

J Alfredo Martinez Hernndez

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945
papers

40,146
citations

93
h-index

158
g-index

1,006
ext. papers

47,079
ext. citations

5
avg, IF

7.51
L-index

#	Paper	IF	Citations
945	Primary prevention of cardiovascular disease with a Mediterranean diet. <i>New England Journal of Medicine</i> , 2013 , 368, 1279-90	59.2	3041
944	Primary Prevention of Cardiovascular Disease with a Mediterranean Diet Supplemented with Extra-Virgin Olive Oil or Nuts. <i>New England Journal of Medicine</i> , 2018 , 378, e34	59.2	1232
943	Flavonoids as anti-inflammatory agents: implications in cancer and cardiovascular disease. <i>Inflammation Research</i> , 2009 , 58, 537-52	7.2	665
942	Diets with high or low protein content and glycemic index for weight-loss maintenance. <i>New England Journal of Medicine</i> , 2010 , 363, 2102-13	59.2	604
941	Obesity. <i>Nature Reviews Disease Primers</i> , 2017 , 3, 17034	51.1	464
940	Cohort profile: design and methods of the PREDIMED study. <i>International Journal of Epidemiology</i> , 2012 , 41, 377-85	7.8	369
939	Validation of the Spanish version of the physical activity questionnaire used in the NursesPHealth Study and the Health ProfessionalsPFollow-up Study. <i>Public Health Nutrition</i> , 2005 , 8, 920-7	3.3	365
938	Noncoding RNAs, cytokines, and inflammation-related diseases. <i>FASEB Journal</i> , 2015 , 29, 3595-611	0.9	292
937	Reshaping faecal gut microbiota composition by the intake of trans-resveratrol and quercetin in high-fat sucrose diet-fed rats. <i>Journal of Nutritional Biochemistry</i> , 2015 , 26, 651-60	6.3	275
936	Leptin resistance and diet-induced obesity: central and peripheral actions of leptin. <i>Metabolism: Clinical and Experimental</i> , 2015 , 64, 35-46	12.7	274
935	Role of omega-3 fatty acids in obesity, metabolic syndrome, and cardiovascular diseases: a review of the evidence. <i>Journal of Physiology and Biochemistry</i> , 2013 , 69, 633-51	5	274
934	Physical inactivity, sedentary lifestyle and obesity in the European Union. <i>International Journal of Obesity</i> , 1999 , 23, 1192-201	5.5	271
933	Obesity and immune function relationships. <i>Obesity Reviews</i> , 2001 , 2, 131-40	10.6	268
932	Distribution and determinants of sedentary lifestyles in the European Union. <i>International Journal of Epidemiology</i> , 2003 , 32, 138-46	7.8	261
931	Impact of polyphenols and polyphenol-rich dietary sources on gut microbiota composition. <i>Journal of Agricultural and Food Chemistry</i> , 2013 , 61, 9517-33	5.7	250
930	Oxidative stress and inflammation interactions in human obesity. <i>Journal of Physiology and Biochemistry</i> , 2012 , 68, 701-11	5	238
929	Mediterranean dietary pattern and depression: the PREDIMED randomized trial. <i>BMC Medicine</i> , 2013 , 11, 208	11.4	233

928	Antidiabetic effects of natural plant extracts via inhibition of carbohydrate hydrolysis enzymes with emphasis on pancreatic alpha amylase. <i>Expert Opinion on Therapeutic Targets</i> , 2012 , 16, 269-97	6.4	222
927	Obesity and the metabolic syndrome: role of different dietary macronutrient distribution patterns and specific nutritional components on weight loss and maintenance. <i>Nutrition Reviews</i> , 2010 , 68, 214-31	6.4	222
926	Implication of Trimethylamine N-Oxide (TMAO) in Disease: Potential Biomarker or New Therapeutic Target. <i>Nutrients</i> , 2018 , 10,	6.7	222
925	In vitro lipolytic effect of leptin on mouse adipocytes: evidence for a possible autocrine/paracrine role of leptin. <i>Biochemical and Biophysical Research Communications</i> , 1997 , 240, 590-4	3.4	220
924	Edible mushrooms: role in the prevention of cardiovascular diseases. <i>Floterap</i> , 2010 , 81, 715-23	3.2	215
923	Mediterranean diet and cardiovascular health: Teachings of the PREDIMED study. <i>Advances in Nutrition</i> , 2014 , 5, 330S-6S	10	209
922	Individuality and epigenetics in obesity. <i>Obesity Reviews</i> , 2009 , 10, 383-92	10.6	206
921	Prevalence of physical activity during leisure time in the European Union. <i>Medicine and Science in Sports and Exercise</i> , 2001 , 33, 1142-6	1.2	202
920	Dietary factors, epigenetic modifications and obesity outcomes: progresses and perspectives. <i>Molecular Aspects of Medicine</i> , 2013 , 34, 782-812	16.7	201
919	Inverse association between habitual polyphenol intake and incidence of cardiovascular events in the PREDIMED study. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2014 , 24, 639-47	4.5	199
918	Olive oil intake and risk of cardiovascular disease and mortality in the PREDIMED Study. <i>BMC Medicine</i> , 2014 , 12, 78	11.4	198
917	Adiposoft: automated software for the analysis of white adipose tissue cellularity in histological sections. <i>Journal of Lipid Research</i> , 2012 , 53, 2791-6	6.3	191
916	Natural inhibitors of pancreatic lipase as new players in obesity treatment. <i>Planta Medica</i> , 2011 , 77, 773-85	9.1	187
915	Mediterranean diet and reduction in the risk of a first acute myocardial infarction: an operational healthy dietary score. <i>European Journal of Nutrition</i> , 2002 , 41, 153-60	5.2	183
914	Randomized trial of weight-loss-diets for young adults varying in fish and fish oil content. <i>International Journal of Obesity</i> , 2007 , 31, 1560-6	5.5	177
913	Obesity and immunocompetence. <i>European Journal of Clinical Nutrition</i> , 2002 , 56 Suppl 3, S42-5	5.2	176
912	A dual epigenomic approach for the search of obesity biomarkers: DNA methylation in relation to diet-induced weight loss. <i>FASEB Journal</i> , 2011 , 25, 1378-89	0.9	175
911	Eicosapentaenoic acid actions on adiposity and insulin resistance in control and high-fat-fed rats: role of apoptosis, adiponectin and tumour necrosis factor-alpha. <i>British Journal of Nutrition</i> , 2007 , 97, 389-98	3.6	168

