

Almudena SÃ¡nchez-Villegas

List of Publications by Year in descending order

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Version: 2024-02-01

148
papers

13,440
citations

22099

59
h-index

23472

111
g-index

159
all docs

159
docs citations

159
times ranked

15790
citing authors

#	ARTICLE	IF	CITATIONS
1	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.	13.9	2,065
2	Relationship between body image disturbance and incidence of depression: the SUN prospective cohort. <i>BMC Public Health</i> , 2009, 9, 1.	1.2	494
3	Association of the Mediterranean Dietary Pattern With the Incidence of Depression. <i>Archives of General Psychiatry</i> , 2009, 66, 1090.	13.8	489
4	Validation of the Spanish version of the physical activity questionnaire used in the Nurses' Health Study and the Health Professionals' Follow-up Study. <i>Public Health Nutrition</i> , 2005, 8, 920-927.	1.1	470
5	Healthy dietary indices and risk of depressive outcomes: a systematic review and meta-analysis of observational studies. <i>Molecular Psychiatry</i> , 2019, 24, 965-986.	4.1	427
6	Nutritional medicine as mainstream in psychiatry. <i>Lancet Psychiatry</i> , 2015, 2, 271-274.	3.7	375
7	Mediterranean dietary pattern and depression: the PREDIMED randomized trial. <i>BMC Medicine</i> , 2013, 11, 208.	2.3	297
8	Diet and depression: exploring the biological mechanisms of action. <i>Molecular Psychiatry</i> , 2021, 26, 134-150.	4.1	265
9	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.	4.3	239
10	Mediterranean Diet Inversely Associated With the Incidence of Metabolic Syndrome. <i>Diabetes Care</i> , 2007, 30, 2957-2959.	4.3	208
11	Fast-food and commercial baked goods consumption and the risk of depression. <i>Public Health Nutrition</i> , 2012, 15, 424-432.	1.1	201
12	Validity of a self-reported diagnosis of depression among participants in a cohort study using the Structured Clinical Interview for DSM-IV (SCID-I). <i>BMC Psychiatry</i> , 2008, 8, 43.	1.1	194
13	Dietary Fat Intake and the Risk of Depression: The SUN Project. <i>PLoS ONE</i> , 2011, 6, e16268.	1.1	191
14	Predictors of weight gain in a Mediterranean cohort: the Seguimiento Universidad de Navarra Study. <i>American Journal of Clinical Nutrition</i> , 2006, 83, 362-370.	2.2	189
15	Dietary Inflammatory Index and Incidence of Cardiovascular Disease in the PREDIMED Study. <i>Nutrients</i> , 2015, 7, 4124-4138.	1.7	182
16	Cohort Profile: Design and methods of the PREDIMED-Plus randomized trial. <i>International Journal of Epidemiology</i> , 2019, 48, 387-388o.	0.9	179
17	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, 1484-1493.	2.2	178
18	Review: The emerging role of Mediterranean diets in cardiovascular epidemiology: Monounsaturated fats, olive oil, red wine or the whole pattern?. <i>European Journal of Epidemiology</i> , 2003, 19, 9-13.	2.5	168

