# J Alfredo Martnez Hernndez

## List of Publications by Citations

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|---|---|---|---|
| 945<br>papers | 40,146<br>citations | 93<br>h-index | 158<br>g-index |
| 1,006<br>ext. papers | 47,079<br>ext. citations | 5<br>avg, IF | 7.51<br>L-index |

| # | Paper | IF | Citations |
|---|---|---|---|
| 945 | Primary prevention of cardiovascular disease with a Mediterranean diet. *New England Journal of Medicine*, **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. *New England Journal of Medicine*, **2018**, 378, e34 | 59.2 | 1232 |
| 943 | Flavonoids as anti-inflammatory agents: implications in cancer and cardiovascular disease. *Inflammation Research*, **2009**, 58, 537-52 | 7.2 | 665 |
| 942 | Diets with high or low protein content and glycemic index for weight-loss maintenance. *New England Journal of Medicine*, **2010**, 363, 2102-13 | 59.2 | 604 |
| 941 | Obesity. *Nature Reviews Disease Primers*, **2017**, 3, 17034 | 51.1 | 464 |
| 940 | Cohort profile: design and methods of the PREDIMED study. *International Journal of Epidemiology*, **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. *Public Health Nutrition*, **2005**, 8, 920-7 | 3.3 | 365 |
| 938 | Noncoding RNAs, cytokines, and inflammation-related diseases. *FASEB Journal*, **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. *Journal of Nutritional Biochemistry*, **2015**, 26, 651-60 | 6.3 | 275 |
| 936 | Leptin resistance and diet-induced obesity: central and peripheral actions of leptin. *Metabolism: Clinical and Experimental*, **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. *Journal of Physiology and Biochemistry*, **2013**, 69, 633-51 | 5 | 274 |
| 934 | Physical inactivity, sedentary lifestyle and obesity in the European Union. *International Journal of Obesity*, **1999**, 23, 1192-201 | 5.5 | 271 |
| 933 | Obesity and immune function relationships. *Obesity Reviews*, **2001**, 2, 131-40 | 10.6 | 268 |
| 932 | Distribution and determinants of sedentary lifestyles in the European Union. *International Journal of Epidemiology*, **2003**, 32, 138-46 | 7.8 | 261 |
| 931 | Impact of polyphenols and polyphenol-rich dietary sources on gut microbiota composition. *Journal of Agricultural and Food Chemistry*, **2013**, 61, 9517-33 | 5.7 | 250 |
| 930 | Oxidative stress and inflammation interactions in human obesity. *Journal of Physiology and Biochemistry*, **2012**, 68, 701-11 | 5 | 238 |
| 929 | Mediterranean dietary pattern and depression: the PREDIMED randomized trial. *BMC Medicine*, **2013**, 11, 208 | 11.4 | 233 |

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|---|---|---|---|
| 928 | Antidiabetic effects of natural plant extracts via inhibition of carbohydrate hydrolysis enzymes with emphasis on pancreatic alpha amylase. *Expert Opinion on Therapeutic Targets*, **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. *Nutrition Reviews*, **2010**, 68, 214-31 | 6.4 | 222 |
| 926 | Implication of Trimethylamine N-Oxide (TMAO) in Disease: Potential Biomarker or New Therapeutic Target. *Nutrients*, **2018**, 10, | 6.7 | 222 |
| 925 | In vitro lipolytic effect of leptin on mouse adipocytes: evidence for a possible autocrine/paracrine role of leptin. *Biochemical and Biophysical Research Communications*, **1997**, 240, 590-4 | 3.4 | 220 |
| 924 | Edible mushrooms: role in the prevention of cardiovascular diseases. *Fitoterapia*, **2010**, 81, 715-23 | 3.2 | 215 |
| 923 | Mediterranean diet and cardiovascular health: Teachings of the PREDIMED study. *Advances in Nutrition*, **2014**, 5, 330S-6S | 10 | 209 |
| 922 | Individuality and epigenetics in obesity. *Obesity Reviews*, **2009**, 10, 383-92 | 10.6 | 206 |
| 921 | Prevalence of physical activity during leisure time in the European Union. *Medicine and Science in Sports and Exercise*, **2001**, 33, 1142-6 | 1.2 | 202 |
| 920 | Dietary factors, epigenetic modifications and obesity outcomes: progresses and perspectives. *Molecular Aspects of Medicine*, **2013**, 34, 782-812 | 16.7 | 201 |
| 919 | Inverse association between habitual polyphenol intake and incidence of cardiovascular events in the PREDIMED study. *Nutrition, Metabolism and Cardiovascular Diseases*, **2014**, 24, 639-47 | 4.5 | 199 |
| 918 | Olive oil intake and risk of cardiovascular disease and mortality in the PREDIMED Study. *BMC Medicine*, **2014**, 12, 78 | 11.4 | 198 |
| 917 | Adiposoft: automated software for the analysis of white adipose tissue cellularity in histological sections. *Journal of Lipid Research*, **2012**, 53, 2791-6 | 6.3 | 191 |
| 916 | Natural inhibitors of pancreatic lipase as new players in obesity treatment. *Planta Medica*, **2011**, 77, 773-85 | 3.1 | 187 |
| 915 | Mediterranean diet and reduction in the risk of a first acute myocardial infarction: an operational healthy dietary score. *European Journal of Nutrition*, **2002**, 41, 153-60 | 5.2 | 183 |
| 914 | Randomized trial of weight-loss-diets for young adults varying in fish and fish oil content. *International Journal of Obesity*, **2007**, 31, 1560-6 | 5.5 | 177 |
| 913 | Obesity and immunocompetence. *European Journal of Clinical Nutrition*, **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. *FASEB Journal*, **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. *British Journal of Nutrition*, **2007**, 97, 389-98 | 3.6 | 168 |

