

# Thomas M S Wolever

## List of Publications by Year in descending order

Source: <https://exaly.com/author-pdf/1931290/publications.pdf>

Version: 2024-02-01

90  
papers

6,119  
citations

71102

41  
h-index

69250

77  
g-index

91  
all docs

91  
docs citations

91  
times ranked

6036  
citing authors

#	ARTICLE	IF	CITATIONS
1	High $\alpha$ -linolenic acid flaxseed ( <i>Linum usitatissimum</i> ): some nutritional properties in humans. <i>British Journal of Nutrition</i> , 1993, 69, 443-453.	2.3	377
2	Physicochemical properties of oat $\beta$ -glucan influence its ability to reduce serum LDL cholesterol in humans: a randomized clinical trial. <i>American Journal of Clinical Nutrition</i> , 2010, 92, 723-732.	4.7	337
3	Cholesterol-lowering effects of oat $\beta$ -glucan: a meta-analysis of randomized controlled trials. <i>American Journal of Clinical Nutrition</i> , 2014, 100, 1413-1421.	4.7	289
4	Inverse association between the effect of carbohydrates on blood glucose and subsequent short-term food intake in young men. <i>American Journal of Clinical Nutrition</i> , 2002, 76, 1023-1030.	4.7	258
5	The fermentable fibre inulin increases postprandial serum short-chain fatty acids and reduces free-fatty acids and ghrelin in healthy subjects. <i>Applied Physiology, Nutrition and Metabolism</i> , 2010, 35, 9-16.	1.9	239
6	Overweight among children and adolescents in a Native Canadian community: prevalence and associated factors. <i>American Journal of Clinical Nutrition</i> , 2000, 71, 693-700.	4.7	229
7	The molecular weight, solubility and viscosity of oat beta-glucan affect human glycemic response by modifying starch digestibility. <i>Food Chemistry</i> , 2011, 129, 297-304.	8.2	200
8	Effect of blood sampling schedule and method of calculating the area under the curve on validity and precision of glycaemic index values. <i>British Journal of Nutrition</i> , 2004, 91, 295-300.	2.3	190
9	High-carbohydrate/low-glycaemic index dietary advice improves glucose disposition index in subjects with impaired glucose tolerance. <i>British Journal of Nutrition</i> , 2002, 87, 477-487.	2.3	189
10	Measuring the glycemic index of foods: interlaboratory study. <i>American Journal of Clinical Nutrition</i> , 2008, 87, 247S-257S.	4.7	166
11	Food glycemic index, as given in Glycemic Index tables, is a significant determinant of glycemic responses elicited by composite breakfast meals. <i>American Journal of Clinical Nutrition</i> , 2006, 83, 1306-1312.	4.7	163
12	Glycaemic index of 102 complex carbohydrate foods in patients with diabetes. <i>Nutrition Research</i> , 1994, 14, 651-669.	2.9	162
13	Long-term effect of varying the source or amount of dietary carbohydrate on postprandial plasma glucose, insulin, triacylglycerol, and free fatty acid concentrations in subjects with impaired glucose tolerance. <i>American Journal of Clinical Nutrition</i> , 2003, 77, 612-621.	4.7	160
14	Dietary Glycemic Index and Load and the Risk of Type 2 Diabetes: A Systematic Review and Updated Meta-Analyses of Prospective Cohort Studies. <i>Nutrients</i> , 2019, 11, 1280.	4.1	149
15	Sugar-sweetened beverage consumption and incident hypertension: a systematic review and meta-analysis of prospective cohorts. <i>American Journal of Clinical Nutrition</i> , 2015, 102, 914-921.	4.7	134
16	Genetic variation in TAS1R2 (Ile191Val) is associated with consumption of sugars in overweight and obese individuals in 2 distinct populations. <i>American Journal of Clinical Nutrition</i> , 2010, 92, 1501-1510.	4.7	132
17	Glycemic index of potatoes commonly consumed in North America. <i>Journal of the American Dietetic Association</i> , 2005, 105, 557-562.	1.1	128
18	Physicochemical Properties of $\beta$ -Glucan in Differently Processed Oat Foods Influence Glycemic Response. <i>Journal of Agricultural and Food Chemistry</i> , 2009, 57, 8831-8838.	5.2	127

