

Marta Guasch-FerrÃ©

List of Publications by Year in descending order

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103
papers

6,567
citations

57758

44
h-index

69250

77
g-index

105
all docs

105
docs citations

105
times ranked

10138
citing authors

#	ARTICLE	IF	CITATIONS
1	Metabolomics in Prediabetes and Diabetes: A Systematic Review and Meta-analysis. <i>Diabetes Care</i> , 2016, 39, 833-846.	8.6	642
2	Olive oil intake and risk of cardiovascular disease and mortality in the PREDIMED Study. <i>BMC Medicine</i> , 2014, 12, 78.	5.5	267
3	Plasma Ceramides, Mediterranean Diet, and Incident Cardiovascular Disease in the PREDIMED Trial (Prevención con Dieta Mediterránea). <i>Circulation</i> , 2017, 135, 2028-2040.	1.6	227
4	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, 1563-1573.	4.7	219
5	The Mediterranean diet and health: a comprehensive overview. <i>Journal of Internal Medicine</i> , 2021, 290, 549-566.	6.0	210
6	Use of Metabolomics in Improving Assessment of Dietary Intake. <i>Clinical Chemistry</i> , 2018, 64, 82-98.	3.2	198
7	Dietary Polyphenols, Mediterranean Diet, Prediabetes, and Type 2 Diabetes: A Narrative Review of the Evidence. <i>Oxidative Medicine and Cellular Longevity</i> , 2017, 2017, 1-16.	4.0	186
8	Meta-Analysis of Randomized Controlled Trials of Red Meat Consumption in Comparison With Various Comparison Diets on Cardiovascular Risk Factors. <i>Circulation</i> , 2019, 139, 1828-1845.	1.6	181
9	Protective Effects of the Mediterranean Diet on Type 2 Diabetes and Metabolic Syndrome. <i>Journal of Nutrition</i> , 2016, 146, 920S-927S.	2.9	155
10	Benefits of the Mediterranean diet: Epidemiological and molecular aspects. <i>Molecular Aspects of Medicine</i> , 2019, 67, 1-55.	6.4	141
11	Plasma Lipidomic Profiling and Risk of Type 2 Diabetes in the PREDIMED Trial. <i>Diabetes Care</i> , 2018, 41, 2617-2624.	8.6	138
12	The Mediterranean diet, plasma metabolome, and cardiovascular disease risk. <i>European Heart Journal</i> , 2020, 41, 2645-2656.	2.2	138
13	Frequency of nut consumption and mortality risk in the PREDIMED nutrition intervention trial. <i>BMC Medicine</i> , 2013, 11, 164.	5.5	135
14	Effect of the glycemic index of the diet on weight loss, modulation of satiety, inflammation, and other metabolic risk factors: a randomized controlled trial. <i>American Journal of Clinical Nutrition</i> , 2014, 100, 27-35.	4.7	129
15	The effect of tree nut, peanut, and soy nut consumption on blood pressure: a systematic review and meta-analysis of randomized controlled clinical trials. <i>American Journal of Clinical Nutrition</i> , 2015, 101, 966-982.	4.7	129
16	Plasma acylcarnitines and risk of cardiovascular disease: effect of Mediterranean diet interventions. <i>American Journal of Clinical Nutrition</i> , 2016, 103, 1408-1416.	4.7	124
17	Nut Consumption and Risk of Cardiovascular Disease. <i>Journal of the American College of Cardiology</i> , 2017, 70, 2519-2532.	2.8	119
18	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> , 2016, 146, 767-777.	2.9	108

