Colin D Kay

List of Publications by Year
in descending order

81 papers	6,285 citations	87723 38 h-index	82410 72 g-index
89 all docs	89 docs citations	89 times ranked	6754 citing authors

#	Article	IF	Citations
1	Effects of chocolate, cocoa, and flavan-3-ols on cardiovascular health: a systematic review and meta-analysis of randomized trials. American Journal of Clinical Nutrition, 2012, 95, 740-751.	2.2	513
2	Human metabolism and elimination of the anthocyanin, cyanidin-3-glucoside: a 13C-tracer study. American Journal of Clinical Nutrition, 2013, 97, 995-1003.	2.2	487
3	Absorption of Anthocyanins from Blueberries and Serum Antioxidant Status in Human Subjects. Journal of Agricultural and Food Chemistry, 2002, 50, 7731-7737.	2.4	411
4	Habitual intake of flavonoid subclasses and incident hypertension in adults. American Journal of Clinical Nutrition, 2011, 93, 338-347.	2.2	387
5	The Bioavailability, Transport, and Bioactivity of Dietary Flavonoids: A Review from a Historical Perspective. Comprehensive Reviews in Food Science and Food Safety, 2018, 17, 1054-1112.	5.9	362
6	Anthocyanin metabolites in human urine and serum. British Journal of Nutrition, 2004, 91, 933-942.	1.2	219
7	Higher anthocyanin intake is associated with lower arterial stiffness and central blood pressure in women. American Journal of Clinical Nutrition, 2012, 96, 781-788.	2.2	219
8	Anthocyanins and Flavanones Are More Bioavailable than Previously Perceived: A Review of Recent Evidence. Annual Review of Food Science and Technology, 2017, 8, 155-180.	5.1	204
9	Anthocyanins Exist in the Circulation Primarily as Metabolites in Adult Men. Journal of Nutrition, 2005, 135, 2582-2588.	1.3	179
10	The effect of wild blueberry (Vaccinium angustifolium) consumption on postprandial serum antioxidant status in human subjects. British Journal of Nutrition, 2002, 88, 389-397.	1.2	175
11	Anthocyanin Stability and Recovery: Implications for the Analysis of Clinical and Experimental Samples. Journal of Agricultural and Food Chemistry, 2009, 57, 5271-5278.	2.4	169
12	Dietary Flavonoids and Risk of Stroke in Women. Stroke, 2012, 43, 946-951.	1.0	167
13	Aspects of anthocyanin absorption, metabolism and pharmacokinetics in humans. Nutrition Research Reviews, 2006, 19, 137-146.	2.1	161
14	The bioactivity of dietary anthocyanins is likely to be mediated by their degradation products. Molecular Nutrition and Food Research, 2009, 53, S92-101.	1.5	150
15	Blueberries improve biomarkers of cardiometabolic function in participants with metabolic syndromeâ€"results from a 6-month, double-blind, randomized controlled trial. American Journal of Clinical Nutrition, 2019, 109, 1535-1545.	2.2	145
16	Relative impact of flavonoid composition, dose and structure on vascular function: A systematic review of randomised controlled trials of flavonoidâ€•rich food products. Molecular Nutrition and Food Research, 2012, 56, 1605-1616.	1.5	126
17	Cardiovascular Disease Risk Biomarkers and Liver and Kidney Function Are Not Altered in Postmenopausal Women after Ingesting an Elderberry Extract Rich in Anthocyanins for 12 Weeks ,. Journal of Nutrition, 2009, 139, 2266-2271.	1.3	121
18	Anthocyanins and their physiologically relevant metabolites alter the expression of ILâ€6 and VCAMâ€1 in CD40L and oxidized LDL challenged vascular endothelial cells. Molecular Nutrition and Food Research, 2015, 59, 1095-1106.	1.5	121

