

Selection of Publications

Original research:

A meta-analysis comparing the effectiveness of alternate day fasting, the 5:2 diet, and time-restricted eating for weight loss.

Elortegui Pascual P, Rolands MR, Eldridge AL, Kassis A, Mainardi F, Lê KA, **Karagounis LG**, Gut P, Varady KA.

Obesity (Silver Spring). 2022 Nov 8. doi: 10.1002/oby.23568.

PMID: 36349432

A Randomized Controlled Clinical Trial in Healthy Older Adults to Determine Efficacy of Glycine and N-Acetylcysteine Supplementation on Glutathione Redox Status and Oxidative Damage

Lizzo G, Migliavacca E, Lamers D, Frézal D, Corthesy J, Vinyes-Parès G, Bosco N, **Karagounis LG**, Hövelmann U, Heise T, Eynatten M, Gut P

Front Aging. 2022 Mar 7;3:852569. doi: 10.3389/fragi.2022.852569. eCollection 2022

Evolution of Mobility Function in Chinese Elders during the 6 Months of Nutritional Supplementation and Age-adapted Physical Activities: A Feasibility Study.

Chang CQ, **Karagounis LG**, Yu YX, Yin J, Donato-Capel L, Shevlyakova M, Beaumont M, Huang HS, Offord EA, Horcajada M.

Biomed Environ Sci. 2021 Nov 20;34(11):900-904. doi: 10.3967/bes2021.123.

Low-Grade Systemic Inflammation Interferes with Anabolic and Catabolic Characteristics of the Aged Human Skeletal Muscle.

Draganidis D, Jamurtas AZ, Chondrogianni N, Mastorakos G, Jung T, Grune T, Papadopoulos C, Papanikolaou K, Papassotiriou I, Papaevgeniou N, Poullos A, Batrakoulis A, Deli CK, Georgakouli K, Chatzinikolaou A, **Karagounis LG**, Fatouros IG.

Oxid Med Cell Longev. 2021 Dec 7;2021:8376915. doi: 10.1155/2021/8376915. eCollection 2021.

A randomized controlled trial to isolate the effects of fasting and energy restriction on weight loss and metabolic health in lean adults

Templeman I, Smith H.A, Chowdhury E, Chen Y.C, Carroll H, Johnson-Bonson D, Hengist A, Smith R, Creighton J, Clayton D, Varley I, **Karagounis LG**, Wilhelmsen A, Tsintzas K, Reeves S, Walhin JP, Gonzalez JT, Thompson D, Betts JA

Science Translational Medicine, 2021 Jun 16;13(598)

Ingestion of a pre-bedtime protein containing beverage prevents overnight induced negative whole-body protein balance in healthy elderly men **Karagounis LG**, Beaumont M, Donato-Capel L, Godin JP, Kapp AF, Draganidis D, Pinaud S, Vuichoud J, Shevlyakova M, Rade-Kukic K, Breuille D

(Front Nutr. 2019 Nov 29;6:181. doi: 10.3389/fnut.2019.00181. eCollection 2019)

The Importance of Dietary Protein at Breakfast in Childhood.

Karagounis LG.

Nestlé Nutr Inst Workshop Ser. 2019;91:143-151. doi: 10.1159/000493706.

Systemic and Metabolic Signature of Sarcopenia in Community-Dwelling Older Adults.

Lu Y, **Karagounis LG**, Ng TP, Carre C, Narang V, Wong G, Ying Tan CT, Zin Nyunt MS, Gao Q, Abel B, Poidinger M, Fulop T, Bosco N, Larbi A.

J Gerontol A Biol Sci Med Sci. 2019 Jan 8. doi: 10.1093/gerona/glz001.

Chronotype: Implications for Epidemiologic Studies on Chrono-Nutrition and Cardiometabolic Health.

Almoosawi S, Vingeliene S, Gachon F, Voortman T, Palla L, Johnston JD, Van Dam RM, Darimont C, **Karagounis LG**.

Adv Nutr. 2018 Nov 30. doi: 10.1093/advances/nmy070.

Protein Intake at Breakfast Promotes a Positive Whole-Body Protein Balance in a Dose-Response Manner in Healthy Children: A Randomized Trial.

