

Vladimir Vuksan

List of Publications by Year in Descending Order

Source: <https://exaly.com/author-pdf/1696802/vladimir-vuksan-publications-by-year.pdf>

Version: 2024-04-26

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.

133
papers

7,568
citations

51
h-index

85
g-index

135
ext. papers

8,370
ext. citations

5.5
avg. IF

5.29
L-index

#	Paper	IF	Citations
133	Effect of coadministration of enriched Korean Red Ginseng () and American ginseng (L) on cardiometabolic outcomes in type-2 diabetes: A randomized controlled trial. <i>Journal of Ginseng Research</i> , 2021 , 45, 546-554	5.8	5
132	Effect of viscous fiber supplementation on obesity indicators in individuals consuming calorie-restricted diets: a systematic review and meta-analysis of randomized controlled trials. <i>European Journal of Nutrition</i> , 2021 , 60, 101-112	5.2	6
131	Co-administration of viscous fiber, Salba-chia and ginseng on glycemic management in type 2 diabetes: a double-blind randomized controlled trial. <i>European Journal of Nutrition</i> , 2021 , 60, 3071-3083	5.2	2
130	Effect of soluble-viscous dietary fibre on coronary heart disease risk score across 3 population health categories: data from randomized, double-blind, placebo-controlled trials. <i>Applied Physiology, Nutrition and Metabolism</i> , 2020 , 45, 801-804	3	1
129	Vascular effects of combined enriched Korean Red ginseng (Panax Ginseng) and American ginseng (Panax Quinquefolius) administration in individuals with hypertension and type 2 diabetes: A randomized controlled trial. <i>Complementary Therapies in Medicine</i> , 2020 , 49, 102338	3.5	16
128	Can dietary viscous fiber affect body weight independently of an energy-restrictive diet? A systematic review and meta-analysis of randomized controlled trials. <i>American Journal of Clinical Nutrition</i> , 2020 , 111, 471-485	7	16
127	Serum adipocytokines are associated with microalbuminuria in patients with type 1 diabetes and incipient chronic complications. <i>Diabetes and Metabolic Syndrome: Clinical Research and Reviews</i> , 2019 , 13, 496-499	8.9	3
126	Acute effect of equicaloric meals varying in glycemic index and glycemic load on arterial stiffness and glycemia in healthy adults: a randomized crossover trial. <i>European Journal of Clinical Nutrition</i> , 2019 , 73, 79-85	5.2	7
125	Effect of high-carbohydrate or high-monounsaturated fatty acid diets on blood pressure: a systematic review and meta-analysis of randomized controlled trials. <i>Nutrition Reviews</i> , 2019 , 77, 19-31	6.4	6
124	Should Viscous Fiber Supplements Be Considered in Diabetes Control? Results From a Systematic Review and Meta-analysis of Randomized Controlled Trials. <i>Diabetes Care</i> , 2019 , 42, 755-766	14.6	50
123	Efficacy and safety of American ginseng (Panax quinquefolius L.) extract on glycemic control and cardiovascular risk factors in individuals with type 2 diabetes: a double-blind, randomized, cross-over clinical trial. <i>European Journal of Nutrition</i> , 2019 , 58, 1237-1245	5.2	28
122	Clinical evidence on dietary supplementation with chia seed (Salvia hispanica L.): a systematic review and meta-analysis. <i>Nutrition Reviews</i> , 2018 , 76, 219-242	6.4	16
121	Co-administration of a konjac-based fibre blend and American ginseng (Panax quinquefolius L.) on glycaemic control and serum lipids in type 2 diabetes: a randomized controlled, cross-over clinical trial. <i>European Journal of Nutrition</i> , 2018 , 57, 2217-2225	5.2	11
120	The effect of viscous soluble fiber on blood pressure: A systematic review and meta-analysis of randomized controlled trials. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2018 , 28, 3-13	4.5	53
119	The effects of gelled konjac glucomannan fibre on appetite and energy intake in healthy individuals: a randomised cross-over trial. <i>British Journal of Nutrition</i> , 2018 , 119, 109-116	3.6	15
118	Effect of psyllium (Plantago ovata) fiber on LDL cholesterol and alternative lipid targets, non-HDL cholesterol and apolipoprotein B: a systematic review and meta-analysis of randomized controlled trials. <i>American Journal of Clinical Nutrition</i> , 2018 , 108, 922-932	7	19
117	The effect of alpha-linolenic acid on glycemic control in individuals with type 2 diabetes: A systematic review and meta-analysis of randomized controlled clinical trials. <i>Medicine (United States)</i> , 2017 , 96, e6531	1.8	28