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19	Adherence to a Mediterranean dietary pattern and weight gain in a follow-up study: the SUN cohort. <i>International Journal of Obesity</i> , 2006, 30, 350-358.	1.6	166
20	Gender, age, socio-demographic and lifestyle factors associated with major dietary patterns in the Spanish Project SUN (Seguimiento Universidad de Navarra). <i>European Journal of Clinical Nutrition</i> , 2003, 57, 285-292.	1.3	164
21	Dietary recommendations for the prevention of depression. <i>Nutritional Neuroscience</i> , 2017, 20, 161-171.	1.5	164
22	Physical Activity, Sedentary Index, and Mental Disorders in the SUN Cohort Study. <i>Medicine and Science in Sports and Exercise</i> , 2008, 40, 827-834.	0.2	156
23	Long chain omega-3 fatty acids intake, fish consumption and mental disorders in the SUN cohort study. <i>European Journal of Nutrition</i> , 2007, 46, 337-346.	1.8	152
24	Benefits of the Mediterranean diet: Epidemiological and molecular aspects. <i>Molecular Aspects of Medicine</i> , 2019, 67, 1-55.	2.7	141
25	Mediterranean Diet and Stroke: Objectives and Design of the SUN Project. <i>Nutritional Neuroscience</i> , 2002, 5, 65-73.	1.5	136
26	Mediterranean diet and depression. <i>Public Health Nutrition</i> , 2006, 9, 1104-1109.	1.1	126
27	Adherence to the Mediterranean diet and quality of life in the SUN Project. <i>European Journal of Clinical Nutrition</i> , 2012, 66, 360-368.	1.3	124
28	Diet, a new target to prevent depression?. <i>BMC Medicine</i> , 2013, 11, 3.	2.3	123
29	Ultra-processed food consumption and the incidence of depression in a Mediterranean cohort: the SUN Project. <i>European Journal of Nutrition</i> , 2020, 59, 1093-1103.	1.8	123
30	Nutritional assessment interpretation on 22 007 Spanish community-dwelling elders through the Mini Nutritional Assessment test. <i>Public Health Nutrition</i> , 2009, 12, 82-90.	1.1	122
31	Evaluating the quality of dietary intake validation studies. <i>British Journal of Nutrition</i> , 2009, 102, S3-S9.	1.2	121
32	A longitudinal analysis of diet quality scores and the risk of incident depression in the SUN Project. <i>BMC Medicine</i> , 2015, 13, 197.	2.3	121
33	Association of fiber intake and fruit/vegetable consumption with weight gain in a Mediterranean population. <i>Nutrition</i> , 2006, 22, 504-511.	1.1	119
34	Determinants of the adherence to an "a priori" defined Mediterranean dietary pattern. <i>European Journal of Nutrition</i> , 2002, 41, 249-257.	1.8	117
35	Dietary patterns and nutritional adequacy in a Mediterranean country. <i>British Journal of Nutrition</i> , 2009, 101, S21-S28.	1.2	116
36	The Effect of the Mediterranean Diet on Hypertension: A Systematic Review and Meta-Analysis. <i>Journal of Nutrition Education and Behavior</i> , 2016, 48, 42-53.e1.	0.3	114

