Amy Jennings

List of Publications by Year
in descending order

55 papers	3,090 citations	186265 28 h-index	161849 54 g-index
55 all docs	55 docs citations	55 times ranked	5735 citing authors

#	Article	IF	Citations
1	Short-term effects of a Mediterranean-style dietary pattern on cognition and mental well-being: a systematic review of clinical trials. British Journal of Nutrition, 2022, 128, 1247-1256.	2.3	4
2	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.	5.0	30
3	Evidence to Underpin Vitamin A Requirements and Upper Limits in Children Aged 0 to 48 Months: A Scoping Review. Nutrients, 2022, 14, 407.	4.1	2
4	Feasibility and acceptability of a multi-domain intervention to increase Mediterranean diet adherence and physical activity in older UK adults at risk of dementia: protocol for the MedEx-UK randomised controlled trial. BMJ Open, 2021, 11, e042823.	1.9	9
5	Fracture Incidence and the Relevance of Dietary and Lifestyle Factors Differ in the United Kingdom and Hong Kong: An International Comparison of Longitudinal Cohort Study Data. Calcified Tissue International, 2021, 109, 563-576.	3.1	7
6	Increased habitual flavonoid intake predicts attenuation of cognitive ageing in twins. BMC Medicine, 2021, 19, 185.	5.5	10
7	Medical Research Council Hot Topic workshop report: Planning a UK Nutrition and Healthy Life Expectancy Trial. Nutrition Bulletin, 2021, 46, 395-408.	1.8	2
8	Microbial Diversity and Abundance of Parabacteroides Mediate the Associations Between Higher Intake of Flavonoid-Rich Foods and Lower Blood Pressure. Hypertension, 2021, 78, 1016-1026.	2.7	14
9	Vitamin B-6 intake is related to physical performance in European older adults: results of the New Dietary Strategies Addressing the Specific Needs of the Elderly Population for Healthy Aging in Europe (NU-AGE) study. American Journal of Clinical Nutrition, 2021, 113, 781-789.	4.7	15
10	Changing from a Western to a Mediterranean-style diet does not affect iron or selenium status: results of the New Dietary Strategies Addressing the Specific Needs of the Elderly Population for Healthy Aging in Europe (NU-AGE) 1-year randomized clinical trial in elderly Europeans. American Journal of Clinical Nutrition, 2020, 111, 98-109.	4.7	12
11	The role of the gut microbiome in the association between habitual anthocyanin intake and visceral abdominal fat in population-level analysis. American Journal of Clinical Nutrition, 2020, 111, 340-350.	4.7	21
12	Beneficial Role of Replacing Dietary Saturated Fatty Acids with Polyunsaturated Fatty Acids in the Prevention of Sarcopenia: Findings from the NU-AGE Cohort. Nutrients, 2020, 12, 3079.	4.1	15
13	Fighting Sarcopenia in Ageing European Adults: The Importance of the Amount and Source of Dietary Proteins. Nutrients, 2020, 12, 3601.	4.1	23
14	Can nutrition support healthy cognitive ageing and reduce dementia risk?. BMJ, The, 2020, 369, m2269.	6.0	43
15	Consumption of Stilbenes and Flavonoids is Linked to Reduced Risk of Obesity Independently of Fiber Intake. Nutrients, 2020, 12, 1871.	4.1	19
16	Mediterranean diet intervention alters the gut microbiome in older people reducing frailty and improving health status: the NU-AGE 1-year dietary intervention across five European countries. Gut, 2020, 69, 1218-1228.	12.1	465
17	Dietary Fibre May Mitigate Sarcopenia Risk: Findings from the NU-AGE Cohort of Older European Adults. Nutrients, 2020, 12, 1075.	4.1	22
18	A Mediterranean Diet Is Positively Associated with Bone and Muscle Health in a Non-Mediterranean Region in 25,450 Men and Women from EPIC-Norfolk. Nutrients, 2020, 12, 1154.	4.1	20

