Iris Shai

List of Publications by Year
in descending order

109 papers	11,344 citations	50170 46 h-index	29081 104 g-index
109 all docs	109 docs citations	109 times ranked	17347 citing authors

#	Article	IF	Citations
1	Weight Loss with a Low-Carbohydrate, Mediterranean, or Low-Fat Diet. New England Journal of Medicine, 2008, 359, 229-241.	13.9	1,780
2	Waist circumference as a vital sign in clinical practice: a Consensus Statement from the IAS and ICCR Working Group on Visceral Obesity. Nature Reviews Endocrinology, 2020, 16, 177-189.	4.3	790
3	Visceral and ectopic fat, atherosclerosis, and cardiometabolic disease: a position statement. Lancet Diabetes and Endocrinology,the, 2019, 7, 715-725.	5.5	687
4	Adolescent BMI Trajectory and Risk of Diabetes versus Coronary Disease. New England Journal of Medicine, 2011, 364, 1315-1325.	13.9	539
5	Macrophage Infiltration into OmentalVersusSubcutaneous Fat across Different Populations: Effect of Regional Adiposity and the Comorbidities of Obesity. Journal of Clinical Endocrinology and Metabolism, 2007, 92, 2240-2247.	1.8	497
6	Normal Fasting Plasma Glucose Levels and Type 2 Diabetes in Young Men. New England Journal of Medicine, 2005, 353, 1454-1462.	13.9	456
7	Ethnicity, Obesity, and Risk of Type 2 Diabetes in Women: A 20-year follow-up study. Diabetes Care, 2006, 29, 1585-1590.	4.3	402
8	Adiponectin and Future Coronary Heart Disease Events Among Men With Type 2 Diabetes. Diabetes, 2005, 54, 534-539.	0.3	334
9	Altered Autophagy in Human Adipose Tissues in Obesity. Journal of Clinical Endocrinology and Metabolism, 2011, 96, E268-E277.	1.8	275
10	Meta-Analysis Comparing Mediterranean to Low-Fat Diets for Modification of Cardiovascular Risk Factors. American Journal of Medicine, 2011, 124, 841-851.e2.	0.6	253
11	Multivariate Assessment of Lipid Parameters as Predictors of Coronary Heart Disease Among Postmenopausal Women. Circulation, 2004, 110, 2824-2830.	1.6	217
12	Relationship Between Adiponectin and Glycemic Control, Blood Lipids, and Inflammatory Markers in Men With Type 2 Diabetes. Diabetes Care, 2004, 27, 1680-1687.	4.3	212
13	Dietary Intervention to Reverse Carotid Atherosclerosis. Circulation, 2010, 121, 1200-1208.	1.6	190
14	Effect of Distinct Lifestyle Interventions on Mobilization of Fat Storage Pools. Circulation, 2018, 137, 1143-1157.	1.6	185
15	The gut microbiome modulates the protective association between a Mediterranean diet and cardiometabolic disease risk. Nature Medicine, 2021, 27, 333-343.	15.2	179
16	The short-chain fatty acid propionate increases glucagon and FABP4 production, impairing insulin action in mice and humans. Science Translational Medicine, 2019, 11, .	5.8	178
17	Changes in Triglyceride Levels Over Time and Risk of Type 2 Diabetes in Young Men. Diabetes Care, 2008, 31, 2032-2037.	4.3	175
18	Effects of Initiating Moderate Alcohol Intake on Cardiometabolic Risk in Adults With Type 2 Diabetes. Annals of Internal Medicine, 2015, 163, 569-579.	2.0	151

