

Amy Jennings

List of Publications by Year in descending order

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55
papers

3,090
citations

186209

28
h-index

161767

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. <i>British Journal of Nutrition</i> , 2022, 128, 1247-1256.	1.2	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. <i>Clinical Nutrition</i> , 2022, 41, 165-176.	2.3	30
3	Evidence to Underpin Vitamin A Requirements and Upper Limits in Children Aged 0 to 48 Months: A Scoping Review. <i>Nutrients</i> , 2022, 14, 407.	1.7	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. <i>BMJ Open</i> , 2021, 11, e042823.	0.8	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. <i>Calcified Tissue International</i> , 2021, 109, 563-576.	1.5	7
6	Increased habitual flavonoid intake predicts attenuation of cognitive ageing in twins. <i>BMC Medicine</i> , 2021, 19, 185.	2.3	10
7	Medical Research Council Hot Topic workshop report: Planning a UK Nutrition and Healthy Life Expectancy Trial. <i>Nutrition Bulletin</i> , 2021, 46, 395-408.	0.8	2
8	Microbial Diversity and Abundance of <i>Parabacteroides</i> Mediate the Associations Between Higher Intake of Flavonoid-Rich Foods and Lower Blood Pressure. <i>Hypertension</i> , 2021, 78, 1016-1026.	1.3	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. <i>American Journal of Clinical Nutrition</i> , 2021, 113, 781-789.	2.2	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. <i>American Journal of Clinical Nutrition</i> , 2020, 111, 98-109.	2.2	12
11	The role of the gut microbiome in the association between habitual anthocyanin intake and visceral abdominal fat in population-level analysis. <i>American Journal of Clinical Nutrition</i> , 2020, 111, 340-350.	2.2	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. <i>Nutrients</i> , 2020, 12, 3079.	1.7	15
13	Fighting Sarcopenia in Ageing European Adults: The Importance of the Amount and Source of Dietary Proteins. <i>Nutrients</i> , 2020, 12, 3601.	1.7	23
14	Can nutrition support healthy cognitive ageing and reduce dementia risk?. <i>BMJ</i> , The, 2020, 369, m2269.	3.0	43
15	Consumption of Stilbenes and Flavonoids is Linked to Reduced Risk of Obesity Independently of Fiber Intake. <i>Nutrients</i> , 2020, 12, 1871.	1.7	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. <i>Gut</i> , 2020, 69, 1218-1228.	6.1	465
17	Dietary Fibre May Mitigate Sarcopenia Risk: Findings from the NU-AGE Cohort of Older European Adults. <i>Nutrients</i> , 2020, 12, 1075.	1.7	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. <i>Nutrients</i> , 2020, 12, 1154.	1.7	20

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19	A Novel Approach to Improve the Estimation of a Diet Adherence Considering Seasonality and Short Term Variability – The NU-AGE Mediterranean Diet Experience. <i>Frontiers in Physiology</i> , 2019, 10, 149.	1.3	3
20	Blueberries improve biomarkers of cardiometabolic function in participants with metabolic syndrome—results from a 6-month, double-blind, randomized controlled trial. <i>American Journal of Clinical Nutrition</i> , 2019, 109, 1535-1545.	2.2	145
21	Gender-specific association of body composition with inflammatory and adipose-related markers in healthy elderly Europeans from the NU-AGE study. <i>European Radiology</i> , 2019, 29, 4968-4979.	2.3	36
22	Mediterranean-Style Diet Improves Systolic Blood Pressure and Arterial Stiffness in Older Adults. <i>Hypertension</i> , 2019, 73, 578-586.	1.3	106
23	Changes in Dietary Intake and Adherence to the NU-AGE Diet Following a One-Year Dietary Intervention among European Older Adults—Results of the NU-AGE Randomized Trial. <i>Nutrients</i> , 2018, 10, 1905.	1.7	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. <i>Frontiers in Physiology</i> , 2018, 9, 997.	1.3	17
25	Mediterranean Diet Reduces Risk of Incident Stroke in a Population With Varying Cardiovascular Disease Risk Profiles. <i>Stroke</i> , 2018, 49, 2415-2420.	1.0	34
26	A Cross-Sectional Analysis of Body Composition Among Healthy Elderly From the European NU-AGE Study: Sex and Country Specific Features. <i>Frontiers in Physiology</i> , 2018, 9, 1693.	1.3	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. <i>Frontiers in Physiology</i> , 2018, 9, 1359.	1.3	17
28	Effect of the NU-AGE Diet on Cognitive Functioning in Older Adults: A Randomized Controlled Trial. <i>Frontiers in Physiology</i> , 2018, 9, 349.	1.3	72
29	A Mediterranean-like dietary pattern with vitamin D3 (10 µg/d) supplements reduced the rate of bone loss in older Europeans with osteoporosis at baseline: results of a 1-y randomized controlled trial. <i>American Journal of Clinical Nutrition</i> , 2018, 108, 633-640.	2.2	46
30	Iron status in the elderly: A review of recent evidence. <i>Mechanisms of Ageing and Development</i> , 2018, 175, 55-73.	2.2	48
31	Are Nutrition-Related Knowledge and Attitudes Reflected in Lifestyle and Health Among Elderly People? A Study Across Five European Countries. <i>Frontiers in Physiology</i> , 2018, 9, 994.	1.3	67
32	Short Telomere Length Is Related to Limitations in Physical Function in Elderly European Adults. <i>Frontiers in Physiology</i> , 2018, 9, 1110.	1.3	16
33	Higher dietary flavonoid intakes are associated with lower objectively measured body composition in women: evidence from discordant monozygotic twins. <i>American Journal of Clinical Nutrition</i> , 2017, 105, 626-634.	2.2	31
34	Modeling tool for calculating dietary iron bioavailability in iron-sufficient adults. <i>American Journal of Clinical Nutrition</i> , 2017, 105, 1408-1414.	2.2	22
35	Hippurate as a metabolomic marker of gut microbiome diversity: Modulation by diet and relationship to metabolic syndrome. <i>Scientific Reports</i> , 2017, 7, 13670.	1.6	193
36	Metabolites of milk intake: a metabolomic approach in UK twins with findings replicated in two European cohorts. <i>European Journal of Nutrition</i> , 2017, 56, 2379-2391.	1.8	24