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19	Effects of pistachios on cardiovascular disease risk factors and potential mechanisms of action: a dose-response study. American Journal of Clinical Nutrition, 2008, 88, 651-659.	2.2	118
20	Methods of Analysis for Anthocyanins in Plants and Biological Fluids. Journal of AOAC INTERNATIONAL, 2004, 87, 129-145.	0.7	117
21	Acute benefits of the microbial-derived isoflavone metabolite equol on arterial stiffness in men prospectively recruited according to equol producer phenotype: a double-blind randomized controlled trial. American Journal of Clinical Nutrition, 2016, 103, 694-702.	2.2	109
22	Phenolic metabolites of anthocyanins following a dietary intervention study in postâ€menopausal women. Molecular Nutrition and Food Research, 2014, 58, 490-502.	1.5	105
23	Effects of sugar-sweetened and sugar-free cocoa on endothelial function in overweight adults. International Journal of Cardiology, 2011, 149, 83-88.	0.8	95
24	Pistachios Increase Serum Antioxidants and Lower Serum Oxidized-LDL in Hypercholesterolemic Adults. Journal of Nutrition, 2010, 140, 1093-1098.	1.3	93
25	Phenolic Metabolites of Anthocyanins Modulate Mechanisms of Endothelial Function. Journal of Agricultural and Food Chemistry, 2015, 63, 2423-2431.	2.4	78
26	Flavonoid metabolites reduce tumor necrosis factorâ€α secretion to a greater extent than their precursor compounds in human THPâ€1 monocytes. Molecular Nutrition and Food Research, 2015, 59, 1143-1154.	1.5	74
27	The future of flavonoid research. British Journal of Nutrition, 2010, 104, S91-S95.	1.2	73
28	Sulforaphane Represses Matrixâ€Degrading Proteases and Protects Cartilage From Destruction In Vitro and In Vivo. Arthritis and Rheumatism, 2013, 65, 3130-3140.	6.7	71
29	Common Phenolic Metabolites of Flavonoids, but Not Their Unmetabolized Precursors, Reduce the Secretion of Vascular Cellular Adhesion Molecules by Human Endothelial Cells. Journal of Nutrition, 2016, 146, 465-473.	1.3	66
30	Recommendations for standardizing nomenclature for dietary (poly)phenol catabolites. American Journal of Clinical Nutrition, 2020, 112, 1051-1068.	2.2	65
31	Orange juiceâ€“derived flavanone and phenolic metabolites do not acutely affect cardiovascular risk biomarkers: a randomized, placebo-controlled, crossover trial in men at moderate risk of cardiovascular disease. American Journal of Clinical Nutrition, 2015, 101, 931-938.	2.2	64
32	Anthocyaninâ€derived phenolic acids form glucuronides following simulated gastrointestinal digestion and microsomal glucuronidation. Molecular Nutrition and Food Research, 2011, 55, 378-386.	1.5	57
33	Methods for Isolating, Identifying, and Quantifying Anthocyanin Metabolites in Clinical Samples. Analytical Chemistry, 2014, 86, 10052-10058.	3.2	55
34	Diets Containing Pistachios Reduce Systolic Blood Pressure and Peripheral Vascular Responses to Stress in Adults With Dyslipidemia. Hypertension, 2012, 60, 58-63.	1.3	48
35	Terms and nomenclature used for plant-derived components in nutrition and related research: efforts toward harmonization. Nutrition Reviews, 2020, 78, 451-458.	2.6	44
36	Effects of antioxidant-rich foods on vascular reactivity: Review of the clinical evidence. Current Atherosclerosis Reports, 2006, 8, 510-522.	2.0	43

