Thomas M S Wolever

List of Publications by Year
in descending order

90 papers	6,119 citations	70961 41 h-index	69108 77 g-index
91 all docs	91 docs citations	91 times ranked	6036 citing authors

#	Article	IF	Citations
1	High Î±-linolenic acid flaxseed (Linum usitatissimum):some nutritional properties in humans. British Journal of Nutrition, 1993, 69, 443-453.	1.2	377
2	Physicochemical properties of oat Î²-glucan influence its ability to reduce serum LDL cholesterol in humans: a randomized clinical trial. American Journal of Clinical Nutrition, 2010, 92, 723-732.	2.2	337
3	Cholesterol-lowering effects of oat Î²-glucan: a meta-analysis of randomized controlled trials. American Journal of Clinical Nutrition, 2014, 100, 1413-1421.	2.2	289
4	Inverse association between the effect of carbohydrates on blood glucose and subsequent short-term food intake in young men,,. American Journal of Clinical Nutrition, 2002, 76, 1023-1030.	2.2	258
5	The fermentable fibre inulin increases postprandial serum short-chain fatty acids and reduces free-fatty acids and ghrelin in healthy subjects. Applied Physiology, Nutrition and Metabolism, 2010, 35, 9-16.	0.9	239
6	Overweight among children and adolescents in a Native Canadian community: prevalence and associated factors. American Journal of Clinical Nutrition, 2000, 71, 693-700.	2.2	229
7	The molecular weight, solubility and viscosity of oat beta-glucan affect human glycemic response by modifying starch digestibility. Food Chemistry, 2011, 129, 297-304.	4.2	200
8	Effect of blood sampling schedule and method of calculating the area under the curve on validity and precision of glycaemic index values. British Journal of Nutrition, 2004, 91, 295-300.	1.2	190
9	High-carbohydrateâ€“low-glycaemic index dietary advice improves glucose disposition index in subjects with impaired glucose tolerance. British Journal of Nutrition, 2002, 87, 477-487.	1.2	189
10	Measuring the glycemic index of foods: interlaboratory study. American Journal of Clinical Nutrition, 2008, 87, 247S-257S.	2.2	166
11	Food glycemic index, as given in Glycemic Index tables, is a significant determinant of glycemic responses elicited by composite breakfast meals. American Journal of Clinical Nutrition, 2006, 83, 1306-1312.	2.2	163
12	Glycaemic index of 102 complex carbohydrate foods in patients with diabetes. Nutrition Research, 1994, 14, 651-669.	1.3	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. American Journal of Clinical Nutrition, 2003, 77, 612-621.	2.2	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. Nutrients, 2019, 11, 1280.	1.7	149
15	Sugar-sweetened beverage consumption and incident hypertension: a systematic review and meta-analysis of prospective cohorts. American Journal of Clinical Nutrition, 2015, 102, 914-921.	2.2	134
16	Genetic variation in TAS1R2 (Ile191Val) is associated with consumption of sugars in overweight and obese individuals in 2 distinct populations. American Journal of Clinical Nutrition, 2010, 92, 1501-1510.	2.2	132
17	Glycemic index of potatoes commonly consumed in North America. Journal of the American Dietetic Association, 2005, 105, 557-562.	1.3	128
18	Physicochemical Properties of Î²-Glucan in Differently Processed Oat Foods Influence Glycemic Response. Journal of Agricultural and Food Chemistry, 2009, 57, 8831-8838.	2.4	127