910	Weight gain induced by high-fat feeding involves increased liver oxidative stress. <i>Obesity</i> , 2006 , 14, 1118-23	166
909	Virgin olive oil supplementation and long-term cognition: the PREDIMED-NAVARRA randomized, trial. <i>Journal of Nutrition, Health and Aging</i> , 2013 , 17, 544-52	5.2 165
908	Predictors of weight gain in a Mediterranean cohort: the Seguimiento Universidad de Navarra Study 1. <i>American Journal of Clinical Nutrition</i> , 2006 , 83, 362-70; quiz 394-5	7 165
907	Dietary inflammatory index and anthropometric measures of obesity in a population sample at high cardiovascular risk from the PREDIMED (PREvención con Dieta MEDiterránea) trial. <i>British Journal of Nutrition</i> , 2015 , 113, 984-95	3.6 157
906	High fat diet-induced obesity modifies the methylation pattern of leptin promoter in rats. <i>Journal of Physiology and Biochemistry</i> , 2009 , 65, 1-9	5 157
905	Sample preparation for the analysis of isoflavones from soybeans and soy foods. <i>Journal of Chromatography A</i> , 2009 , 1216, 2-29	4.5 152
904	Adherence to the Mediterranean diet, long-term weight change, and incident overweight or obesity: the Seguimiento Universidad de Navarra (SUN) cohort. <i>American Journal of Clinical Nutrition</i> , 2010 , 92, 1484-93	7 151
903	Obesity and metabolic syndrome: potential benefit from specific nutritional components. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2011 , 21 Suppl 2, B1-15	4.5 149
902	A legume-based hypocaloric diet reduces proinflammatory status and improves metabolic features in overweight/obese subjects. <i>European Journal of Nutrition</i> , 2011 , 50, 61-9	5.2 144
901	Triglyceride-glucose index (TyG index) in comparison with fasting plasma glucose improved diabetes prediction in patients with normal fasting glucose: The Vascular-Metabolic CUN cohort. <i>Preventive Medicine</i> , 2016 , 86, 99-105	4.3 143
900	The Diet, Obesity and Genes (Diogenes) Dietary Study in eight European countries - a comprehensive design for long-term intervention. <i>Obesity Reviews</i> , 2010 , 11, 76-91	10.6 143
899	Dietary Inflammatory Index and Incidence of Cardiovascular Disease in the PREDIMED Study. <i>Nutrients</i> , 2015 , 7, 4124-38	6.7 142
898	Nut consumption and weight gain in a Mediterranean cohort: The SUN study. <i>Obesity</i> , 2007 , 15, 107-16	8 142
897	The TyG index may predict the development of cardiovascular events. <i>European Journal of Clinical Investigation</i> , 2016 , 46, 189-97	4.6 141
896	CLOCK, PER2 and BMAL1 DNA methylation: association with obesity and metabolic syndrome characteristics and monounsaturated fat intake. <i>Chronobiology International</i> , 2012 , 29, 1180-94	3.6 140
895	Effect of personalized nutrition on health-related behaviour change: evidence from the Food4Me European randomized controlled trial. <i>International Journal of Epidemiology</i> , 2017 , 46, 578-588	7.8 138
894	Interaction between genes and lifestyle factors on obesity. <i>Proceedings of the Nutrition Society</i> , 2008 , 67, 1-8	2.9 135
893	Composition and functional properties of protein isolates obtained from commercial legumes grown in northern Spain. <i>Plant Foods for Human Nutrition</i> , 1997 , 51, 331-42	3.9 134

