

Enette Larson-Meyer, PhD, RD, CSSD, FACSM



Enette Larson-Meyer, PhD, RD, CSSD, FACSM, is a registered dietitian and exercise physiologist who currently teaches and conducts research at the University of Wyoming. Her research interests focus on how nutrition influences the health and performance of active individuals at all stages of the lifecycle and at all levels of performance--from the casual exerciser to the elite athlete. Most recently, Dr. Larson-Meyer has become interested in vitamin D and iodine and the potential for these nutrients to influence the health and performance of athletes. Dr. Larson-Meyer is the author of *"Vegetarian Sports Nutrition. Food choices and Eating Plans for Fitness and Performance"* (Human Kinetics, 2007), is a former sports nutritionist for the University of Alabama at Birmingham Blazers, and served on the 2011 International Olympic Committee (IOC) Sports Nutrition Consensus Panel and the 2017 IOC Expert Panel for Dietary Supplements and the Elite Athlete. She is active in both the American College of Sports Medicine and The Sports Cardiovascular and Wellness Nutrition (SCAN) Practice Group of the Academy of Nutrition and Dietetics, and is currently an Associate Editor for *Medicine & Science in Sports & Exercise*. Dr. Larson-Meyer completed her dietetic training and masters at Massachusetts General Hospital in Boston and her doctoral and postdoctoral studies at the University of Alabama at Birmingham. Her personal athletic interests include trail running, flat water kayaking and Irish Step Dancing. She is also the mother of three high school athletes.