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19	Glycemic Response to Oat Bran Muffins Treated to Vary Molecular Weight of Î²â€Glucan. Cereal Chemistry, 2008, 85, 211-217.	1.1	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. Journal of Nutrition, 2006, 136, 2506-2511.	1.3	112
21	Dietary protein, carbohydrate, and fat enhance memory performance in the healthy elderly. American Journal of Clinical Nutrition, 2001, 74, 687-693.	2.2	110
22	Dietary Glycemic Index and Load and the Risk of Type 2 Diabetes: Assessment of Causal Relations. Nutrients, 2019, 11, 1436.	1.7	105
23	Dietary carbohydrates and insulin action in humans. British Journal of Nutrition, 2000, 83, S97-S102.	1.2	99
24	Effect of Fructose on Established Lipid Targets: A Systematic Review and Metaâ€Analysis of Controlled Feeding Trials. Journal of the American Heart Association, 2015, 4, e001700.	1.6	94
25	Insulin Resistance and Adiponectin Levels in Drug-Free Patients with Schizophrenia: A Preliminary Report. Canadian Journal of Psychiatry, 2006, 51, 382-386.	0.9	91
26	Starchy foods and fiber: reduced rate of digestion and improved carbohydrate metabolism. Scandinavian Journal of Gastroenterology, 1987, 22, 132-141.	0.6	84
27	Relation of total sugars, fructose and sucrose with incident type 2 diabetes: a systematic review and meta-analysis of prospective cohort studies. Cmaj, 2017, 189, E711-E720.	0.9	83
28	Day-to-Day Consistency in Amount and Source of Carbohydrate Intake Associated with Improved Blood Glucose Control in Type 1 Diabetes. Journal of the American College of Nutrition, 1999, 18, 242-247.	1.1	79
29	Comparison of regular and parboiled rices: explanation of discrepancies between reported glycemic responses to rice. Nutrition Research, 1986, 6, 349-357.	1.3	77
30	Fructose intake and risk of gout and hyperuricemia: a systematic review and meta-analysis of prospective cohort studies. BMJ Open, 2016, 6, e013191.	0.8	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. BMJ, The, 2021, 374, n1651.	3.0	70
32	High-carbohydrate-low-glycaemic index dietary advice improves glucose disposition index in subjects with impaired glucose tolerance. British Journal of Nutrition, 2002, 87, 477-87.	1.2	69
33	The hypoglycemic effect of fat and protein is not attenuated by insulin resistance. American Journal of Clinical Nutrition, 2010, 91, 98-105.	2.2	66
34	Glycemic Index of Foods in Individual Subjects. Diabetes Care, 1990, 13, 126-132.	4.3	63
35	l-Rhamnose increases serum propionate in humans. American Journal of Clinical Nutrition, 2004, 80, 89-94.	2.2	60
36	The Acute Effect of Fat on Insulin Secretion. Journal of Clinical Endocrinology and Metabolism, 1988, 66, 323-326.	1.8	54

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37	Effect of fat on glycaemic responses in normal subjects: a dose-response study. Nutrition Research, 2003, 23, 1341-1347.	1.3	53
38	Increasing oat Î²-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. American Journal of Clinical Nutrition, 2020, 111, 319-328.	2.2	50
39	Glycemic Response to a Food Starch Esterified by 1-Octenyl Succinic Anhydride in Humans. Journal of Agricultural and Food Chemistry, 2001, 49, 2674-2678.	2.4	49
40	21Âdays of mammalian omega-3 fatty acid supplementation improves aspects of neuromuscular function and performance in male athletes compared to olive oil placebo. Journal of the International Society of Sports Nutrition, 2015, 12, 28.	1.7	49
41	The effect of oat Î²-glucan on postprandial blood glucose and insulin responses: a systematic review and meta-analysis. European Journal of Clinical Nutrition, 2021, 75, 1540-1554.	1.3	44
42	Glycemic Response to Extruded Oat Bran Cereals Processed to Vary in Molecular Weight. Cereal Chemistry, 2012, 89, 255-261.	1.1	43
43	Dietary Fibre Consensus from the International Carbohydrate Quality Consortium (ICQC). Nutrients, 2020, 12, 2553.	1.7	42
44	Effect of adding oat bran to instant oatmeal on glycaemic response in humans â€“ a study to establish the minimum effective dose of oat Î²-glucan. Food and Function, 2018, 9, 1692-1700.	2.1	38
45	Barley Cultivar, Kernel Composition, and Processing Affect the Glycemic Index. Journal of Nutrition, 2012, 142, 1666-1671.	1.3	36
46	Availability of calcium for absorption in the small intestine and colon from diets containing available and unavailable carbohydrates: anin vitroassessment. International Journal of Food Sciences and Nutrition, 1996, 47, 83-88.	1.3	31
47	Effect of Consuming Oat Bran Mixed in Water before a Meal on Glycemic Responses in Healthy Humansâ€”A Pilot Study. Nutrients, 2016, 8, 524.	1.7	31
48	Glycaemic index of fruits and fruit products in patients with diabetes. International Journal of Food Sciences and Nutrition, 1993, 43, 205-212.	1.3	29
49	Perceived Barriers to Application of Glycaemic Index: Valid Concerns or Lost in Translation?. Nutrients, 2011, 3, 330-340.	1.7	25
50	Increasing the viscosity of oat Î²-glucan beverages by reducing solution volume does not reduce glycaemic responses. British Journal of Nutrition, 2013, 110, 1465-1471.	1.2	25
51	Controlling subjectsâ€™ prior diet and activities does not reduce within-subject variation of postprandial glycemic responses to foods. Nutrition Research, 2003, 23, 621-629.	1.3	22
52	Evaluation of a glucose meter for determining the glycemic responses of foods. Clinica Chimica Acta, 2005, 356, 191-198.	0.5	22
53	Equivalent glycemic load (EGL): a method for quantifying the glycemic responses elicited by low carbohydrate foods. Nutrition and Metabolism, 2006, 3, 33.	1.3	20
54	Effect of coffee and tea on the glycaemic index of foods: no effect on mean but reduced variability. British Journal of Nutrition, 2009, 101, 1282.	1.2	20