892	A 3 years follow-up of a Mediterranean diet rich in virgin olive oil is associated with high plasma antioxidant capacity and reduced body weight gain. <i>European Journal of Clinical Nutrition</i> , 2009 , 63, 1387-93	5.3	132
891	Effects of weight loss and long-term weight maintenance with diets varying in protein and glycemic index on cardiovascular risk factors: the diet, obesity, and genes (DiOGenes) study: a randomized, controlled trial. <i>Circulation</i> , 2011 , 124, 2829-38	16.7	131
890	Starches, sugars and obesity. <i>Nutrients</i> , 2011 , 3, 341-69	6.7	129
889	Variables independently associated with self-reported obesity in the European Union. <i>Public Health Nutrition</i> , 1999 , 2, 125-33	3.3	129
888	Body-weight regulation: causes of obesity. <i>Proceedings of the Nutrition Society</i> , 2000 , 59, 337-45	2.9	128
887	Resveratrol attenuates steatosis in obese Zucker rats by decreasing fatty acid availability and reducing oxidative stress. <i>British Journal of Nutrition</i> , 2012 , 107, 202-10	3.6	124
886	DNA microarray analysis of genes differentially expressed in diet-induced (cafeteria) obese rats. <i>Obesity</i> , 2003 , 11, 188-94		124
885	Epigenetics in adipose tissue, obesity, weight loss, and diabetes. <i>Advances in Nutrition</i> , 2014 , 5, 71-81	10	123
884	Effect of a Lifestyle Intervention Program With Energy-Restricted Mediterranean Diet and Exercise on Weight Loss and Cardiovascular Risk Factors: One-Year Results of the PREDIMED-Plus Trial. <i>Diabetes Care</i> , 2019 , 42, 777-788	14.6	123
883	Omega-3 fatty acids and adipose tissue function in obesity and metabolic syndrome. <i>Prostaglandins and Other Lipid Mediators</i> , 2015 , 121, 24-41	3.7	122
882	Leptin and TNF-alpha promoter methylation levels measured by MSP could predict the response to a low-calorie diet. <i>Journal of Physiology and Biochemistry</i> , 2011 , 67, 463-70	5	122
881	Anti-inflammatory activity of methanolic extracts from edible mushrooms in LPS activated RAW 264.7 macrophages. <i>Food Chemistry</i> , 2012 , 130, 350-355	8.5	121
880	Fast and simultaneous determination of phenolic compounds and caffeine in teas, mate, instant coffee, soft drink and energetic drink by high-performance liquid chromatography using a fused-core column. <i>Analytica Chimica Acta</i> , 2011 , 685, 204-11	6.6	121
879	Dietary total antioxidant capacity is negatively associated with some metabolic syndrome features in healthy young adults. <i>Nutrition</i> , 2010 , 26, 534-41	4.8	121
878	Mediterranean diet and stroke: objectives and design of the SUN project. Seguimiento Universidad de Navarra. <i>Nutritional Neuroscience</i> , 2002 , 5, 65-73	3.6	116
877	Differential DNA methylation patterns between high and low responders to a weight loss intervention in overweight or obese adolescents: the EVASYON study. <i>FASEB Journal</i> , 2013 , 27, 2504-12	0.9	113
876	Reactive species and diabetes: counteracting oxidative stress to improve health. <i>Current Opinion in Pharmacology</i> , 2009 , 9, 771-9	5.1	113
875	Effects of two energy-restricted diets differing in the carbohydrate/protein ratio on weight loss and oxidative changes of obese men. <i>International Journal of Food Sciences and Nutrition</i> , 2009 , 60 Suppl 3, 1-13	3.7	113

874	Low-fat dairy consumption and reduced risk of hypertension: the Seguimiento Universidad de Navarra (SUN) cohort. <i>American Journal of Clinical Nutrition</i> , 2005 , 82, 972-9	7	113
873	Dietary supplementation with methyl donors reduces fatty liver and modifies the fatty acid synthase DNA methylation profile in rats fed an obesogenic diet. <i>Genes and Nutrition</i> , 2013 , 8, 105-13	4.3	112
872	Weight regain after a diet-induced loss is predicted by higher baseline leptin and lower ghrelin plasma levels. <i>Journal of Clinical Endocrinology and Metabolism</i> , 2010 , 95, 5037-44	5.6	110
871	Postprandial de novo lipogenesis and metabolic changes induced by a high-carbohydrate, low-fat meal in lean and overweight men. <i>American Journal of Clinical Nutrition</i> , 2001 , 73, 253-61	7	110
870	Design and baseline characteristics of the Food4Me study: a web-based randomised controlled trial of personalised nutrition in seven European countries. <i>Genes and Nutrition</i> , 2015 , 10, 450	4.3	109
869	A diet rich in long chain omega-3 fatty acids modulates satiety in overweight and obese volunteers during weight loss. <i>Appetite</i> , 2008 , 51, 676-80	4.5	109
868	Fruit and vegetable consumption is inversely associated with blood pressure in a Mediterranean population with a high vegetable-fat intake: the Seguimiento Universidad de Navarra (SUN) Study. <i>British Journal of Nutrition</i> , 2004 , 92, 311-9	3.6	106
867	Nutritional Status and Nutritional Treatment Are Related to Outcomes and Mortality in Older Adults with Hip Fracture. <i>Nutrients</i> , 2018 , 10,	6.7	104
866	Diet, Gut Microbiota, and Obesity: Links with Host Genetics and Epigenetics and Potential Applications. <i>Advances in Nutrition</i> , 2019 , 10, S17-S30	10	104
865	Mediterranean diet reduces the adverse effect of the TCF7L2-rs7903146 polymorphism on cardiovascular risk factors and stroke incidence: a randomized controlled trial in a high-cardiovascular-risk population. <i>Diabetes Care</i> , 2013 , 36, 3803-11	14.6	102
864	Sedentary behaviors and the risk of incident hypertension: the SUN Cohort. <i>American Journal of Hypertension</i> , 2007 , 20, 1156-62	2.3	102
863	Role of obesity-associated dysfunctional adipose tissue in cancer: a molecular nutrition approach. <i>Biochimica Et Biophysica Acta - Bioenergetics</i> , 2011 , 1807, 664-78	4.6	101
862	Guide and Position of the International Society of Nutrigenetics/Nutrigenomics on Personalised Nutrition: Part 1 - Fields of Precision Nutrition. <i>Lifestyle Genomics</i> , 2016 , 9, 12-27	2	100
861	Physiological and metabolic functions of melatonin. <i>Journal of Physiology and Biochemistry</i> , 2004 , 60, 61-72	5	100
860	Lipolytic effect of in vivo leptin administration on adipocytes of lean and ob/ob mice, but not db/db mice. <i>Biochemical and Biophysical Research Communications</i> , 1998 , 250, 99-102	3.4	98
859	Healthy properties of proanthocyanidins. <i>BioFactors</i> , 2010 , 36, 159-68	6.1	97
858	Genes, lifestyles and obesity. <i>International Journal of Obesity</i> , 2004 , 28 Suppl 3, S29-36	5.5	97
857	Association of fiber intake and fruit/vegetable consumption with weight gain in a Mediterranean population. <i>Nutrition</i> , 2006 , 22, 504-11	4.8	96