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37	The effect of the Mediterranean diet on plasma brain-derived neurotrophic factor (BDNF) levels: The PREDIMED-NAVARRA randomized trial. <i>Nutritional Neuroscience</i> , 2011, 14, 195-201.	1.5	113
38	Legume consumption is inversely associated with type 2 diabetes incidence in adults: A prospective assessment from the PREDIMED study. <i>Clinical Nutrition</i> , 2018, 37, 906-913.	2.3	108
39	Influence of a Mediterranean Dietary Pattern on Body Fat Distribution: Results of the PREDIMED-Canarias Intervention Randomized Trial. <i>Journal of the American College of Nutrition</i> , 2016, 35, 568-580.	1.1	105
40	Association between folate, vitamin B ₆ and vitamin B ₁₂ intake and depression in the SUN cohort study. <i>Journal of Human Nutrition and Dietetics</i> , 2009, 22, 122-133.	1.3	101
41	Dietary inflammatory index, cardiometabolic conditions and depression in the Seguimiento Universidad de Navarra cohort study. <i>British Journal of Nutrition</i> , 2015, 114, 1471-1479.	1.2	100
42	Mediterranean diet and quality of life: Baseline cross-sectional analysis of the PREDIMED-PLUS trial. <i>PLoS ONE</i> , 2018, 13, e0198974.	1.1	100
43	Effect of a Nutritional and Behavioral Intervention on Energy-Reduced Mediterranean Diet Adherence Among Patients With Metabolic Syndrome. <i>JAMA - Journal of the American Medical Association</i> , 2019, 322, 1486.	3.8	100
44	Does the MIND diet decrease depression risk? A comparison with Mediterranean diet in the SUN cohort. <i>European Journal of Nutrition</i> , 2019, 58, 1271-1282.	1.8	98
45	Olive oil consumption and weight change: The SUN prospective cohort study. <i>Lipids</i> , 2006, 41, 249-256.	0.7	94
46	Costs of Mediterranean and western dietary patterns in a Spanish cohort and their relationship with prospective weight change. <i>Journal of Epidemiology and Community Health</i> , 2009, 63, 920-927.	2.0	94
47	Obesity Risk Is Associated with Carbohydrate Intake in Women Carrying the Gln27Glu β 2-Adrenoceptor Polymorphism. <i>Journal of Nutrition</i> , 2003, 133, 2549-2554.	1.3	88
48	Dietary inflammatory index and all-cause mortality in large cohorts: The SUN and PREDIMED studies. <i>Clinical Nutrition</i> , 2019, 38, 1221-1231.	2.3	87
49	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, 1356-1363.	1.1	86
50	Alcohol intake, wine consumption and the development of depression: the PREDIMED study. <i>BMC Medicine</i> , 2013, 11, 192.	2.3	85
51	Weight status of European preschool children and associations with family demographics and energy balance-related behaviours: a pooled analysis of six European studies. <i>Obesity Reviews</i> , 2012, 13, 29-41.	3.1	84
52	Dietary assessment methods for micronutrient intake: a systematic review on vitamins. <i>British Journal of Nutrition</i> , 2009, 102, S10-S37.	1.2	82
53	A systematic review of socioeconomic differences in food habits in Europe: consumption of cheese and milk. <i>European Journal of Clinical Nutrition</i> , 2003, 57, 917-929.	1.3	81
54	International Society for Nutritional Psychiatry Research consensus position statement: nutritional medicine in modern psychiatry. <i>World Psychiatry</i> , 2015, 14, 370-371.	4.8	81

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55	Prospective study of self-reported usual snacking and weight gain in a Mediterranean cohort: The SUN project. <i>Clinical Nutrition</i> , 2010, 29, 323-330.	2.3	76
56	Disparities in food habits in Europe: systematic review of educational and occupational differences in the intake of fat. <i>Journal of Human Nutrition and Dietetics</i> , 2003, 16, 349-364.	1.3	73
57	Food patterns and the prevention of depression. <i>Proceedings of the Nutrition Society</i> , 2016, 75, 139-146.	0.4	71
58	Dietary assessment methods for micronutrient intake in infants, children and adolescents: a systematic review. <i>British Journal of Nutrition</i> , 2009, 102, S87-S117.	1.2	70
59	The Mediterranean Diet Is Associated with a Reduction in Premature Mortality among Middle-Aged Adults. <i>Journal of Nutrition</i> , 2012, 142, 1672-1678.	1.3	66
60	Added sugars and sugar-sweetened beverage consumption, dietary carbohydrate index and depression risk in the Seguimiento Universidad de Navarra (SUN) Project. <i>British Journal of Nutrition</i> , 2018, 119, 211-221.	1.2	61
61	Dietary ð±â€Linolenic Acid, Marine ð±â€Fatty Acids, and Mortality in a Population With High Fish Consumption: Findings From the PREvenciÃ³n con Dieta MEDiterrÃ¡nea (PREDIMED) Study. <i>Journal of the American Heart Association</i> , 2016, 5, .	1.6	60
62	A Mediterranean Diet Rich in Extra-Virgin Olive Oil Is Associated with a Reduced Prevalence of Nonalcoholic Fatty Liver Disease in Older Individuals at High Cardiovascular Risk. <i>Journal of Nutrition</i> , 2019, 149, 1920-1929.	1.3	59
63	Dietary assessment methods for intakes of iron, calcium, selenium, zinc and iodine. <i>British Journal of Nutrition</i> , 2009, 102, S38-S55.	1.2	58
64	Dietary Patterns and Total Mortality in a Mediterranean Cohort: The SUN Project. <i>Journal of the Academy of Nutrition and Dietetics</i> , 2014, 114, 37-47.	0.4	58
65	Immunomodulatory effects of the intake of fermented milk with <i>Lactobacillus casei</i> DN114001 in lactating mothers and their children. <i>British Journal of Nutrition</i> , 2008, 100, 834-845.	1.2	52
66	Beverage Consumption Habits and Association with Total Water and Energy Intakes in the Spanish Population: Findings of the ANIBES Study. <i>Nutrients</i> , 2016, 8, 232.	1.7	52
67	Relationship between Consumer Food Safety Knowledge and Reported Behavior among Students from Health Sciences in One Region of Spain. <i>Journal of Food Protection</i> , 2005, 68, 2631-2636.	0.8	50
68	Childhood and Young Adult Overweight/Obesity and Incidence of Depression in the SUN Project. <i>Obesity</i> , 2010, 18, 1443-1448.	1.5	47
69	The Association Between the Mediterranean Lifestyle and Depression. <i>Clinical Psychological Science</i> , 2016, 4, 1085-1093.	2.4	47
70	Effect of a Mediterranean Diet Intervention on Dietary Glycemic Load and Dietary Glycemic Index: The PREDIMED Study. <i>Journal of Nutrition and Metabolism</i> , 2014, 2014, 1-10.	0.7	46
71	Perception of body image as indicator of weight status in the European Union. <i>Journal of Human Nutrition and Dietetics</i> , 2001, 14, 93-102.	1.3	44
72	Dietary assessment methods for micronutrient intake in elderly people: a systematic review. <i>British Journal of Nutrition</i> , 2009, 102, S118-S149.	1.2	44

