Grant D Brinkworth

List of Publications by Year
in descending order

76 papers	4,813 citations	109264 35 h-index	95218 68 g-index
78 all docs	78 docs citations	78 times ranked	5908 citing authors

#	Article	IF	Citations
1	Almond consumption affects fecal microbiota composition, stool pH, and stool moisture in overweight and obese adults with elevated fasting blood glucose: A randomized controlled trial. Nutrition Research, 2021, 85, 47-59.	1.3	19
2	Efficacy and safety of low and very low carbohydrate diets for type 2 diabetes remission: systematic review and meta-analysis of published and unpublished randomized trial data. BMJ, The, 2021, 372, m4743.	3.0	186
3	Effects of very low-carbohydrate vs. high-carbohydrate weight loss diets on psychological health in adults with obesity and type 2 diabetes: a 2-year randomized controlled trial. European Journal of Nutrition, 2021, 60, 4251-4262.	1.8	11
4	The Carbohydrate Threshold in Pregnancy and Gestational Diabetes: How Low Can We Go?. Nutrients, 2021, 13, 2599.	1.7	24
5	Adults with and without type 1 diabetes have similar energy and macronutrient intakes: an analysis from the Australian Health Survey 2011-2013. Nutrition Research, 2020, 84, 25-32.	1.3	2
6	Nutritional adequacy of very low- and high-carbohydrate, low saturated fat diets in adults with type 2 diabetes: A secondary analysis of a 2-year randomised controlled trial. Diabetes Research and Clinical Practice, 2020, 170, 108501.	1.1	11
7	Very Low and Higher Carbohydrate Diets Promote Differential Appetite Responses in Adults with Type 2 Diabetes: A Randomized Trial. Journal of Nutrition, 2020, 150, 800-805.	1.3	11
8	An evidenceâ€based approach to developing lowâ€carbohydrate diets for type 2 diabetes management: A systematic review of interventions and methods. Diabetes, Obesity and Metabolism, 2019, 21, 2513-2525.	2.2	17
9	Efficacy of Real-Time Continuous Glucose Monitoring to Improve Effects of a Prescriptive Lifestyle Intervention in Type 2 Diabetes: A Pilot Study. Diabetes Therapy, 2019, 10, 509-522.	1.2	29
10	Predictors of Lifestyle Intervention Attrition or Weight Loss Success in Women with Polycystic Ovary Syndrome Who Are Overweight or Obese. Nutrients, 2019, 11, 492.	1.7	34
11	Effects of almond consumption on metabolic function and liver fat in overweight and obese adults with elevated fasting blood glucose: A randomised controlled trial. Clinical Nutrition ESPEN, 2019, 30, 10-18.	0.5	36
12	Effectiveness and acceptability of continuous glucose monitoring for type 2 diabetes management: A narrative review. Journal of Diabetes Investigation, 2018, 9, 713-725.	1.1	53
13	Effects of an energyâ€restricted lowâ€carbohydrate, high unsaturated fat/low saturated fat diet versus a highâ€carbohydrate, lowâ€fat diet in type 2 diabetes: A 2â€year randomized clinical trial. Diabetes, Obesity and Metabolism, 2018, 20, 858-871.	2.2	139
14	Comparison of two low-fat diets, differing in protein and carbohydrate, on psychological wellbeing in adults with obesity and type 2 diabetes: a randomised clinical trial. Nutrition Journal, 2018, 17, 62.	1.5	12
15	Reductions in food cravings are similar with low-fat weight loss diets differing in protein and carbohydrate in overweight and obese adults with type 2 diabetes: A randomized clinical trial. Nutrition Research, 2018, 57, 56-66.	1.3	12
16	Effects of Low-Fat Diets Differing in Protein and Carbohydrate Content on Cardiometabolic Risk Factors during Weight Loss and Weight Maintenance in Obese Adults with Type 2 Diabetes. Nutrients, 2016, 8, 289.	1.7	37
17	Dairy Intake Enhances Body Weight and Composition Changes during Energy Restriction in 18â€“50-Year-Old Adultsâ€”A Meta-Analysis of Randomized Controlled Trials. Nutrients, 2016, 8, 394.	1.7	46
18	Long-Term Effects of a Randomised Controlled Trial Comparing High Protein or High Carbohydrate Weight Loss Diets on Testosterone, SHBG, Erectile and Urinary Function in Overweight and Obese Men. PLoS ONE, 2016, 11, e0161297.	1.1	60

