

# Emilio Sacanella

## List of Publications by Year in descending order

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Version: 2024-02-01

220  
papers

23,069  
citations

16451

64  
h-index

8630

146  
g-index

226  
all docs

226  
docs citations

226  
times ranked

23501  
citing authors

#	ARTICLE	IF	CITATIONS
1	Primary Prevention of Cardiovascular Disease with a Mediterranean Diet. New England Journal of Medicine, 2013, 368, 1279-1290.	27.0	3,677
2	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.	27.0	2,065
3	Effects of a Mediterranean-Style Diet on Cardiovascular Risk Factors. Annals of Internal Medicine, 2006, 145, 1.	3.9	1,430
4	A Short Screener Is Valid for Assessing Mediterranean Diet Adherence among Older Spanish Men and Women. Journal of Nutrition, 2011, 141, 1140-1145.	2.9	973
5	Reduction in the Incidence of Type 2 Diabetes With the Mediterranean Diet. Diabetes Care, 2011, 34, 14-19.	8.6	721
6	Mediterranean Diet and Age-Related Cognitive Decline. JAMA Internal Medicine, 2015, 175, 1094.	5.1	653
7	Benefits of the Mediterranean Diet: Insights From the PREDIMED Study. Progress in Cardiovascular Diseases, 2015, 58, 50-60.	3.1	538
8	Prevention of Diabetes With Mediterranean Diets. Annals of Internal Medicine, 2014, 160, 1-10.	3.9	533
9	Cohort Profile: Design and methods of the PREDIMED study. International Journal of Epidemiology, 2012, 41, 377-385.	1.9	477
10	Mediterranean Diet and Invasive Breast Cancer Risk Among Women at High Cardiovascular Risk in the PREDIMED Trial. JAMA Internal Medicine, 2015, 175, 1752.	5.1	391
11	Mediterranean Diet and Cardiovascular Health: Teachings of the PREDIMED Study. Advances in Nutrition, 2014, 5, 330S-336S.	6.4	283
12	Anti-inflammatory effects of the Mediterranean diet: the experience of the PREDIMED study. Proceedings of the Nutrition Society, 2010, 69, 333-340.	1.0	246
13	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.	8.6	239
14	Different effects of red wine and gin consumption on inflammatory biomarkers of atherosclerosis: a prospective randomized crossover trial. Atherosclerosis, 2004, 175, 117-123.	0.8	235
15	Inhibition of circulating immune cell activation: a molecular antiinflammatory effect of the Mediterranean diet. American Journal of Clinical Nutrition, 2009, 89, 248-256.	4.7	228
16	Effect of the Mediterranean diet on blood pressure in the PREDIMED trial: results from a randomized controlled trial. BMC Medicine, 2013, 11, 207.	5.5	227
17	Plasma Ceramides, Mediterranean Diet, and Incident Cardiovascular Disease in the PREDIMED Trial (Prevención con Dieta Mediterránea). Circulation, 2017, 135, 2028-2040.	1.6	227
18	Dietary fat intake and risk of cardiovascular disease and all-cause mortality in a population at high risk of cardiovascular disease. American Journal of Clinical Nutrition, 2015, 102, 1563-1573.	4.7	219

