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	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
2	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
3	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
4	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
5	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
6	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
7	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
8	Neural correlates of future weight loss reveal a possible role for brain-gastric interactions. NeuroImage, 2021, 224, 117403.	2.1	12
9	Effects of Diet-Modulated Autologous Fecal Microbiota Transplantation on Weight Regain. Gastroenterology, 2021, 160, 158-173.e10.	0.6	95
10	Effect of green-Mediterranean diet on intrahepatic fat: the DIRECT PLUS randomised controlled trial. Gut, 2021, 70, 2085-2095.	6.1	120
11	The gut microbiome modulates the protective association between a Mediterranean diet and cardiometabolic disease risk. Nature Medicine, 2021, 27, 333-343.	15.2	179
12	Lifestyle weight-loss intervention may attenuate methylation aging: the CENTRAL MRI randomized controlled trial. Clinical Epigenetics, 2021, 13, 48.	1.8	22
13	The Metabolomic-Gut-Clinical Axis of Mankai Plant-Derived Dietary Polyphenols. Nutrients, 2021, 13, 1866.	1.7	14
14	Effects of lifestyle interventions on epigenetic signatures of liver fat: Central randomized controlled trial. Liver International, 2021, 41, 2101-2111.	1.9	15
15	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
16	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
17	Autologous fecal microbiota transplantation can retain the metabolic achievements of dietary interventions. European Journal of Internal Medicine, 2021, 92, 17-23.	1.0	11
18	The effect of green Mediterranean diet on cardiometabolic risk; a randomised controlled trial. Heart, 2021, 107, 1054-1061.	1.2	35

#	Article	IF	Citations
19	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
20	Wolffia globosaâ€“Mankai Plant-Based Protein Contains Bioactive Vitamin B12 and Is Well Absorbed in Humans. Nutrients, 2020, 12, 3067.	1.7	21
21	DNA methylation signature in blood mirrors successful weight-loss during lifestyle interventions: the CENTRAL trial. Genome Medicine, 2020, 12, 97.	3.6	28
22	Development of Criteria for a Positive Front-of-Package Food Labeling: The Israeli Case. Nutrients, 2020, 12, 1875.	1.7	22
23	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
24	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
25	Visceral and ectopic fat, atherosclerosis, and cardiometabolic disease: a position statement. Lancet Diabetes and Endocrinology,the, 2019, 7, 715-725.	5.5	687
26	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
27	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
28	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
29	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
30	Protein bioavailability of Wolffia globosa duckweed, a novel aquatic plant â€“ A randomized controlled trial. Clinical Nutrition, 2019, 38, 2576-2582.	2.3	41
31	Wine and Healthâ€“New Evidence. European Journal of Clinical Nutrition, 2019, 72, 55-59.	1.3	40
32	Reply to JN Orloff et al.. American Journal of Clinical Nutrition, 2018, 107, 674-675.	2.2	0
33	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
34	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
35	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
36	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

#	Article	IF	Citations
37	Effect of Distinct Lifestyle Interventions on Mobilization of Fat Storage Pools. Circulation, 2018, 137, 1143-1157.	1.6	185
38	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
39	Abdominal fat sub-depots and energy expenditure: Magnetic resonance imaging study. Clinical Nutrition, 2017, 36, 804-811.	2.3	6
40	Intrahepatic fat, abdominal adipose tissues, and metabolic state: magnetic resonance imaging study. Diabetes/Metabolism Research and Reviews, 2017, 33, e2888.	1.7	14
41	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
42	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
43	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
44	Intramyocellular triacylglycerol accumulation across weight loss strategies; Sub-study of the CENTRAL trial. PLoS ONE, 2017, 12, e0188431.	1.1	10
45	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
46	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
47	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
48	Higher visceral adiposity is associated with an enhanced early thermogenic response to carbohydrate-rich food. Clinical Nutrition, 2016, 35, 422-427.	2.3	10
49	Circulating Blood Monocyte Subclasses and Lipid-Laden Adipose Tissue Macrophages in Human Obesity. PLoS ONE, 2016, 11, e0159350.	1.1	28
50	Diets and morbid tissues â€“ history counts, present counts. British Journal of Nutrition, 2015, 113, S11-S18.	1.2	4
51	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
52	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®¶çš„æ°ç„»ä»£è°¢å•Œ–ï¼šä»Žè¿ç§»å¼€å§‹çš„20å¹´æ»žåŽ	0.8	8
53	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
54	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

