

Maria del Mar Bibiloni Esteva

List of Publications by Year in descending order

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Version: 2024-02-01

87
papers

2,488
citations

201385

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233125

45
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all docs

93
docs citations

93
times ranked

4594
citing authors

#	ARTICLE	IF	CITATIONS
1	Dietary sources of omega 3 fatty acids: public health risks and benefits. <i>British Journal of Nutrition</i> , 2012, 107, S23-S52.	1.2	215
2	Adherence to the Mediterranean Diet and Inflammatory Markers. <i>Nutrients</i> , 2018, 10, 62.	1.7	157
3	Influence of Diet in Multiple Sclerosis: A Systematic Review. <i>Advances in Nutrition</i> , 2017, 8, 463-472.	2.9	155
4	Prevalence of Overweight and Obesity in Adolescents: A Systematic Review. <i>ISRN Obesity</i> , 2013, 2013, 1-14.	2.2	83
5	Dietary fat intake and metabolic syndrome in adults: A systematic review. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2019, 29, 887-905.	1.1	78
6	Body image and eating patterns among adolescents. <i>BMC Public Health</i> , 2013, 13, 1104.	1.2	73
7	Western and Mediterranean dietary patterns among Balearic Islands adolescents: socio-economic and lifestyle determinants. <i>Public Health Nutrition</i> , 2012, 15, 683-692.	1.1	70
8	Fluid intake from beverages across age groups: a systematic review. <i>Journal of Human Nutrition and Dietetics</i> , 2015, 28, 417-442.	1.3	63
9	Metabolic Syndrome Prevalence among Northern Mexican Adult Population. <i>PLoS ONE</i> , 2014, 9, e105581.	1.1	59
10	Adherence to the Mediterranean dietary pattern among Balearic Islands adolescents. <i>British Journal of Nutrition</i> , 2010, 103, 1657-1664.	1.2	58
11	Body image satisfaction and weight concerns among a Mediterranean adult population. <i>BMC Public Health</i> , 2017, 17, 39.	1.2	57
12	Cardioprotective Effects of the Polyphenol Hydroxytyrosol from Olive Oil. <i>Current Drug Targets</i> , 2017, 18, 1477-1486.	1.0	57
13	Mediterranean diets supplemented with virgin olive oil and nuts enhance plasmatic antioxidant capabilities and decrease xanthine oxidase activity in people with metabolic syndrome: The PREDIMED study. <i>Molecular Nutrition and Food Research</i> , 2016, 60, 2654-2664.	1.5	55
14	Carbohydrate quality changes and concurrent changes in cardiovascular risk factors: a longitudinal analysis in the PREDIMED-Plus randomized trial. <i>American Journal of Clinical Nutrition</i> , 2020, 111, 291-306.	2.2	50
15	Prevalence and risk factors for obesity in Balearic Islands adolescents. <i>British Journal of Nutrition</i> , 2010, 103, 99-106.	1.2	49
16	Therapeutic Effects of Hyperbaric Oxygen in the Process of Wound Healing. <i>Current Pharmaceutical Design</i> , 2019, 25, 1682-1693.	0.9	48
17	Inflammatory markers and metabolic syndrome among adolescents. <i>European Journal of Clinical Nutrition</i> , 2012, 66, 1141-1145.	1.3	46
18	Total and Subtypes of Dietary Fat Intake and Its Association with Components of the Metabolic Syndrome in a Mediterranean Population at High Cardiovascular Risk. <i>Nutrients</i> , 2019, 11, 1493.	1.7	41

