



Dan Benardot, PhD, DHC, RD, FACSM  
Author of "Nutrition for Serious Athletes"

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## Biographical Sketch

Dan Benardot is an Associate Professor in the Department of Nutrition and an Associate Professor in the Department of Kinesiology and Health at Georgia State University, and he co-directs the Laboratory for Elite Athlete Performance at Georgia State University. Dr. Benardot received his doctorate in human nutrition and health planning from Cornell University in 1980, and he received a Doctor of Humane Letters, *honoris causa*, in 2002 from Marywood University for his work in the area of sports nutrition. He is a Fellow of the American College of Sports Medicine, and a Registered Dietitian. His research focus on energy balance and related issues in competitive athletes has been funded by the United States Olympic Committee, the Gatorade Sports Science Institute, the Georgia Research Foundation, and the American Cancer Society. His findings in the area of within-day energy balance have been published in highly regarded professional journals and have been presented at national and international conferences. He authored "Nutrition for Serious Athletes" (Human Kinetics Publisher © 2000, 336 pgs), was editor-in-chief of "Sports Nutrition: A Guide for the Professional Working with Active People, 2<sup>nd</sup> edition" (American Dietetic Association © 1993, 335 pgs), and co-authored "The ACSM Fitness Book – 3<sup>rd</sup> Edition" (Human Kinetics Publisher © 2003, 175 pgs). He is currently under contract with Human Kinetics to write "Advanced Sports Nutrition", to be published in 2005. He is co-author of the American and Canadian Dietetic Association position paper on "Physical Fitness and Athletic Performance for Adults" (1993), and has authored numerous refereed journal publications. Benardot is on the editorial board for *ACSM's Health and Fitness Journal*, and is a manuscript reviewer for *The Journal of the American Dietetic Association*, *The International Journal of Sport Nutrition & Exercise Metabolism*, and for *Medicine & Science in Sports & Exercise*. He was the first American appointed to the Medical Commission of the international governing body for gymnastics (Fédération Internationale de Gymnastique), is an officer/member of the Sports Medicine Society for United States Figure Skating, and was a founding member of the Athlete Wellness Committee for USA Gymnastics. In 1993 he received the Sports and Cardiovascular Nutrition (SCAN) achievement award, in 1995 he was initiated into the Alumni Honor Roll for the State University System of New York, and in 1996 USA Gymnastics presented him with the Outstanding Educator Award. Dr. Benardot was in charge of the nutritional health of the gold-medal winning United States Gymnastics Team at the 1996 Atlanta Olympic Games, and was nutritionist for the medal-winning USA marathoners at the 2004 Athens Olympic Games.

## Recent Publications

**Benardot D.** Never get hungry, never get thirsty: A drug-free nutritional strategy for optimizing athletic performance. Olympic Coach 2004; 16(4): 4-7.

**Benardot D.** Energy balance: A concept for athletes and non-athletes. ACSM Fit Society Page 2004; Winter: 4; 11.

Koenig C, **Benardot D**, Cody M, and Thompson W. The influence of creatine monohydrate and carbohydrate supplements on repeated jump height. Medicine & Science in Sports & Exercise. 2004; 36(5):S347

**Benardot D**, Thompson WR, and Martin DE. Bone density, muscle mass, and injury risk in elite gymnasts. Proceedings of the VIIth IOC Olympic World Congress on Sport Sciences. Athens , Greece . October 8, 2003 . Pg 108D.

Martin DE, **Benardot D**, and Thompson WR. Relationship of lean mass and power on injury frequency and health status in elite gymnasts. Proceedings of the VIIth IOC Olympic World Congress on Sport Sciences. Athens , Greece . October 8, 2003 , pg 128D.

**Benardot D.** Eating to achieve optimal body composition. Proceedings of the 54<sup>th</sup> Annual Meeting & Clinical Symposia of the National Athletic Trainers Association. St. Louis , MO. June 28, 2003 , pp 279-281.

Papadopoulos C, Doyle JA, LaBudde B, Rupp JC, Brandon LJ, **Benardot D**, and Martin DE. Relationships between blood lactate parameters and endurance performance. Medicine & Science in Sports & Exercise 2003; 35(5):S90.

Thompson WR, **Benardot D**, and Jonas S. “ACSM Fitness Book (3<sup>rd</sup> Edition)” Champaign , IL : Human Kinetics Publishers, 175 Pages. Copyright (C) April, 2003 (Book)

**Benardot D.** “Chapter 3: Nutrition” In: “NSCA’s Strength and Conditioning Manual for High School Coaches”. Healthy Living Publishers: Monterey , CA., 2003; pp 18-37.

**Benardot D**, Martin DE, and Thompson WR. The effect of eating frequency on energy intake, body composition, and exercise performance in athletes. Medicina Sportiva – Bohemica & Slovaca 2002; 11(3): 238-239.

Georgopoulos NA, Markou KB, Theodoropoulou A, **Benardot D**, Leglise M, & Vagenakis AG. Growth retardation in artistic compared with rhythmic elite female gymnasts. The Journal of Clinical Endocrinology & Metabolism 2002; 87(7):3169-3173.