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19	The Immune Protective Effect of the Mediterranean Diet against Chronic Low-grade Inflammatory Diseases. <i>Endocrine, Metabolic and Immune Disorders - Drug Targets</i> , 2014, 14, 245-254.	1.2	215
20	Dietary patterns and the risk of obesity, type 2 diabetes mellitus, cardiovascular diseases, asthma, and neurodegenerative diseases. <i>Critical Reviews in Food Science and Nutrition</i> , 2018, 58, 262-296.	10.3	210
21	Effects of Wine, Alcohol and Polyphenols on Cardiovascular Disease Risk Factors: Evidences from Human Studies. <i>Alcohol and Alcoholism</i> , 2013, 48, 270-277.	1.6	204
22	Plasma Branched-Chain Amino Acids and Incident Cardiovascular Disease in the PREDIMED Trial. <i>Clinical Chemistry</i> , 2016, 62, 582-592.	3.2	203
23	Extravirgin Olive Oil Consumption Reduces Risk of Atrial Fibrillation. <i>Circulation</i> , 2014, 130, 18-26.	1.6	194
24	Virgin olive oil and nuts as key foods of the Mediterranean diet effects on inflammatory biomarkers related to atherosclerosis. <i>Pharmacological Research</i> , 2012, 65, 577-583.	7.1	190
25	Polyphenol intake from a Mediterranean diet decreases inflammatory biomarkers related to atherosclerosis: a substudy of the PREDIMED trial. <i>British Journal of Clinical Pharmacology</i> , 2017, 83, 114-128.	2.4	188
26	Mediterranean Diet Reduces 24-Hour Ambulatory Blood Pressure, Blood Glucose, and Lipids. <i>Hypertension</i> , 2014, 64, 69-76.	2.7	184
27	The Effects of the Mediterranean Diet on Biomarkers of Vascular Wall Inflammation and Plaque Vulnerability in Subjects with High Risk for Cardiovascular Disease. A Randomized Trial. <i>PLoS ONE</i> , 2014, 9, e100084.	2.5	182
28	Dietary Strategies for Metabolic Syndrome: A Comprehensive Review. <i>Nutrients</i> , 2020, 12, 2983.	4.1	181
29	Cohort Profile: Design and methods of the PREDIMED-Plus randomized trial. <i>International Journal of Epidemiology</i> , 2019, 48, 387-388o.	1.9	179
30	Metabolic Predictors of Incident Coronary Heart Disease in Women. <i>Circulation</i> , 2018, 137, 841-853.	1.6	177
31	Nutrition and Cardiovascular Health. <i>International Journal of Molecular Sciences</i> , 2018, 19, 3988.	4.1	173
32	Mediterranean Diet Improves High-Density Lipoprotein Function in High-Cardiovascular-Risk Individuals. <i>Circulation</i> , 2017, 135, 633-643.	1.6	171
33	The Mediterranean diet improves the systemic lipid and DNA oxidative damage in metabolic syndrome individuals. A randomized, controlled, trial. <i>Clinical Nutrition</i> , 2013, 32, 172-178.	5.0	164
34	A comprehensive characterisation of beer polyphenols by high resolution mass spectrometry (LC-ESI-MS). <i>Food Chemistry</i> , 2015, 169, 336-343.	8.2	163
35	Association of Mediterranean Diet With Peripheral Artery Disease. <i>JAMA - Journal of the American Medical Association</i> , 2014, 311, 415.	7.4	158
36	Effects of total dietary polyphenols on plasma nitric oxide and blood pressure in a high cardiovascular risk cohort. The PREDIMED randomized trial. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2015, 25, 60-67.	2.6	156

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37	Protective Effects of the Mediterranean Diet on Type 2 Diabetes and Metabolic Syndrome. Journal of Nutrition, 2016, 146, 920S-927S.	2.9	155
38	Long-Term Immunomodulatory Effects of a Mediterranean Diet in Adults at High Risk of Cardiovascular Disease in the PREvención con Dieta MEDiterránea (PREDIMED) Randomized Controlled Trial. Journal of Nutrition, 2016, 146, 1684-1693.	2.9	133
39	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, 2308-2316.	2.9	127
40	Plasma fatty acid composition, estimated desaturase activities, and their relation with the metabolic syndrome in a population at high risk of cardiovascular disease. Clinical Nutrition, 2014, 33, 90-97.	5.0	123
41	Increased Circulating Leptin Levels in Chronic Alcoholism. Alcoholism: Clinical and Experimental Research, 2001, 25, 83-88.	2.4	122
42	Dairy product consumption and risk of type 2 diabetes in an elderly Spanish Mediterranean population at high cardiovascular risk. European Journal of Nutrition, 2016, 55, 349-360.	3.9	122
43	Effect of the Mediterranean diet on heart failure biomarkers: a randomized sample from the <sc>PREDIMED</sc> trial. European Journal of Heart Failure, 2014, 16, 543-550.	7.1	121
44	Intake of Total Polyphenols and Some Classes of Polyphenols Is Inversely Associated with Diabetes in Elderly People at High Cardiovascular Disease Risk. Journal of Nutrition, 2016, 146, 767-777.	2.9	108
45	Legume consumption is inversely associated with type 2 diabetes incidence in adults: A prospective assessment from the PREDIMED study. Clinical Nutrition, 2018, 37, 906-913.	5.0	108
46	Mediterranean Diet, Retinopathy, Nephropathy, and Microvascular Diabetes Complications: A Post Hoc Analysis of a Randomized Trial. Diabetes Care, 2015, 38, 2134-2141.	8.6	104
47	Dietary Marine $\omega$ -3 Fatty Acids and Incident Sight-Threatening Retinopathy in Middle-Aged and Older Individuals With Type 2 Diabetes. JAMA Ophthalmology, 2016, 134, 1142.	2.5	92
48	Effect of a high-fat Mediterranean diet on bodyweight and waist circumference: a prespecified secondary outcomes analysis of the PREDIMED randomised controlled trial. Lancet Diabetes and Endocrinology, 2019, 7, e6-e17.	11.4	90
49	Dietary inflammatory index and all-cause mortality in large cohorts: The SUN and PREDIMED studies. Clinical Nutrition, 2019, 38, 1221-1231.	5.0	87
50	The Mediterranean Diet Pattern and Its Main Components Are Associated with Lower Plasma Concentrations of Tumor Necrosis Factor Receptor 60 in Patients at High Risk for Cardiovascular Disease. Journal of Nutrition, 2012, 142, 1019-1025.	2.9	86
51	Overview of Non-Alcoholic Fatty Liver Disease (NAFLD) and the Role of Sugary Food Consumption and Other Dietary Components in Its Development. Nutrients, 2021, 13, 1442.	4.1	85
52	Carotid intima-media thickness changes with Mediterranean diet: A randomized trial (PREDIMED-Navarra). Atherosclerosis, 2011, 219, 158-162.	0.8	79
53	Plasma lipidomic profiles and cardiovascular events in a randomized intervention trial with the Mediterranean diet. American Journal of Clinical Nutrition, 2017, 106, 973-983.	4.7	79
54	Anti-Inflammatory Effects of the Mediterranean Diet in the Early and Late Stages of Atheroma Plaque Development. Mediators of Inflammation, 2017, 2017, 1-12.	3.0	78