#	ARTICLE	IF	CITATIONS
19	Proposal for a Breakfast Quality Index (BQI) for children and adolescents. <i>Public Health Nutrition</i> , 2013, 16, 639-644.	1.1	40
20	Metabolic syndrome in adolescents in the Balearic Islands, a Mediterranean region. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2011, 21, 446-454.	1.1	36
21	Association between sedentary behaviour and socioeconomic factors, diet and lifestyle among the Balearic Islands adolescents. <i>BMC Public Health</i> , 2012, 12, 718.	1.2	36
22	Dietary factors associated with subclinical inflammation among girls. <i>European Journal of Clinical Nutrition</i> , 2013, 67, 1264-1270.	1.3	36
23	Phytoestrogens enhance antioxidant enzymes after swimming exercise and modulate sex hormone plasma levels in female swimmers. <i>European Journal of Applied Physiology</i> , 2011, 111, 2281-2294.	1.2	34
24	Relationship between Body Image and Body Weight Control in Overweight & 55-Year-Old Adults: A Systematic Review. <i>International Journal of Environmental Research and Public Health</i> , 2019, 16, 1622.	1.2	34
25	Polyphenol estimated intake and dietary sources among older adults from Mallorca Island. <i>PLoS ONE</i> , 2018, 13, e0191573.	1.1	33
26	Dietary Fat Intake and Metabolic Syndrome in Older Adults. <i>Nutrients</i> , 2019, 11, 1901.	1.7	32
27	Western and Mediterranean Dietary Patterns and Physical Activity and Fitness among Spanish Older Adults. <i>Nutrients</i> , 2017, 9, 704.	1.7	29
28	Efficacy of dietary intervention or in combination with exercise on primary prevention of cardiovascular disease: A systematic review. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2020, 30, 1080-1093.	1.1	29
29	Consumption of functional foods in Europe; a systematic review. <i>Nutricion Hospitalaria</i> , 2014, 29, 470-8.	0.2	29
30	Polyphenols: Well Beyond The Antioxidant Capacity: Polyphenol Supplementation and Exercise-Induced Oxidative Stress and Inflammation. <i>Current Pharmaceutical Biotechnology</i> , 2014, 15, 373-379.	0.9	26
31	Prevalence and Related Risk Factors of Overweight and Obesity among the Adult Population in the Balearic Islands, a Mediterranean Region. <i>Obesity Facts</i> , 2015, 8, 220-233.	1.6	24
32	Docosahexaenoic Acid Supplementation Promotes Erythrocyte Antioxidant Defense and Reduces Protein Nitrosative Damage in Male Athletes. <i>Lipids</i> , 2015, 50, 131-148.	0.7	24
33	Leisure-Time Physical Activity and Metabolic Syndrome in Older Adults. <i>International Journal of Environmental Research and Public Health</i> , 2019, 16, 3358.	1.2	23
34	Adherence to Mediterranean Diet among Lebanese University Students. <i>Nutrients</i> , 2021, 13, 1264.	1.7	23
35	Compliance with the Mediterranean Diet Quality Index (KIDMED) among Balearic Islands' Adolescents and Its Association with Socioeconomic, Anthropometric and Lifestyle Factors. <i>Annals of Nutrition and Metabolism</i> , 2016, 68, 42-50.	1.0	21
36	Adherence to the Mediterranean diet and consumption of functional foods among the Balearic Islands' adolescent population. <i>Public Health Nutrition</i> , 2015, 18, 659-668.	1.1	20