856	Determinants of the adherence to an "a priori" defined Mediterranean dietary pattern. <i>European Journal of Nutrition</i> , 2002 , 41, 249-57	5.2	96
855	TNF-alpha promoter methylation as a predictive biomarker for weight-loss response. <i>Obesity</i> , 2009 , 17, 1293-7	8	95
854	Effects of different doses of resveratrol on body fat and serum parameters in rats fed a hypercaloric diet. <i>Journal of Physiology and Biochemistry</i> , 2009 , 65, 369-76	5	94
853	Longitudinal variation of circulating irisin after an energy restriction-induced weight loss and following weight regain in obese men and women. <i>American Journal of Human Biology</i> , 2014 , 26, 198-207	2.7	93
852	Consumption of Yogurt, Low-Fat Milk, and Other Low-Fat Dairy Products Is Associated with Lower Risk of Metabolic Syndrome Incidence in an Elderly Mediterranean Population. <i>Journal of Nutrition</i> , 2015 , 145, 2308-16	4.1	92
851	The urgent need for integrated science to fight COVID-19 pandemic and beyond. <i>Journal of Translational Medicine</i> , 2020 , 18, 205	8.5	92
850	Dietary total antioxidant capacity is inversely related to central adiposity as well as to metabolic and oxidative stress markers in healthy young adults. <i>Nutrition and Metabolism</i> , 2011 , 8, 59	4.6	91
849	Presence of leptin receptors in rat small intestine and leptin effect on sugar absorption. <i>FEBS Letters</i> , 1998 , 423, 302-6	3.8	90
848	Fruit and vegetable consumption and proinflammatory gene expression from peripheral blood mononuclear cells in young adults: a translational study. <i>Nutrition and Metabolism</i> , 2010 , 7, 42	4.6	89
847	Differential expression of aquaporin 7 in adipose tissue of lean and obese high fat consumers. <i>Biochemical and Biophysical Research Communications</i> , 2006 , 339, 785-9	3.4	89
846	Oxidative Stress and Non-Alcoholic Fatty Liver Disease: Effects of Omega-3 Fatty Acid Supplementation. <i>Nutrients</i> , 2019 , 11,	6.7	88
845	Sirtuin gene expression in human mononuclear cells is modulated by caloric restriction. <i>European Journal of Clinical Investigation</i> , 2008 , 38, 672-8	4.6	88
844	Dietary Strategies Implicated in the Prevention and Treatment of Metabolic Syndrome. <i>International Journal of Molecular Sciences</i> , 2016 , 17,	6.3	88
843	Differential expression of oxidative stress and inflammation related genes in peripheral blood mononuclear cells in response to a low-calorie diet: a nutrigenomics study. <i>OMICS A Journal of Integrative Biology</i> , 2008 , 12, 251-61	3.8	87
842	Cohort Profile: Design and methods of the PREDIMED-Plus randomized trial. <i>International Journal of Epidemiology</i> , 2019 , 48, 387-388o	7.8	87
841	Transcriptomic and epigenetic changes in early liver steatosis associated to obesity: effect of dietary methyl donor supplementation. <i>Molecular Genetics and Metabolism</i> , 2013 , 110, 388-95	3.7	86
840	Cardiotrophin-1 is a key regulator of glucose and lipid metabolism. <i>Cell Metabolism</i> , 2011 , 14, 242-53	24.6	86
839	Dietary total antioxidant capacity: a novel indicator of diet quality in healthy young adults. <i>Journal of the American College of Nutrition</i> , 2009 , 28, 648-56	3.5	86