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19	Effects of walnut consumption on blood lipids and other cardiovascular risk factors: an updated meta-analysis and systematic review of controlled trials. <i>American Journal of Clinical Nutrition</i> , 2018, 108, 174-187.	4.7	105
20	Cross-Sectional Assessment of Nut Consumption and Obesity, Metabolic Syndrome and Other Cardiometabolic Risk Factors: The PREDIMED Study. <i>PLoS ONE</i> , 2013, 8, e57367.	2.5	102
21	Dietary Magnesium and Cardiovascular Disease: A Review with Emphasis in Epidemiological Studies. <i>Nutrients</i> , 2018, 10, 168.	4.1	98
22	Plasma Metabolites From Choline Pathway and Risk of Cardiovascular Disease in the PREDIMED (Prevention With Mediterranean Diet) Study. <i>Journal of the American Heart Association</i> , 2017, 6, .	3.7	95
23	The PREDIMED trial, Mediterranean diet and health outcomes: How strong is the evidence?. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2017, 27, 624-632.	2.6	90
24	Plasma branched chain/aromatic amino acids, enriched Mediterranean diet and risk of type 2 diabetes: case-cohort study within the PREDIMED Trial. <i>Diabetologia</i> , 2018, 61, 1560-1571.	6.3	89
25	Dietary inflammatory index and all-cause mortality in large cohorts: The SUN and PREDIMED studies. <i>Clinical Nutrition</i> , 2019, 38, 1221-1231.	5.0	87
26	Total and subtypes of dietary fat intake and risk of type 2 diabetes mellitus in the Prevenci3n con Dieta Mediterr3nea (PREDIMED) study. <i>American Journal of Clinical Nutrition</i> , 2017, 105, 723-735.	4.7	86
27	Olive oil consumption and risk of type 2 diabetes in US women. <i>American Journal of Clinical Nutrition</i> , 2015, 102, 479-486.	4.7	84
28	Olive Oil Consumption and Cardiovascular Risk in U.S. Adults. <i>Journal of the American College of Cardiology</i> , 2020, 75, 1729-1739.	2.8	84
29	Metabolomics and Type 2 Diabetes Risk: An Updated Systematic Review and Meta-analysis of Prospective Cohort Studies. <i>Diabetes Care</i> , 2022, 45, 1013-1024.	8.6	83
30	Dietary intake and biomarkers of linoleic acid and mortality: systematic review and meta-analysis of prospective cohort studies. <i>American Journal of Clinical Nutrition</i> , 2020, 112, 150-167.	4.7	80
31	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.	4.7	79
32	Association of Tryptophan Metabolites with Incident Type 2 Diabetes in the PREDIMED Trial: A Case3 Cohort Study. <i>Clinical Chemistry</i> , 2018, 64, 1211-1220.	3.2	76
33	Nut Consumption in Relation to Cardiovascular Disease Incidence and Mortality Among Patients With Diabetes Mellitus. <i>Circulation Research</i> , 2019, 124, 920-929.	4.5	68
34	Waist-to-Height Ratio and Cardiovascular Risk Factors in Elderly Individuals at High Cardiovascular Risk. <i>PLoS ONE</i> , 2012, 7, e43275.	2.5	64
35	Increases in Plasma Tryptophan Are Inversely Associated with Incident Cardiovascular Disease in the Prevenci3n con Dieta Mediterr3nea (PREDIMED) Study. <i>Journal of Nutrition</i> , 2017, 147, jn241711.	2.9	64
36	Breakfast Skipping, Body Composition, and Cardiometabolic Risk: A Systematic Review and Meta3 Analysis of Randomized Trials. <i>Obesity</i> , 2020, 28, 1098-1109.	3.0	64