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73	Predictors of follow-up and assessment of selection bias from dropouts using inverse probability weighting in a cohort of university graduates. <i>European Journal of Epidemiology</i> , 2006, 21, 351-358.	2.5	43
74	Dietary total antioxidant capacity and mortality in the PREDIMED study. <i>European Journal of Nutrition</i> , 2016, 55, 227-236.	1.8	43
75	Seafood Consumption, Omega-3 Fatty Acids Intake, and Life-Time Prevalence of Depression in the PREDIMED-Plus Trial. <i>Nutrients</i> , 2018, 10, 2000.	1.7	43
76	A longitudinal assessment of alcohol intake and incident depression: the SUN project. <i>BMC Public Health</i> , 2012, 12, 954.	1.2	42
77	Relationship between adherence to Dietary Approaches to Stop Hypertension (DASH) diet indices and incidence of depression during up to 8 years of follow-up. <i>Public Health Nutrition</i> , 2017, 20, 2383-2392.	1.1	42
78	Empirically Derived Dietary Patterns and Health-Related Quality of Life in the SUN Project. <i>PLoS ONE</i> , 2013, 8, e61490.	1.1	41
79	Total and Subtypes of Dietary Fat Intake and Its Association with Components of the Metabolic Syndrome in a Mediterranean Population at High Cardiovascular Risk. <i>Nutrients</i> , 2019, 11, 1493.	1.7	41
80	Validity of self reported diagnoses of cancer in a major Spanish prospective cohort study. <i>Journal of Epidemiology and Community Health</i> , 2006, 60, 593-599.	2.0	39
81	Meta-analysis on the effect of the N363S polymorphism of the glucocorticoid receptor gene (GRL) on human obesity. <i>BMC Medical Genetics</i> , 2006, 7, 50.	2.1	38
82	Changes in bread consumption and 4-year changes in adiposity in Spanish subjects at high cardiovascular risk. <i>British Journal of Nutrition</i> , 2013, 110, 337-346.	1.2	36
83	Dietary Diversity and Nutritional Adequacy among an Older Spanish Population with Metabolic Syndrome in the PREDIMED-Plus Study: A Cross-Sectional Analysis. <i>Nutrients</i> , 2019, 11, 958.	1.7	35
84	Magnesium Intake Is Not Related to Depression Risk in Spanish University Graduates. <i>Journal of Nutrition</i> , 2012, 142, 1053-1059.	1.3	34
85	Micronutrient intake adequacy and depression risk in the SUN cohort study. <i>European Journal of Nutrition</i> , 2018, 57, 2409-2419.	1.8	33
86	Olive oil consumption and risk of breast cancer in the Canary Islands: a population-based case-control study. <i>Public Health Nutrition</i> , 2006, 9, 163-167.	1.1	32
87	Exercise Intensity and Incidence of Metabolic Syndrome: The SUN Project. <i>American Journal of Preventive Medicine</i> , 2017, 52, e95-e101.	1.6	30
88	Preventing the recurrence of depression with a Mediterranean diet supplemented with extra-virgin olive oil. The PREDI-DEP trial: study protocol. <i>BMC Psychiatry</i> , 2019, 19, 63.	1.1	30
89	Coffee Consumption and the Risk of Depression in a Middle-Aged Cohort: The SUN Project. <i>Nutrients</i> , 2018, 10, 1333.	1.7	29
90	Intake of High-Fat Yogurt, but Not of Low-Fat Yogurt or Prebiotics, Is Related to Lower Risk of Depression in Women of the SUN Cohort Study. <i>Journal of Nutrition</i> , 2016, 146, 1731-1739.	1.3	28

