have a Sweet Tooth? Maybe Blame Your Genes, Runner’s World Online Available: <http://www.runnersworld.com/fridge-wisdom/have-a-sweet-tooth-maybe-blame-your-genes>, August 14, 2015.
290. Applegate, L., Refreshing and Nutritious Drink Recipes, Runner’s World Online Available: <http://www.runnersworld.com/fridge-wisdom/refreshing-and-nutritious-drink-recipes>, August 18, 2015.
291. Applegate, L., The Healthy Dessert to Make Before Summer Ends, Runner’s World Online Available: <http://www.runnersworld.com/fridge-wisdom/the-healthy-dessert-to-make-before-summer-ends>, August 28, 2015.
292. Applegate, L., Three Must Have Eats for Kids’ Breakfasts and Lunches – Health Notes from Dr. Liz, Daily Dish, Nugget Markets, Available: <http://www.nuggetmarket.com/articles/738/for-kids-breakfasts-and-lunches/>, August 24, 2015.
293. Applegate, L., Keep Your Child’s Immune Strong – Health Notes from Dr. Liz, Daily Dish, Nugget Markets, Available: <http://www.nuggetmarket.com/articles/282/keep-your-kids-immune-strong/>, August 28, 2015.
294. Applegate, L., Why Guys Need to Worry About Bone Health, Runners World Online, Available: <http://www.runnersworld.com/fridge-wisdom/why-guys-need-to-worry-about-bone-health>, September 4, 2015.
295. Applegate, L., The Healthy Way to Go Vegetarian – Health Notes from Dr. Liz, Daily Dish, Nugget Markets, Available: <http://www.nuggetmarket.com/articles/1483/the-healthy-way-to-go-vegetarian/>, September 7, 2015.
296. Applegate, L., Less Is More When It Comes to Good Health – Health Notes from Dr. Liz, Daily Dish, Nugget Markets, Available: <http://www.nuggetmarket.com/articles/1482/less-is-more-when-it-comes-to-good-health/>, September 10, 2015.
297. Applegate, L., Juicing May Be Your Ticket to Good Health – Health Notes from Dr. Liz, Daily Dish, Nugget Markets, Available: <http://www.nuggetmarket.com/articles/1484/juicing-may-be-your-ticket-to-good-health/>, September 14, 2015.
298. Applegate, L., 5 Reasons Runners Need a Good Breakfast, Runners World Online, Available: <http://www.runnersworld.com/fridge-wisdom/5-reasons-runners-need-a-good-breakfast>, September 18, 2015.

299. Applegate, L., Drinking More Water Could Help You Drop More Pounds, Runners World Online, Available: <http://www.runnersworld.com/fridge-wisdom/drinking-more-water-could-help-you-drop-more-pounds> , September 24, 2015.
300. Applegate, L., This Month's Big Nutrition Trend: The Beer and Sausage Diet, Runners World Online, Available: <https://www.runnersworld.com/fridge-wisdom/this-months-big-nutrition-tren-the-beer-and-sausage-diet>, October 9, 2015.
301. Applegate, L., Show Some Pumpkin Pride - Health Notes from Dr. Liz, Daily Dish, Nugget Markets, Available: <https://www.nuggetmarket.com/articles/1512/pumpkin-health-notes/> October 22, 2015.
302. Applegate, L., Six Healthy Must-Have Foods for Fall - Health Notes from Dr. Liz, Daily Dish, Nugget Markets, Available: <http://www.nuggetmarket.com/articles/1514/6-fall-foods-with-health-benefits/> October 23, 2015.
303. Applegate, L., 5 Health Reasons to Munch on Apples, Runners World Online, Available: <http://www.runnersworld.com/fridge-wisdom/5-Health-reasons-to-munch-on-apples> , November 4, 2015.
304. Applegate, L., Go with the (Whole) Grain! - Health Notes from Dr. Liz, Daily Dish, Nugget Markets, Available: <http://www.nuggetmarket.com/articles/1521/go-with-the-%28whole%29-grain/> November 5, 2015.
305. Applegate, L., Big Chill: The Best Frozen Fruits and Veggies - Health Notes from Dr. Liz, Daily Dish, Nugget Markets, Available: <http://www.nuggetmarket.com/articles/1522/big-chill-the-best-frozen-fruits-and-veggies/> November 6, 2015.