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19	Adherence and Success in Long-Term Weight Loss Diets: The Dietary Intervention Randomized Controlled Trial (DIRECT). Journal of the American College of Nutrition, 2009, 28, 159-168.	1.1	149
20	The beneficial effects of Mediterranean diet over low-fat diet may be mediated by decreasing hepatic fat content. Journal of Hepatology, 2019, 71, 379-388.	1.8	148
21	Progression of Normotensive Adolescents to Hypertensive Adults. Hypertension, 2010, 56, 203-209.	1.3	131
22	Changes in Triglyceride Levels and Risk for Coronary Heart Disease in Young Men. Annals of Internal Medicine, 2007, 147, 377.	2.0	130
23	Abdominal Superficial Subcutaneous Fat. Diabetes Care, 2012, 35, 640-647.	4.3	125
24	Effect of green-Mediterranean diet on intrahepatic fat: the DIRECT PLUS randomised controlled trial. Gut, 2021, 70, 2085-2095.	6.1	120
25	Two Patterns of Adipokine and Other Biomarker Dynamics in a Long-Term Weight Loss Intervention. Diabetes Care, 2012, 35, 342-349.	4.3	114
26	Adipose Tissue Foam Cells Are Present in Human Obesity. Journal of Clinical Endocrinology and Metabolism, 2013, 98, 1173-1181.	1.8	110
27	Diet and eating habits in high and low socioeconomic groups. Nutrition, 2005, 21, 559-566.	1.1	106
28	Dietary Evaluation and Attenuation of Relative Risk: Multiple Comparisons between Blood and Urinary Biomarkers, Food Frequency, and 24-Hour Recall Questionnaires: the DEARR Study. Journal of Nutrition, 2005, 135, 573-579.	1.3	105
29	Glycemic Effects of Moderate Alcohol Intake Among Patients With Type 2 Diabetes. Diabetes Care, 2007, 30, 3011-3016.	4.3	105
30	Four-Year Follow-up after Two-Year Dietary Interventions. New England Journal of Medicine, 2012, 367, 1373-1374.	13.9	96
31	Effects of Diet-Modulated Autologous Fecal Microbiota Transplantation on Weight Regain. Gastroenterology, 2021, 160, 158-173.e10.	0.6	95
32	Elevated autophagy gene expression in adipose tissue of obese humans: A potential non-cell-cycle-dependent function of E2F1. Autophagy, 2015, 11, 2074-2088.	4.3	90
33	Renal Function Following Three Distinct Weight Loss Dietary Strategies During 2 Years of a Randomized Controlled Trial. Diabetes Care, 2013, 36, 2225-2232.	4.3	86
34	Activated Ask1-MKK4-p38MAPK/JNK Stress Signaling Pathway in Human Omental Fat Tissue May Link Macrophage Infiltration to Whole-Body Insulin Sensitivity. Journal of Clinical Endocrinology and Metabolism, 2009, 94, 2507-2515.	1.8	83
35	Development of a semi-quantitative Food Frequency Questionnaire (FFQ) to assess dietary intake of multiethnic populations. European Journal of Epidemiology, 2003, 18, 855-861.	2.5	81
36	A Prospective Study of Soluble Tumor Necrosis Factor-Â Receptor II (sTNF-RII) and Risk of Coronary Heart Disease Among Women With Type 2 Diabetes. Diabetes Care, 2005, 28, 1376-1382.	4.3	81