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19	A Novel Approach to Improve the Estimation of a Diet Adherence Considering Seasonality and Short Term Variability â€“ The NU-AGE Mediterranean Diet Experience. Frontiers in Physiology, 2019, 10, 149.	2.8	3
20	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.	4.7	145
21	Gender-specific association of body composition with inflammatory and adipose-related markers in healthy elderly Europeans from the NU-AGE study. European Radiology, 2019, 29, 4968-4979.	4.5	36
22	Mediterranean-Style Diet Improves Systolic Blood Pressure and Arterial Stiffness in Older Adults. Hypertension, 2019, 73, 578-586.	2.7	106
23	Changes in Dietary Intake and Adherence to the NU-AGE Diet Following a One-Year Dietary Intervention among European Older Adultsâ€”Results of the NU-AGE Randomized Trial. Nutrients, 2018, 10, 1905.	4.1	48
24	One-Year Consumption of a Mediterranean-Like Dietary Pattern With Vitamin D3 Supplements Induced Small Scale but Extensive Changes of Immune Cell Phenotype, Co-receptor Expression and Innate Immune Responses in Healthy Elderly Subjects: Results From the United Kingdom Arm of the NU-AGE Trial. Frontiers in Physiology, 2018, 9, 997.	2.8	17
25	Mediterranean Diet Reduces Risk of Incident Stroke in a Population With Varying Cardiovascular Disease Risk Profiles. Stroke, 2018, 49, 2415-2420.	2.0	34
26	A Cross-Sectional Analysis of Body Composition Among Healthy Elderly From the European NU-AGE Study: Sex and Country Specific Features. Frontiers in Physiology, 2018, 9, 1693.	2.8	22
27	Cross-Sectional Analysis of the Correlation Between Daily Nutrient Intake Assessed by 7-Day Food Records and Biomarkers of Dietary Intake Among Participants of the NU-AGE Study. Frontiers in Physiology, 2018, 9, 1359.	2.8	17
28	Effect of the NU-AGE Diet on Cognitive Functioning in Older Adults: A Randomized Controlled Trial. Frontiers in Physiology, 2018, 9, 349.	2.8	72
29	A Mediterranean-like dietary pattern with vitamin D3 (10 Âµg/d) supplements reduced the rate of bone loss in older Europeans with osteoporosis at baseline: results of a 1-y randomized controlled trial. American Journal of Clinical Nutrition, 2018, 108, 633-640.	4.7	46
30	Iron status in the elderly: A review of recent evidence. Mechanisms of Ageing and Development, 2018, 175, 55-73.	4.6	48
31	Are Nutrition-Related Knowledge and Attitudes Reflected in Lifestyle and Health Among Elderly People? A Study Across Five European Countries. Frontiers in Physiology, 2018, 9, 994.	2.8	67
32	Short Telomere Length Is Related to Limitations in Physical Function in Elderly European Adults. Frontiers in Physiology, 2018, 9, 1110.	2.8	16
33	Higher dietary flavonoid intakes are associated with lower objectively measured body composition in women: evidence from discordant monozygotic twins ,. American Journal of Clinical Nutrition, 2017, 105, 626-634.	4.7	31
34	Modeling tool for calculating dietary iron bioavailability in iron-sufficient adults. American Journal of Clinical Nutrition, 2017, 105, 1408-1414.	4.7	22
35	Hippurate as a metabolomic marker of gut microbiome diversity: Modulation by diet and relationship to metabolic syndrome. Scientific Reports, 2017, 7, 13670.	3.3	193
36	Metabolites of milk intake: a metabolomic approach in UK twins with findings replicated in two European cohorts. European Journal of Nutrition, 2017, 56, 2379-2391.	3.9	24

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37	Characterizing Blood Metabolomics Profiles Associated with Self-Reported Food Intakes in Female Twins. PLoS ONE, 2016, 11, e0158568.	2.5	92
38	Dietary Magnesium Is Positively Associated With Skeletal Muscle Power and Indices of Muscle Mass and May Attenuate the Association Between Circulating C-Reactive Protein and Muscle Mass in Women. Journal of Bone and Mineral Research, 2016, 31, 317-325.	2.8	69
39	Water-loss (intracellular) dehydration assessed using urinary tests: how well do they work? Diagnostic accuracy in older people. American Journal of Clinical Nutrition, 2016, 104, 121-131.	4.7	54
40	Associations between branched chain amino acid intake and biomarkers of adiposity and cardiometabolic health independent of genetic factors: A twin study. International Journal of Cardiology, 2016, 223, 992-998.	1.7	67
41	Amino Acid Intakes Are Associated With Bone Mineral Density and Prevalence of Low Bone Mass in Women: Evidence From Discordant Monozygotic Twins. Journal of Bone and Mineral Research, 2016, 31, 326-335.	2.8	73
42	Diagnostic accuracy of calculated serum osmolarity to predict dehydration in older people: adding value to pathology laboratory reports. BMJ Open, 2015, 5, e008846.	1.9	64
43	The relationship between dietary magnesium intake, stroke and its major risk factors, blood pressure and cholesterol, in the EPIC-Norfolk cohort. International Journal of Cardiology, 2015, 196, 108-114.	1.7	55
44	Cross-sectional and prospective associations between dietary and plasma vitamin C, heel bone ultrasound, and fracture risk in men and women in the European Prospective Investigation into Cancer in Norfolk cohort. American Journal of Clinical Nutrition, 2015, 102, 1416-1424.	4.7	16
45	Amino Acid Intakes Are Inversely Associated with Arterial Stiffness andCentral Blood Pressure in Women. Journal of Nutrition, 2015, 145, 2130-2138.	2.9	65
46	Is there a role for vitamin C in preventing osteoporosis and fractures? A review of the potential underlying mechanisms and current epidemiological evidence. Nutrition Research Reviews, 2014, 27, 268-283.	4.1	40
47	Iron status in the elderly. Mechanisms of Ageing and Development, 2014, 136-137, 22-28.	4.6	111
48	Intakes of Anthocyanins and Flavones Are Associated with Biomarkers of Insulin Resistance and Inflammation in Women. Journal of Nutrition, 2014, 144, 202-208.	2.9	176
49	Successful weight management and health behaviour change using a health trainer model. Perspectives in Public Health, 2013, 133, 221-226.	1.6	10
50	Higher anthocyanin intake is associated with lower arterial stiffness and central blood pressure in women. American Journal of Clinical Nutrition, 2012, 96, 781-788.	4.7	219
51	Associations Between Eating Frequency, Adiposity, Diet, and Activity in 9â€“10 year old Healthyâ€Weight and Centrally Obese Children. Obesity, 2012, 20, 1462-1468.	3.0	44
52	Positive effect of a targeted intervention to improve access and availability of fruit and vegetables in an area of deprivation. Health and Place, 2012, 18, 1074-1078.	3.3	17
53	Local Food Outlets, Weight Status, and Dietary Intake. American Journal of Preventive Medicine, 2011, 40, 405-410.	3.0	96
54	Diet Quality Is Independently Associated with Weight Status in Children Aged 9â€“10 Years. Journal of Nutrition, 2011, 141, 453-459.	2.9	98

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55	Dietary fibre, fluids and physical activity in relation to constipation symptoms in pre-adolescent children. Journal of Child Health Care, 2009, 13, 116-127.	1.4	44