116	A systematic review and meta-analysis of randomized controlled trials of the effect of konjac glucomannan, a viscous soluble fiber, on LDL cholesterol and the new lipid targets non-HDL cholesterol and apolipoprotein B. <i>American Journal of Clinical Nutrition</i> , 2017 , 105, 1239-1247	7	43
115	Salba-chia (<i>Salvia hispanica</i> L.) in the treatment of overweight and obese patients with type 2 diabetes: A double-blind randomized controlled trial. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2017 , 27, 138-146	4.5	55
114	The effect of oat β -glucan on LDL-cholesterol, non-HDL-cholesterol and apoB for CVD risk reduction: a systematic review and meta-analysis of randomised-controlled trials. <i>British Journal of Nutrition</i> , 2016 , 116, 1369-1382	3.6	124
113	Effects of dietary pulse consumption on body weight: a systematic review and meta-analysis of randomized controlled trials. <i>American Journal of Clinical Nutrition</i> , 2016 , 103, 1213-23	7	106
112	Ethanol extraction preparation of American ginseng (<i>Panax quinquefolius</i> L) and Korean red ginseng (<i>Panax ginseng</i> C.A. Meyer): differential effects on postprandial insulinemia in healthy individuals. <i>Journal of Ethnopharmacology</i> , 2015 , 159, 55-61	5	13
111	Effect of Spinach, a High Dietary Nitrate Source, on Arterial Stiffness and Related Hemodynamic Measures: A Randomized, Controlled Trial in Healthy Adults. <i>Clinical Nutrition Research</i> , 2015 , 4, 160-7	1.7	26
110	Carbohydrates and endothelial function: is a low-carbohydrate diet or a low-glycemic index diet favourable for vascular health?. <i>Clinical Nutrition Research</i> , 2015 , 4, 69-75	1.7	18
109	Glycemic effect of oat and barley beta-glucan when incorporated into a snack bar: a dose escalation study. <i>Journal of the American College of Nutrition</i> , 2014 , 33, 442-9	3.5	11
108	Emerging parameters of the insulin and glucose response on the oral glucose tolerance test: reproducibility and implications for glucose homeostasis in individuals with and without diabetes. <i>Diabetes Research and Clinical Practice</i> , 2014 , 105, 88-95	7.4	38
107	Effect of lowering the glycemic load with canola oil on glycemic control and cardiovascular risk factors: a randomized controlled trial. <i>Diabetes Care</i> , 2014 , 37, 1806-14	14.6	59
106	Effect of Rg3-enriched Korean red ginseng (<i>Panax ginseng</i>) on arterial stiffness and blood pressure in healthy individuals: a randomized controlled trial. <i>Journal of the American Society of Hypertension</i> , 2014 , 8, 537-41		48
105	The effect of ginseng (the genus <i>panax</i>) on glycemic control: a systematic review and meta-analysis of randomized controlled clinical trials. <i>PLoS ONE</i> , 2014 , 9, e107391	3.7	79
104	American Ginseng Extract (<i>Panax quinquefolius</i> L.) Is Safe in Long-Term Use in Type 2 Diabetic Patients. <i>Evidence-based Complementary and Alternative Medicine</i> , 2014 , 2014, 969168	2.3	14
103	Effects of Korean White Ginseng (<i>Panax Ginseng</i> C.A. Meyer) on Vascular and Glycemic Health in Type 2 Diabetes: Results of a Randomized, Double Blind, Placebo-controlled, Multiple-crossover, Acute Dose Escalation Trial. <i>Clinical Nutrition Research</i> , 2014 , 3, 89-97	1.7	23
102	Effect of dietary pulses on blood pressure: a systematic review and meta-analysis of controlled feeding trials. <i>American Journal of Hypertension</i> , 2014 , 27, 56-64	2.3	105
101	Modulation of endothelial function by Korean red ginseng (<i>Panax ginseng</i> C.A. Meyer) and its components in healthy individuals: a randomized controlled trial. <i>Cardiovascular Therapeutics</i> , 2014 , 32, 163-9	3.3	16
100	Randomized clinical trial in healthy individuals on the effect of viscous fiber blend on glucose tolerance when incorporated in capsules or into the carbohydrate or fat component of the meal. <i>Journal of the American College of Nutrition</i> , 2014 , 33, 400-5	3.5	9
99	Effect of whole and ground Salba seeds (<i>Salvia Hispanica</i> L.) on postprandial glycemia in healthy volunteers: a randomized controlled, dose-response trial. <i>European Journal of Clinical Nutrition</i> , 2013 , 67, 786-8	5.2	29