Karagounis LG, Volterman KA, Breuillé D, Offord EA, Emady-Azar S, Moore DR.

J Nutr. 2018 May 1;148(5):729-737. doi: 10.1093/jn/nxy026.

Longitudinal association of dietary protein intake in infancy and adiposity throughout childhood.

Jen V, Braun KVE, **Karagounis LG**, Nguyen AN, Jaddoe VWV, Schoufour JD, Franco OH, Voortman T.

Clin Nutr. 2018 Jun 6. pii: S0261-5614(18)30198-5. doi: 10.1016/j.clnu.2018.05.013.

Dietary protein intake in school-age children and detailed measures of body composition: the Generation R Study.

Jen V, **Karagounis LG**, Jaddoe VWV, Franco OH, Voortman T.

Int J Obes (Lond). 2018 Oct;42(10):1715-1723. doi: 10.1038/s41366-018-0098-x. Epub 2018 May 17.

Disparate Habitual Physical Activity and Dietary Intake Profiles of Elderly Men with Low and Elevated Systemic Inflammation.

Draganidis D, Jamurtas AZ, Stampoulis T, Laschou VC, Deli CK, Georgakouli K, Papanikolaou K, Chatzinikolaou A, Michalopoulou M, Papadopoulos C, Tsimeas P, Chondrogianni N, Koutedakis Y,

Karagounis LG, Fatouros IG.

Nutrients. 2018 May 4;10(5). pii: E566. doi: 10.3390/nu10050566.

Post-Game High Protein Intake May Improve Recovery of Football-Specific Performance during a Congested Game Fixture: Results from the PRO-FOOTBALL Study.

Poulios A, Fatouros IG, Mohr M, Draganidis DK, Deli C, Papanikolaou K, Sovatzidis A, Nakopoulou T, Ermidis G, Tzatzakis T, Laschou VC, Georgakouli K, Koulouris A, Tsimeas P, Chatzinikolaou A,

Karagounis LG, Batsilas D, Krstrup P, Jamurtas AZ.

Transcriptomic analyses reveal rhythmic and CLOCK-driven pathways in human skeletal muscle.

Perrin L, Loizides-Mangold U, Chanon S, Gobet C, Hulo N, Isenegger L, Weger BD, Migliavacca E, Charpagne A, Betts JA, Walhin JP, Templeman I, Stokes K, Thompson D, Tsintzas K, Robert M, Howald C, Riezman H, Feige JN, **Karagounis LG**, Johnston JD, Dermitzakis ET, Gachon F, Lefai E, Dibner C.

Elife. 2018 Apr 16;7. pii: e34114. doi: 10.7554/eLife.34114.

Effect of resistance training and protein intake pattern on myofibrillar protein synthesis and proteome kinetics in older men in energy restriction.

Murphy CH, Shankaran M, Churchward-Venne TA, Mitchell CJ, Kolar NM, Burke LM, Hawley JA, Kassis A, **Karagounis LG**, Li K, King C, Hellerstein M, Phillips SM.

J Physiol. 2018 Jun;596(11):2091-2120. doi: 10.1113/JP275246. Epub 2018 Apr 17.

Intermittent fasting, energy balance and associated health outcomes in adults: study protocol for a randomised controlled trial.

Templeman I, Thompson D, Gonzalez J, Walhin JP, Reeves S, Rogers PJ, Brunstrom JM, **Karagounis LG**, Tsintzas K, Betts JA.

Trials. 2018 Feb 2;19(1):86. doi: 10.1186/s13063-018-2451-8.

Protein ingestion preserves proteasome activity during intense aseptic inflammation and facilitates skeletal muscle recovery in humans.

Draganidis D, Chondrogianni N, Chatzinikolaou A, Terzis G, **Karagounis LG**, Sovatzidis A, Avloniti A, Lefaki M, Protopapa M, Deli CK, Papanikolaou K, Jamurtas AZ, Fatouros IG.
Br J Nutr. 2017 Aug;118(3):189-200. doi: 10.1017/S0007114517001829.

Timing and pattern of postexercise protein ingestion affects whole-body protein balance in healthy children: a randomized trial.