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55	White Blood Cell Counts as Risk Markers of Developing Metabolic Syndrome and Its Components in the Predimed Study. PLoS ONE, 2013, 8, e58354.	2.5	76
56	The tomato sauce making process affects the bioaccessibility and bioavailability of tomato phenolics: A pharmacokinetic study. Food Chemistry, 2015, 173, 864-872.	8.2	75
57	Impact of Consuming Extra-Virgin Olive Oil or Nuts within a Mediterranean Diet on DNA Methylation in Peripheral White Blood Cells within the PREDIMED-Navarra Randomized Controlled Trial: A Role for Dietary Lipids. Nutrients, 2018, 10, 15.	4.1	75
58	Legume consumption and risk of all-cause, cardiovascular, and cancer mortality in the PREDIMED study. Clinical Nutrition, 2019, 38, 348-356.	5.0	74
59	The role of the Mediterranean diet on weight loss and obesity-related diseases. Reviews in Endocrine and Metabolic Disorders, 2020, 21, 315-327.	5.7	74
60	Metabolites of Glutamate Metabolism Are Associated With Incident Cardiovascular Events in the PREDIMED PREvención con Dieta MEDiterránea (PREDIMED) Trial. Journal of the American Heart Association, 2016, 5, .	3.7	73
61	Mortality in healthy elderly patients after ICU admission. Intensive Care Medicine, 2009, 35, 550-555.	8.2	70
62	Brain impairment in well-nourished chronic alcoholics is related to ethanol intake. Annals of Neurology, 1997, 41, 590-598.	5.3	68
63	Increased Serum Calcium Levels and Risk of Type 2 Diabetes in Individuals at High Cardiovascular Risk. Diabetes Care, 2014, 37, 3084-3091.	8.6	67
64	Clinical Advances in Immunonutrition and Atherosclerosis: A Review. Frontiers in Immunology, 2019, 10, 837.	4.8	65
65	High dietary protein intake is associated with an increased body weight and total death risk. Clinical Nutrition, 2016, 35, 496-506.	5.0	64
66	Increases in Plasma Tryptophan Are Inversely Associated with Incident Cardiovascular Disease in the Prevención con Dieta Mediterránea (PREDIMED) Study. Journal of Nutrition, 2017, 147, jn241711.	2.9	64
67	Position paper of the European Society of Cardiology's working group of coronary pathophysiology and microcirculation: obesity and heart disease. European Heart Journal, 2017, 38, 1951-1958.	2.2	64
68	Frequent Consumption of Sugar- and Artificially Sweetened Beverages and Natural and Bottled Fruit Juices Is Associated with an Increased Risk of Metabolic Syndrome in a Mediterranean Population at High Cardiovascular Disease Risk. Journal of Nutrition, 2016, 146, 1528-1536.	2.9	60
69	Dietary $\omega$ -3 Linolenic Acid, Marine $\omega$ -3 Fatty Acids, and Mortality in a Population With High Fish Consumption: Findings From the PREvención con Dieta MEDiterránea (PREDIMED) Study. Journal of the American Heart Association, 2016, 5, .	3.7	60
70	The Protective Effects of Extra Virgin Olive Oil on Immune-mediated Inflammatory Responses. Endocrine, Metabolic and Immune Disorders - Drug Targets, 2017, 18, 23-35.	1.2	60
71	Dietary Inflammatory Index and liver status in subjects with different adiposity levels within the PREDIMED trial. Clinical Nutrition, 2018, 37, 1736-1743.	5.0	59
72	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. Journal of Nutrition, 2019, 149, 1920-1929.	2.9	59