98	The Effect of <i>Salvia Hispanica L.</i> Seeds on Weight Loss in Overweight and Obese Individuals with Type 2 Diabetes Mellitus. <i>Canadian Journal of Diabetes</i> , 2013 , 37, S61	2.1	3
97	Effect of American ginseng (<i>Panax quinquefolius L.</i>) on arterial stiffness in subjects with type-2 diabetes and concomitant hypertension. <i>Journal of Ethnopharmacology</i> , 2013 , 150, 148-53	5	44
96	Equal status and blood lipid profile in hyperlipidemia after consumption of diets containing soy foods. <i>American Journal of Clinical Nutrition</i> , 2012 , 95, 564-71	7	36
95	Cardiovascular risk factors, diet and lifestyle among European, South Asian and Chinese adolescents in Canada. <i>Paediatrics and Child Health</i> , 2012 , 17, e1-6	0.7	8
94	Effect of American ginseng (<i>Panax quinquefolius L.</i>) on glycemic control in type 2 diabetes. <i>Collegium Antropologicum</i> , 2012 , 36, 1435-40	0.1	21
93	Korean red ginseng (<i>Panax ginseng C.A. Meyer</i>) root fractions: differential effects on postprandial glycemia in healthy individuals. <i>Journal of Ethnopharmacology</i> , 2011 , 137, 245-50	5	26
92	Viscosity rather than quantity of dietary fibre predicts cholesterol-lowering effect in healthy individuals. <i>British Journal of Nutrition</i> , 2011 , 106, 1349-52	3.6	67
91	The jubilees of the discovery of insulin & glycemic index: where conventional meets complementary medicine in the management of diabetes mellitus. <i>Collegium Antropologicum</i> , 2011 , 35, 1321-2	0.1	
90	Glycemic index in diabetes. <i>Collegium Antropologicum</i> , 2011 , 35, 1363-8	0.1	11
89	Reduction in postprandial glucose excursion and prolongation of satiety: possible explanation of the long-term effects of whole grain Salba (<i>Salvia Hispanica L.</i>). <i>European Journal of Clinical Nutrition</i> , 2010 , 64, 436-8	5.2	63
88	The metabolic syndrome in healthy, multiethnic adolescents in Toronto, Ontario: the use of fasting blood glucose as a simple indicator. <i>Canadian Journal of Cardiology</i> , 2010 , 26, e128-32	3.8	8
87	Effects of Korean red ginseng (<i>Panax ginseng C.A. Meyer</i>) and its isolated ginsenosides and polysaccharides on arterial stiffness in healthy individuals. <i>American Journal of Hypertension</i> , 2010 , 23, 469-72	2.3	47
86	Current Clinical Evidence for Korean Red Ginseng in Management of Diabetes and Vascular Disease: A Toronto's Ginseng Clinical Testing Program. <i>Journal of Ginseng Research</i> , 2010 , 34, 264-273	5.8	17
85	Improved Postprandial Glycemia and Appetite Scores after Addition of the Ancient Grain Salba (<i>Salvia Hispanica L.</i>) vs Flax to an OGTT: Possible Effect of Viscosity. <i>FASEB Journal</i> , 2010 , 24, 231.2	0.9	1
84	Efficacy of Rg3-Enriched Korean Red Ginseng (Steamed <i>Panax Ginseng C.A. Meyer</i>) Extract on Arterial Stiffness and Blood Pressure in Healthy Volunteers. <i>FASEB Journal</i> , 2010 , 24, 739.5	0.9	
83	Acute Response of Equicaloric Test Meals Varying in Glycemic Index and Glycemic Load on Postprandial Glycemia, Arterial Stiffness and Blood Pressure in Healthy Adults. <i>FASEB Journal</i> , 2010 , 24, 324.8	0.9	
82	Metabolic syndrome in healthy, multiethnic adolescents in Toronto: the use of fasting blood glucose as a simple indicator. <i>FASEB Journal</i> , 2010 , 24, 933.2	0.9	
81	Fiber facts: benefits and recommendations for individuals with type 2 diabetes. <i>Current Diabetes Reports</i> , 2009 , 9, 405-11	5.6	36