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37	Dietary ω -3 Fatty Acids, Marine ω -3 Fatty Acids, and Mortality in a Population With High Fish Consumption: Findings From the PREVENCIÓN con Dieta MEDITERRÁNEA (PREDIMED) Study. <i>Journal of the American Heart Association</i> , 2016, 5, .	3.7	60
38	Plasma Acylcarnitines and Risk of Type 2 Diabetes in a Mediterranean Population at High Cardiovascular Risk. <i>Journal of Clinical Endocrinology and Metabolism</i> , 2019, 104, 1508-1519.	3.6	60
39	Effects of Mediterranean Diets on Kidney Function: A Report From the PREDIMED Trial. <i>American Journal of Kidney Diseases</i> , 2012, 60, 380-389.	1.9	59
40	Yogurt and Diabetes: Overview of Recent Observational Studies. <i>Journal of Nutrition</i> , 2017, 147, 1452S-1461S.	2.9	59
41	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
42	Associations of Monounsaturated Fatty Acids From Plant and Animal Sources With Total and Cause-Specific Mortality in Two US Prospective Cohort Studies. <i>Circulation Research</i> , 2019, 124, 1266-1275.	4.5	58
43	Mediterranean Diet and Risk of Hyperuricemia in Elderly Participants at High Cardiovascular Risk. <i>Journals of Gerontology - Series A Biological Sciences and Medical Sciences</i> , 2013, 68, 1263-1270.	3.6	57
44	Glycolysis/gluconeogenesis- and tricarboxylic acid cycle-related metabolites, Mediterranean diet, and type 2 diabetes. <i>American Journal of Clinical Nutrition</i> , 2020, 111, 835-844.	4.7	56
45	Consumption of Olive Oil and Risk of Total and Cause-Specific Mortality Among U.S. Adults. <i>Journal of the American College of Cardiology</i> , 2022, 79, 101-112.	2.8	54
46	Dietary Magnesium Intake Is Inversely Associated with Mortality in Adults at High Cardiovascular Disease Risk. <i>Journal of Nutrition</i> , 2014, 144, 55-60.	2.9	52
47	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
48	Nuts in the prevention and treatment of metabolic syndrome. <i>American Journal of Clinical Nutrition</i> , 2014, 100, 399S-407S.	4.7	44
49	Lipid Profiles and Heart Failure Risk. <i>Circulation Research</i> , 2021, 128, 309-320.	4.5	40
50	Nutritional Genomics and Direct-to-Consumer Genetic Testing: An Overview. <i>Advances in Nutrition</i> , 2018, 9, 128-135.	6.4	39
51	Plasma trimethylamine-N-oxide and related metabolites are associated with type 2 diabetes risk in the PREVENCIÓN con Dieta MEDITERRÁNEA (PREDIMED) trial. <i>American Journal of Clinical Nutrition</i> , 2018, 108, 163-173.	4.7	37
52	Metabolites related to purine catabolism and risk of type 2 diabetes incidence; modifying effects of the TCF7L2-rs7903146 polymorphism. <i>Scientific Reports</i> , 2019, 9, 2892.	3.3	36
53	Plasma metabolite profiles related to plant-based diets and the risk of type 2 diabetes. <i>Diabetologia</i> , 2022, 65, 1119-1132.	6.3	35
54	Lysine pathway metabolites and the risk of type 2 diabetes and cardiovascular disease in the PREDIMED study: results from two case-cohort studies. <i>Cardiovascular Diabetology</i> , 2019, 18, 151.	6.8	34