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37	Trace element contents in toenails are related to regular physical activity in older adults. PLoS ONE, 2017, 12, e0185318.	1.1	20
38	Peripheral Blood Mononuclear Cells Antioxidant Adaptations to Regular Physical Activity in Elderly People. Nutrients, 2018, 10, 1555.	1.7	20
39	Adherence to the Mediterranean Lifestyle and Desired Body Weight Loss in a Mediterranean Adult Population with Overweight: A PREDIMED-Plus Study. Nutrients, 2020, 12, 2114.	1.7	20
40	Body mass index, life-style, and healthy status in free living elderly people in menorca island. Journal of Nutrition, Health and Aging, 2012, 16, 298-305.	1.5	19
41	Defining Body Fatness in Adolescents: A Proposal of the Afad-A Classification. PLoS ONE, 2013, 8, e55849.	1.1	19
42	Anthropometric and Quality-of-Life Parameters in Acute Intermittent Porphyria Patients. Medicine (United States), 2015, 94, e1023.	0.4	19
43	Anthropometry, Body Composition and Resting Energy Expenditure in Human. Nutrients, 2019, 11, 1891.	1.7	19
44	Effect of Free Fatty Acids on Inflammatory Gene Expression and Hydrogen Peroxide Production by Ex Vivo Blood Mononuclear Cells. Nutrients, 2020, 12, 146.	1.7	19
45	Metabolic Syndrome Features and Excess Weight Were Inversely Associated with Nut Consumption after 1-Year Follow-Up in the PREDIMED-Plus Study. Journal of Nutrition, 2020, 150, 3161-3170.	1.3	19
46	Serum Lipid Levels and Dyslipidaemia Prevalence among 2-10 Year-Old Northern Mexican Children. PLoS ONE, 2015, 10, e0119877.	1.1	18
47	Association between Physical Condition and Body Composition, Nutrient Intake, Sociodemographic Characteristics, and Lifestyle Habits in Older Spanish Adults. Nutrients, 2018, 10, 1608.	1.7	17
48	Physical Activity and Beverage Consumption among Adolescents. Nutrients, 2016, 8, 389.	1.7	16
49	Serum Lipid Profile, Prevalence of Dyslipidaemia, and Associated Risk Factors Among Northern Mexican Adolescents. Journal of Pediatric Gastroenterology and Nutrition, 2016, 63, 544-549.	0.9	16
50	Ten-Year Trends (1999-2010) of Adherence to the Mediterranean Diet among the Balearic Islands' Adult Population. Nutrients, 2017, 9, 749.	1.7	16
51	Weight Self-Regulation Process in Adolescence: The Relationship between Control Weight Attitudes, Behaviors, and Body Weight Status. Frontiers in Nutrition, 2015, 2, 14.	1.6	15
52	Protein Intake as a Risk Factor of Overweight/Obesity in 8- to 12-Year-Old Children. Medicine (United States), 2014, 93, 14.	0.4	14
53	Sleep Duration is Inversely Associated with Serum Uric Acid Concentrations and Uric Acid to Creatinine Ratio in an Elderly Mediterranean Population at High Cardiovascular Risk. Nutrients, 2019, 11, 761.	1.7	14
54	What is the relationship between physical fitness level and macro- and micronutrient intake in Spanish older adults?. European Journal of Nutrition, 2019, 58, 1579-1590.	1.8	14

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55	Association of Adherence to Specific Mediterranean Diet Components and Cardiorespiratory Fitness in Young Adults. <i>Nutrients</i> , 2020, 12, 776.	1.7	13
56	Determinants of Adherence to the Mediterranean Diet in Spanish Children and Adolescents: The PASOS Study. <i>Nutrients</i> , 2022, 14, 738.	1.7	12
57	Balearic adults have low intakes of fruits and vegetables compared with the dietary guidelines for adults in Spain. <i>Nutrition Research</i> , 2013, 33, 204-210.	1.3	11
58	Nut Consumptions as a Marker of Higher Diet Quality in a Mediterranean Population at High Cardiovascular Risk. <i>Nutrients</i> , 2019, 11, 754.	1.7	11
59	Prevalence of overweight, obesity, abdominal-obesity and short stature of adult population of Rosario, Argentina. <i>Nutricion Hospitalaria</i> , 2016, 33, 580.	0.2	11
60	Evaluation of antioxidant activity and nutritional composition of flavoured dehydrated soups packaged in different formats. Reducing the sodium content. <i>Journal of Food Science and Technology</i> , 2015, 52, 7850-7860.	1.4	10
61	Ten-Year Trends (2000-2010) of Overweight and Obesity Prevalence among the Young and Middle-Aged Adult Population of the Balearic Islands, a Mediterranean Region. <i>Annals of Nutrition and Metabolism</i> , 2015, 67, 76-80.	1.0	8
62	Seasonal variation and diet quality among Spanish people aged over 55 years. <i>Journal of Physiology and Biochemistry</i> , 2018, 74, 179-188.	1.3	8
63	Cross-sectional association between non-soy legume consumption, serum uric acid and hyperuricemia: the PREDIMED-Plus study. <i>European Journal of Nutrition</i> , 2020, 59, 2195-2206.	1.8	8
64	A Novel Physical Activity and Sedentary Behavior Classification and Its Relationship With Physical Fitness in Spanish Older Adults: The PHYSMED Study. <i>Journal of Physical Activity and Health</i> , 2017, 14, 815-822.	1.0	7
65	Beverage Consumption among Adults in the Balearic Islands: Association with Total Water and Energy Intake. <i>Nutrients</i> , 2018, 10, 1149.	1.7	7
66	Total fat and fatty acid intakes and food sources in Mediterranean older adults requires education to improve health. <i>Nutrition Research</i> , 2020, 73, 67-74.	1.3	7
67	Compliance with the 2010 Nutritional Objectives for the Spanish Population in the Balearic Islands'™ Adolescents. <i>Annals of Nutrition and Metabolism</i> , 2011, 58, 212-219.	1.0	6
68	Sociodemographic and Lifestyle Determinants of Functional Food Consumption in an Adult Population of the Balearic Islands. <i>Annals of Nutrition and Metabolism</i> , 2013, 63, 200-207.	1.0	6
69	Food Consumption Patterns of Balearic Islands'™ Adolescents Depending on Their Origin. <i>Journal of Immigrant and Minority Health</i> , 2015, 17, 358-366.	0.8	6
70	Prevalence of dyslipidaemia and associated risk factors among Balearic Islands adolescents, a Mediterranean region. <i>European Journal of Clinical Nutrition</i> , 2015, 69, 722-728.	1.3	6
71	Association between blood marker analyses regarding physical fitness levels in Spanish older adults: A cross-sectional study from the PHYSMED project. <i>PLoS ONE</i> , 2018, 13, e0206307.	1.1	6
72	Physical activity and metabolic syndrome severity among older adults at cardiovascular risk: 1-Year trends. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2021, 31, 2870-2886.	1.1	6