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

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| 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. *European Journal of Clinical Nutrition*, **2009**, 63, 1387-93 | 5.2 | 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. *Circulation*, **2011**, 124, 2829-38 | 16.7 | 131 |
| 890 | Starches, sugars and obesity. *Nutrients*, **2011**, 3, 341-69 | 6.7 | 129 |
| 889 | Variables independently associated with self-reported obesity in the European Union. *Public Health Nutrition*, **1999**, 2, 125-33 | 3.3 | 129 |
| 888 | Body-weight regulation: causes of obesity. *Proceedings of the Nutrition Society*, **2000**, 59, 337-45 | 2.9 | 128 |
| 887 | Resveratrol attenuates steatosis in obese Zucker rats by decreasing fatty acid availability and reducing oxidative stress. *British Journal of Nutrition*, **2012**, 107, 202-10 | 3.6 | 124 |
| 886 | DNA microarray analysis of genes differentially expressed in diet-induced (cafeteria) obese rats. *Obesity*, **2003**, 11, 188-94 | | 124 |
| 885 | Epigenetics in adipose tissue, obesity, weight loss, and diabetes. *Advances in Nutrition*, **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. *Diabetes Care*, **2019**, 42, 777-788 | 14.6 | 123 |
| 883 | Omega-3 fatty acids and adipose tissue function in obesity and metabolic syndrome. *Prostaglandins and Other Lipid Mediators*, **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. *Journal of Physiology and Biochemistry*, **2011**, 67, 463-70 | 5 | 122 |
| 881 | Anti-inflammatory activity of methanolic extracts from edible mushrooms in LPS activated RAW 264.7 macrophages. *Food Chemistry*, **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. *Analytica Chimica Acta*, **2011**, 685, 204-11 | 6.6 | 121 |
| 879 | Dietary total antioxidant capacity is negatively associated with some metabolic syndrome features in healthy young adults. *Nutrition*, **2010**, 26, 534-41 | 4.8 | 121 |
| 878 | Mediterranean diet and stroke: objectives and design of the SUN project. Seguimiento Universidad de Navarra. *Nutritional Neuroscience*, **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. *FASEB Journal*, **2013**, 27, 2504-12 | 0.9 | 113 |
| 876 | Reactive species and diabetes: counteracting oxidative stress to improve health. *Current Opinion in Pharmacology*, **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. *International Journal of Food Sciences and Nutrition*, **2009**, 60 Suppl 3, 1-13 | 3.7 | 113 |

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| 874 | Low-fat dairy consumption and reduced risk of hypertension: the Seguimiento Universidad de Navarra (SUN) cohort. *American Journal of Clinical Nutrition*, **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. *Genes and Nutrition*, **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. *Journal of Clinical Endocrinology and Metabolism*, **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. *American Journal of Clinical Nutrition*, **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. *Genes and Nutrition*, **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. *Appetite*, **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. *British Journal of Nutrition*, **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. *Nutrients*, **2018**, 10, | 6.7 | 104 |
| 866 | Diet, Gut Microbiota, and Obesity: Links with Host Genetics and Epigenetics and Potential Applications. *Advances in Nutrition*, **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. *Diabetes Care*, **2013**, 36, 3803-11 | 14.6 | 102 |
| 864 | Sedentary behaviors and the risk of incident hypertension: the SUN Cohort. *American Journal of Hypertension*, **2007**, 20, 1156-62 | 2.3 | 102 |
| 863 | Role of obesity-associated dysfunctional adipose tissue in cancer: a molecular nutrition approach. *Biochimica Et Biophysica Acta - Bioenergetics*, **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. *Lifestyle Genomics*, **2016**, 9, 12-27 | 2 | 100 |
| 861 | Physiological and metabolic functions of melatonin. *Journal of Physiology and Biochemistry*, **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. *Biochemical and Biophysical Research Communications*, **1998**, 250, 99-102 | 3.4 | 98 |
| 859 | Healthy properties of proanthocyanidins. *BioFactors*, **2010**, 36, 159-68 | 6.1 | 97 |
| 858 | Genes, lifestyles and obesity. *International Journal of Obesity*, **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. *Nutrition*, **2006**, 22, 504-11 | 4.8 | 96 |