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55	Cross-sectional associations between macronutrient intake and chronic kidney disease in a population at high cardiovascular risk. <i>Clinical Nutrition</i> , 2013, 32, 606-612.	5.0	33
56	Choline Metabolism and Risk of Atrial Fibrillation and Heart Failure in the PREDIMED Study. <i>Clinical Chemistry</i> , 2021, 67, 288-297.	3.2	31
57	A Risk Score to Predict Type 2 Diabetes Mellitus in an Elderly Spanish Mediterranean Population at High Cardiovascular Risk. <i>PLoS ONE</i> , 2012, 7, e33437.	2.5	31
58	Are Fruit Juices Just as Unhealthy as Sugar-Sweetened Beverages?. <i>JAMA Network Open</i> , 2019, 2, e193109.	5.9	30
59	Plasma metabolites predict both insulin resistance and incident type 2 diabetes: a metabolomics approach within the Prevención con Dieta Mediterránea (PREDIMED) study. <i>American Journal of Clinical Nutrition</i> , 2019, 109, 626-634.	4.7	30
60	Magnesium Intake, Quality of Carbohydrates, and Risk of Type 2 Diabetes: Results From Three U.S. Cohorts. <i>Diabetes Care</i> , 2017, 40, 1695-1702.	8.6	29
61	Dietary Patterns among Asian Indians Living in the United States Have Distinct Metabolomic Profiles That Are Associated with Cardiometabolic Risk. <i>Journal of Nutrition</i> , 2018, 148, 1150-1159.	2.9	29
62	Dairy consumption, plasma metabolites, and risk of type 2 diabetes. <i>American Journal of Clinical Nutrition</i> , 2021, 114, 163-174.	4.7	29
63	Quality of dietary fat and genetic risk of type 2 diabetes: individual participant data meta-analysis. <i>BMJ: British Medical Journal</i> , 2019, 366, l4292.	2.3	28
64	Metabolomic Signatures of Long-term Coffee Consumption and Risk of Type 2 Diabetes in Women. <i>Diabetes Care</i> , 2020, 43, 2588-2596.	8.6	27
65	Circulating trimethylamine N-oxide in association with diet and cardiometabolic biomarkers: an international pooled analysis. <i>American Journal of Clinical Nutrition</i> , 2021, 113, 1145-1156.	4.7	27
66	Metabolome-Wide Association Study of the Relationship Between Habitual Physical Activity and Plasma Metabolite Levels. <i>American Journal of Epidemiology</i> , 2019, 188, 1932-1943.	3.4	26
67	Is complying with the recommendations of sodium intake beneficial for health in individuals at high cardiovascular risk? Findings from the PREDIMED study. <i>American Journal of Clinical Nutrition</i> , 2015, 101, 440-448.	4.7	25
68	Changes in Nut Consumption and Subsequent Cardiovascular Disease Risk Among US Men and Women: 3 Large Prospective Cohort Studies. <i>Journal of the American Heart Association</i> , 2020, 9, e013877.	3.7	22
69	Plasma Arginine/Asymmetric Dimethylarginine Ratio and Incidence of Cardiovascular Events: A Case-Cohort Study. <i>Journal of Clinical Endocrinology and Metabolism</i> , 2017, 102, 1879-1888.	3.6	20
70	Plasma Metabolites Associated with Frequent Red Wine Consumption: A Metabolomics Approach within the PREDIMED Study. <i>Molecular Nutrition and Food Research</i> , 2019, 63, e1900140.	3.3	20
71	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
72	Walnut Consumption, Plasma Metabolomics, and Risk of Type 2 Diabetes and Cardiovascular Disease. <i>Journal of Nutrition</i> , 2021, 151, 303-311.	2.9	20

