

Mario Siervo

List of Publications by Year in descending order

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Version: 2024-02-01

180
papers

7,376
citations

53660

45
h-index

69108

77
g-index

182
all docs

182
docs citations

182
times ranked

11463
citing authors

#	ARTICLE	IF	CITATIONS
1	Effects of the Dietary Approach to Stop Hypertension (DASH) diet on cardiovascular risk factors: a systematic review and meta-analysis. <i>British Journal of Nutrition</i> , 2015, 113, 1-15.	1.2	459
2	Effects of Exercise Modalities on Arterial Stiffness and Wave Reflection: A Systematic Review and Meta-Analysis of Randomized Controlled Trials. <i>PLoS ONE</i> , 2014, 9, e110034.	1.1	324
3	Inorganic Nitrate and Beetroot Juice Supplementation Reduces Blood Pressure in Adults: A Systematic Review and Meta-Analysis. <i>Journal of Nutrition</i> , 2013, 143, 818-826.	1.3	265
4	Tomato and lycopene supplementation and cardiovascular risk factors: A systematic review and meta-analysis. <i>Atherosclerosis</i> , 2017, 257, 100-108.	0.4	225
5	Calorie for Calorie, Dietary Fat Restriction Results in More Body Fat Loss than Carbohydrate Restriction in People with Obesity. <i>Cell Metabolism</i> , 2015, 22, 427-436.	7.2	222
6	Exercise Modalities and Endothelial Function: A Systematic Review and Dose-Response Meta-Analysis of Randomized Controlled Trials. <i>Sports Medicine</i> , 2015, 45, 279-296.	3.1	208
7	Critical appraisal of definitions and diagnostic criteria for sarcopenic obesity based on a systematic review. <i>Clinical Nutrition</i> , 2020, 39, 2368-2388.	2.3	193
8	Osteosarcopenic obesity: the role of bone, muscle, and fat on health. <i>Journal of Cachexia, Sarcopenia and Muscle</i> , 2014, 5, 183-192.	2.9	168
9	Assessment of Body Composition in Health and Disease Using Bioelectrical Impedance Analysis (BIA) and Dual Energy X-Ray Absorptiometry (DXA): A Critical Overview. <i>Contrast Media and Molecular Imaging</i> , 2019, 2019, 1-9.	0.4	168
10	Effect of vitamin C on endothelial function in health and disease: A systematic review and meta-analysis of randomised controlled trials. <i>Atherosclerosis</i> , 2014, 235, 9-20.	0.4	132
11	Sugar consumption and global prevalence of obesity and hypertension: an ecological analysis. <i>Public Health Nutrition</i> , 2014, 17, 587-596.	1.1	118
12	A population-based approach to define body-composition phenotypes. <i>American Journal of Clinical Nutrition</i> , 2014, 99, 1369-1377.	2.2	118
13	Lycopene and tomato and risk of cardiovascular diseases: A systematic review and meta-analysis of epidemiological evidence. <i>Critical Reviews in Food Science and Nutrition</i> , 2019, 59, 141-158.	5.4	117
14	Diagnosing Mild Cognitive Impairment (MCI) in clinical trials: a systematic review. <i>BMJ Open</i> , 2013, 3, e001909.	0.8	115
15	Effects of inorganic nitrate and beetroot supplementation on endothelial function: a systematic review and meta-analysis. <i>European Journal of Nutrition</i> , 2016, 55, 451-459.	1.8	113
16	Longitudinal Effect of Stroke on Cognition: A Systematic Review. <i>Journal of the American Heart Association</i> , 2018, 7, .	1.6	113
17	Is Obesity Associated with Altered Energy Expenditure?. <i>Advances in Nutrition</i> , 2016, 7, 476-487.	2.9	105
18	Casein proteolysis in human milk: tracing the pattern of casein breakdown and the formation of potential bioactive peptides. <i>Journal of Dairy Research</i> , 2004, 71, 74-87.	0.7	97