#	ARTICLE	IF	CITATIONS
19	Glycemic Response to Oat Bran Muffins Treated to Vary Molecular Weight of $\beta$ -Glucan. <i>Cereal Chemistry</i> , 2008, 85, 211-217.	2.2	124
20	The Effects of Fat and Protein on Glycemic Responses in Nondiabetic Humans Vary with Waist Circumference, Fasting Plasma Insulin, and Dietary Fiber Intake. <i>Journal of Nutrition</i> , 2006, 136, 2506-2511.	2.9	112
21	Dietary protein, carbohydrate, and fat enhance memory performance in the healthy elderly. <i>American Journal of Clinical Nutrition</i> , 2001, 74, 687-693.	4.7	110
22	Dietary Glycemic Index and Load and the Risk of Type 2 Diabetes: Assessment of Causal Relations. <i>Nutrients</i> , 2019, 11, 1436.	4.1	105
23	Dietary carbohydrates and insulin action in humans. <i>British Journal of Nutrition</i> , 2000, 83, S97-S102.	2.3	99
24	Effect of Fructose on Established Lipid Targets: A Systematic Review and Meta-Analysis of Controlled Feeding Trials. <i>Journal of the American Heart Association</i> , 2015, 4, e001700.	3.7	94
25	Insulin Resistance and Adiponectin Levels in Drug-Free Patients with Schizophrenia: A Preliminary Report. <i>Canadian Journal of Psychiatry</i> , 2006, 51, 382-386.	1.9	91
26	Starchy foods and fiber: reduced rate of digestion and improved carbohydrate metabolism. <i>Scandinavian Journal of Gastroenterology</i> , 1987, 22, 132-141.	1.5	84
27	Relation of total sugars, fructose and sucrose with incident type 2 diabetes: a systematic review and meta-analysis of prospective cohort studies. <i>Cmaj</i> , 2017, 189, E711-E720.	2.0	83
28	Day-to-Day Consistency in Amount and Source of Carbohydrate Intake Associated with Improved Blood Glucose Control in Type 1 Diabetes. <i>Journal of the American College of Nutrition</i> , 1999, 18, 242-247.	1.8	79
29	Comparison of regular and parboiled rices: explanation of discrepancies between reported glycemic responses to rice. <i>Nutrition Research</i> , 1986, 6, 349-357.	2.9	77
30	Fructose intake and risk of gout and hyperuricemia: a systematic review and meta-analysis of prospective cohort studies. <i>BMJ Open</i> , 2016, 6, e013191.	1.9	74
31	Effect of low glycaemic index or load dietary patterns on glycaemic control and cardiometabolic risk factors in diabetes: systematic review and meta-analysis of randomised controlled trials. <i>BMJ</i> , The, 2021, 374, n1651.	6.0	70
32	High-carbohydrateâ€“low-glycaemic index dietary advice improves glucose disposition index in subjects with impaired glucose tolerance. <i>British Journal of Nutrition</i> , 2002, 87, 477-487.	2.3	69
33	The hypoglycemic effect of fat and protein is not attenuated by insulin resistance. <i>American Journal of Clinical Nutrition</i> , 2010, 91, 98-105.	4.7	66
34	Glycemic Index of Foods in Individual Subjects. <i>Diabetes Care</i> , 1990, 13, 126-132.	8.6	63
35	l-Rhamnose increases serum propionate in humans. <i>American Journal of Clinical Nutrition</i> , 2004, 80, 89-94.	4.7	60
36	The Acute Effect of Fat on Insulin Secretion. <i>Journal of Clinical Endocrinology and Metabolism</i> , 1988, 66, 323-326.	3.6	54