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73	Lipid metabolic networks, Mediterranean diet and cardiovascular disease in the PREDIMED trial. <i>International Journal of Epidemiology</i> , 2018, 47, 1830-1845.	1.9	19
74	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
75	Changes in metabolomics profiles over ten years and subsequent risk of developing type 2 diabetes: Results from the Nurses' Health Study. <i>EBioMedicine</i> , 2022, 75, 103799.	6.1	18
76	Healthy Lifestyle Score Including Sleep Duration and Cardiovascular Disease Risk. <i>American Journal of Preventive Medicine</i> , 2022, 63, 33-42.	3.0	18
77	Plasma Metabolomics Profiles are Associated with the Amount and Source of Protein Intake: A Metabolomics Approach within the PREDIMED Study. <i>Molecular Nutrition and Food Research</i> , 2020, 64, e2000178.	3.3	17
78	Polygenic scores, diet quality, and type 2 diabetes risk: An observational study among 35,759 adults from 3 US cohorts. <i>PLoS Medicine</i> , 2022, 19, e1003972.	8.4	17
79	Changes in arginine are inversely associated with type 2 diabetes: A case-cohort study in the PREDIMED trial. <i>Diabetes, Obesity and Metabolism</i> , 2019, 21, 397-401.	4.4	16
80	Plasma Metabolites Associated with Coffee Consumption: A Metabolomic Approach within the PREDIMED Study. <i>Nutrients</i> , 2019, 11, 1032.	4.1	16
81	High Plasma Glutamate and a Low Glutamine-to-Glutamate Ratio Are Associated with Increased Risk of Heart Failure but Not Atrial Fibrillation in the Prevenci3n con Dieta Mediterr3nea (PREDIMED) Study. <i>Journal of Nutrition</i> , 2020, 150, 2882-2889.	2.9	14
82	Effect of Functional Bread Rich in Potassium, 13-Aminobutyric Acid and Angiotensin-Converting Enzyme Inhibitors on Blood Pressure, Glucose Metabolism and Endothelial Function. <i>Medicine (United States)</i> , 2015, 94, e1807.	1.0	13
83	Association of Walnut Consumption with Total and Cause-Specific Mortality and Life Expectancy in U.S. Adults. <i>Nutrients</i> , 2021, 13, 2699.	4.1	13
84	Avocado Consumption and Risk of Cardiovascular Disease in US Adults. <i>Journal of the American Heart Association</i> , 2022, 11, e024014.	3.7	12
85	Identification of Plasma Lipid Metabolites Associated with Nut Consumption in US Men and Women. <i>Journal of Nutrition</i> , 2019, 149, 1215-1221.	2.9	11
86	Associations of circulating choline and its related metabolites with cardiometabolic biomarkers: an international pooled analysis. <i>American Journal of Clinical Nutrition</i> , 2021, 114, 893-906.	4.7	11
87	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.	2.9	10
88	Effect of Peanut Consumption on Cardiovascular Risk Factors: A Randomized Clinical Trial and Meta-Analysis. <i>Frontiers in Nutrition</i> , 2022, 9, 853378.	3.7	8
89	Metabolomic Profiles Associated With Incident Ischemic Stroke. <i>Neurology</i> , 2022, 98, .	1.1	6
90	Metabolomic Effects of Hormone Therapy and Associations With Coronary Heart Disease Among Postmenopausal Women. <i>Circulation Genomic and Precision Medicine</i> , 2020, 13, e002977.	3.6	4

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91	Glycolysis Metabolites and Risk of Atrial Fibrillation and Heart Failure in the PREDIMED Trial. <i>Metabolites</i> , 2021, 11, 306.	2.9	4
92	Mediterranean Diet Maintained Platelet Count within a Healthy Range and Decreased Thrombocytopenia-Related Mortality Risk: A Randomized Controlled Trial. <i>Nutrients</i> , 2021, 13, 559.	4.1	3
93	Plasma acylcarnitines and risk of incident heart failure and atrial fibrillation: the Prevenci3n con dieta mediterr3nea study. <i>Revista Espanola De Cardiologia (English Ed)</i> , 2021, , .	0.6	2
94	Arginine catabolism metabolites and atrial fibrillation or heart failure risk: two case-control studies within the PREDIMED trial. <i>American Journal of Clinical Nutrition</i> , 2022, , .	4.7	2
95	Abstract 034: A Healthy Lifestyle Score Including Sleep Duration And Risk Of Cardiovascular Disease. <i>Circulation</i> , 2021, 143, .	1.6	1
96	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.	0.3	1
97	Vitamin A deficiency in an affluent society. <i>E-SPEN Journal</i> , 2014, 9, e192-e193.	0.5	0
98	Increased Nut Consumption and Subsequent Cardiovascular Disease Risk Among U.S. Men and Women: Three Large Prospective Cohort Studies (OR17-08-19). <i>Current Developments in Nutrition</i> , 2019, 3, nzz039.OR17-08-19.	0.3	0
99	Reply. <i>Journal of the American College of Cardiology</i> , 2020, 76, 633-634.	2.8	0
100	The Association Between Inflammatory Biomarkers and Circulating Metabolites in a Repeated Measures Study. , 2021, , .		0
101	Consumption of Total Olive Oil and Risk of Total and Cause-Specific Mortality in US Adults. <i>Current Developments in Nutrition</i> , 2021, 5, 1036.	0.3	0
102	Plasma Metabolomic Signatures of Sugar-Sweetened Beverage Consumption and Risk of Type 2 Diabetes Among US Adults. <i>Current Developments in Nutrition</i> , 2021, 5, 1040.	0.3	0
103	Reply. <i>Journal of the American College of Cardiology</i> , 2022, 79, e435.	2.8	0