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19	Longâ€term effects of very lowâ€carbohydrate and highâ€carbohydrate weightâ€loss diets on psychological health in obese adults with type 2 diabetes: randomized controlled trial. Journal of Internal Medicine, 2016, 280, 388-397.	2.7	34
20	A randomised-controlled trial of the effects of very low-carbohydrate and high-carbohydrate diets on cognitive performance in patients with type 2 diabetes. British Journal of Nutrition, 2016, 116, 1745-1753.	1.2	11
21	Long-term effects of weight loss with a very-low carbohydrate, low saturated fat diet on flow mediated dilatation in patients with type 2 diabetes: A randomised controlled trial. Atherosclerosis, 2016, 252, 28-31.	0.4	33
22	Response to comment on: Thomson etÂal. Muscle strength gains during resistance exercise training are attenuated with soy compared with dairy or usual protein intake in older adults: A randomized controlled trial. Clinical Nutrition 35:27â€“33, 2016. Clinical Nutrition, 2016, 35, 1573-1574.	2.3	1
23	Short term effects of palm-tocotrienol and palm-carotenes on vascular function and cardiovascular disease risk: A randomised controlled trial. Atherosclerosis, 2016, 254, 205-214.	0.4	32
24	Perceived exercise barriers are reduced and benefits are improved with lifestyle modification in overweight and obese women with polycystic ovary syndrome: a randomised controlled trial. BMC Women's Health, 2016, 16, 14.	0.8	36
25	Muscle strength gains during resistance exercise training are attenuated with soy compared with dairy or usual protein intake in older adults: A randomized controlled trial. Clinical Nutrition, 2016, 35, 27-33.	2.3	37
26	Long-term effects of a very-low-carbohydrate weight-loss diet and an isocaloric low-fat diet on bone health in obese adults. Nutrition, 2016, 32, 1033-1036.	1.1	25
27	Long-Term Effects of a Very Low Carbohydrate Compared With a High Carbohydrate Diet on Renal Function in Individuals With Type 2 Diabetes. Medicine (United States), 2015, 94, e2181.	0.4	84
28	Defining meal requirements for protein to optimize metabolic roles of amino acids. American Journal of Clinical Nutrition, 2015, 101, 1330S-1338S.	2.2	100
29	Palmolein and olive oil consumed within a high protein test meal have similar effects on postprandial endothelial function in overweight and obese men: A randomized controlled trial. Atherosclerosis, 2015, 239, 178-185.	0.4	13
30	Comparison of low- and high-carbohydrate diets for type 2 diabetes management: a randomized trial. American Journal of Clinical Nutrition, 2015, 102, 780-790.	2.2	251
31	Glycemic Variability: Assessing Glycemia Differently and the Implications for Dietary Management of Diabetes. Annual Review of Nutrition, 2015, 35, 389-424.	4.3	46
32	A randomised trial comparing low-fat diets differing in carbohydrate and protein ratio, combined with regular moderate intensity exercise, on glycaemic control, cardiometabolic risk factors, food cravings, cognitive function and psychological wellbeing in adults with type 2 diabetes: Study protocol. Contemporary Clinical Trials, 2015, 45, 217-225.	0.8	14
33	Lowâ€Fat Diets Differing in Protein and Carbohydrate Content on Cardiometabolic Risk Factors in Adults with Type 2 Diabetes. FASEB Journal, 2015, 29, 117.8.	0.2	0
34	Response to Comment on Tay et al. A Very Low-Carbohydrate, Lowâ€“Saturated Fat Diet for Type 2 Diabetes Management: A Randomized Trial. Diabetes Care 2014;37:2909â€“2918. Diabetes Care, 2015, 38, e65-e66.	4.3	2
35	Weight loss on a structured hypocaloric diet with or without exercise improves emotional distress and quality of life in overweight and obese patients with type 2 diabetes. Journal of Diabetes Investigation, 2014, 5, 94-98.	1.1	18
36	A Very Low-Carbohydrate, Lowâ€“Saturated Fat Diet for Type 2 Diabetes Management: A Randomized Trial. Diabetes Care, 2014, 37, 2909-2918.	4.3	200