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| 856 | Determinants of the adherence to an "a priori" defined Mediterranean dietary pattern. *European Journal of Nutrition*, **2002**, 41, 249-57 | 5.2 | 96 |
| 855 | TNF-alpha promoter methylation as a predictive biomarker for weight-loss response. *Obesity*, **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. *Journal of Physiology and Biochemistry*, **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. *American Journal of Human Biology*, **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. *Journal of Nutrition*, **2015**, 145, 2308-16 | 4.1 | 92 |
| 851 | The urgent need for integrated science to fight COVID-19 pandemic and beyond. *Journal of Translational Medicine*, **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. *Nutrition and Metabolism*, **2011**, 8, 59 | 4.6 | 91 |
| 849 | Presence of leptin receptors in rat small intestine and leptin effect on sugar absorption. *FEBS Letters*, **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. *Nutrition and Metabolism*, **2010**, 7, 42 | 4.6 | 89 |
| 847 | Differential expression of aquaporin 7 in adipose tissue of lean and obese high fat consumers. *Biochemical and Biophysical Research Communications*, **2006**, 339, 785-9 | 3.4 | 89 |
| 846 | Oxidative Stress and Non-Alcoholic Fatty Liver Disease: Effects of Omega-3 Fatty Acid Supplementation. *Nutrients*, **2019**, 11, | 6.7 | 88 |
| 845 | Sirtuin gene expression in human mononuclear cells is modulated by caloric restriction. *European Journal of Clinical Investigation*, **2008**, 38, 672-8 | 4.6 | 88 |
| 844 | Dietary Strategies Implicated in the Prevention and Treatment of Metabolic Syndrome. *International Journal of Molecular Sciences*, **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. *OMICS A Journal of Integrative Biology*, **2008**, 12, 251-61 | 3.8 | 87 |
| 842 | Cohort Profile: Design and methods of the PREDIMED-Plus randomized trial. *International Journal of Epidemiology*, **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. *Molecular Genetics and Metabolism*, **2013**, 110, 388-95 | 3.7 | 86 |
| 840 | Cardiotrophin-1 is a key regulator of glucose and lipid metabolism. *Cell Metabolism*, **2011**, 14, 242-53 | 24.6 | 86 |
| 839 | Dietary total antioxidant capacity: a novel indicator of diet quality in healthy young adults. *Journal of the American College of Nutrition*, **2009**, 28, 648-56 | 3.5 | 86 |

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|---|---|---|---|
| 838 | Olive oil consumption and weight change: the SUN prospective cohort study. *Lipids*, **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. *International Journal of Obesity*, **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. *American Journal of Clinical Nutrition*, **2015**, 102, 897-904 | 7 | 82 |
| 835 | Evidences on three relevant obesogenes: MC4R, FTO and PPARγ. Approaches for personalized nutrition. *Molecular Nutrition and Food Research*, **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. *Metabolism: Clinical and Experimental*, **2014**, 63, 520-31 | 12.7 | 81 |
| 833 | Inflammation and gut-brain axis link obesity to cognitive dysfunction: plausible pharmacological interventions. *Current Opinion in Pharmacology*, **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. *Journal of Nutrigenetics and Nutrigenomics*, **2017**, 10, 43-62 | | 80 |
| 831 | Interplay of early-life nutritional programming on obesity, inflammation and epigenetic outcomes. *Proceedings of the Nutrition Society*, **2012**, 71, 276-83 | 2.9 | 80 |
| 830 | Mitochondrial oxidative stress and inflammation: an slalom to obesity and insulin resistance. *Journal of Physiology and Biochemistry*, **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. *Inflammation*, **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. *Journal of Medicinal Food*, **2009**, 12, 100-8 | 2.8 | 78 |
| 827 | Adiposity dependent apelin gene expression: relationships with oxidative and inflammation markers. *Molecular and Cellular Biochemistry*, **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. *Journal of Physiology and Biochemistry*, **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. *International Journal of Obesity*, **2010**, 34, 266-72 | 5.5 | 76 |
| 824 | Regulation of adipokine secretion by n-3 fatty acids. *Proceedings of the Nutrition Society*, **2010**, 69, 324-32 | 2.9 | 76 |
| 823 | Association of weight regain with specific methylation levels in the NPY and POMC promoters in leukocytes of obese men: a translational study. *Regulatory Peptides*, **2013**, 186, 1-6 | | 75 |
| 822 | Effects of α-lipoic acid and eicosapentaenoic acid in overweight and obese women during weight loss. *Obesity*, **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. *International Journal of Obesity*, **2014**, 38, 177-82 | 5.5 | 74 |