Volterman KA, Moore DR, Breithaupt P, Grathwohl D, Offord EA, **Karagounis LG**, Timmons BW.
Appl Physiol Nutr Metab. 2017 Nov;42(11):1142-1148. doi: 10.1139/apnm-2017-0185. Epub 2017 Jul 6.

Sedentary Behavior Research Network (SBRN) - Terminology Consensus Project process and outcome.

Tremblay MS, Aubert S, Barnes JD, Saunders TJ, Carson V, Latimer-Cheung AE, Chastin SFM, Altenburg TM, Chinapaw MJM; SBRN Terminology Consensus Project Participants.
Int J Behav Nutr Phys Act. 2017 Jun 10;14(1):75. doi: 10.1186/s12966-017-0525-8.

Protein and Energy Intakes Are Skewed toward the Evening among Children and Adolescents in the United States: NHANES 2013-2014.

Mathias KC, Almoosawi S, **Karagounis LG**.
J Nutr. 2017 Jun;147(6):1160-1166. doi: 10.3945/jn.116.245621. Epub 2017 May 3.

Postexercise Dietary Protein Ingestion Increases Whole-Body Leucine Balance in a Dose-Dependent Manner in Healthy Children.

Volterman KA, Moore DR, Breithaupt P, Godin JP, **Karagounis LG**, Offord EA, Timmons BW.
J Nutr. 2017 May;147(5):807-815. doi: 10.3945/jn.116.239756. Epub 2017 Apr 5.

A Systematic Review of the Effects of Plant Compared with Animal Protein Sources on Features of Metabolic Syndrome.

Chalvon-Demersay T, Azzout-Marniche D, Arfsten J, Egli L, Gaudichon C, **Karagounis LG**, Tomé D.
J Nutr. 2017 Mar;147(3):281-292. doi: 10.3945/jn.116.239574. Epub 2017 Jan 25. Review.

Amino Acid Composition of Breast Milk from Urban Chinese Mothers.

Garcia-Rodenas CL, Affolter M, Vinyes-Pares G, De Castro CA, **Karagounis LG**, Zhang Y, Wang P, Thakkar SK.
Nutrients. 2016 Sep 28;8(10). pii: E606.

Inflammaging and Skeletal Muscle: Can Protein Intake Make a Difference?

Draganidis D, **Karagounis LG**, Athanailidis I, Chatzinikolaou A, Jamurtas AZ, Fatouros IG.
J Nutr. 2016 Oct;146(10):1940-1952. Epub 2016 Aug 31. Review.

Chrono-nutrition: a review of current evidence from observational studies on global trends in time-of-day of energy intake and its association with obesity.

Almoosawi S, Vingeliene S, **Karagounis LG**, Pot GK.
Proc Nutr Soc. 2016 Nov;75(4):487-500. Epub 2016 Jun 22. Review.

Screen-based sedentary behavior and associations with functional strength in 6-15 year-old children in the United States.

Edelson LR, Mathias KC, Fulgoni VL 3rd, **Karagounis LG**.

BMC Public Health. 2016 Feb 4;16:116. doi: 10.1186/s12889-016-2791-9.

Hypoenergetic diet-induced reductions in myofibrillar protein synthesis are restored with resistance training and balanced daily protein ingestion in older men.

Murphy CH, Churchward-Venne TA, Mitchell CJ, Kolar NM, Kassis A, **Karagounis LG**, Burke LM, Hawley JA, Phillips SM.

Am J Physiol Endocrinol Metab. 2015 May 1;308(9):E734-43. doi: 10.1152/ajpendo.00550.2014.

Musculoskeletal system in the old age and the demand for healthy ageing biomarkers.

Collino S, Martin FP, **Karagounis LG**, Horcajada MN, Moco S, Franceschi C, Kussmann M, Offord E.

Mech Ageing Dev. 2013 Nov-Dec;134(11-12):541-7. doi: 10.1016/j.mad.2013.11.003. Epub 2013 Nov 20. Review.

Nutrition and the biology of human ageing: bone health and osteoporosis / sarcopenia / immune deficiency.

Offord EA, **Karagounis LG**, Vidal K, Fielding R, Meydani S, Penninger JM.

J Nutr Health Aging. 2013;17(8):712-6. doi: 10.1007/s12603-013-0374-3. No abstract available.