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37	Long-Term Effects of a Very Low-Carbohydrate Weight Loss Diet on Exercise Capacity and Tolerance in Overweight and Obese Adults. Journal of the American College of Nutrition, 2014, 33, 267-273.	1.1	14
38	A telephone-supported cardiovascular lifestyle programme (CLIP) for lipid reduction and weight loss in general practice patients: a randomised controlled pilot trial. Public Health Nutrition, 2014, 17, 640-647.	1.1	13
39	Comparison of the effects of weight loss from a high-protein versus standard-protein energy-restricted diet on strength and aerobic capacity in overweight and obese men. European Journal of Nutrition, 2013, 52, 317-325.	1.8	31
40	Psychological well-being response to high protein and high carbohydrate weight loss diets in overweight and obese men: AÂrandomised trial. E-SPEN Journal, 2013, 8, e235-e240.	0.5	6
41	Changes in endothelial function and depression scores are associated following long-term dietary intervention: A secondary analysis. Nutrition, 2013, 29, 1271-1274.	1.1	13
42	Seasonal effects on vitamin D status influence outcomes of lifestyle intervention in overweight and obeseÂwomen with polycystic ovary syndrome. Fertility and Sterility, 2013, 99, 1779-1785.	0.5	17
43	Adherence to Diets for Weight Loss. JAMA - Journal of the American Medical Association, 2013, 310, 2676.	3.8	0
44	A comparison of cognitive restructuring and cognitive defusion as strategies for resisting a craved food. Psychology and Health, 2012, 27, 74-90.	1.2	37
45	Effects of energy-restricted high-protein, low-fat compared with standard-protein, low-fat diets: a meta-analysis of randomized controlled trials. American Journal of Clinical Nutrition, 2012, 96, 1281-1298.	2.2	446
46	Moderate weight loss improves heart rate variability in overweight and obese adults with type 2 diabetes. Journal of Applied Physiology, 2011, 110, 1060-1064.	1.2	37
47	Renal Function Following Long-Term Weight Loss in Individuals with Abdominal Obesity on a Very-Low-Carbohydrate Diet vs High-Carbohydrate Diet. Journal of the American Dietetic Association, 2010, 110, 633-638.	1.3	49
48	Timing of protein ingestion relative to resistance exercise training does not influence body composition, energy expenditure, glycaemic control or cardiometabolic risk factors in a hypocaloric, high protein diet in patients with type 2 diabetes. Diabetes, Obesity and Metabolism, 2010, 12, 1097-1105.	2.2	14
49	A High-Protein Diet With Resistance Exercise Training Improves Weight Loss and Body Composition in Overweight and Obese Patients With Type 2 Diabetes. Diabetes Care, 2010, 33, 969-976.	4.3	178
50	Heart rate recovery improves after weight loss in overweight and obese women with polycystic ovary syndrome. Fertility and Sterility, 2010, 93, 1173-1178.	0.5	17
51	Lifestyle management improves quality of life and depression in overweight and obese women with polycystic ovary syndrome. Fertility and Sterility, 2010, 94, 1812-1816.	0.5	163
52	Bovine Colostrum Supplementation During Running Training Increases Intestinal Permeability. Nutrients, 2009, 1, 224-234.	1.7	18
53	Long-term effects of a very-low-carbohydrate weight loss diet compared with an isocaloric low-fat diet after 12 mo. American Journal of Clinical Nutrition, 2009, 90, 23-32.	2.2	238
54	Long-term Effects of a Very Low-Carbohydrate Diet and a Low-Fat Diet on Mood and Cognitive Function. Archives of Internal Medicine, 2009, 169, 1873.	4.3	146