306. Applegate, L., Stuff the Turkey (Not Yourself!) - Health Notes from Dr. Liz, Daily Dish, Nugget Markets, Available: <http://www.nuggetmarket.com/articles/1532/stuff-the-turkey-%28not-yourself%29/> November 17, 2015.
307. Applegate, L., Why Is Losing Weight So Hard?, Runners World Online, Available: <http://www.runnersworld.com/fridge-wisdom/why-is-losing-weight-so-hard> , November 19, 2015.
308. Applegate, L., Can Drinking Coffee Help You Live Longer?, Runners World Online, Available: <http://runnersworld.com/fridge-wisdom/can-drinking-coffee-help-you-live-longer>, December 3, 2015.
309. Applegate, L., Survive the Holidays Without Getting Fat, Runners World Online, Available: <http://www.runnersworld.com/fridge-wisdom/survive-the-holidays-without-getting-fat> , December 11, 2015.
310. Applegate, L., Winter's Best Superfoods, Runners World Online, Available: <http://www.runnersworld.com/fridge-wisdom/winters-best-super-food> , December 11, 2015.
311. Applegate, L., Dr. Liz's 21-Day Revitalizing Healthy Eating and Exercise Plan - Health Notes from Dr. Liz, Daily Dish, Nugget Markets, Available: <http://www.nuggetmarket.com/articles/1576/dr-lizs-21-day-revitalizing-healthy-eating-and-exercise-plan/> January 4, 2016.
312. Applegate, L., 21-Day Plan - Health Notes from Dr. Liz, Daily Dish, Nugget Markets, Available: <http://www.nuggetmarket.com/21dayplan> January 4, 2016.
313. Applegate, L., Probiotics - Health Notes from Dr. Liz, Daily Dish, Nugget Markets, Available: <http://www.nuggetmarket.com/articles/1580/probiotics/> January 12, 2016.
314. Applegate, L., Carbs Still on Top as Fuel, Runners World Online, Available: <http://www.runnersworld.com/fridge-wisdom/carbs-still-on-top-as-fuel> , Thursday, January 14, 2016.

315. Applegate, L., Pass the Cheese, Please! – Health Notes from Dr. Liz, Daily Dish, Nugget Markets, Available: <http://www.nuggetmarket.com/articles/1585/pass-the-cheese-please/> January 19, 2016.
316. Applegate, L., Four Easy Ways for Runners to Eat Clean, Runners World Online, Available: <http://www.runnersworld.com/fridge-wisdom/four-easy-ways-for-runners-to-eat-clean> January 20, 2016.
317. Applegate, L., It's in the Can! – Health Notes from Dr. Liz, Daily Dish, Nugget Markets, Available: <http://www.nuggetmarket.com/articles/1588/its-in-the-can/> January 20, 2016.
318. Applegate, L., Supercharge Your Smoothie – Health Notes from Dr. Liz, Daily Dish, Nugget Markets, Available: <http://www.nuggetmarket.com/articles/1589/supercharge-your-smoothie/> January 22, 2016.
319. Applegate, L., Aloe Vera Tips & Uses– Health Notes from Dr. Liz, Daily Dish, Nugget Markets, Available: <http://www.nuggetmarket.com/articles/1591/aloe-vera-tips-and-uses/> January 26, 2016.
320. Applegate, L., For the love of chocolate! – Health Notes from Dr. Liz, Daily Dish, Nugget Markets, Available: <http://www.nuggetmarket.com/articles/1604/for-the-love-of-chocolate/> February 12, 2016.
321. Applegate, L., Study: Small Plates Make a Big Difference, Runners World Online, Available: <http://www.runnersworld.com/fridge-wisdom/study-small-plates-make-a-big-difference> , February 12, 2016.
322. Applegate, L., Milk vs. “Milk” – Health Notes from Dr. Liz, Daily Dish, Nugget Markets, Available: <http://www.nuggetmarket.com/articles/1606/milk-vs-milk-/> February 17, 2016.
323. Applegate, L., Udderly Dairy! – Health Notes from Dr. Liz, Daily Dish, Nugget Markets, Available: <http://www.nuggetmarket.com/articles/1605/udderly-dairy/> February 17, 2016.
324. Applegate, L., Study: Sleep Better with Fiber, Runners World Online, Available: <http://www.runnersworld.com/fridge-wisdom/study-sleep-better-with-fiber> , February 17, 2016.