**Benardot D**, Martin DE, and Thompson WR. Maintaining energy balance: a key for effective physical conditioning. American Journal of Medicine & Sports, 2002; 4(1): 25-30, 40

Martin DE, **Benardot D**, and Thompson WR. Caloric intake differences in collegiate athletes and elite cyclists. Medicine & Science in Sports & Exercise 2002; 34(5): S107

**Benardot D**, Martin DE, and Thompson WR. Body composition and bone density differences in collegiate athletes and elite cyclists. Medicine & Science in Sports & Exercise 2002; 34(5): S196

**Benardot D.** The Effect of Eating Frequency on Body Composition and Athletic Performance. Proceedings of the Seventh Annual Congress on the Sports Medicine and Sports Science of Skating Los Angeles , January 12, 2002

Geogopoulos NA, Markou KB, Theodoropoulou A, Vagenakis GA, **Benardot D**, Leglise M, Dimopoulos JCA, and Vagenakis AG. Height velocity and skeletal maturation in elite female rhythmic gymnasts. The Journal of Clinical Endocrinology & Metabolism 2001; 86(11) 5159-5164

**Benardot D**. “Nutrición para Deportistas de Alto Nivel” Barcelona, Spain: Editorial Hispano Europea, S.A., 319 pages, © 2001 (Book)

**Benardot D**. Thinness vs. Leanness: Problems with the Dieting Paradigm. Proceedings of the Sixth Annual Congress on the Sports Science and Medicine of Skating. January 20, 2001

Arnett B, **Benardot D**, Maughan R, Steuerwald B, and Tedeschi F. Speeding recovery from exercise. Gatorade Sports Science Institute – Sports Science Exchange Roundtable 46 2001; 12(4)

**Benardot D**, Clarkson P, Coleman E, and Manore M. Can vitamin supplements improve sport performance? Gatorade Sports Science Institute - Sports Science Exchange Roundtable 45 2001; 12(3)

Rao AH, **Benardot D**, Martin DE, and Thompson WR. Energy balance and body composition in relation to anaerobic power in elite artistic gymnasts. Medicine & Science in Sports & Exercise 2001; 33(5):S15

**Benardot D**: “Chapter 45: Gymnastics” in Maughan RJ (Ed), “IOC Encyclopaedia of Sports Medicine: Nutrition in Sports”. Blackwell Science Ltd: Oxford , England , 2000, pp 588-608

Jonnalagadda S, **Benardot D**, and Nelson M. Assessment of under-reporting of energy intake by elite female gymnasts. International Journal of Sport Nutrition and Exercise Metabolism 2000; 10: 315-325

**Benardot D**: “Nutrition for Serious Athletes”. Champaign , IL : Human Kinetics Publishers, 336 pages, © 2000 (Book)

Deutz B, **Benardot D**, Martin D, and Cody M. Relationship between energy deficits and body composition in elite female gymnasts and runners. Medicine & Science in Sports & Exercise 2000; 32(3): 659-668

**Benardot D**. The influence of within-day energy balance on body composition. Proceedings of the Czech Society of Sports Medicine Annual Meeting, Trešt , Czech Republic , November 3-5, 2000 . Medicina Sportiva – Bohemica & Slovaca 2000; 9(3): 148

Geogopoulos N, Markou K, Theodoropoulou A, Vagenakis GA, **Benardot D**, Leglise M, and Vagenakis AG. Height velocity and pubertal development in elite rhythmic gymnasts. International Journal of Experimental and Clinical Endocrinology. 2000; 53(suppl 2): 94

Thomas HO, **Benardot D**, and Martin DE. The relationship of reported energy intake to body fat percent and bone mineral density in collegiate tennis players. Medicine & Science in Sports & Exercise. 2000; 32(5):S284

## Honors & Awards

Doctor of Humane Letters, *honoris causa*, Presented by Marywood University in recognition of work in the area of sports nutrition. October, 2002.

Recognition of Service Award Presented by the American Dietetic Association in recognition of service as a member of the 1999 Annual Meeting Program Committee.

Recognition of Service Award Presented by the American Dietetic Association in recognition of service as a member of the 1998 Annual Meeting Program Committee.

Recognition of Service Award Presented by the American Dietetic Association in Recognition of Service as a member of the 1997 Annual Meeting Program Committee.

Outstanding Educator Award. Presented by USA Gymnastics at Annual Congress, Boston , MA , June 1996.

Alumni Honor Roll. Presented by the State University of New York (System) in Albany , New York . November, 1995

SCAN Achievement Award. Presented by the Sports and Cardiovascular Nutrition (SCAN) practice group of The American Dietetic Association, San Diego , California . April, 1993

Who's Who in American Education, 1992-1993 Edition. The National Reference Institute, Chicago , IL .

Recognition of Service Award. Presented by The American Dietetic Association in Recognition of Service as a Site Visitor for the Council on Education Division of Education Accreditation/Approval from 1988 through 1991. October 1991.

Outstanding Service Award. Presented by The American Dietetic Association in Recognition of Service on the Affirmative Action Committee of the House of Delegates from 1988 through 1990. October, 1990.

Masters of Innovation Award. ( 2nd Place ) Presented by Zenith Data Systems for development of a computer software package submitted in a national competition. May, 1989.

Outstanding Merit Award. Presented by the Intersorority Council of Georgia State University . March 6, 1989