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55	Comparative effects of very low-carbohydrate, high-fat and high-carbohydrate, low-fat weight-loss diets on bowel habit and faecal short-chain fatty acids and bacterial populations. British Journal of Nutrition, 2009, 101, 1493.	1.2	220
56	Effects of a Low Carbohydrate Weight Loss Diet on Exercise Capacity and Tolerance in Obese Subjects. Obesity, 2009, 17, 1916-1923.	1.5	42
57	The Effect of a Hypocaloric Diet With and Without Exercise Training on Body Composition, Cardiometabolic Risk Profile, and Reproductive Function in Overweight and Obese Women With Polycystic Ovary Syndrome. Obstetrical and Gynecological Survey, 2009, 64, 244-245.	0.2	3
58	Effect of caloric restriction with and without exercise training on oxidative stress and endothelial function in obese subjects with type 2 diabetes. Diabetes, Obesity and Metabolism, 2008, 10, 1062-1073.	2.2	91
59	The Effect of a Hypocaloric Diet with and without Exercise Training on Body Composition, Cardiometabolic Risk Profile, and Reproductive Function in Overweight and Obese Women with Polycystic Ovary Syndrome. Journal of Clinical Endocrinology and Metabolism, 2008, 93, 3373-3380.	1.8	216
60	Metabolic Effects of Weight Loss on a Very-Low-Carbohydrate Diet Compared With an Isocaloric High-Carbohydrate Diet in Abdominally Obese Subjects. Journal of the American College of Cardiology, 2008, 51, 59-67.	1.2	157
61	Reductions in Blood Pressure Following Energy Restriction for Weight Loss Do Not Rebound after Re-Establishment of Energy Balance in Overweight and Obese Subjects. Clinical and Experimental Hypertension, 2008, 30, 385-396.	0.5	21
62	Dietary Therapy in Polycystic Ovary Syndrome. Seminars in Reproductive Medicine, 2008, 26, 085-092.	0.5	39
63	Effects of weight loss from a very-low-carbohydrate diet on endothelial function and markers of cardiovascular disease risk in subjects with abdominal obesity. American Journal of Clinical Nutrition, 2008, 87, 567-576.	2.2	134
64	Low- and high-carbohydrate weight-loss diets have similar effects on mood but not cognitive performance. American Journal of Clinical Nutrition, 2007, 86, 580-587.	2.2	125
65	Effects of weight loss on a low-carbohydrate diet on flow-mediated dilatation, adhesion molecules and adiponectin. British Journal of Nutrition, 2007, 98, 852-9.	1.2	71
66	Good agreement between bioelectrical impedance and dual-energy X-ray absorptiometry for estimating changes in body composition during weight loss in overweight young women. Clinical Nutrition, 2007, 26, 771-777.	2.3	152
67	Weight loss improves heart rate recovery in overweight and obese men with features of the metabolic syndrome. American Heart Journal, 2006, 152, 693.e1-693.e6.	1.2	61
68	Flow-mediated dilatation in overweight and obese women with polycystic ovary syndrome. BJOG: an International Journal of Obstetrics and Gynaecology, 2006, 113, 1308-1314.	1.1	39
69	Comparison of Three Bioelectrical Impedance Methods with DXA in Overweight and Obese Men. Obesity, 2006, 14, 2064-2070.	1.5	160
70	Effect of bovine colostrum supplementation on the composition of resistance trained and untrained limbs in healthy young men. European Journal of Applied Physiology, 2004, 91, 53-60.	1.2	13
71	Bovine colostrum supplementation does not affect plasma buffer capacity or haemoglobin content in elite female rowers. European Journal of Applied Physiology, 2004, 91, 353-356.	1.2	6
72	Concentrated bovine colostrum protein supplementation reduces the incidence of self-reported symptoms of upper respiratory tract infection in adult males. European Journal of Nutrition, 2003, 42, 228-232.	1.8	71

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73	Bovine colostrum supplementation does not affect nutrient absorptive capacity in healthy young men. Nutrition Research, 2003, 23, 1619-1629.	1.3	7
74	Effect of bovine colostrum on anaerobic exercise performance and plasma insulin-like growth factor I. Journal of Sports Sciences, 2003, 21, 577-588.	1.0	40
75	Oral Bovine Colostrum Supplementation Enhances Buffer Capacity but Not Rowing Performance in Elite Female Rowers. International Journal of Sport Nutrition and Exercise Metabolism, 2002, 12, 349-363.	1.0	31
76	Effects of a Low Carbohydrate Weight Loss Diet on Exercise Capacity and Tolerance in Obese Subjects. Obesity, 0, , .	1.5	0