80	The glycaemic index values of foods containing fructose are affected by metabolic differences between subjects. <i>European Journal of Clinical Nutrition</i> , 2009 , 63, 1106-14	5.2	24
79	Viscosity of fiber preloads affects food intake in adolescents. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2009 , 19, 498-503	4.5	58
78	Day-to-day variation in glycemic response elicited by white bread is not related to variation in satiety in humans. <i>Appetite</i> , 2009 , 52, 654-658	4.5	9
77	A whey protein supplement decreases post-prandial glycemia. <i>Nutrition Journal</i> , 2009 , 8, 47	4.3	69
76	Ginseng in Type 2 Diabetes Mellitus: A Review of the Evidence in Humans 2009 , 245-292		2
75	Comparable Dose-Response Glucose Lowering Effect with Whole vs finely Ground, Novel Omega-3 rich Grain Salba (Salvia Hispanica L) Baked into White Bread. <i>FASEB Journal</i> , 2009 , 23, 351.7	0.9	
74	Hyperbolic relationship between insulin secretion and sensitivity on oral glucose tolerance test. <i>Obesity</i> , 2008 , 16, 1901-7	8	243
73	Korean red ginseng (Panax ginseng) improves glucose and insulin regulation in well-controlled, type 2 diabetes: results of a randomized, double-blind, placebo-controlled study of efficacy and safety. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2008 , 18, 46-56	4.5	192
72	Comparable postprandial glucose reductions with viscous fiber blend enriched biscuits in healthy subjects and patients with diabetes mellitus: acute randomized controlled clinical trial. <i>Croatian Medical Journal</i> , 2008 , 49, 772-82	1.6	47
71	Glycemic Index Reduction by a Viscous Polysaccharide Blend Independent of Food Form: Determination of the Glycemic Reduction Index Potential (GRIP). <i>FASEB Journal</i> , 2008 , 22, 305.7	0.9	1
70	The Effects of Escalating Quantities of Salvia hispanica L. (Salba) on Postprandial Glycemia and Appetite in Healthy Individuals. <i>FASEB Journal</i> , 2008 , 22, 305.6	0.9	
69	Using cereal to increase dietary fiber intake to the recommended level and the effect of fiber on bowel function in healthy persons consuming North American diets. <i>American Journal of Clinical Nutrition</i> , 2008 , 88, 1256-62	7	51
68	Beta-glucan from two sources of oat concentrates affect postprandial glycemia in relation to the level of viscosity. <i>Journal of the American College of Nutrition</i> , 2007 , 26, 639-44	3.5	87
67	Supplementation of conventional therapy with the novel grain Salba (Salvia hispanica L.) improves major and emerging cardiovascular risk factors in type 2 diabetes: results of a randomized controlled trial. <i>Diabetes Care</i> , 2007 , 30, 2804-10	14.6	107
66	When a placebo is not a 'placebo': a placebo effect on postprandial glycaemia. <i>British Journal of Clinical Pharmacology</i> , 2007 , 64, 546-9	3.8	9
65	Defining obesity cut points in a multiethnic population. <i>Circulation</i> , 2007 , 115, 2111-8	16.7	402
64	Five batches representative of Ontario-grown American ginseng root produce comparable reductions of postprandial glycemia in healthy individuals. <i>Canadian Journal of Physiology and Pharmacology</i> , 2007 , 85, 856-64	2.4	17
63	Long-term intake of North American ginseng has no effect on 24-hour blood pressure and renal function. <i>Hypertension</i> , 2006 , 47, 791-6	8.5	45