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73	Relation of Fruits and Vegetables with Major Cardiometabolic Risk Factors, Markers of Oxidation, and Inflammation. <i>Nutrients</i> , 2019, 11, 2381.	4.1	59
74	Dietary Polyphenol Intake is Associated with HDL-Cholesterol and A Better Profile of other Components of the Metabolic Syndrome: A PREDIMED-Plus Sub-Study. <i>Nutrients</i> , 2020, 12, 689.	4.1	59
75	Effects of 1-Year Intervention with a Mediterranean Diet on Plasma Fatty Acid Composition and Metabolic Syndrome in a Population at High Cardiovascular Risk. <i>PLoS ONE</i> , 2014, 9, e85202.	2.5	59
76	Effects of Polyphenol, Measured by a Biomarker of Total Polyphenols in Urine, on Cardiovascular Risk Factors After a Long-Term Follow-Up in the PREDIMED Study. <i>Oxidative Medicine and Cellular Longevity</i> , 2016, 2016, 1-11.	4.0	58
77	High plasma glutamate and low glutamine-to-glutamate ratio are associated with type 2 diabetes: Case-cohort study within the PREDIMED trial. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2019, 29, 1040-1049.	2.6	58
78	Diastolic Function Impairment in Alcoholics. <i>Alcoholism: Clinical and Experimental Research</i> , 2000, 24, 1830-1835.	2.4	57
79	Validity of the energy-restricted Mediterranean Diet Adherence Screener. <i>Clinical Nutrition</i> , 2021, 40, 4971-4979.	5.0	57
80	CD3+/CD45+ and SMA-Î±+ circulating microparticles are increased in individuals at high cardiovascular risk who will develop a major cardiovascular event. <i>International Journal of Cardiology</i> , 2016, 208, 147-149.	1.7	55
81	Dysfunctional High-Density Lipoproteins Are Associated With a Greater Incidence of Acute Coronary Syndrome in a Population at High Cardiovascular Risk. <i>Circulation</i> , 2020, 141, 444-453.	1.6	54
82	Replacing red meat and processed red meat for white meat, fish, legumes or eggs is associated with lower risk of incidence of metabolic syndrome. <i>Clinical Nutrition</i> , 2016, 35, 1442-1449.	5.0	53
83	Influence of olive oil on carotenoid absorption from tomato juice and effects on postprandial lipemia. <i>Food Chemistry</i> , 2015, 168, 203-210.	8.2	52
84	Predictors of short- and long-term adherence with a Mediterranean-type diet intervention: the PREDIMED randomized trial. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2016, 13, 67.	4.6	52
85	Plasma lipidome patterns associated with cardiovascular risk in the PREDIMED trial: A case-cohort study. <i>International Journal of Cardiology</i> , 2018, 253, 126-132.	1.7	52
86	Tomato Sauce Enriched with Olive Oil Exerts Greater Effects on Cardiovascular Disease Risk Factors than Raw Tomato and Tomato Sauce: A Randomized Trial. <i>Nutrients</i> , 2016, 8, 170.	4.1	50
87	Nutritional adequacy according to carbohydrates and fat quality. <i>European Journal of Nutrition</i> , 2016, 55, 93-106.	3.9	49
88	Identification of phenolic metabolites in human urine after the intake of a functional food made from grape extract by a high resolution LTQ-Orbitrap-MS approach. <i>Food Research International</i> , 2017, 100, 435-444.	6.2	49
89	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, 379, 1387-1389.	27.0	49
90	Relationship between cardiomyopathy and liver disease in chronic alcoholism. <i>Hepatology</i> , 1995, 22, 532-538.	7.3	48