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| 820 | Discriminated benefits of a Mediterranean dietary pattern within a hypocaloric diet program on plasma RBP4 concentrations and other inflammatory markers in obese subjects. *Endocrine*, **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). *Diabetes, Obesity and Metabolism*, **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. *Clinical Nutrition*, **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. *International Journal of Obesity*, **2006**, 30, 552-60 | 5.5 | 73 |
| 816 | Effects of the whole seed and a protein isolate of faba bean (Vicia faba) on the cholesterol metabolism of hypercholesterolaemic rats. *British Journal of Nutrition*, **2001**, 85, 607-14 | 3.6 | 72 |
| 815 | An update on the role of omega-3 fatty acids on inflammatory and degenerative diseases. *Journal of Physiology and Biochemistry*, **2015**, 71, 341-9 | 5 | 71 |
| 814 | Usefulness of combining intermittent hypoxia and physical exercise in the treatment of obesity. *Journal of Physiology and Biochemistry*, **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. *Public Health Nutrition*, **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. *Nutrition*, **2010**, 26, 168-74 | 4.8 | 71 |
| 811 | A hypocaloric diet enriched in legumes specifically mitigates lipid peroxidation in obese subjects. *Free Radical Research*, **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. *Nutrition*, **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. *BMJ, The*, **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. *Food Research International*, **2014**, 63, 132-138 | 7 | 69 |
| 807 | The effect of protein and glycemic index on childrenƀ body composition: the DiOGenes randomized study. *Pediatrics*, **2010**, 126, e1143-52 | 7.4 | 68 |
| 806 | Obesity risk is associated with carbohydrate intake in women carrying the Gln27Glu beta2-adrenoceptor polymorphism. *Journal of Nutrition*, **2003**, 133, 2549-54 | 4.1 | 68 |
| 805 | Relationship between lactose digestion, gastrointestinal transit time and symptoms in lactose malabsorbers after dairy consumption. *Alimentary Pharmacology and Therapeutics*, **2001**, 15, 543-9 | 6.1 | 68 |
| 804 | TNF-alpha promoter methylation in peripheral white blood cells: relationship with circulating TNFƀ truncal fat and n-6 PUFA intake in young women. *Cytokine*, **2013**, 64, 265-71 | 4 | 67 |
| 803 | Content and Profile of Isoflavones in Soy-Based Foods as a Function of the Production Process. *Food and Bioprocess Technology*, **2011**, 4, 27-38 | 5.1 | 67 |

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|---|---|---|---|
| 802 | Epigenetics and obesity. *Progress in Molecular Biology and Translational Science*, **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. *Molecular Genetics and Metabolism*, **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. *Molecular Nutrition and Food Research*, **2013**, 57, 1473-8 | 5.9 | 66 |
| 799 | Mediterranean diet and quality of life: Baseline cross-sectional analysis of the PREDIMED-PLUS trial. *PLoS ONE*, **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. *European Journal of Nutrition*, **1999**, 38, 158-66 | 5.2 | 65 |
| 797 | Fatty acids, epigenetic mechanisms and chronic diseases: a systematic review. *Lipids in Health and Disease*, **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. *Journal of Clinical Endocrinology and Metabolism*, **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. *Clinical Nutrition*, **2004**, 23, 571-8 | 5.9 | 64 |
| 794 | Eicosapentaenoic fatty acid increases leptin secretion from primary cultured rat adipocytes: role of glucose metabolism. *American Journal of Physiology - Regulatory Integrative and Comparative Physiology*, **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. *Asia Pacific Journal of Clinical Nutrition*, **2014**, 23, 360-8 | 1 | 64 |
| 792 | Pterostilbene-induced changes in gut microbiota composition in relation to obesity. *Molecular Nutrition and Food Research*, **2017**, 61, 1500906 | 5.9 | 63 |
| 791 | Dietary total antioxidant capacity is associated with leukocyte telomere length in a children and adolescent population. *Clinical Nutrition*, **2015**, 34, 694-9 | 5.9 | 62 |
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