838	Olive oil consumption and weight change: the SUN prospective cohort study. <i>Lipids</i> , 2006 , 41, 249-56	1.6	84
837	Weight loss maintenance in overweight subjects on ad libitum diets with high or low protein content and glycemic index: the DIOGENES trial 12-month results. <i>International Journal of Obesity</i> , 2014 , 38, 1511-7	5.5	83
836	Dietary inflammatory index and telomere length in subjects with a high cardiovascular disease risk from the PREDIMED-NAVARRA study: cross-sectional and longitudinal analyses over 5 y. <i>American Journal of Clinical Nutrition</i> , 2015 , 102, 897-904	7	82
835	Evidences on three relevant obesogenes: MC4R, FTO and PPAR α Approaches for personalized nutrition. <i>Molecular Nutrition and Food Research</i> , 2011 , 55, 136-49	5.9	82
834	Association between circulating irisin levels and the promotion of insulin resistance during the weight maintenance period after a dietary weight-lowering program in obese patients. <i>Metabolism: Clinical and Experimental</i> , 2014 , 63, 520-31	12.7	81
833	Inflammation and gut-brain axis link obesity to cognitive dysfunction: plausible pharmacological interventions. <i>Current Opinion in Pharmacology</i> , 2017 , 37, 87-92	5.1	81
832	Guide for Current Nutrigenetic, Nutrigenomic, and Nutriepigenetic Approaches for Precision Nutrition Involving the Prevention and Management of Chronic Diseases Associated with Obesity. <i>Journal of Nutrigenetics and Nutrigenomics</i> , 2017 , 10, 43-62		80
831	Interplay of early-life nutritional programming on obesity, inflammation and epigenetic outcomes. <i>Proceedings of the Nutrition Society</i> , 2012 , 71, 276-83	2.9	80
830	Mitochondrial oxidative stress and inflammation: an slalom to obesity and insulin resistance. <i>Journal of Physiology and Biochemistry</i> , 2006 , 62, 303-6	5	80
829	Central adiposity rather than total adiposity measurements are specifically involved in the inflammatory status from healthy young adults. <i>Inflammation</i> , 2011 , 34, 161-70	5.1	79
828	Legume-, fish-, or high-protein-based hypocaloric diets: effects on weight loss and mitochondrial oxidation in obese men. <i>Journal of Medicinal Food</i> , 2009 , 12, 100-8	2.8	78
827	Adiposity dependent apelin gene expression: relationships with oxidative and inflammation markers. <i>Molecular and Cellular Biochemistry</i> , 2007 , 305, 87-94	4.2	78
826	Adherence to Mediterranean diet is associated with methylation changes in inflammation-related genes in peripheral blood cells. <i>Journal of Physiology and Biochemistry</i> , 2016 , 73, 445-455	5	78
825	A 3-year intervention with a Mediterranean diet modified the association between the rs9939609 gene variant in FTO and body weight changes. <i>International Journal of Obesity</i> , 2010 , 34, 266-72	5.5	76
824	Regulation of adipokine secretion by n-3 fatty acids. <i>Proceedings of the Nutrition Society</i> , 2010 , 69, 324-32.9		76
823	Association of weight regain with specific methylation levels in the NPY and POMC promoters in leukocytes of obese men: a translational study. <i>Regulatory Peptides</i> , 2013 , 186, 1-6		75
822	Effects of lipoic acid and eicosapentaenoic acid in overweight and obese women during weight loss. <i>Obesity</i> , 2015 , 23, 313-21	8	74
821	Longitudinal association of telomere length and obesity indices in an intervention study with a Mediterranean diet: the PREDIMED-NAVARRA trial. <i>International Journal of Obesity</i> , 2014 , 38, 177-82	5.5	74

820	Discriminated benefits of a Mediterranean dietary pattern within a hypocaloric diet program on plasma RBP4 concentrations and other inflammatory markers in obese subjects. <i>Endocrine</i> , 2009 , 36, 445-51	4	74
819	Men and women respond differently to rapid weight loss: Metabolic outcomes of a multi-centre intervention study after a low-energy diet in 2500 overweight, individuals with pre-diabetes (PREVIEW). <i>Diabetes, Obesity and Metabolism</i> , 2018 , 20, 2840-2851	6.7	73
818	Energy-restricted diets based on a distinct food selection affecting the glycemic index induce different weight loss and oxidative response. <i>Clinical Nutrition</i> , 2008 , 27, 545-51	5.9	73
817	Randomized, multi-center trial of two hypo-energetic diets in obese subjects: high- versus low-fat content. <i>International Journal of Obesity</i> , 2006 , 30, 552-60	5.5	73
816	Effects of the whole seed and a protein isolate of faba bean (<i>Vicia faba</i>) on the cholesterol metabolism of hypercholesterolaemic rats. <i>British Journal of Nutrition</i> , 2001 , 85, 607-14	3.6	72
815	An update on the role of omega-3 fatty acids on inflammatory and degenerative diseases. <i>Journal of Physiology and Biochemistry</i> , 2015 , 71, 341-9	5	71
814	Usefulness of combining intermittent hypoxia and physical exercise in the treatment of obesity. <i>Journal of Physiology and Biochemistry</i> , 2012 , 68, 289-304	5	71
813	A prospective study of eating away-from-home meals and weight gain in a Mediterranean population: the SUN (Seguimiento Universidad de Navarra) cohort. <i>Public Health Nutrition</i> , 2010 , 13, 1356-63	3.3	71
812	Moderate consumption of fatty fish reduces diastolic blood pressure in overweight and obese European young adults during energy restriction. <i>Nutrition</i> , 2010 , 26, 168-74	4.8	71
811	A hypocaloric diet enriched in legumes specifically mitigates lipid peroxidation in obese subjects. <i>Free Radical Research</i> , 2007 , 41, 498-506	4	71
810	A role for fruit content in energy-restricted diets in improving antioxidant status in obese women during weight loss. <i>Nutrition</i> , 2006 , 22, 593-9	4.8	71
809	FTO genotype and weight loss: systematic review and meta-analysis of 9563 individual participant data from eight randomised controlled trials. <i>BMJ, The</i> , 2016 , 354, i4707	5.9	70
808	Metabolic profiling of Goji berry extracts for discrimination of geographical origin by non-targeted liquid chromatography coupled to quadrupole time-of-flight mass spectrometry. <i>Food Research International</i> , 2014 , 63, 132-138	7	69
807	The effect of protein and glycemic index on children's body composition: the DiOGenes randomized study. <i>Pediatrics</i> , 2010 , 126, e1143-52	7.4	68
806	Obesity risk is associated with carbohydrate intake in women carrying the Gln27Glu beta2-adrenoceptor polymorphism. <i>Journal of Nutrition</i> , 2003 , 133, 2549-54	4.1	68
805	Relationship between lactose digestion, gastrointestinal transit time and symptoms in lactose malabsorbers after dairy consumption. <i>Alimentary Pharmacology and Therapeutics</i> , 2001 , 15, 543-9	6.1	68
804	TNF-alpha promoter methylation in peripheral white blood cells: relationship with circulating TNF-beta, truncal fat and n-6 PUFA intake in young women. <i>Cytokine</i> , 2013 , 64, 265-71	4	67
803	Content and Profile of Isoflavones in Soy-Based Foods as a Function of the Production Process. <i>Food and Bioprocess Technology</i> , 2011 , 4, 27-38	5.1	67