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37	Homocysteine as a risk factor for coronary heart diseases and its association with inflammatory biomarkers, lipids and dietary factors. Atherosclerosis, 2004, 177, 375-381.	0.4	76
38	Is Plasma Oxidized Low-Density Lipoprotein, Measured With the Widely Used Antibody 4E6, an Independent Predictor of Coronary Heart Disease Among U.S. Men and Women?. Journal of the American College of Cardiology, 2006, 48, 973-979.	1.2	73
39	Weight-loss diets and 2-y changes in circulating amino acids in 2 randomized intervention trials. American Journal of Clinical Nutrition, 2016, 103, 505-511.	2.2	69
40	Development of a Food Frequency Questionnaire (FFQ) for an Elderly Population Based on a Population Survey. Journal of Nutrition, 2003, 133, 3625-3629.	1.3	63
41	Soluble Intercellular Adhesion Molecules, Soluble Vascular Cell Adhesion Molecules, and Risk of Coronary Heart Disease. Obesity, 2006, 14, 2099-2106.	1.5	62
42	Dairy calcium intake, serum vitamin D, and successful weight loss. American Journal of Clinical Nutrition, 2010, 92, 1017-1022.	2.2	61
43	Figuring out food labels. Young adultsâ€™ understanding of nutritional information presented on food labels is inadequate. Appetite, 2012, 58, 531-534.	1.8	57
44	Selection of food items for inclusion in a newly developed food-frequency questionnaire. Public Health Nutrition, 2004, 7, 745-749.	1.1	50
45	Effects of Low-Fat, Mediterranean, or Low-Carbohydrate Weight Loss Diets on Serum Urate and Cardiometabolic Risk Factors: A Secondary Analysis of the Dietary Intervention Randomized Controlled Trial (DIRECT). Diabetes Care, 2020, 43, 2812-2820.	4.3	49
46	Dietary strategies for patients with type 2 diabetes in the era of multi-approaches; review and results from the Dietary Intervention Randomized Controlled Trial (DIRECT). Diabetes Research and Clinical Practice, 2009, 86, S41-S48.	1.1	48
47	Halo effect of a weight-loss trial on spouses: the DIRECT-Spouse study. Public Health Nutrition, 2010, 13, 544-549.	1.1	48
48	The effects of the Green-Mediterranean diet on cardiometabolic health are linked to gut microbiome modifications: a randomized controlled trial. Genome Medicine, 2022, 14, 29.	3.6	46
49	Lipoprotein (a) and coronary heart disease among women: beyond a cholesterol carrier?. European Heart Journal, 2005, 26, 1633-1639.	1.0	45
50	Dietary treatment of hypercholesterolemia: do dietitians do it better? a randomized, controlled trial. American Journal of Medicine, 2000, 109, 549-555.	0.6	42
51	Determinants of Long-Term Satisfaction after Vertical Banded Gastroplasty. Obesity Surgery, 2003, 13, 269-274.	1.1	41
52	Protein bioavailability of Wolffia globosa duckweed, a novel aquatic plant â€“ A randomized controlled trial. Clinical Nutrition, 2019, 38, 2576-2582.	2.3	41
53	Wine and Healthâ€“New Evidence. European Journal of Clinical Nutrition, 2019, 72, 55-59.	1.3	40
54	CETP genotype and changes in lipid levels in response to weight-loss diet intervention in the POUNDS LOST and DIRECT randomized trials. Journal of Lipid Research, 2015, 56, 713-721.	2.0	39

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55	Adaptation of international nutrition databases and data-entry system tools to a specific population. Public Health Nutrition, 2003, 6, 401-406.	1.1	38
56	Changes of renal sinus fat and renal parenchymal fat during an 18-month randomized weight loss trial. Clinical Nutrition, 2018, 37, 1145-1153.	2.3	35
57	The effect of green Mediterranean diet on cardiometabolic risk; a randomised controlled trial. Heart, 2021, 107, 1054-1061.	1.2	35
58	A prospective study of lipoprotein(a) and risk of coronary heart disease among women with type 2 diabetes. Diabetologia, 2005, 48, 1469-1476.	2.9	32
59	A Green-Mediterranean Diet, Supplemented with Mankai Duckweed, Preserves Iron-Homeostasis in Humans and Is Efficient in Reversal of Anemia in Rats. Journal of Nutrition, 2019, 149, 1004-1011.	1.3	32
60	Long-term Dietary Changes after Vertical Banded Gastroplasty: Is the Trade-off Favorable?. Obesity Surgery, 2002, 12, 805-811.	1.1	30
61	ASK1 (MAP3K5) is transcriptionally upregulated by E2F1 in adipose tissue in obesity, molecularly defining a human dys-metabolic obese phenotype. Molecular Metabolism, 2017, 6, 725-736.	3.0	30
62	The Effect of Wolffia globosa Mankai, a Green Aquatic Plant, on Postprandial Glycemic Response: A Randomized Crossover Controlled Trial. Diabetes Care, 2019, 42, 1162-1169.	4.3	30
63	Effects of a low-carbohydrate diet on weight loss and cardiometabolic profile in Chinese women: a randomised controlled feeding trial. British Journal of Nutrition, 2013, 110, 1444-1453.	1.2	28
64	DNA methylation signature in blood mirrors successful weight-loss during lifestyle interventions: the CENTRAL trial. Genome Medicine, 2020, 12, 97.	3.6	28
65	Circulating Blood Monocyte Subclasses and Lipid-Laden Adipose Tissue Macrophages in Human Obesity. PLoS ONE, 2016, 11, e0159350.	1.1	28
66	Dynamics of intrapericardial and extrapericardial fat tissues during long-term, dietary-induced, moderate weight loss. American Journal of Clinical Nutrition, 2017, 106, 984-995.	2.2	27
67	The effect of a high-polyphenol Mediterranean diet (Green-MED) combined with physical activity on age-related brain atrophy: the Dietary Intervention Randomized Controlled Trial Polyphenols Unprocessed Study (DIRECT PLUS). American Journal of Clinical Nutrition, 2022, 115, 1270-1281.	2.2	27
68	A controlled intervention study of changing health-providers' attitudes toward personal lifestyle habits and health-promotion skills. Nutrition, 2009, 25, 532-539.	1.1	26
69	Differential Effect of Initiating Moderate Red Wine Consumption on 24-h Blood Pressure by Alcohol Dehydrogenase Genotypes: Randomized Trial in Type 2 Diabetes. American Journal of Hypertension, 2016, 29, 476-483.	1.0	25
70	Mediterranean diet and cardiovascular diseases in an Israeli population. Preventive Medicine, 2005, 40, 299-305.	1.6	24
71	Bread type intake is associated with lifestyle and diet quality transition among Bedouin Arab adults. British Journal of Nutrition, 2009, 102, 1513-1522.	1.2	24
72	Development of Criteria for a Positive Front-of-Package Food Labeling: The Israeli Case. Nutrients, 2020, 12, 1875.	1.7	22