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55	Glycemic Index and Insulinemic Index of Foods: An Interlaboratory Study Using the ISO 2010 Method. Nutrients, 2019, 11, 2218.	1.7	19
56	Time of day influences relative glycaemic effect of foods. Nutrition Research, 1996, 16, 381-384.	1.3	18
57	Attenuation of glycemic responses by oat Î²-glucan solutions and viscoelastic gels is dependent on molecular weight distribution. Food and Function, 2013, 4, 401-408.	2.1	18
58	Yogurt Is a Lowâ€“Glycemic Index Food. Journal of Nutrition, 2017, 147, 1462S-1467S.	1.3	18
59	Effect of serving size and addition of sugar on the glycemic response elicited by oatmeal: A randomized, cross-over study. Clinical Nutrition ESPEN, 2016, 16, 48-54.	0.5	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. Journal of Nutrition, 2015, 145, 2665-2674.	1.3	16
61	Glycemic Index Predicts Individual Glucose Responses after Self-Selected Breakfasts in Free-Living, Abdominally Obese Adults. Journal of Nutrition, 2012, 142, 27-32.	1.3	15
62	Using in vivo corneal confocal microscopy to identify diabetic sensorimotor polyneuropathy risk profiles in patients with type 1 diabetes. BMJ Open Diabetes Research and Care, 2017, 5, e000251.	1.2	15
63	Glycemic index is as reliable as macronutrients on food labels. American Journal of Clinical Nutrition, 2017, 105, 768-769.	2.2	15
64	Interaction between Methane-Producing Status and Diet on Serum Acetate Concentration in Humans. Journal of Nutrition, 1993, 123, 681-688.	1.3	13
65	Effect of preparation method on the glycaemic index of novel potato clones. Food and Function, 2011, 2, 438.	2.1	13
66	Impact of oat processing on glycaemic and insulinaemic responses in healthy humans: a randomised clinical trial. British Journal of Nutrition, 2019, 121, 1264-1270.	1.2	13
67	An Oat Î²-Glucan Beverage Reduces LDL Cholesterol and Cardiovascular Disease Risk in Men and Women with Borderline High Cholesterol: A Double-Blind, Randomized, Controlled Clinical Trial. Journal of Nutrition, 2021, 151, 2655-2666.	1.3	13
68	Important Food Sources of Fructose-Containing Sugars and Non-Alcoholic Fatty Liver Disease: A Systematic Review and Meta-Analysis of Controlled Trials. Nutrients, 2022, 14, 2846.	1.7	13
69	Effect of Processing on Postprandial Glycemic Response and Consumer Acceptability of Lentil-Containing Food Items. Foods, 2018, 7, 76.	1.9	12
70	Glycemic Index of Slowly Digestible Carbohydrate Alone and in Powdered Drink-Mix. Nutrients, 2019, 11, 1228.	1.7	12
71	Effect of volume and type of beverage consumed with a standard test meal on postprandial blood glucose responses. Nutrition Research, 1998, 18, 1857-1863.	1.3	11
72	Neuromuscular adaptations to sprint interval training and the effect of mammalian omega-3 fatty acid supplementation. European Journal of Applied Physiology, 2017, 117, 469-482.	1.2	11