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91	Lifestyles and the risk of depression in the "Seguimiento Universidad de Navarra" cohort. <i>European Psychiatry</i> , 2019, 61, 33-40.	0.1	28
92	Geographical and climatic factors and depression risk in the SUN project. <i>European Journal of Public Health</i> , 2014, 24, 626-631.	0.1	27
93	Is the food frequency questionnaire suitable to assess micronutrient intake adequacy for infants, children and adolescents?. <i>Maternal and Child Nutrition</i> , 2010, 6, 112-121.	1.4	26
94	Physical activity during leisure time and quality of life in a Spanish cohort: SUN (Seguimiento) Tj ETQq0 0 0 rgBT /Overlock 10 Tf 50 622	3.1	26
95	Perceived and actual obesity in childhood and adolescence and risk of adult depression. <i>Journal of Epidemiology and Community Health</i> , 2013, 67, 81-86.	2.0	26
96	Association between dietary and beverage consumption patterns in the SUN (Seguimiento Universidad) Tj ETQq0 0 0 rgBT /Overlock 10	1.1	25
97	Physical Fitness and Obesity Are Associated in a Dose-Dependent Manner in Children. <i>Annals of Nutrition and Metabolism</i> , 2010, 57, 251-259.	1.0	25
98	Dietary fat intake and quality of life: the SUN project. <i>Nutrition Journal</i> , 2011, 10, 121.	1.5	24
99	Dimensions of leisure-time physical activity and risk of depression in the "Seguimiento Universidad de Navarra"(SUN) prospective cohort. <i>BMC Psychiatry</i> , 2020, 20, 98.	1.1	24
100	Effect of Zinc Intake on Growth in Infants: A Meta-analysis. <i>Critical Reviews in Food Science and Nutrition</i> , 2016, 56, 350-363.	5.4	22
101	Association between coffee consumption and total dietary caffeine intake with cognitive functioning: cross-sectional assessment in an elderly Mediterranean population. <i>European Journal of Nutrition</i> , 2021, 60, 2381-2396.	1.8	22
102	A brief assessment of eating habits and weight gain in a Mediterranean cohort. <i>British Journal of Nutrition</i> , 2011, 105, 765-775.	1.2	21
103	Effect of Zinc Intake on Mental and Motor Development in Infants: A Meta-Analysis. <i>International Journal for Vitamin and Nutrition Research</i> , 2013, 83, 203-215.	0.6	21
104	Association between the adherence to the Mediterranean diet and overweight and obesity in pregnant women in Gran Canaria. <i>Nutricion Hospitalaria</i> , 2013, 28, 654-9.	0.2	21
105	Cardiovascular risk and incidence of depression in young and older adults: evidence from the SUN cohort study. <i>World Psychiatry</i> , 2017, 16, 111-111.	4.8	20
106	Beverage Consumption Habits among the European Population: Association with Total Water and Energy Intakes. <i>Nutrients</i> , 2017, 9, 383.	1.7	19
107	Potato Consumption Does Not Increase Blood Pressure or Incident Hypertension in 2 Cohorts of Spanish Adults. <i>Journal of Nutrition</i> , 2017, 147, 2272-2281.	1.3	18
108	Association Between Lifestyle and Hypertriglyceridemic Waist Phenotype in the PREDIMED+ Study. <i>Obesity</i> , 2020, 28, 537-543.	1.5	18