325. Applegate, L., Vitamin D Basics – Health Notes from Dr. Liz, Daily Dish, Nugget Markets, Available: <https://www.nuggetmarket.com/articles/1610/vitamin-d-basics-/> , February 28, 2016.
326. Applegate, L., Essential Nutrients for Vegetarians, Runners World Online, Available: <http://runnersworld.com/fridge-wisdom/essential-nutrients-for-vegetarians>, February 29, 2016.
327. Applegate, L., Study: Protein Could Be Key to Weight Loss, Muscle Gain, Runners World Online, Available: <http://www.runnersworld.com/fridge-wisdom/study-protein-could-be-key-to-weight-loss-muscle-gain>, March 2, 2016.
328. Applegate, L., Healthy Entrees on Ice – Health Notes from Dr. Liz, Daily Dish, Nugget Markets, Available: <https://www.nuggetmarket.com/articles/1623/healthy-entreeées-on-ice/> , March 3, 2016.
329. Applegate, L., The Dish on Shellfish – Health Notes from Dr. Liz, Daily Dish, Nugget Markets, Available: <https://www.nuggetmarket.com/articles/1621/the-dish-on-shellfish-/>, March 4, 2016.
330. Applegate, L., Paleo Diet Principles May Help Runners, Runners World Online, Available: <http://www.runnersworld.com/fridge-wisdom/paleo-diet-principles-may-help-runners>, March 9, 2016.

331. Applegate, L., What Types of Milk are Best for Runners, Runners World
Online, Available: <http://www.runnersworld.com/print/fridge-wisdom/what-types-of-Milks-are-best-for-runners> , March 16, 2016.
332. Applegate, L., 5 Reasons You Should Eat Breakfast – Health Notes from Dr. Liz, Daily Dish, Nugget Markets, Available:
<https://www.nuggetmarket.com/articles/1636/5-reasons-you-should-eat-breakfast/> ,
March 29, 2016
333. Applegate, L., Study: Run More, Eat Less, Runners World
Online, Available: <http://www.runnersworld.com/fridge-wisdom/study-run-more-eat-less>
March 30, 2016.
333. Applegate, L., Essential Lentils, Runners World
Online, Available: <http://www.runnersworld.com/fridge-wisdom/essential-lentils>
, April 1, 2016
334. Applegate, L., How Sweet It Is – Health Notes from Dr. Liz, Daily Dish,
Nugget Markets, Available: <http://www.nuggetmarket.com/articles/1665/how-sweet-it-is/>
, April 19, 2016
335. Applegate, L., Beans are Good for Your Heart and Waistline, Runners World
Online, Available: <http://www.runnersworld.com/fridge-wisdom/beans-are-good-for-your-heart-and-waistline> , April 21,2016
336. Applegate, L., Yes, You Can Eat Frozen Entrees, Runners World
Online, Available: <http://www.runnersworld.com/fridge-wisdom/yes-you-can-eat-frozen-entrees> , April 27, 2016.
337. Applegate, L., Over 40? You Need More Protein for Muscle Recover, Runners World
Online, Available: <http://www.runnersworld.com/fridge-wisdom/over-40-you-need-more-protein-for-muscle-recovery> , May 10, 2016.
338. Applegate, L., Benefits of the Mediterranean Diet – Part 1 – Health Notes from Dr. Liz, Daily
Dish Nugget Markets, Available: <https://www.nuggetmarket.com/articles/1683/benefits-of-the-mediterranean-diet--part-1/> , May 13, 2016
339. Applegate, L., Benefits of the Mediterranean Diet – Part 2 – Health Notes from Dr. Liz, Daily
Dish Nugget Markets, Available: <https://www.nuggetmarket.com/articles/1683/benefits-of-the-mediterranean-diet--part-2/> , May 13, 2016
340. Applegate, L., Benefits of the Mediterranean Diet – Part 3 – Health Notes from Dr. Liz, Daily
Dish Nugget Markets, Available: <https://www.nuggetmarket.com/articles/1683/benefits-of-the-mediterranean-diet--part-3/> , May 13, 2016
341. Applegate, L., Ultrarunners Burn Carbs as Fuel, Runners World
Online, Available: <http://www.runnersworld.com/fridge-wisdom/ultrarunners-burn-carbs-as-fuel> , May 18, 2016.