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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). Canadian Journal of Diabetes, 2017, 41, 164-176.	0.4	11
74	Reply to letter by Abraira and Lawrence. American Journal of Clinical Nutrition, 1983, 37, 153-154.	2.2	10
75	Measuring glycaemic responses: duplicate fasting samples or duplicate measures of one fasting sample?. British Journal of Nutrition, 2006, 96, 799-802.	1.2	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. European Journal of Clinical Nutrition, 2019, 73, 86-93.	1.3	8
77	Effect of Oat Î²-Glucan on Affective and Physical Feeling States in Healthy Adults: Evidence for Reduced Headache, Fatigue, Anxiety and Limb/Joint Pains. Nutrients, 2021, 13, 1534.	1.7	7
78	Effect of Varying Molecular Weight of Oat Î²-Glucan Taken just before Eating on Postprandial Glycemic Response in Healthy Humans. Nutrients, 2020, 12, 2275.	1.7	6
79	Oat Beta-Glucan and Postprandial Blood Glucose Regulation: A Systematic Review and Meta-Analysis of Acute, Single-Meal Feeding, Controlled Trials. Current Developments in Nutrition, 2020, 4, nzaa049_070.	0.1	6
80	The In Vitro And In Vivo Anti-Amylase Activity Of Starch Blockers. Journal of Plant Foods, 1983, 5, 23-30.	0.0	5
81	Effect of blood sampling schedule on the ability to discriminate between postprandial glycemic responses. Nutrition, 2009, 25, 1064-1066.	1.1	5
82	Lower diet glycaemic index in African than South Asian men in Trinidad and Tobago. International Journal of Food Sciences and Nutrition, 2002, 53, 297-303.	1.3	4
83	OUP accepted manuscript. American Journal of Clinical Nutrition, 2021, 114, 1633-1645.	2.2	4
84	Do Whole Grain Cereals Really Reduce LDL-Cholesterol by 0.72 mmol/L?. Journal of Nutrition, 2013, 143, 1521-1522.	1.3	3
85	Acute glycemic and insulin response of Fossenceâ„¢ alone, or when substituted or added to a carbohydrate challenge: A three-phase, acute, randomized, cross-over, double blind clinical trial. Heliyon, 2021, 7, e06805.	1.4	2
86	The importance of molecular weight in determining the minimum dose of oat Î²-glucan required to reduce the glycaemic response in healthy subjects without diabetes: a systematic review and meta-regression analysis. European Journal of Clinical Nutrition, 2023, 77, 308-315.	1.3	2
87	Differential Serving Sizes of High Î² Glucan Oatmeal Elicit Lower Glycemic Response than Rice Cereal. FASEB Journal, 2015, 29, LB360.	0.2	1
88	Genetic Polymorphisms of TNFâ€Î± Modify the Effect of Dietary Polyunsaturated Fatty Acids on Fasting Plasma Levels of HDLâ€C and ApoA in Individuals with Type 2 Diabetes. FASEB Journal, 2006, 20, A126.	0.2	0
89	The effect of a low glycemic index diet on gestational hyperglycemia: A pilot trial. FASEB Journal, 2010, 24, 231.1.	0.2	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. Journal of Nutritional Science, 2022, 11, e21.	0.7	0