62	Korean red ginseng rootlets decrease acute postprandial glycemia: results from sequential preparation- and dose-finding studies. <i>Journal of the American College of Nutrition</i> , 2006 , 25, 100-7	3.5	52
61	INDUCED FIBER VISCOSITY TRIPLES ITS EFFECT ON POSTPRANDIAL BLOOD GLUCOSE RESPONSE. <i>FASEB Journal</i> , 2006 , 20, A599	0.9	10
60	Do all placebos fit the definition of a placebo? The variation in glycemic response of different placebos in healthy individuals. <i>FASEB Journal</i> , 2006 , 20, A580	0.9	1
59	Viscosity rather than quantity determines lipid lowering effects of dietary fiber in individuals consuming typical North American diet. <i>FASEB Journal</i> , 2006 , 20, A1027	0.9	
58	β-glucan from oat and barley concentrates affect postprandial glycemia and insulinemia in relation to the level of viscosity. <i>FASEB Journal</i> , 2006 , 20, A430	0.9	5
57	A blend of highly viscous polysaccharide decreases relative CVD risk in healthy individuals and those with diabetes and metabolic syndrome. <i>FASEB Journal</i> , 2006 , 20, A578	0.9	1
56	Herbal remedies in the management of diabetes: lessons learned from the study of ginseng. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2005 , 15, 149-60	4.5	93
55	North American ginseng exerts a neutral effect on blood pressure in individuals with hypertension. <i>Hypertension</i> , 2005 , 46, 406-11	8.5	62
54	Glycemic index in the treatment of diabetes: the debate continues. <i>Journal of the American College of Nutrition</i> , 2004 , 23, 1-4	3.5	6
53	A systematic quantitative analysis of the literature of the high variability in ginseng (<i>Panax</i> spp.): should ginseng be trusted in diabetes?. <i>Diabetes Care</i> , 2004 , 27, 839-40	14.6	45
52	Decreasing, null and increasing effects of eight popular types of ginseng on acute postprandial glycemic indices in healthy humans: the role of ginsenosides. <i>Journal of the American College of Nutrition</i> , 2004 , 23, 248-58	3.5	75
51	Associations of plasma homocysteine and the methylenetetrahydrofolate reductase C677T polymorphism with carotid intima media thickness among South Asian, Chinese and European Canadians. <i>Atherosclerosis</i> , 2004 , 176, 361-70	3.1	49
50	The relationship between dysglycemia and atherosclerosis in South Asian, Chinese, and European individuals in Canada: a randomly sampled cross-sectional study. <i>Diabetes Care</i> , 2003 , 26, 144-9	14.6	47
49	The Garden of Eden--plant based diets, the genetic drive to conserve cholesterol and its implications for heart disease in the 21st century. <i>Comparative Biochemistry and Physiology Part A, Molecular & Integrative Physiology</i> , 2003 , 136, 141-51	2.6	28
48	Development and evaluation of cultural food frequency questionnaires for South Asians, Chinese, and Europeans in North America. <i>Journal of the American Dietetic Association</i> , 2003 , 103, 1178-84		94
47	Variable effects of American ginseng: a batch of American ginseng (<i>Panax quinquefolius</i> L.) with a depressed ginsenoside profile does not affect postprandial glycemia. <i>European Journal of Clinical Nutrition</i> , 2003 , 57, 243-8	5.2	66
46	Null and opposing effects of Asian ginseng (<i>Panax ginseng</i> C.A. Meyer) on acute glycemia: results of two acute dose escalation studies. <i>Journal of the American College of Nutrition</i> , 2003 , 22, 524-32	3.5	44
45	Insulin resistance: concepts, controversies, and the role of nutrition. <i>Canadian Journal of Dietetic Practice and Research</i> , 2002 , 63, 20-32	1.3	19