#	ARTICLE	IF	CITATIONS
37	Effect of fat on glycaemic responses in normal subjects: a dose-response study. <i>Nutrition Research</i> , 2003, 23, 1341-1347.	2.9	53
38	Increasing oat $\beta$ -glucan viscosity in a breakfast meal slows gastric emptying and reduces glycemic and insulinemic responses but has no effect on appetite, food intake, or plasma ghrelin and PYY responses in healthy humans: a randomized, placebo-controlled, crossover trial. <i>American Journal of Clinical Nutrition</i> , 2020, 111, 319-328.	4.7	50
39	Glycemic Response to a Food Starch Esterified by 1-Octenyl Succinic Anhydride in Humans. <i>Journal of Agricultural and Food Chemistry</i> , 2001, 49, 2674-2678.	5.2	49
40	21 days of mammalian omega-3 fatty acid supplementation improves aspects of neuromuscular function and performance in male athletes compared to olive oil placebo. <i>Journal of the International Society of Sports Nutrition</i> , 2015, 12, 28.	3.9	49
41	The effect of oat $\beta$ -glucan on postprandial blood glucose and insulin responses: a systematic review and meta-analysis. <i>European Journal of Clinical Nutrition</i> , 2021, 75, 1540-1554.	2.9	44
42	Glycemic Response to Extruded Oat Bran Cereals Processed to Vary in Molecular Weight. <i>Cereal Chemistry</i> , 2012, 89, 255-261.	2.2	43
43	Dietary Fibre Consensus from the International Carbohydrate Quality Consortium (ICQC). <i>Nutrients</i> , 2020, 12, 2553.	4.1	42
44	Effect of adding oat bran to instant oatmeal on glycaemic response in humans – a study to establish the minimum effective dose of oat $\beta$ -glucan. <i>Food and Function</i> , 2018, 9, 1692-1700.	4.6	38
45	Barley Cultivar, Kernel Composition, and Processing Affect the Glycemic Index. <i>Journal of Nutrition</i> , 2012, 142, 1666-1671.	2.9	36
46	Availability of calcium for absorption in the small intestine and colon from diets containing available and unavailable carbohydrates: an <i>in vitro</i> assessment. <i>International Journal of Food Sciences and Nutrition</i> , 1996, 47, 83-88.	2.8	31
47	Effect of Consuming Oat Bran Mixed in Water before a Meal on Glycemic Responses in Healthy Humans – A Pilot Study. <i>Nutrients</i> , 2016, 8, 524.	4.1	31
48	Glycaemic index of fruits and fruit products in patients with diabetes. <i>International Journal of Food Sciences and Nutrition</i> , 1993, 43, 205-212.	2.8	29
49	Perceived Barriers to Application of Glycaemic Index: Valid Concerns or Lost in Translation?. <i>Nutrients</i> , 2011, 3, 330-340.	4.1	25
50	Increasing the viscosity of oat $\beta$ -glucan beverages by reducing solution volume does not reduce glycaemic responses. <i>British Journal of Nutrition</i> , 2013, 110, 1465-1471.	2.3	25
51	Controlling subjects' prior diet and activities does not reduce within-subject variation of postprandial glycemic responses to foods. <i>Nutrition Research</i> , 2003, 23, 621-629.	2.9	22
52	Evaluation of a glucose meter for determining the glycemic responses of foods. <i>Clinica Chimica Acta</i> , 2005, 356, 191-198.	1.1	22
53	Equivalent glycemic load (EGL): a method for quantifying the glycemic responses elicited by low carbohydrate foods. <i>Nutrition and Metabolism</i> , 2006, 3, 33.	3.0	20
54	Effect of coffee and tea on the glycaemic index of foods: no effect on mean but reduced variability. <i>British Journal of Nutrition</i> , 2009, 101, 1282.	2.3	20

