

List of Publications by Citations

Source: <https://exaly.com/author-pdf/1599093/fernando-aros-publications-by-citations.pdf>
Version: 2024-04-10

This document has been generated based on the publications and citations recorded by exaly.com. For the latest version of this publication list, visit the link given above.
The third column is the impact factor (IF) of the journal, and the fourth column is the number of citations of the article.

56 papers	6,600 citations	32 h-index	61 g-index
61 ext. papers	8,013 ext. citations	7 avg, IF	4.95 L-index

#	Paper	IF	Citations
56	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	59.2	1232
55	Effects of a Mediterranean-style diet on cardiovascular risk factors: a randomized trial. <i>Annals of Internal Medicine</i> , 2006 , 145, 1-11	8	1195
54	Reduction in the incidence of type 2 diabetes with the Mediterranean diet: results of the PREDIMED-Reus nutrition intervention randomized trial. <i>Diabetes Care</i> , 2011 , 34, 14-9	14.6	576
53	Prevention of diabetes with Mediterranean diets: a subgroup analysis of a randomized trial. <i>Annals of Internal Medicine</i> , 2014 , 160, 1-10	8	415
52	Cohort profile: design and methods of the PREDIMED study. <i>International Journal of Epidemiology</i> , 2012 , 41, 377-85	7.8	369
51	Effect of a Mediterranean diet supplemented with nuts on metabolic syndrome status: one-year results of the PREDIMED randomized trial. <i>Archives of Internal Medicine</i> , 2008 , 168, 2449-2458		335
50	Plasma Ceramides, Mediterranean Diet, and Incident Cardiovascular Disease in the PREDIMED Trial (Prevenci3 con Dieta Mediterr3ea). <i>Circulation</i> , 2017 , 135, 2028-2040	16.7	161
49	Dietary fat intake and risk of cardiovascular disease and all-cause mortality in a population at high risk of cardiovascular disease. <i>American Journal of Clinical Nutrition</i> , 2015 , 102, 1563-73	7	159
48	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	3.7	152
47	A large randomized individual and group intervention conducted by registered dietitians increased adherence to Mediterranean-type diets: the PREDIMED study. <i>Journal of the American Dietetic Association</i> , 2008 , 108, 1134-44; discussion 1145		151
46	Extravirgin olive oil consumption reduces risk of atrial fibrillation: the PREDIMED (Prevenci3 con Dieta Mediterr3ea) trial. <i>Circulation</i> , 2014 , 130, 18-26	16.7	141
45	Plasma Branched-Chain Amino Acids and Incident Cardiovascular Disease in the PREDIMED Trial. <i>Clinical Chemistry</i> , 2016 , 62, 582-92	5.5	129
44	A provegetarian food pattern and reduction in total mortality in the Prevenci3 con Dieta Mediterr3ea (PREDIMED) study. <i>American Journal of Clinical Nutrition</i> , 2014 , 100 Suppl 1, 320S-8S	7	123
43	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. <i>Journal of Nutrition</i> , 2015 , 145, 2308-16	4.1	92
42	Cohort Profile: Design and methods of the PREDIMED-Plus randomized trial. <i>International Journal of Epidemiology</i> , 2019 , 48, 387-388o	7.8	87
41	Mediterranean Diet, Retinopathy, Nephropathy, and Microvascular Diabetes Complications: A Post Hoc Analysis of a Randomized Trial. <i>Diabetes Care</i> , 2015 , 38, 2134-41	14.6	78
40	Urea Cycle Metabolites and Atrial Fibrillation or Heart Failure Risk: Two Case-Control Studies in the PREDIMED Trial. <i>Current Developments in Nutrition</i> , 2021 , 5, 18-18	0.4	78