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109	Prediction of Cardiovascular Disease by the Framinghamâ€¦REGICOR Equation in the Highâ€¦Risk PREDIMED Cohort: Impact of the Mediterranean Diet Across Different Risk Strata. Journal of the American Heart Association, 2017, 6, .	1.6	17
110	Chocolate Consumption and Incidence of Hypertension. Hypertension, 2005, 46, e21-2; author reply e22.	1.3	16
111	Healthy diet, depression and quality of life: A narrative review of biological mechanisms and primary prevention opportunities. World Journal of Psychiatry, 2021, 11, 997-1016.	1.3	16
112	Glycemic index, glycemic load and invasive breast cancer incidence in postmenopausal women: The PREDIMED study. European Journal of Cancer Prevention, 2016, 25, 524-532.	0.6	15
113	Self-perceived level of competitiveness, tension and dependency and depression risk in the SUN cohort. BMC Psychiatry, 2018, 18, 241.	1.1	15
114	Wilson disease: revision of diagnostic criteria in a clinical series with great genetic homogeneity. Journal of Gastroenterology, 2021, 56, 78-89.	2.3	15
115	Methodological aspects of the study of dietary patterns during pregnancy and maternal and infant health outcomes. A systematic review. Maternal and Child Nutrition, 2010, 6, 100-111.	1.4	14
116	Influencia de la obesidad y la ganancia de peso sobre la calidad de vida segÃ©n el SF-36 en individuos de la cohorte dinÃ¡mica Seguimiento Universidad de Navarra. Revista Clinica Espanola, 2018, 218, 408-416.	0.2	14
117	Sleep Duration is Inversely Associated with Serum Uric Acid Concentrations and Uric Acid to Creatinine Ratio in an Elderly Mediterranean Population at High Cardiovascular Risk. Nutrients, 2019, 11, 761.	1.7	14
118	A High Dietary Glycemic Index Increases Total Mortality in a Mediterranean Population at High Cardiovascular Risk. PLoS ONE, 2014, 9, e107968.	1.1	13
119	The Association Between the Mediterranean Lifestyle Index and All-Cause Mortality in the Seguimiento Universidad de Navarra Cohort. American Journal of Preventive Medicine, 2020, 59, e239-e248.	1.6	13
120	Childhood underweight, weight gain during childhood to adolescence/young adulthood and incidence of adult metabolic syndrome in the SUN (Seguimiento Universidad de Navarra) Project. Public Health Nutrition, 2011, 14, 1237-1244.	1.1	12
121	A Healthy Diet for Your Heart and Your Brain. , 2018, , 169-197.		12
122	Effect of an Intensive Weight-Loss Lifestyle Intervention on Kidney Function: A Randomized Controlled Trial. American Journal of Nephrology, 2021, 52, 45-58.	1.4	12
123	The Mediterranean Lifestyle and the Risk of Depression in Middle-Aged Adults. Journal of Nutrition, 2022, 152, 227-234.	1.3	12
124	Effect of zinc intake on serum/plasma zinc status in infants: a metaâ€¦analysis. Maternal and Child Nutrition, 2013, 9, 285-298.	1.4	11
125	Magnesium intake and depression: the SUN cohort. Magnesium Research, 2016, 29, 102-111.	0.4	11
126	Consumo de tabaco en titulados universitarios. El Proyecto SUN (Seguimiento Universidad de) Tj ETQq0 0 0 rgBT /Qverlock 10 Tf 50 62	0.6	10