#	ARTICLE	IF	CITATIONS
55	Glycemic Index and Insulinemic Index of Foods: An Interlaboratory Study Using the ISO 2010 Method. <i>Nutrients</i> , 2019, 11, 2218.	4.1	19
56	Time of day influences relative glycaemic effect of foods. <i>Nutrition Research</i> , 1996, 16, 381-384.	2.9	18
57	Attenuation of glycemic responses by oat $\beta$ -glucan solutions and viscoelastic gels is dependent on molecular weight distribution. <i>Food and Function</i> , 2013, 4, 401-408.	4.6	18
58	Yogurt Is a Low-Glycemic Index Food. <i>Journal of Nutrition</i> , 2017, 147, 1462S-1467S.	2.9	18
59	Effect of serving size and addition of sugar on the glycemic response elicited by oatmeal: A randomized, cross-over study. <i>Clinical Nutrition ESPEN</i> , 2016, 16, 48-54.	1.2	17
60	Whole Soy Flour Incorporated into a Muffin and Consumed at 2 Doses of Soy Protein Does Not Lower LDL Cholesterol in a Randomized, Double-Blind Controlled Trial of Hypercholesterolemic Adults. <i>Journal of Nutrition</i> , 2015, 145, 2665-2674.	2.9	16
61	Glycemic Index Predicts Individual Glucose Responses after Self-Selected Breakfasts in Free-Living, Abdominally Obese Adults. <i>Journal of Nutrition</i> , 2012, 142, 27-32.	2.9	15
62	Using in vivo corneal confocal microscopy to identify diabetic sensorimotor polyneuropathy risk profiles in patients with type 1 diabetes. <i>BMJ Open Diabetes Research and Care</i> , 2017, 5, e000251.	2.8	15
63	Glycemic index is as reliable as macronutrients on food labels. <i>American Journal of Clinical Nutrition</i> , 2017, 105, 768-769.	4.7	15
64	Interaction between Methane-Producing Status and Diet on Serum Acetate Concentration in Humans. <i>Journal of Nutrition</i> , 1993, 123, 681-688.	2.9	13
65	Effect of preparation method on the glycaemic index of novel potato clones. <i>Food and Function</i> , 2011, 2, 438.	4.6	13
66	Impact of oat processing on glycaemic and insulinaemic responses in healthy humans: a randomised clinical trial. <i>British Journal of Nutrition</i> , 2019, 121, 1264-1270.	2.3	13
67	An Oat $\beta$ -Glucan Beverage Reduces LDL Cholesterol and Cardiovascular Disease Risk in Men and Women with Borderline High Cholesterol: A Double-Blind, Randomized, Controlled Clinical Trial. <i>Journal of Nutrition</i> , 2021, 151, 2655-2666.	2.9	13
68	Important Food Sources of Fructose-Containing Sugars and Non-Alcoholic Fatty Liver Disease: A Systematic Review and Meta-Analysis of Controlled Trials. <i>Nutrients</i> , 2022, 14, 2846.	4.1	13
69	Effect of Processing on Postprandial Glycemic Response and Consumer Acceptability of Lentil-Containing Food Items. <i>Foods</i> , 2018, 7, 76.	4.3	12
70	Glycemic Index of Slowly Digestible Carbohydrate Alone and in Powdered Drink-Mix. <i>Nutrients</i> , 2019, 11, 1228.	4.1	12
71	Effect of volume and type of beverage consumed with a standard test meal on postprandial blood glucose responses. <i>Nutrition Research</i> , 1998, 18, 1857-1863.	2.9	11
72	Neuromuscular adaptations to sprint interval training and the effect of mammalian omega-3 fatty acid supplementation. <i>European Journal of Applied Physiology</i> , 2017, 117, 469-482.	2.5	11