#	ARTICLE	IF	CITATIONS
73	The prevalence of excessive weight in Balearic Islands™ young and middle-aged women and its association with social and socioeconomic factors: a ten-year trend (2000â€“2010). BMC Public Health, 2015, 15, 837.	1.2	5
74	Quercetin Effects on Exercise Induced Oxidative Stress and Inflammation. Current Organic Chemistry, 2017, 21, 348-356.	0.9	5
75	Better body composition and lipid profile can be associated with vitamin D status in Spanish elderly? The PHYSMED study. Journal of Nutrition, Health and Aging, 2017, 21, 1329-1336.	1.5	4
76	Dietary Quality Changes According to the Preceding Maximum Weight: A Longitudinal Analysis in the PREDIMED-Plus Randomized Trial. Nutrients, 2020, 12, 3023.	1.7	4
77	Impact of physical activity and sedentarism on hydration status and liquid intake in Spanish older adults. The PHYSMED study. Nutricion Hospitalaria, 2016, 33, 309.	0.2	4
78	Estimation of antioxidants dietary intake in wet age-related macular degeneration patients. Nutricion Hospitalaria, 2014, 29, 880-8.	0.2	4
79	Hydration habits before, during and after training and competition days among amateur basketball players.. Nutricion Hospitalaria, 2018, 35, 612-619.	0.2	4
80	Ten-year trends in compliance with the current Spanish nutritional objectives in Balearic Islands adult population (2000â€“2010). Nutrition, 2014, 30, 800-806.	1.1	3
81	Nutrient adequacy and diet quality in a Mediterranean population with metabolic syndrome: A cross-sectional study. Clinical Nutrition, 2020, 39, 853-861.	2.3	3
82	Relation between Liver Transaminases and Dyslipidaemia among 2-10 y.o. Northern Mexican Children. PLoS ONE, 2016, 11, e0155994.	1.1	3
83	Combined Body Mass Index and Waist-to-Height Ratio and Its Association with Lifestyle and Health Factors among Spanish Children: The PASOS Study. Nutrients, 2022, 14, 234.	1.7	3
84	Ten-year trends (2000-2010) in bias of self-reported weight, height and body mass index in a Mediterranean adult population. Nutricion Hospitalaria, 2016, 33, 1367-1371.	0.2	2
85	Adaption and reliability of the Nutrition Environment Measures for stores (NEMS-S) instrument for use in urban areas of Chile. BMC Public Health, 2022, 22, 224.	1.2	2
86	Metabolic Syndrome and Functional Fitness Abilities. Journal of Clinical Medicine, 2021, 10, 5840.	1.0	1
87	Diet quality of Mediterranean adolescents evaluated by Mediterranean adaptation of the Diet Quality Index-Internationa(DQI I):socioeconomic, anthropometric, lifestyle and body image determinants. Journal of Clinical Nutrition & Dietetics, 2015, 01, .	0.3	0