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91	Contribution of ultra-processed foods in visceral fat deposition and other adiposity indicators: Prospective analysis nested in the PREDIMED-Plus trial. <i>Clinical Nutrition</i> , 2021, 40, 4290-4300.	5.0	47
92	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.	1.8	46
93	Leisure-time physical activity at moderate and high intensity is associated with parameters of body composition, muscle strength and sarcopenia in aged adults with obesity and metabolic syndrome from the PREDIMED-Plus study. <i>Clinical Nutrition</i> , 2019, 38, 1324-1331.	5.0	46
94	CHRONIC ALCOHOL CONSUMPTION INCREASES SERUM LEVELS OF CIRCULATING ENDOTHELIAL CELL/LEUCOCYTE ADHESION MOLECULES E-SELECTIN AND ICAM-1. <i>Alcohol and Alcoholism</i> , 1999, 34, 678-684.	1.6	40
95	Adherence to Mediterranean Diet and All-Cause Mortality After an Episode of Acute Heart Failure. <i>JACC: Heart Failure</i> , 2018, 6, 52-62.	4.1	40
96	The effect of alcohol consumption on endothelial adhesion molecule expression. <i>Addiction Biology</i> , 2003, 8, 371-378.	2.6	39
97	Natural History of Alcoholic Myopathy: A 5-Year Study. <i>Alcoholism: Clinical and Experimental Research</i> , 1998, 22, 2023-2028.	2.4	38
98	Empirically-derived food patterns and the risk of total mortality and cardiovascular events in the PREDIMED study. <i>Clinical Nutrition</i> , 2015, 34, 859-867.	5.0	38
99	Muscle Antioxidant Status in Chronic Alcoholism. <i>Alcoholism: Clinical and Experimental Research</i> , 2002, 26, 1858-1862.	2.4	37
100	MicroRNA-410 regulated lipoprotein lipase variant rs13702 is associated with stroke incidence and modulated by diet in the randomized controlled PREDIMED trial. <i>American Journal of Clinical Nutrition</i> , 2014, 100, 719-731.	4.7	37
101	Protective effect of homovanillyl alcohol on cardiovascular disease and total mortality: virgin olive oil, wine, and catechol-methylthion. <i>American Journal of Clinical Nutrition</i> , 2017, 105, 1297-1304.	4.7	37
102	Ethanol Acutely Decreases Calcium Transients in Cultured Human Myotubes. <i>Alcoholism: Clinical and Experimental Research</i> , 1998, 22, 1086-1092.	2.4	36
103	Serum and Muscle Levels of alpha-Tocopherol, Ascorbic Acid, and Retinol Are Normal in Chronic Alcoholic Myopathy. <i>Alcoholism: Clinical and Experimental Research</i> , 1998, 22, 422-427.	2.4	35
104	Metabolic profiling and targeted lipidomics reveals a disturbed lipid profile in mothers and fetuses with intrauterine growth restriction. <i>Scientific Reports</i> , 2018, 8, 13614.	3.3	34
105	Body adiposity indicators and cardiometabolic risk: Cross-sectional analysis in participants from the PREDIMED-Plus trial. <i>Clinical Nutrition</i> , 2019, 38, 1883-1891.	5.0	34
106	Effects of a Mediterranean Eating Plan on the Need for Glucose-Lowering Medications in Participants With Type 2 Diabetes: A Subgroup Analysis of the PREDIMED Trial. <i>Diabetes Care</i> , 2019, 42, 1390-1397.	8.6	34
107	Wine Intake in the Framework of a Mediterranean Diet and Chronic Non-Communicable Diseases: A Short Literature Review of the Last 5 Years. <i>Molecules</i> , 2020, 25, 5045.	3.8	33
108	The non-alcoholic fraction of beer increases stromal cell derived factor 1 and the number of circulating endothelial progenitor cells in high cardiovascular risk subjects: A randomized clinical trial. <i>Atherosclerosis</i> , 2014, 233, 518-524.	0.8	32