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73	Lifestyle weight-loss intervention may attenuate methylation aging: the CENTRAL MRI randomized controlled trial. Clinical Epigenetics, 2021, 13, 48.	1.8	22
74	Effects of initiating moderate wine intake on abdominal adipose tissue in adults with type 2 diabetes: a 2-year randomized controlled trial. Public Health Nutrition, 2017, 20, 549-555.	1.1	21
75	Wolffia globosaâ€“Mankai Plant-Based Protein Contains Bioactive Vitamin B12 and Is Well Absorbed in Humans. Nutrients, 2020, 12, 3067.	1.7	21
76	Adherence to weight loss medications; post-marketing study from HMO pharmacy data of one million individuals. Diabetes Research and Clinical Practice, 2011, 94, 269-275.	1.1	20
77	Alcohol Consumption Levels as Compared With Drinking Habits in Predicting All-Cause Mortality and Cause-Specific Mortality in Current Drinkers. Mayo Clinic Proceedings, 2021, 96, 1758-1769.	1.4	19
78	The effect of long-term weight-loss intervention strategies on the dynamics of pancreatic-fat and morphology: An MRI RCT study. Clinical Nutrition ESPEN, 2018, 24, 82-89.	0.5	17
79	HNF1A variant, energyâ€reduced diets and insulin resistance improvement during weight loss: The POUNDS Lost trial and DIRECT. Diabetes, Obesity and Metabolism, 2018, 20, 1445-1452.	2.2	17
80	Effects of a 2-y dietary weight-loss intervention on cholesterol metabolism in moderately obese men. American Journal of Clinical Nutrition, 2011, 94, 1189-1195.	2.2	15
81	Effect of Changes in Food Groups Intake on Magnesium, Zinc, Copper, and Selenium Serum Levels During 2 Years of Dietary Intervention. Journal of the American College of Nutrition, 2015, 34, 1-14.	1.1	15
82	Effects of lifestyle interventions on epigenetic signatures of liver fat: Central randomized controlled trial. Liver International, 2021, 41, 2101-2111.	1.9	15
83	Differences in food intake and disparity in obesity rates between adult Jews and Bedouins in southern Israel. Ethnicity and Disease, 2008, 18, 13-8.	1.0	15
84	The effect of personal lifestyle intervention among health care providers on their patients and clinics; the Promoting Health by Self Experience (PHASE) randomized controlled intervention trial. Preventive Medicine, 2012, 55, 285-291.	1.6	14
85	Intrahepatic fat, abdominal adipose tissues, and metabolic state: magnetic resonance imaging study. Diabetes/Metabolism Research and Reviews, 2017, 33, e2888.	1.7	14
86	Effect of wine on carotid atherosclerosis in type 2 diabetes: a 2-year randomized controlled trial. European Journal of Clinical Nutrition, 2018, 72, 871-878.	1.3	14
87	The Metabolomic-Gut-Clinical Axis of Mankai Plant-Derived Dietary Polyphenols. Nutrients, 2021, 13, 1866.	1.7	14
88	Intermuscular adipose tissue and thigh muscle area dynamics during an 18-month randomized weight loss trial. Journal of Applied Physiology, 2016, 121, 518-527.	1.2	13
89	Blood DNA methylation at TXNIP and glycemic changes in response to weight-loss diet interventions: the POUNDS lost trial. International Journal of Obesity, 2022, 46, 1122-1127.	1.6	13
90	Neural correlates of future weight loss reveal a possible role for brain-gastric interactions. NeuroImage, 2021, 224, 117403.	2.1	12