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37	Signatures of anthocyanin metabolites identified in humans inhibit biomarkers of vascular inflammation in human endothelial cells. Molecular Nutrition and Food Research, 2017, 61, 1700053.	1.5	40
38	A moderate-fat diet containing pistachios improves emerging markers of cardiometabolic syndrome in healthy adults with elevated LDL levels. British Journal of Nutrition, 2014, 112, 744-752.	1.2	39
39	Flavonoid metabolism: the synthesis of phenolic glucuronides and sulfates asÂcandidate metabolites for bioactivity studies of dietary flavonoids. Tetrahedron, 2012, 68, 4194-4201.	1.0	33
40	Increased Plasma Levels of Gut-Derived Phenolics Linked to Walking and Running Following Two Weeks of Flavonoid Supplementation. Nutrients, 2018, 10, 1718.	1.7	33
41	Acute Fish Oil and Soy Isoflavone Supplementation Increase Postprandial Serum (n-3) Polyunsaturated Fatty Acids and Isoflavones but Do Not Affect Triacylglycerols or Biomarkers of Oxidative Stress in Overweight and Obese Hypertriglyceridemic Men. Journal of Nutrition, 2009, 139, 1128-1134.	1.3	32
42	Contribution of Berry Polyphenols to the Human Metabolome. Molecules, 2019, 24, 4220.	1.7	31
43	Blueberry anthocyanin intake attenuates the postprandial cardiometabolic effect of an energy-dense food challenge: Results from a double blind, randomized controlled trial in metabolic syndrome participants. Clinical Nutrition, 2022, 41, 165-176.	2.3	30
44	Blueberry and/or Banana Consumption Mitigate Arachidonic, Cytochrome P450 Oxylipin Generation During Recovery From 75-Km Cycling: A Randomized Trial. Frontiers in Nutrition, 2020, 7, 121.	1.6	25
45	Diversity in Metabolites and Fruit Quality Traits in Blueberry Enables Ploidy and Species Differentiation and Establishes a Strategy for Future Genetic Studies. Frontiers in Plant Science, 2020, 11, 370.	1.7	24
46	In Vitro Bioaccessibility of Carotenoids and Chlorophylls in a Diverse Collection of Spinach Accessions and Commercial Cultivars. Journal of Agricultural and Food Chemistry, 2020, 68, 3495-3505.	2.4	23
47	A randomized placebo-controlled cross-over study on the effects of anthocyanins on inflammatory and metabolic responses to a high-fat meal in healthy subjects. Redox Biology, 2022, 51, 102273.	3.9	23
48	Influence of Ingesting a Flavonoid-Rich Supplement on the Metabolome and Concentration of Urine Phenolics in Overweight/Obese Women. Journal of Proteome Research, 2017, 16, 2924-2935.	1.8	21
49	An enriched biosignature of gut microbiota-dependent metabolites characterizes maternal plasma in a mouse model of fetal alcohol spectrum disorder. Scientific Reports, 2021, 11, 248.	1.6	21
50	Bioactivity, Absorption, and Metabolism of Anthocyanins. , 0, , 228-262.		18
51	Anthocyanins Remain Stable during Commercial Blackcurrant Juice Processing. Journal of Food Science, 2011, 76, S408-14.	1.5	17
52	Cardiovascular Mechanisms of Action of Anthocyanins May Be Associated with the Impact of Microbial Metabolites on Heme Oxygenase-1 in Vascular Smooth Muscle Cells. Molecules, 2018, 23, 898.	1.7	16
53	A gram scale synthesis of a multi-13C-labelled anthocyanin, [6,8,10,3â€²,5â€²-13C5]cyanidin-3-glucoside, for use in oral tracer studies in humans. Chemical Communications, 2011, 47, 10596.	2.2	15
54	Foaming and sensory characteristics of protein-polyphenol particles in a food matrix. Food Hydrocolloids, 2022, 123, 107148.	5.6	15