#	ARTICLE	IF	CITATIONS
73	Effects of Changing the Amount and Source of Dietary Carbohydrates on Symptoms and Dietary Satisfaction Over a 1-Year Period in Subjects with Type 2 Diabetes: Canadian Trial of Carbohydrates in Diabetes (CCD). <i>Canadian Journal of Diabetes</i> , 2017, 41, 164-176.	0.8	11
74	Reply to letter by Abaira and Lawrence. <i>American Journal of Clinical Nutrition</i> , 1983, 37, 153-154.	4.7	10
75	Measuring glycaemic responses: duplicate fasting samples or duplicate measures of one fasting sample?. <i>British Journal of Nutrition</i> , 2006, 96, 799-802.	2.3	10
76	Glycaemic and insulinaemic impact of oats soaked overnight in milk vs. cream of rice with and without sugar, nuts, and seeds: a randomized, controlled trial. <i>European Journal of Clinical Nutrition</i> , 2019, 73, 86-93.	2.9	8
77	Effect of Oat $\beta$ -Glucan on Affective and Physical Feeling States in Healthy Adults: Evidence for Reduced Headache, Fatigue, Anxiety and Limb/Joint Pains. <i>Nutrients</i> , 2021, 13, 1534.	4.1	7
78	Effect of Varying Molecular Weight of Oat $\beta$ -Glucan Taken just before Eating on Postprandial Glycemic Response in Healthy Humans. <i>Nutrients</i> , 2020, 12, 2275.	4.1	6
79	Oat Beta-Glucan and Postprandial Blood Glucose Regulation: A Systematic Review and Meta-Analysis of Acute, Single-Meal Feeding, Controlled Trials. <i>Current Developments in Nutrition</i> , 2020, 4, nzaa049_070.	0.3	6
80	The In Vitro And In Vivo Anti-Amylase Activity Of Starch Blockers. <i>Journal of Plant Foods</i> , 1983, 5, 23-30.	0.0	5
81	Effect of blood sampling schedule on the ability to discriminate between postprandial glycemic responses. <i>Nutrition</i> , 2009, 25, 1064-1066.	2.4	5
82	Lower diet glycaemic index in African than South Asian men in Trinidad and Tobago. <i>International Journal of Food Sciences and Nutrition</i> , 2002, 53, 297-303.	2.8	4
83	OUP accepted manuscript. <i>American Journal of Clinical Nutrition</i> , 2021, 114, 1633-1645.	4.7	4
84	Do Whole Grain Cereals Really Reduce LDL-Cholesterol by 0.72 mmol/L?. <i>Journal of Nutrition</i> , 2013, 143, 1521-1522.	2.9	3
85	Acute glycemic and insulin response of Fosseance <sup>®</sup> alone, or when substituted or added to a carbohydrate challenge: A three-phase, acute, randomized, cross-over, double blind clinical trial. <i>Heliyon</i> , 2021, 7, e06805.	3.2	2
86	The importance of molecular weight in determining the minimum dose of oat $\beta$ -glucan required to reduce the glycaemic response in healthy subjects without diabetes: a systematic review and meta-regression analysis. <i>European Journal of Clinical Nutrition</i> , 2023, 77, 308-315.	2.9	2
87	Differential Serving Sizes of High $\beta$ Glucan Oatmeal Elicit Lower Glycemic Response than Rice Cereal. <i>FASEB Journal</i> , 2015, 29, LB360.	0.5	1
88	Genetic Polymorphisms of TNF $\alpha$ Modify the Effect of Dietary Polyunsaturated Fatty Acids on Fasting Plasma Levels of HDL $\omega$ and ApoA in Individuals with Type 2 Diabetes. <i>FASEB Journal</i> , 2006, 20, A126.	0.5	0
89	The effect of a low glycemic index diet on gestational hyperglycemia: A pilot trial. <i>FASEB Journal</i> , 2010, 24, 231.1.	0.5	0
90	Decreasing the RAG:SAG ratio of granola cereal predictably reduces postprandial glucose and insulin responses: a report of four randomised trials in healthy adults. <i>Journal of Nutritional Science</i> , 2022, 11, e21.	1.9	0