802	Epigenetics and obesity. <i>Progress in Molecular Biology and Translational Science</i> , 2010 , 94, 291-347	4	67
801	Weight gain induced by an isocaloric pair-fed high fat diet: a nutriepigenetic study on FASN and NDUFB6 gene promoters. <i>Molecular Genetics and Metabolism</i> , 2010 , 101, 273-8	3.7	67
800	Prevention of diet-induced obesity by apple polyphenols in Wistar rats through regulation of adipocyte gene expression and DNA methylation patterns. <i>Molecular Nutrition and Food Research</i> , 2013 , 57, 1473-8	5.9	66
799	Mediterranean diet and quality of life: Baseline cross-sectional analysis of the PREDIMED-PLUS trial. <i>PLoS ONE</i> , 2018 , 13, e0198974	3.7	65
798	Nutrient oxidation and metabolic rate as affected by meals containing different proportions of carbohydrate and fat, in healthy young women. <i>European Journal of Nutrition</i> , 1999 , 38, 158-66	5.2	65
797	Fatty acids, epigenetic mechanisms and chronic diseases: a systematic review. <i>Lipids in Health and Disease</i> , 2019 , 18, 178	4.4	64
796	Contribution of energy restriction and macronutrient composition to changes in adipose tissue gene expression during dietary weight-loss programs in obese women. <i>Journal of Clinical Endocrinology and Metabolism</i> , 2008 , 93, 4315-22	5.6	64
795	Basal and postprandial substrate oxidation rates in obese women receiving two test meals with different protein content. <i>Clinical Nutrition</i> , 2004 , 23, 571-8	5.9	64
794	Eicosapentaenoic fatty acid increases leptin secretion from primary cultured rat adipocytes: role of glucose metabolism. <i>American Journal of Physiology - Regulatory Integrative and Comparative Physiology</i> , 2005 , 288, R1682-8	3.2	64
793	The influence of Mediterranean, carbohydrate and high protein diets on gut microbiota composition in the treatment of obesity and associated inflammatory state. <i>Asia Pacific Journal of Clinical Nutrition</i> , 2014 , 23, 360-8	1	64
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791	Dietary total antioxidant capacity is associated with leukocyte telomere length in a children and adolescent population. <i>Clinical Nutrition</i> , 2015 , 34, 694-9	5.9	62
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189	Exploring Host Genetic Polymorphisms Involved in SARS-CoV Infection Outcomes: Implications for Personalized Medicine in COVID-19. <i>International Journal of Genomics</i> , 2020 , 2020, 6901217	2.5	6
188	Current Knowledge on Beetroot Bioactive Compounds: Role of Nitrate and Betalains in Health and Disease. <i>Foods</i> , 2021 , 10,	4.9	6
187	Fruit consumption and cardiometabolic risk in the PREDIMED-plus study: A cross-sectional analysis. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2021 , 31, 1702-1713	4.5	6
186	Clustering of adherence to personalised dietary recommendations and changes in healthy eating index within the Food4Me study. <i>Public Health Nutrition</i> , 2016 , 19, 3296-3305	3.3	6
185	A combination of borage seed oil and quercetin reduces fat accumulation and improves insulin sensitivity in obese rats. <i>Food and Function</i> , 2020 , 11, 4512-4524	6.1	6
184	Scoping review of Paleolithic dietary patterns: a definition proposal. <i>Nutrition Research Reviews</i> , 2021 , 34, 78-106	7	6
183	Dietary intake of specific amino acids and liver status in subjects with nonalcoholic fatty liver disease: fatty liver in obesity (FLiO) study. <i>European Journal of Nutrition</i> , 2021 , 60, 1769-1780	5.2	6
182	Dietary Intake in Population with Metabolic Syndrome: Is the Prevalence of Inadequate Intake Influenced by Geographical Area? Cross-Sectional Analysis from PREDIMED-Plus Study. <i>Nutrients</i> , 2018 , 10,	6.7	6
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180	The role of the genetic variants IRLX3 rs3751723 and FTO rs9939609 in the obesity phenotypes of children and adolescents. <i>Obesity Research and Clinical Practice</i> , 2019 , 13, 137-142	5.4	5
179	Plasma lactate and leukocyte mitochondrial DNA copy number as biomarkers of insulin sensitivity in non-diabetic women. <i>Journal of Physiology and Biochemistry</i> , 2019 , 75, 285-297	5	5
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177	Nutritional Determinants of Quality of Life in a Mediterranean Cohort: The SUN Study. <i>International Journal of Environmental Research and Public Health</i> , 2020 , 17,	4.6	5
176	Crosstalk between circulating microRNAs and chronotypical features in subjects with metabolic syndrome. <i>Chronobiology International</i> , 2020 , 37, 1048-1058	3.6	5
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171	Novel splice-affecting variants in CYP27A1 gene in two Chilean patients with Cerebrotendinous Xanthomatosis. <i>Genetics and Molecular Biology</i> , 2015 , 38, 30-6	2	5
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167	The implication of unknown bioactive compounds and cooking techniques in relations between the variety in fruit and vegetable intake and inflammation. <i>American Journal of Clinical Nutrition</i> , 2011 , 93, 1384; author reply 1384-5	7	5
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164	Free intracellular and protein bound amino acids in tissues as affected by a mixed beta-adrenergic agonist. <i>Experientia</i> , 1993 , 49, 308-12		5
163	The Effect of Physical Activity and High Body Mass Index on Health-Related Quality of Life in Individuals with Metabolic Syndrome. <i>International Journal of Environmental Research and Public Health</i> , 2020 , 17,	4.6	5
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161	Effects of two personalized dietary strategies during a 2-year intervention in subjects with nonalcoholic fatty liver disease: A randomized trial. <i>Liver International</i> , 2021 , 41, 1532-1544	7.9	5
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132	Current nutritional status assessment tools for metabolic care and clinical nutrition. <i>Current Opinion in Clinical Nutrition and Metabolic Care</i> , 2019 , 22, 323-328	3.8	4
131	Effect of changes in adherence to Mediterranean diet on nutrient density after 1-year of follow-up: results from the PREDIMED-Plus Study. <i>European Journal of Nutrition</i> , 2020 , 59, 2395-2409	5.2	4
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115	Healthy diet, depression and quality of life: A narrative review of biological mechanisms and primary prevention opportunities. <i>World Journal of Psychiatry</i> , 2021 , 11, 997-1016	3	3
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113	Changes in miRNA expression with two weight-loss dietary strategies in a population with metabolic syndrome. <i>Nutrition</i> , 2021 , 83, 111085	4.8	3
112	Consumption of caffeinated beverages and kidney function decline in an elderly Mediterranean population with metabolic syndrome. <i>Scientific Reports</i> , 2021 , 11, 8719	4.9	3
111	Non-Alcoholic Fatty Liver Disease Is Associated with Kidney Glomerular Hyperfiltration in Adults with Metabolic Syndrome. <i>Journal of Clinical Medicine</i> , 2021 , 10,	5.1	3
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97	Management of overweight and obesity in adolescents: an integral lifestyle approach. <i>Actividad Dietetica</i> , 2009 , 13, 153-160		2
96	Prediction of fat oxidation capacity using 1H-NMR and LC-MS lipid metabolomic data combined with phenotypic data. <i>Chemometrics and Intelligent Laboratory Systems</i> , 2008 , 93, 34-42	3.8	2
95	Total and endogenous lipid oxidation in obese women during a 10 weeks weight loss program based on a moderately high protein energy-restricted diet. <i>Nutrition Research</i> , 2004 , 24, 7-18	4	2
94	Acute Leptin Administration Increases Hypothalamic Expression of Prepro-orexin mRNA. <i>Nutritional Neuroscience</i> , 1999 , 2, 39-42	3.6	2
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92	Vitamin D and Cardio-Metabolic Risk Factors in Overweight Adults: An Overview of the Evidence. <i>Current Pharmaceutical Design</i> , 2019 , 25, 2407-2420	3.3	2
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89	Antioxidant Lifestyle, Co-Morbidities and Quality of Life Empowerment Concerning Liver Fibrosis. <i>Antioxidants</i> , 2020 , 9,	7.1	2
88	PPARGC1A Gene Promoter Methylation as a Biomarker of Insulin Secretion and Sensitivity in Response to Glucose Challenges. <i>Nutrients</i> , 2020 , 12,	6.7	2
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86	Baseline drinking water consumption and changes in body weight and waist circumference at 2-years of follow-up in a senior Mediterranean population. <i>Clinical Nutrition</i> , 2021 , 40, 3982-3991	5.9	2
85	Personalised, population and planetary nutrition for precision health. <i>BMJ Nutrition, Prevention and Health</i> , 2021 , 4, 355-358	6.7	2
84	Abdominal and gluteofemoral fat depots show opposing associations with postprandial lipemia. <i>American Journal of Clinical Nutrition</i> , 2021 , 114, 1467-1475	7	2
83	Nutrient adequacy and diet quality in a Mediterranean population with metabolic syndrome: A cross-sectional study. <i>Clinical Nutrition</i> , 2020 , 39, 853-861	5.9	2