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55	The postprandial effects of dietary antioxidants in humans. Current Atherosclerosis Reports, 2003, 5, 452-458.	2.0	14
56	Spray-dried and freeze-dried protein-spinach particles; effect of drying technique and protein type on the bioaccessibility of carotenoids, chlorophylls, and phenolics. Food Chemistry, 2022, 388, 133017.	4.2	14
57	Rethinking paradigms for studying mechanisms of action of plant bioactives. Nutrition Bulletin, 2015, 40, 335-339.	0.8	13
58	Effect of adding milk to black tea on vascular function in healthy men and women: a randomised controlled crossover trial. Food and Function, 2018, 9, 6307-6314.	2.1	13
59	Strawberry Consumption, Cardiometabolic Risk Factors, and Vascular Function: A Randomized Controlled Trial in Adults with Moderate Hypercholesterolemia. Journal of Nutrition, 2021, 151, 1517-1526.	1.3	12
60	Boosting the Bioaccessibility of Dietary Bioactives by Delivery as Proteinâ€“Polyphenol Aggregate Particles. Journal of Agricultural and Food Chemistry, 2022, 70, 13017-13026.	2.4	11
61	High-density linkage map construction and identification of loci regulating fruit quality traits in blueberry. Horticulture Research, 2021, 8, 169.	2.9	10
62	Development of a genetic framework to improve the efficiency of bioactive delivery from blueberry. Scientific Reports, 2020, 10, 17311.	1.6	9
63	Exploring the Contribution of (Poly)phenols to the Dietary Exposome Using High Resolution Mass Spectrometry Untargeted Metabolomics. Molecular Nutrition and Food Research, 2022, 66, e2100922.	1.5	9
64	Influence of simulated food and oral processing on carotenoid and chlorophyll in vitro bioaccessibility among six spinach genotypes. Food and Function, 2021, 12, 7001-7016.	2.1	7
65	Reply to C Drossard et al. American Journal of Clinical Nutrition, 2011, 93, 866-867.	2.2	4
66	Microbial Metabolites of Flavanols in Urine are Associated with Enhanced Anti-Proliferative Activity in Bladder Cancer Cells InÂVitro. Nutrition and Cancer, 2022, 74, 194-210.	0.9	3
67	A Moderateâ€Fat Diet with Pistachios Lowers Smallâ€Dense LDL and Improves Markers of Insulin Sensitivity in Subjects with Moderatelyâ€Elevated Cholesterol Levels. FASEB Journal, 2013, 27, 1057.13.	0.2	3
68	Effect of Wild Blueberry Metabolites on Biomarkers of Gastrointestinal and Immune Health In Vitro. Immuno, 2022, 2, 293-306.	0.6	3
69	The major intestinal metabolites of anthocyanins are unlikely to be conjugates of their parent compounds but metabolites of their degradation products. Proceedings of the Nutrition Society, 2008, 67, .	0.4	2
70	The berry health tool chest â€“ an evidence map and interactive resource. Nutrition Reviews, 2021, 80, 68-77.	2.6	2
71	Pistachios Reduce Blood Pressure and Vascular Responses to Acute Stress in Healthy Adults. FASEB Journal, 2007, 21, A696.	0.2	2
72	Adaptation of an in Vitro Digestion Model for High Throughput Phenolic Bioaccessibility Phenotyping Within Cultivated (highbush) Blueberry Varieties (P06-004-19). Current Developments in Nutrition, 2019, 3, nzz031.P06-004-19.	0.1	1

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73	Pistachios beneficially affect multiple lipid and apolipoprotein CVD risk factors. FASEB Journal, 2007, 21, A695.	0.2	1
74	Managing Risks Associated with Establishing the Metabolome of Dietary Phytochemicals (P06-010-19). Current Developments in Nutrition, 2019, 3, nzz031.P06-010-19.	0.1	0
75	Diversity in the Bioaccessibility of Carotenoid and Chlorophyll Compounds in 69 Spinach Genotypes (P06-007-19). Current Developments in Nutrition, 2019, 3, nzz031.P06-007-19.	0.1	0
76	Effect of acute fish oil and soy isoflavone supplementation on postprandial serum triglycerides and biomarkers of oxidative stress in overweight or obese, hypertriglyeridemic men. FASEB Journal, 2007, 21, A370.	0.2	0
77	Effects of pistachios on emerging CVD risk factors in moderately hypercholesterolemic individuals. FASEB Journal, 2011, 25, .	0.2	0
78	Absorption, distribution, metabolism and elimination of a stable isotopeâ€labelled anthocyanin in Humans. FASEB Journal, 2013, 27, 125.6.	0.2	0
79	The metabolic fate of anthocyanins in humans. FASEB Journal, 2013, 27, 125.7.	0.2	0
80	The bioactivity of flavonoids is likely the result of cumulative low exposure to a variety of structurally similar phenolic metabolites. FASEB Journal, 2015, 29, 118.4.	0.2	0
81	Supplemental treatment options for diabetes: how flavanol metabolites improve Î²â€cell function. FASEB Journal, 2020, 34, 1-1.	0.2	0