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91	Effect of Changes in the Intake of Weight of Specific Food Groups on Successful Body Weight Loss during a Multiâ€“Dietary Strategy Intervention Trial. Journal of the American College of Nutrition, 2011, 30, 491-501.	1.1	11
92	Autologous fecal microbiota transplantation can retain the metabolic achievements of dietary interventions. European Journal of Internal Medicine, 2021, 92, 17-23.	1.0	11
93	Diet-induced Fasting Ghrelin Elevation Reflects the Recovery of Insulin Sensitivity and Visceral Adiposity Regression. Journal of Clinical Endocrinology and Metabolism, 2022, 107, 336-345.	1.8	11
94	Higher visceral adiposity is associated with an enhanced early thermogenic response to carbohydrate-rich food. Clinical Nutrition, 2016, 35, 422-427.	2.3	10
95	Measuring the effect of MankaiÂ® (Wolffia globosa) on the gut microbiota and its metabolic output using an in vitro colon model. Journal of Functional Foods, 2021, 84, 104597.	1.6	10
96	Intramyocellular triacylglycerol accumulation across weight loss strategies; Sub-study of the CENTRAL trial. PLoS ONE, 2017, 12, e0188431.	1.1	10
97	Dietary Treatment of Hypercholestrolemia: Can We Predict Long-Term Success?. Journal of the American College of Nutrition, 2003, 22, 555-561.	1.1	9
98	Dietary intervention induces flow of changes within biomarkers of lipids, inflammation, liver enzymes, and glycemic control. Nutrition, 2012, 28, 131-137.	1.1	9
99	Weight-loss diets--can you keep it off?. American Journal of Clinical Nutrition, 2008, 88, 1185-6.	2.2	9
100	Metabolic changes in immigrants from <scp>A</scp>frica to a <scp>W</scp>estern country: timeâ€lag effects of 20 years since immigration ä»Žéžæ´²è¿å^°ä¸€ä¸ªè¥¿æ–¹å›½å®¶åŽç§»æ°‘çš„ä»£è°¢å•Œ–ï¼šä»Žè¿ç§»å¼€å§‹çš„20å¹´æ»žåŽ	0.8	8
101	Abdominal fat sub-depots and energy expenditure: Magnetic resonance imaging study. Clinical Nutrition, 2017, 36, 804-811.	2.3	6
102	Changes in circulating microRNAs-99/100 and reductions of visceral and ectopic fat depots in response to lifestyle interventions: the CENTRAL trial. American Journal of Clinical Nutrition, 2022, 116, 165-172.	2.2	6
103	Circulating Levels of microRNA-122 and Hepatic Fat Change in Response to Weight-Loss Interventions: CENTRAL Trial. Journal of Clinical Endocrinology and Metabolism, 2022, 107, e1899-e1906.	1.8	5
104	Dynamics of magnesium, copper, selenium and zinc serum concentrations forÂ2-year dietary intervention. E-SPEN Journal, 2013, 8, e100-e107.	0.5	4
105	Diets and morbid tissues â€“ history counts, present counts. British Journal of Nutrition, 2015, 113, S11-S18.	1.2	4
106	Changes in Circulating miR-375-3p and Improvements in Visceral and Hepatic Fat Contents in Response to Lifestyle Interventions: The CENTRAL Trial. Diabetes Care, 2022, 45, 1911-1913.	4.3	3
107	Obesity, diabetes and zinc: A workshop promoting knowledge and collaboration between the UK and Israel, november 28â€“30, 2016 â€“ Israel. Journal of Trace Elements in Medicine and Biology, 2018, 49, 79-85.	1.5	1
108	Reply to JN Orloff et al.. American Journal of Clinical Nutrition, 2018, 107, 674-675.	2.2	0

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109	The Effect of Weight-Loss Interventions on Cervical and Chin Subcutaneous Fat Depots; the CENTRAL Randomized Controlled Trial. Nutrients, 2021, 13, 3827.	1.7	0