82	Effect of a high protein/low glycaemic index diet on insulin resistance in adolescents with overweight/obesity-A PREVIEW randomized clinical trial. <i>Pediatric Obesity</i> , 2021 , 16, e12702	4.6	2
81	U-Shaped Association between Dietary Acid Load and Risk of Osteoporotic Fractures in 2 Populations at High Cardiovascular Risk. <i>Journal of Nutrition</i> , 2021 , 151, 152-161	4.1	2
80	The Mediterranean diet and physical activity: better together than apart for the prevention of premature mortality. <i>British Journal of Nutrition</i> , 2021 , 1-12	3.6	2
79	Sociodemographic and dietary profile of 4,471 childbearing-age women planning a pregnancy. <i>Nutricion Hospitalaria</i> , 2014 , 29, 337-43	1	2
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71	Differential peripheral blood methylation by lipoic acid and EPA supplementation in overweight or obese women during a weight loss program. <i>Journal of Functional Foods</i> , 2017 , 36, 178-185	5.1	1
70	Comparación de diferentes métodos de estimación del gasto energético de adultos obesos en reposo. <i>Actividad Dietética</i> , 2009 , 13, 3-9		1
69	Interactions between an alpha2-adrenergic antagonist and a beta3-adrenergic agonist on the expression of UCP2 and UCP3 in rats. <i>Journal of Physiology and Biochemistry</i> , 2002 , 58, 17-23	5	1
68	Orexin A and B are Involved in the Regulation of Body Temperature and Glucose Homeostasis in Rats. <i>Nutritional Neuroscience</i> , 2000 , 3, 443-447	3.6	1
67	Hypolipidemic properties of a diphenyl-methylen-ethylamine derivative with affinity for beta 3-adrenoceptors in a model of hypercholesterolemia. <i>Il Farmaco</i> , 1999 , 54, 710-2		1
66	Assessment and implications of the dietary intakes of hospitalized psychogeriatric patients. <i>Journal of the American Dietetic Association</i> , 1990 , 90, 1111-4		1
65	Risk factors differentially associated with non-alcoholic fatty liver disease in males and females with metabolic syndrome. <i>Revista Española De Enfermedades Digestivas</i> , 2020 , 112, 94-100	0.9	1