#	Article	IF	Citations
55	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
56	Dynamics of magnesium, copper, selenium and zinc serum concentrations forÂ2-year dietary intervention. E-SPEN Journal, 2013, 8, e100-e107.	0.5	4
57	Adipose Tissue Foam Cells Are Present in Human Obesity. Journal of Clinical Endocrinology and Metabolism, 2013, 98, 1173-1181.	1.8	110
58	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
59	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
60	Abdominal Superficial Subcutaneous Fat. Diabetes Care, 2012, 35, 640-647.	4.3	125
61	Four-Year Follow-up after Two-Year Dietary Interventions. New England Journal of Medicine, 2012, 367, 1373-1374.	13.9	96
62	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
63	Two Patterns of Adipokine and Other Biomarker Dynamics in a Long-Term Weight Loss Intervention. Diabetes Care, 2012, 35, 342-349.	4.3	114
64	Figuring out food labels. Young adultsâ€™ understanding of nutritional information presented on food labels is inadequate. Appetite, 2012, 58, 531-534.	1.8	57
65	Dietary intervention induces flow of changes within biomarkers of lipids, inflammation, liver enzymes, and glycemic control. Nutrition, 2012, 28, 131-137.	1.1	9
66	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
67	Adolescent BMI Trajectory and Risk of Diabetes versus Coronary Disease. New England Journal of Medicine, 2011, 364, 1315-1325.	13.9	539
68	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
69	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
70	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
71	Altered Autophagy in Human Adipose Tissues in Obesity. Journal of Clinical Endocrinology and Metabolism, 2011, 96, E268-E277.	1.8	275
72	Progression of Normotensive Adolescents to Hypertensive Adults. Hypertension, 2010, 56, 203-209.	1.3	131

#	Article	IF	Citations
73	Halo effect of a weight-loss trial on spouses: the DIRECT-Spouse study. Public Health Nutrition, 2010, 13, 544-549.	1.1	48
74	Dairy calcium intake, serum vitamin D, and successful weight loss. American Journal of Clinical Nutrition, 2010, 92, 1017-1022.	2.2	61
75	Dietary Intervention to Reverse Carotid Atherosclerosis. Circulation, 2010, 121, 1200-1208.	1.6	190
76	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
77	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
78	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
79	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
80	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
81	Weight Loss with a Low-Carbohydrate, Mediterranean, or Low-Fat Diet. New England Journal of Medicine, 2008, 359, 229-241.	13.9	1,780
82	Changes in Triglyceride Levels Over Time and Risk of Type 2 Diabetes in Young Men. Diabetes Care, 2008, 31, 2032-2037.	4.3	175
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	Weight-loss diets--can you keep it off?. American Journal of Clinical Nutrition, 2008, 88, 1185-6.	2.2	9
85	Glycemic Effects of Moderate Alcohol Intake Among Patients With Type 2 Diabetes. Diabetes Care, 2007, 30, 3011-3016.	4.3	105
86	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
87	Changes in Triglyceride Levels and Risk for Coronary Heart Disease in Young Men. Annals of Internal Medicine, 2007, 147, 377.	2.0	130
88	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
89	Soluble Intercellular Adhesion Molecules, Soluble Vascular Cell Adhesion Molecules, and Risk of Coronary Heart Disease. Obesity, 2006, 14, 2099-2106.	1.5	62
90	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

#	Article	IF	Citations
91	Diet and eating habits in high and low socioeconomic groups. Nutrition, 2005, 21, 559-566.	1.1	106
92	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
93	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
94	Normal Fasting Plasma Glucose Levels and Type 2 Diabetes in Young Men. New England Journal of Medicine, 2005, 353, 1454-1462.	13.9	456
95	Adiponectin and Future Coronary Heart Disease Events Among Men With Type 2 Diabetes. Diabetes, 2005, 54, 534-539.	0.3	334
96	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
97	Lipoprotein (a) and coronary heart disease among women: beyond a cholesterol carrier?. European Heart Journal, 2005, 26, 1633-1639.	1.0	45
98	Mediterranean diet and cardiovascular diseases in an Israeli population. Preventive Medicine, 2005, 40, 299-305.	1.6	24
99	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
100	Multivariate Assessment of Lipid Parameters as Predictors of Coronary Heart Disease Among Postmenopausal Women. Circulation, 2004, 110, 2824-2830.	1.6	217
101	Selection of food items for inclusion in a newly developed food-frequency questionnaire. Public Health Nutrition, 2004, 7, 745-749.	1.1	50
102	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
103	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
104	Determinants of Long-Term Satisfaction after Vertical Banded Gastroplasty. Obesity Surgery, 2003, 13, 269-274.	1.1	41
105	Dietary Treatment of Hypercholestrolemia: Can We Predict Long-Term Success?. Journal of the American College of Nutrition, 2003, 22, 555-561.	1.1	9
106	Adaptation of international nutrition databases and data-entry system tools to a specific population. Public Health Nutrition, 2003, 6, 401-406.	1.1	38
107	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
108	Long-term Dietary Changes after Vertical Banded Gastroplasty: Is the Trade-off Favorable?. Obesity Surgery, 2002, 12, 805-811.	1.1	30

#	Article	IF	Citations
109	Dietary treatment of hypercholesterolemia: do dietitians do it better? a randomized, controlled trial. American Journal of Medicine, 2000, 109, 549-555.	0.6	42