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127	Daily physical activity and macronutrient distribution of low-calorie diets jointly affect body fat reduction in obese women. <i>Applied Physiology, Nutrition and Metabolism</i> , 2009, 34, 595-602.	0.9	9
128	Health-related quality of life in individuals with metabolic syndrome: A cross-sectional study. <i>Semergen</i> , 2020, 46, 524-537.	0.2	9
129	Use of non-steroidal anti-inflammatory drugs, aspirin and the risk of depression: The "Seguimiento Universidad de Navarra (SUN)" cohort. <i>Journal of Affective Disorders</i> , 2019, 247, 161-167.	2.0	8
130	Cross-sectional association between non-soy legume consumption, serum uric acid and hyperuricemia: the PREDIMED-Plus study. <i>European Journal of Nutrition</i> , 2020, 59, 2195-2206.	1.8	8
131	Diet and depression: future needs to unlock the potential. <i>Molecular Psychiatry</i> , 2022, 27, 778-780.	4.1	8
132	Cost of compliance with daily recommended values of micronutrients among a cohort of Spanish university graduates: the SUN (Seguimiento Universidad de Navarra) Study. <i>Public Health Nutrition</i> , 2009, 12, 2092-2096.	1.1	7
133	<i>Mediterranean Diet.</i> , 2019, , 292-301.		7
134	Depression and metabolic syndrome in participants of the "Seguimiento Universidad de Navarra"(SUN) cohort study. <i>Journal of Affective Disorders</i> , 2021, 284, 183-189.	2.0	6
135	Association between Adherence to Swedish Dietary Guidelines and Mediterranean Diet and Risk of Stroke in a Swedish Population. <i>Nutrients</i> , 2022, 14, 1253.	1.7	6
136	Glycemic index, glycemic load, and metabolic syndrome in Mexican adolescents: a cross-sectional study from the NHNS-2012. <i>BMC Nutrition</i> , 2017, 3, 44.	0.6	5
137	<i>A Healthy-Eating Model Called Mediterranean Diet.</i> , 2018, , 1-24.		4
138	Response to: "Measuring adherence to the Mediterranean diet (Kleiman SC)"; "Median-centered dietary indices do not accurately classify exposure to the Mediterranean diet (Smith LP)"; "Adherence to the Mediterranean diet and quality of life in the SUN Project (Kepler S)". <i>European Journal of Clinical Nutrition</i> , 2012, 66, 976-976.	1.3	3
139	Contribution of cardio-vascular risk factors to depressive status in the PREDIMED-PLUS Trial. A cross-sectional and a 2-year longitudinal study. <i>PLoS ONE</i> , 2022, 17, e0265079.	1.1	3
140	"Effectiveness of a remote nutritional intervention to increase the adherence to the Mediterranean diet among recovered depression patients". <i>Nutritional Neuroscience</i> , 2023, 26, 696-705.	1.5	3
141	<i>Virgin Olive Oil.</i> , 2018, , 59-87.		2
142	Psychological and metabolic risk factors in older adults with a previous history of eating disorder: A cross-sectional study from the Predimed-Plus study. <i>European Eating Disorders Review</i> , 2021, 29, 575-587.	2.3	2
143	<i>Bread Intake and Abdominal Fat.</i> , 2014, , 261-279.		1
144	<i>Mediterranean Diet and Quality of Life.</i> , 2015, , 61-68.		1

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145	Self-perceived level of competitiveness, tension, and dependency and lifestyles in the "Seguimiento Universidad de Navarra"™ cohort study. Public Health, 2018, 157, 32-42.	1.4	1
146	Tooth avulsion accidents due to urgent and emergency orotracheal intubation. Medicina Oral, Patología Oral Y Cirugía Bucal, 2020, 25, e353-e358.	0.7	1
147	Sedentary behaviors and risk of depression in the Seguimiento Universidad de Navarra cohort: the SUN Project. Cadernos De Saude Publica, 2022, 38, .	0.4	1
148	Effects of Intake of Milk Enriched with <i>Aloe vera</i> on Patients with Gastrointestinal Reflux Disease. Food and Nutrition Sciences (Print), 2014, 05, 936-942.	0.2	0