64	Guide and advances on childhood obesity determinants: Setting the research agenda. <i>Obesity Reviews</i> , 2021 ,	10.6	1
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62	The PREVIEW Study. <i>European Journal of Health Psychology</i> , 2019 , 26, 10-20	1.1	1
61	Cross-sectional evaluation of the interaction between activity relative-time expenditure and comorbidity concerning physical quality of life. <i>Medicine (United States)</i> , 2020 , 99, e22552	1.8	1
60	1 The use of an ad libitum higher-protein, low-glycemic index diet in overweight children: the Diogenes Study. <i>FASEB Journal</i> , 2013 , 27, 249.8	0.9	1
59	Dietary Quality Changes According to the Preceding Maximum Weight: A Longitudinal Analysis in the PREDIMED-Plus Randomized Trial. <i>Nutrients</i> , 2020 , 12,	6.7	1
58	Relationship between olive oil consumption and ankle-brachial pressure index in a population at high cardiovascular risk. <i>Atherosclerosis</i> , 2020 , 314, 48-57	3.1	1
57	The Mediterranean diet, dietary inflammatory index, and adiposity 2020 , 337-346		1
56	Predictive Value of Serum Ferritin in Combination with Alanine Aminotransferase and Glucose Levels for Noninvasive Assessment of NAFLD: Fatty Liver in Obesity (FLiO) Study. <i>Diagnostics</i> , 2020 , 10,	3.8	1
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53	Fruit and Vegetable Consumption is Inversely Associated with Plasma Saturated Fatty Acids at Baseline in Predimed Plus Trial. <i>Molecular Nutrition and Food Research</i> , 2021 , 65, e2100363	5.9	1
52	Alpha-Lipoic Acid: A Dietary Supplement With Therapeutic Potential for Obesity and Related Metabolic Diseases 2019 , 85-92		1
51	Interactions of Carbohydrate Intake and Physical Activity with Regulatory Genes Affecting Glycaemia: A Food4Me Study Analysis. <i>Lifestyle Genomics</i> , 2021 , 14, 63-72	2	1
50	Both macronutrient food composition and fasting insulin resistance affect postprandial glycemic responses in senior subjects. <i>Food and Function</i> , 2021 , 12, 6540-6548	6.1	1
49	Diet- and sex-related changes of gut microbiota composition and functional profiles after 4 months of weight loss intervention. <i>European Journal of Nutrition</i> , 2021 , 60, 3279-3301	5.2	1
48	Fibroblast growth factor 21 levels and liver inflammatory biomarkers in obese subjects after weight loss.. <i>Archives of Medical Science</i> , 2022 , 18, 36-44	2.9	1
47	Associations of changes in reported and estimated protein and energy intake with changes in insulin resistance, glycated hemoglobin, and BMI during the PREVIEW lifestyle intervention study. <i>American Journal of Clinical Nutrition</i> , 2021 , 114, 1847-1858	7	1

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45	Physical activity and metabolic syndrome severity among older adults at cardiovascular risk: 1-Year trends. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2021 , 31, 2870-2886	4.5	1
44	Cardiorespiratory Fitness and Muscular Strength Moderates the Relationship between Polymorphism and Adiposity in Children and Adolescents. <i>International Journal of Environmental Research and Public Health</i> , 2021 , 18,	4.6	1
43	Adipose tissue and blood leukocytes ACE2 DNA methylation in obesity and after weight loss. <i>European Journal of Clinical Investigation</i> , 2021 , e13685	4.6	1
42	Fecal microbiota relationships with childhood obesity: A scoping comprehensive review.. <i>Obesity Reviews</i> , 2021 , e13394	10.6	1
41	Research update for articles published in EJCI in 2008. <i>European Journal of Clinical Investigation</i> , 2010 , 40, 770-789	4.6	0
40	Development and validation of a new methodological platform to measure behavioral, cognitive, and physiological responses to food interventions in real time.. <i>Behavior Research Methods</i> , 2022 , 1	6.1	0
39	Interaction of ACEI antihypertensive agent administration with the inflammatory status at admission concerning COVID-19 clinical stay outcomes.. <i>Vascular Pharmacology</i> , 2022 , 143, 106955	5.9	0
38	Animal-based food choice and associations with long-term weight maintenance and metabolic health after a large and rapid weight loss: The PREVIEW study.. <i>Clinical Nutrition</i> , 2022 , 41, 817-828	5.9	0
37	A score appraising Paleolithic diet and the risk of cardiovascular disease in a Mediterranean prospective cohort. <i>European Journal of Nutrition</i> , 2021 , 1	5.2	0
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