Two weeks of reduced-volume sprint interval or traditional exercise training does not improve metabolic functioning in sedentary obese men.

Skleryk JR, **Karagounis LG**, Hawley JA, Sharman MJ, Laursen PB, Watson G.

Diabetes Obes Metab. 2013 Dec;15(12):1146-53. doi: 10.1111/dom.12150. Epub 2013 Jul 16.

Thiol-based antioxidant supplementation alters human skeletal muscle signaling and attenuates its inflammatory response and recovery after intense eccentric exercise.

Michailidis Y, **Karagounis LG**, Terzis G, Jamurtas AZ, Spengos K, Tsoukas D, Chatzinikolaou A,

Mandalidis D, Stefanetti RJ, Papassotiriou I, Athanasopoulos S, Hawley JA, Russell AP, Fatouros IG.

Am J Clin Nutr. 2013 Jul;98(1):233-45. doi: 10.3945/ajcn.112.049163. Epub 2013 May 29.

Caffeine ingestion and cycling power output in a low or normal muscle glycogen state.

Lane SC, Areta JL, Bird SR, Coffey VG, Burke LM, Desbrow B, **Karagounis LG**, Hawley JA.

Med Sci Sports Exerc. 2013 Aug;45(8):1577-84. doi: 10.1249/MSS.0b013e31828af183.

Single-leg cycle training is superior to double-leg cycling in improving the oxidative potential and metabolic profile of trained skeletal muscle.

Abbiss CR, **Karagounis LG**, Laursen PB, Peiffer JJ, Martin DT, Hawley JA, Fatehee NN, Martin JC.

J Appl Physiol (1985). 2011 May;110(5):1248-55. doi: 10.1152/jappphysiol.01247.2010. Epub 2011 Feb 17.

Skeletal muscle: increasing the size of the locomotor cell.

Karagounis LG, Hawley JA.

Int J Biochem Cell Biol. 2010 Sep;42(9):1376-9. doi: 10.1016/j.biocel.2010.05.013. Epub 2010 Jun 9. Review.

Contraction-induced changes in TNFalpha and Akt-mediated signalling are associated with increased myofibrillar protein in rat skeletal muscle.

Karagounis LG, Yaspelkis BB 3rd, Reeder DW, Lancaster GI, Hawley JA, Coffey VG.

Eur J Appl Physiol. 2010 Jul;109(5):839-48. doi: 10.1007/s00421-010-1427-5. Epub 2010 Mar 13.

Book Chapters

Karagounis LG, Magnes H, Rowlands DS

Leucine-Protein functional adaptation in the clinical setting, In: Branched Chain Amino Acids in Clinical Nutrition, Volume 2: Rajkumar Rajendram, Victor R. Preedy, Vinood B. Patel (Editors), (ISBN 978-1-4939-1914-7), PAGES 217-227

Nelson AR, **Karagounis LG**, Rowlands DS

Leucine-Protein Supplemented Recovery and Exercise, In: Branched Chain Amino Acids in Clinical Nutrition, Volume 2: Rajkumar Rajendram, Victor R. Preedy, Vinood B. Patel (Editors), (ISBN 978-1-4939-1914-7), PAGES 15-32

Broad EM, **Karagounis LG** and Hawley JA.

Pre-Exercise Nutrient Timing in Endurance Activity, In: Nutrient Timing; Metabolic Optimization for Health, Performance and Recovery, Chad M. Kerksick (Editor), (ISBN: 978-1-4398-3889-1), (2012), PAGES 107-117.

Karagounis LG and Hawley JA

Genes and exercise and glucose and insulin metabolism, In: The Encyclopaedia of Sports Medicine, The IOC Encyclopaedia Vol. XVIII, Genetic and Molecular aspect of sports Performance. Claude Bouchard and Eric Hoffman (Editors) Commissioned by the International Olympic Committee (ISBN: 978-1-44433-445-6; 2011) PAGES 240-248

Karagounis LG and Hawley JA.

Hormonal and cellular control of bioenergetics. In: Exercise Physiology: from a Cellular to an Integrative Approach. Connes P, Hue O and Perrey S (Editors). Amsterdam, Netherlands: IOS Press (ISBN: 978-1-60750-496-2; 2010), PAGES 26-36