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109	Microbial metabolites are associated with a high adherence to a Mediterranean dietary pattern using a 1H-NMR-based untargeted metabolomics approach. <i>Journal of Nutritional Biochemistry</i> , 2017, 48, 36-43.	4.2	32
110	Effectiveness of the physical activity intervention program in the PREDIMED-Plus study: a randomized controlled trial. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2018, 15, 110.	4.6	32
111	Influence of Bioactive Nutrients on the Atherosclerotic Process: A Review. <i>Nutrients</i> , 2018, 10, 1630.	4.1	31
112	Infective endocarditis in patients with an implanted transcatheter aortic valve: Clinical characteristics and outcome of a new entity. <i>Journal of Infection</i> , 2015, 70, 565-576.	3.3	30
113	Rationale and design of the school-based SII Program to face obesity and promote health among Spanish adolescents: A cluster-randomized controlled trial. <i>American Heart Journal</i> , 2019, 215, 27-40.	2.7	29
114	Mercury exposure and risk of cardiovascular disease: a nested case-control study in the PREDIMED (PREvention with MEDiterranean Diet) study. <i>BMC Cardiovascular Disorders</i> , 2017, 17, 9.	1.7	28
115	Diet quality and nutrient density in subjects with metabolic syndrome: Influence of socioeconomic status and lifestyle factors. A cross-sectional assessment in the PREDIMED-Plus study. <i>Clinical Nutrition</i> , 2020, 39, 1161-1173.	5.0	28
116	Influence of lifestyle factors and staple foods from the Mediterranean diet on non-alcoholic fatty liver disease among older individuals with metabolic syndrome features. <i>Nutrition</i> , 2020, 71, 110620.	2.4	28
117	Obesity Indexes and Total Mortality among Elderly Subjects at High Cardiovascular Risk: The PREDIMED Study. <i>PLoS ONE</i> , 2014, 9, e103246.	2.5	27
118	Excess body iron and the risk of type 2 diabetes mellitus: a nested case-control in the PREDIMED (PREvention with MEDiterranean Diet) study. <i>British Journal of Nutrition</i> , 2014, 112, 1896-1904.	2.3	27
119	Variety in fruits and vegetables, diet quality and lifestyle in an older adult mediterranean population. <i>Clinical Nutrition</i> , 2021, 40, 1510-1518.	5.0	27
120	High blood pressure, alcohol and cardiovascular risk. <i>Journal of Hypertension</i> , 2005, 23, 226-229.	0.5	26
121	Adherence to an Energy-restricted Mediterranean Diet Score and Prevalence of Cardiovascular Risk Factors in the PREDIMED-Plus: A Cross-sectional Study. <i>Revista Espanola De Cardiologia (English Ed )</i> , 2019, 72, 925-934.	0.6	26
122	Activated Lymphocytes (CD25+ CD69+ Cells) and Decreased CD19+ Cells in Well-Nourished Chronic Alcoholics without Ethanol-Related Diseases. <i>Alcoholism: Clinical and Experimental Research</i> , 1998, 22, 897-901.	2.4	24
123	Longitudinal changes in adherence to the portfolio and DASH dietary patterns and cardiometabolic risk factors in the PREDIMED-Plus study. <i>Clinical Nutrition</i> , 2021, 40, 2825-2836.	5.0	24
124	Baseline Adherence to the Mediterranean Diet and Major Cardiovascular Events: Prevalence in the PREDIMED-Plus Trial. <i>JAMA Internal Medicine</i> , 2014, 174, 1690.	5.1	23
125	Reliability and Concurrent and Construct Validity of a Food Frequency Questionnaire for Pregnant Women at High Risk to Develop Fetal Growth Restriction. <i>Nutrients</i> , 2021, 13, 1629.	4.1	23
126	Alcohol and heart muscle disease. <i>Addiction Biology</i> , 1997, 2, 9-17.	2.6	22