44	Depression of the glycemic index by high levels of beta-glucan fiber in two functional foods tested in type 2 diabetes. <i>European Journal of Clinical Nutrition</i> , 2002 , 56, 622-8	5.2	235
43	Soluble fiber intake at a dose approved by the US Food and Drug Administration for a claim of health benefits: serum lipid risk factors for cardiovascular disease assessed in a randomized controlled crossover trial. <i>American Journal of Clinical Nutrition</i> , 2002 , 75, 834-9	7	189
42	High-complex carbohydrate or lente carbohydrate foods?. <i>American Journal of Medicine</i> , 2002 , 113 Suppl 9B, 30S-37S	2.4	57
41	American ginseng (<i>Panax quinquefolius</i> L.) attenuates postprandial glycemia in a time-dependent but not dose-dependent manner in healthy individuals. <i>American Journal of Clinical Nutrition</i> , 2001 , 73, 753-8	7	103
40	Konjac-Mannan and American ginseng: emerging alternative therapies for type 2 diabetes mellitus. <i>Journal of the American College of Nutrition</i> , 2001 , 20, 370S-380S; discussion 381S-383S	3.5	102
39	Effect of a very-high-fiber vegetable, fruit, and nut diet on serum lipids and colonic function. <i>Metabolism: Clinical and Experimental</i> , 2001 , 50, 494-503	12.7	101
38	Dilution of the 75-g oral glucose tolerance test improves overall tolerability but not reproducibility in subjects with different body compositions. <i>Diabetes Research and Clinical Practice</i> , 2001 , 51, 87-95	7.4	13
37	High-protein diets in hyperlipidemia: effect of wheat gluten on serum lipids, uric acid, and renal function. <i>American Journal of Clinical Nutrition</i> , 2001 , 74, 57-63	7	77
36	Reply to GMA van Rosendaal et al. <i>American Journal of Clinical Nutrition</i> , 2001 , 73, 653-654	7	1
35	Simple skinfold-thickness measurements complement conventional anthropometric assessments in predicting glucose tolerance. <i>American Journal of Clinical Nutrition</i> , 2001 , 73, 567-73	7	32
34	Fiber in the Treatment of Hyperlipidemia 2001 , 401-421		2
33	Viscous and nonviscous fibres, nonabsorbable and low glycaemic index carbohydrates, blood lipids and coronary heart disease. <i>Current Opinion in Lipidology</i> , 2000 , 11, 49-56	4.4	220
32	Dietary fibre, lente carbohydrates and the insulin-resistant diseases. <i>British Journal of Nutrition</i> , 2000 , 83 Suppl 1, S157-63	3.6	158
31	Viscous fibers, health claims, and strategies to reduce cardiovascular disease risk. <i>American Journal of Clinical Nutrition</i> , 2000 , 71, 401-2	7	56
30	Effect of cocoa bran on low-density lipoprotein oxidation and fecal bulking. <i>Archives of Internal Medicine</i> , 2000 , 160, 2374-9		21
29	American ginseng improves glycemia in individuals with normal glucose tolerance: effect of dose and time escalation. <i>Journal of the American College of Nutrition</i> , 2000 , 19, 738-44	3.5	73
28	American ginseng (<i>Panax quinquefolius</i> L) reduces postprandial glycemia in nondiabetic subjects and subjects with type 2 diabetes mellitus. <i>Archives of Internal Medicine</i> , 2000 , 160, 1009-13		252
27	Beneficial effects of viscous dietary fiber from Konjac-mannan in subjects with the insulin resistance syndrome: results of a controlled metabolic trial. <i>Diabetes Care</i> , 2000 , 23, 9-14	14.6	167