39	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	5.9	71
38	Intake of Total Polyphenols and Some Classes of Polyphenols Is Inversely Associated with Diabetes in Elderly People at High Cardiovascular Disease Risk. <i>Journal of Nutrition</i> , 2015 , 146, 767-777	4.1	62
37	Dietary Marine ω Fatty Acids and Incident Sight-Threatening Retinopathy in Middle-Aged and Older Individuals With Type 2 Diabetes: Prospective Investigation From the PREDIMED Trial. <i>JAMA Ophthalmology</i> , 2016 , 134, 1142-1149	3.9	60
36	Mediterranean diet and telomere length in high cardiovascular risk subjects from the PREDIMED-NAVARRA study. <i>Clinical Nutrition</i> , 2016 , 35, 1399-1405	5.9	55
35	Increases in Plasma Tryptophan Are Inversely Associated with Incident Cardiovascular Disease in the Prevenci3 con Dieta Mediterr3nea (PREDIMED) Study. <i>Journal of Nutrition</i> , 2017 , 147, 314-322	4.1	49
34	Plasma lipidomic profiles and cardiovascular events in a randomized intervention trial with the Mediterranean diet. <i>American Journal of Clinical Nutrition</i> , 2017 , 106, 973-983	7	49
33	Legume consumption and risk of all-cause, cardiovascular, and cancer mortality in the PREDIMED study. <i>Clinical Nutrition</i> , 2019 , 38, 348-356	5.9	49
32	High dietary protein intake is associated with an increased body weight and total death risk. <i>Clinical Nutrition</i> , 2016 , 35, 496-506	5.9	47
31	Effect of a high-fat Mediterranean diet on bodyweight and waist circumference: a prespecified secondary outcomes analysis of the PREDIMED randomised controlled trial. <i>Lancet Diabetes and Endocrinology</i> , 2019 , 7, e6-e17	18.1	47
30	Metabolites of Glutamate Metabolism Are Associated With Incident Cardiovascular Events in the PREDIMED PREvenci3 con Dieta MEDiterr3nea (PREDIMED) Trial. <i>Journal of the American Heart Association</i> , 2016 , 5,	6	44
29	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. <i>Journal of Nutrition</i> , 2016 , 146, 1528-36	4.1	43
28	CD3(+)/CD45(+) and SMA-(+) 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, 147-9	3.2	40
27	Nutritional adequacy according to carbohydrates and fat quality. <i>European Journal of Nutrition</i> , 2016 , 55, 93-106	5.2	37
26	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, 985373	2.7	36
25	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	3.2	30
24	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, 719-31	7	29
23	Dysfunctional High-Density Lipoproteins Are Associated With a Greater Incidence of Acute Coronary Syndrome in a Population at High Cardiovascular Risk: A Nested Case-Control Study. <i>Circulation</i> , 2020 , 141, 444-453	16.7	28
22	Dietary Inflammatory Index and liver status in subjects with different adiposity levels within the PREDIMED trial. <i>Clinical Nutrition</i> , 2018 , 37, 1736-1743	5.9	28

21	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	4.5	26
20	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	14.6	25
19	Plasma trimethylamine-N-oxide and related metabolites are associated with type 2 diabetes risk in the Prevenci� con Dieta Mediterr�nea (PREDIMED) trial. <i>American Journal of Clinical Nutrition</i> , 2018 , 108, 163-173	7	24
18	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	2.3	19
17	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	8.4	18
16	Risk of peripheral artery disease according to a healthy lifestyle score: The PREDIMED study. <i>Atherosclerosis</i> , 2018 , 275, 133-140	3.1	12
15	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	5.9	12
14	Plasma Metabolites Associated with Coffee Consumption: A Metabolomic Approach within the PREDIMED Study. <i>Nutrients</i> , 2019 , 11,	6.7	11
13	A high dietary glycemic index increases total mortality in a Mediterranean population at high cardiovascular risk. <i>PLoS ONE</i> , 2014 , 9, e107968	3.7	11
12	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	0.7	11
11	Nut Consumptions as a Marker of Higher Diet Quality in a Mediterranean Population at High Cardiovascular Risk. <i>Nutrients</i> , 2019 , 11,	6.7	9
10	Mediterranean Diet and Atherothrombosis Biomarkers: A Randomized Controlled Trial. <i>Molecular Nutrition and Food Research</i> , 2020 , 64, e2000350	5.9	6
9	Association of Dietary Vitamin K1 Intake With the Incidence of Cataract Surgery in an Adult Mediterranean Population: A Secondary Analysis of a Randomized Clinical Trial. <i>JAMA Ophthalmology</i> , 2017 , 135, 657-661	3.9	5
8	Low serum iron levels and risk of cardiovascular disease in high risk elderly population: Nested case-control study in the PREvenci� con Dieta MEDiterr�nea (PREDIMED) trial. <i>Clinical Nutrition</i> , 2021 , 40, 496-504	5.9	4
7	High Plasma Glutamate and a Low Glutamine-to-Glutamate Ratio Are Associated with Increased Risk of Heart Failure but Not Atrial Fibrillation in the Prevenci� con Dieta Mediterr�nea (PREDIMED) Study. <i>Journal of Nutrition</i> , 2020 , 150, 2882-2889	4.1	3
6	Marfan Syndrome Caused by Somatic Mosaicism in an FBN1 Splicing Mutation. <i>Revista Espanola De Cardiologia (English Ed)</i> , 2016 , 69, 520-1	0.7	3
5	Dairy products intake and the risk of incident cataracts surgery in an elderly Mediterranean population: results from the PREDIMED study. <i>European Journal of Nutrition</i> , 2019 , 58, 619-627	5.2	2
4	Plasma Metabolomic Profiles of Glycemic Index, Glycemic Load, and Carbohydrate Quality Index in the PREDIMED Study. <i>Journal of Nutrition</i> , 2021 , 151, 50-58	4.1	2

3	Tricarboxylic acid cycle related-metabolites and risk of atrial fibrillation and heart failure. <i>Metabolism: Clinical and Experimental</i> , 2021 , 125, 154915	12.7	0
2	Response to Letter Regarding Article, "Extravirgin Olive Oil Consumption Reduces Risk of Atrial Fibrillation: The PREDIMED (Prevenci3n con Dieta Mediterr3nea) Trial". <i>Circulation</i> , 2015 , 132, e140-2	16.7	
1	Association between maximal oxygen consumption and physical activity and sedentary lifestyle in metabolic syndrome. Usefulness of questionnaires. <i>Revista Espanola De Cardiologia (English Ed)</i> , 2020 , 73, 145-152	0.7	