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127	Consumption of peanut products improves memory and stress response in healthy adults from the ARISTOTLE study: A 6-month randomized controlled trial. <i>Clinical Nutrition</i> , 2021, 40, 5556-5567.	5.0	22
128	trans- $\beta$ -Lycopene from tomato juice attenuates inflammatory biomarkers in human plasma samples: An intervention trial. <i>Molecular Nutrition and Food Research</i> , 2017, 61, 1600993.	3.3	21
129	Risk of peripheral artery disease according to a healthy lifestyle score: The PREDIMED study. <i>Atherosclerosis</i> , 2018, 275, 133-140.	0.8	21
130	Mediterranean diet “promotion and dissemination of healthy eating: proceedings of an exploratory seminar at the Radcliffe institute for advanced study. <i>International Journal of Food Sciences and Nutrition</i> , 2022, 73, 158-171.	2.8	21
131	Documento de recomendaciones de la SEA 2018. El estilo de vida en la prevención cardiovascular. <i>Clínica e Investigación En Arteriosclerosis</i> , 2018, 30, 280-310.	0.8	20
132	Metabolomics of the tryptophan→kynurenine degradation pathway and risk of atrial fibrillation and heart failure: potential modification effect of Mediterranean diet. <i>American Journal of Clinical Nutrition</i> , 2021, 114, 1646-1654.	4.7	20
133	Metabolic Syndrome Features and Excess Weight Were Inversely Associated with Nut Consumption after 1-Year Follow-Up in the PREDIMED-Plus Study. <i>Journal of Nutrition</i> , 2020, 150, 3161-3170.	2.9	19
134	Tricarboxylic acid cycle related-metabolites and risk of atrial fibrillation and heart failure. <i>Metabolism: Clinical and Experimental</i> , 2021, 125, 154915.	3.4	19
135	Mediterranean Diet and Cardiovascular Prevention. <i>Revista Espanola De Cardiología (English Ed )</i> , 2013, 66, 771-774.	0.6	18
136	Soluble transferrin receptor and risk of type 2 diabetes in the obese and nonobese. <i>European Journal of Clinical Investigation</i> , 2017, 47, 221-230.	3.4	18
137	Impact of Sugary Food Consumption on Pregnancy: A Review. <i>Nutrients</i> , 2020, 12, 3574.	4.1	18
138	The year in cardiovascular medicine 2020: epidemiology and prevention. <i>European Heart Journal</i> , 2021, 42, 813-821.	2.2	18
139	Prospective association of physical activity and inflammatory biomarkers in older adults from the PREDIMED-Plus study with overweight or obesity and metabolic syndrome. <i>Clinical Nutrition</i> , 2020, 39, 3092-3098.	5.0	18
140	Prediction of Cardiovascular Disease by the Framingham REGICOR Equation in the High-Risk PREDIMED Cohort: Impact of the Mediterranean Diet Across Different Risk Strata. <i>Journal of the American Heart Association</i> , 2017, 6, .	3.7	17
141	The Mediterranean Diet and Cancer: What Do Human and Molecular Studies Have to Say about It?. <i>Nutrients</i> , 2019, 11, 2155.	4.1	17
142	The Mediterranean diet decreases prothrombotic microvesicle release in asymptomatic individuals at high cardiovascular risk. <i>Clinical Nutrition</i> , 2020, 39, 3377-3384.	5.0	17
143	Higher dietary glycemic index and glycemic load values increase the risk of osteoporotic fracture in the PREVENCIÓN con Dieta MEDiterránea (PREDIMED)-Reus trial. <i>American Journal of Clinical Nutrition</i> , 2018, 107, 1035-1042.	4.7	16
144	Multiple approaches to associations of physical activity and adherence to the Mediterranean diet with all-cause mortality in older adults: the PREVENCIÓN con Dieta MEDiterránea study. <i>European Journal of Nutrition</i> , 2019, 58, 1569-1578.	3.9	16

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145	Upregulated Expression of VLA Proteins and CD29 in Peripheral Blood Lymphocytes of Chronic Alcoholics Without Ethanol-Related Diseases. <i>Alcoholism: Clinical and Experimental Research</i> , 1999, 23, 371-375.	2.4	15
146	Effects of Alcohol Withdrawal on 24 Hour Ambulatory Blood Pressure Among Alcohol-Dependent Patients. <i>Alcoholism: Clinical and Experimental Research</i> , 2003, 27, 2002-2008.	2.4	15
147	A New Method to Simultaneously Quantify the Antioxidants: Carotenes, Xanthophylls, and Vitamin A in Human Plasma. <i>Oxidative Medicine and Cellular Longevity</i> , 2016, 2016, 1-10.	4.0	15
148	Urinary 1H Nuclear Magnetic Resonance Metabolomic Fingerprinting Reveals Biomarkers of Pulse Consumption Related to Energy-Metabolism Modulation in a Subcohort from the PREDIMED study. <i>Journal of Proteome Research</i> , 2017, 16, 1483-1491.	3.7	15
149	Consumption of aged white wine modulates cardiovascular risk factors via circulating endothelial progenitor cells and inflammatory biomarkers. <i>Clinical Nutrition</i> , 2019, 38, 1036-1044.	5.0	15
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