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37	Characterizing Blood Metabolomics Profiles Associated with Self-Reported Food Intakes in Female Twins. <i>PLoS ONE</i> , 2016, 11, e0158568.	1.1	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. <i>Journal of Bone and Mineral Research</i> , 2016, 31, 317-325.	3.1	69
39	Water-loss (intracellular) dehydration assessed using urinary tests: how well do they work? Diagnostic accuracy in older people. <i>American Journal of Clinical Nutrition</i> , 2016, 104, 121-131.	2.2	54
40	Associations between branched chain amino acid intake and biomarkers of adiposity and cardiometabolic health independent of genetic factors: A twin study. <i>International Journal of Cardiology</i> , 2016, 223, 992-998.	0.8	67
41	Amino Acid Intakes Are Associated With Bone Mineral Density and Prevalence of Low Bone Mass in Women: Evidence From Discordant Monozygotic Twins. <i>Journal of Bone and Mineral Research</i> , 2016, 31, 326-335.	3.1	73
42	Diagnostic accuracy of calculated serum osmolality to predict dehydration in older people: adding value to pathology laboratory reports. <i>BMJ Open</i> , 2015, 5, e008846.	0.8	64
43	The relationship between dietary magnesium intake, stroke and its major risk factors, blood pressure and cholesterol, in the EPIC-Norfolk cohort. <i>International Journal of Cardiology</i> , 2015, 196, 108-114.	0.8	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. <i>American Journal of Clinical Nutrition</i> , 2015, 102, 1416-1424.	2.2	16
45	Amino Acid Intakes Are Inversely Associated with Arterial Stiffness and Central Blood Pressure in Women. <i>Journal of Nutrition</i> , 2015, 145, 2130-2138.	1.3	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. <i>Nutrition Research Reviews</i> , 2014, 27, 268-283.	2.1	40
47	Iron status in the elderly. <i>Mechanisms of Ageing and Development</i> , 2014, 136-137, 22-28.	2.2	111
48	Intakes of Anthocyanins and Flavones Are Associated with Biomarkers of Insulin Resistance and Inflammation in Women. <i>Journal of Nutrition</i> , 2014, 144, 202-208.	1.3	176
49	Successful weight management and health behaviour change using a health trainer model. <i>Perspectives in Public Health</i> , 2013, 133, 221-226.	0.8	10
50	Higher anthocyanin intake is associated with lower arterial stiffness and central blood pressure in women. <i>American Journal of Clinical Nutrition</i> , 2012, 96, 781-788.	2.2	219
51	Associations Between Eating Frequency, Adiposity, Diet, and Activity in 9-10 year old Healthy and Centrally Obese Children. <i>Obesity</i> , 2012, 20, 1462-1468.	1.5	44
52	Positive effect of a targeted intervention to improve access and availability of fruit and vegetables in an area of deprivation. <i>Health and Place</i> , 2012, 18, 1074-1078.	1.5	17
53	Local Food Outlets, Weight Status, and Dietary Intake. <i>American Journal of Preventive Medicine</i> , 2011, 40, 405-410.	1.6	96
54	Diet Quality Is Independently Associated with Weight Status in Children Aged 9-10 Years. <i>Journal of Nutrition</i> , 2011, 141, 453-459.	1.3	98

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55	Dietary fibre, fluids and physical activity in relation to constipation symptoms in pre-adolescent children. <i>Journal of Child Health Care</i> , 2009, 13, 116-127.	0.7	44