26	Similar postprandial glycemic reductions with escalation of dose and administration time of American ginseng in type 2 diabetes. <i>Diabetes Care</i> , 2000 , 23, 1221-6	14.6	161
25	Effect of soy-based breakfast cereal on blood lipids and oxidized low-density lipoprotein. <i>Metabolism: Clinical and Experimental</i> , 2000 , 49, 1496-500	12.7	62
24	Effect of soy protein foods on low-density lipoprotein oxidation and ex vivo sex hormone receptor activity--a controlled crossover trial. <i>Metabolism: Clinical and Experimental</i> , 2000 , 49, 537-43	12.7	68
23	The effect on serum lipids and oxidized low-density lipoprotein of supplementing self-selected low-fat diets with soluble-fiber, soy, and vegetable protein foods. <i>Metabolism: Clinical and Experimental</i> , 2000 , 49, 67-72	12.7	28
22	A novel source of wheat fiber and protein: effects on fecal bulk and serum lipids. <i>American Journal of Clinical Nutrition</i> , 1999 , 69, 226-30	7	22
21	Effect of wheat bran on serum lipids: influence of particle size and wheat protein. <i>Journal of the American College of Nutrition</i> , 1999 , 18, 159-65	3.5	32
20	The effect of wheat bran particle size on laxation and colonic fermentation. <i>Journal of the American College of Nutrition</i> , 1999 , 18, 339-45	3.5	63
19	Colonic bacterial activity and serum lipid risk factors for cardiovascular disease. <i>Metabolism: Clinical and Experimental</i> , 1999 , 48, 264-8	12.7	19
18	Konjac-mannan (glucomannan) improves glycemia and other associated risk factors for coronary heart disease in type 2 diabetes. A randomized controlled metabolic trial. <i>Diabetes Care</i> , 1999 , 22, 913-9	14.6	189
17	Inulin, oligofructose and intestinal function. <i>Journal of Nutrition</i> , 1999 , 129, 1431S-3S	4.1	124
16	Effect of meal dilution on the postprandial glycemic response. Implications for glycemic testing. <i>Diabetes Care</i> , 1998 , 21, 711-6	14.6	17
15	Physiological effects of resistant starches on fecal bulk, short chain fatty acids, blood lipids and glycemic index. <i>Journal of the American College of Nutrition</i> , 1998 , 17, 609-16	3.5	176
14	Effect of a diet high in vegetables, fruit, and nuts on serum lipids. <i>Metabolism: Clinical and Experimental</i> , 1997 , 46, 530-7	12.7	56
13	Less variation of postprandial blood glucose after starchy test meals than oral glucose. <i>Nutrition Research</i> , 1996 , 16, 899-905	4	4
12	Effect of nibbling versus gorging on cardiovascular risk factors: serum uric acid and blood lipids. <i>Metabolism: Clinical and Experimental</i> , 1995 , 44, 549-55	12.7	44
11	Low glycemic index: lente carbohydrates and physiological effects of altered food frequency. <i>American Journal of Clinical Nutrition</i> , 1994 , 59, 706S-709S	7	87
10	Glycaemic index of 102 complex carbohydrate foods in patients with diabetes. <i>Nutrition Research</i> , 1994 , 14, 651-669	4	140
9	Glycaemic index of fruits and fruit products in patients with diabetes. <i>International Journal of Food Sciences and Nutrition</i> , 1993 , 43, 205-212	3.7	25

8	Beneficial effect of low-glycemic index diet in overweight NIDDM subjects. <i>Diabetes Care</i> , 1992 , 15, 562-4.6	44.6	185
7	Metabolic advantages of spreading the nutrient load: effects of increased meal frequency in non-insulin-dependent diabetes. <i>American Journal of Clinical Nutrition</i> , 1992 , 55, 461-7	7	98
6	Specific types of colonic fermentation may raise low-density-lipoprotein-cholesterol concentrations. <i>American Journal of Clinical Nutrition</i> , 1991 , 54, 141-7	7	68
5	Effect of method of administration of psyllium on glycemic response and carbohydrate digestibility. <i>Journal of the American College of Nutrition</i> , 1991 , 10, 364-71	3.5	60
4	Glycemic index of foods in individual subjects. <i>Diabetes Care</i> , 1990 , 13, 126-32	14.6	57
3	Metabolic effects of reducing rate of glucose ingestion by single bolus versus continuous sipping. <i>Diabetes</i> , 1990 , 39, 775-781	0.9	22
2	Nibbling versus gorging: metabolic advantages of increased meal frequency. <i>New England Journal of Medicine</i> , 1989 , 321, 929-34	59.2	356
1	Herbs in the Management of Diabetes Mellitus with An Emphasis on Ginseng	175-200	