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19	Beetroot supplementation lowers daily systolic blood pressure in older, overweight subjects. <i>Nutrition Research</i> , 2014, 34, 868-875.	1.3	96
20	Effects of vitamin C supplementation on glycaemic control: a systematic review and meta-analysis of randomised controlled trials. <i>European Journal of Clinical Nutrition</i> , 2017, 71, 1371-1380.	1.3	95
21	Metabolic Syndrome and Longitudinal Changes in Cognitive Function: A Systematic Review and Meta-Analysis. <i>Journal of Alzheimer's Disease</i> , 2014, 41, 151-161.	1.2	86
22	Effect of vitamin C and vitamin E supplementation on endothelial function: a systematic review and meta-analysis of randomised controlled trials. <i>British Journal of Nutrition</i> , 2015, 113, 1182-1194.	1.2	76
23	Prevalence of Sarcopenic Obesity in Adults with Class II/III Obesity Using Different Diagnostic Criteria. <i>Journal of Nutrition and Metabolism</i> , 2017, 2017, 1-11.	0.7	76
24	Secular Trends in Dementia Prevalence and Incidence Worldwide: A Systematic Review. <i>Journal of Alzheimer's Disease</i> , 2018, 66, 653-680.	1.2	74
25	Mediterranean diet adherence and cognitive function in older UK adults: the European Prospective Investigation into Cancer and Nutrition (EPIC-Norfolk) Study. <i>American Journal of Clinical Nutrition</i> , 2019, 110, 938-948.	2.2	74
26	Medium-term effects of dietary nitrate supplementation on systolic and diastolic blood pressure in adults. <i>Journal of Hypertension</i> , 2017, 35, 1353-1359.	0.3	71
27	Body mass index is directly associated with biomarkers of angiogenesis and inflammation in children and adolescents. <i>Nutrition</i> , 2012, 28, 262-266.	1.1	67
28	Low protein intake, muscle strength and physical performance in the very old: The Newcastle 85+ Study. <i>Clinical Nutrition</i> , 2018, 37, 2260-2270.	2.3	67
29	Cardiovascular Disease Risk Models and Longitudinal Changes in Cognition: A Systematic Review. <i>PLoS ONE</i> , 2014, 9, e114431.	1.1	66
30	Mediterranean diet and the hallmarks of ageing. <i>European Journal of Clinical Nutrition</i> , 2021, 75, 1176-1192.	1.3	64
31	Dietary protein intake in sarcopenic obese older women. <i>Clinical Interventions in Aging</i> , 2016, 11, 133.	1.3	63
32	Effects of Dietary Nitrate Supplementation on Physiological Responses, Cognitive Function, and Exercise Performance at Moderate and Very-High Simulated Altitude. <i>Frontiers in Physiology</i> , 2017, 8, 401.	1.3	63
33	Dementia severity and weight loss: A comparison across eight cohorts. The 10/66 study. <i>Alzheimer's and Dementia</i> , 2013, 9, 649-656.	0.4	60
34	Accuracy of prediction equations for serum osmolarity in frail older people with and without diabetes. <i>American Journal of Clinical Nutrition</i> , 2014, 100, 867-876.	2.2	60
35	Macronutrient intake and food sources in the very old: analysis of the Newcastle 85+ Study. <i>British Journal of Nutrition</i> , 2016, 115, 2170-2180.	1.2	60
36	Shifts in population dietary patterns and physical inactivity as determinants of global trends in the prevalence of diabetes: An ecological analysis. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2014, 24, 1105-1111.	1.1	54

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37	Dietary nitrate supplementation enhances short but not longer duration running time-trial performance. <i>European Journal of Applied Physiology</i> , 2017, 117, 775-785.	1.2	53
38	Cardiovascular Disease, the Nitric Oxide Pathway and Risk of Cognitive Impairment and Dementia. <i>Current Cardiology Reports</i> , 2017, 19, 87.	1.3	53
39	Effect of Dietary Patterns on Muscle Strength and Physical Performance in the Very Old: Findings from the Newcastle 85+ Study. <i>PLoS ONE</i> , 2016, 11, e0149699.	1.1	53
40	Body composition indices of a loadâ€‘capacity model: gender- and BMI-specific reference curves. <i>Public Health Nutrition</i> , 2015, 18, 1245-1254.	1.1	51
41	Accuracy of predictive equations for the measurement of resting energy expenditure in older subjects. <i>Clinical Nutrition</i> , 2014, 33, 613-619.	2.3	49
42	Vitamin D Status, Muscle Strength and Physical Performance Decline in Very Old Adults: A Prospective Study. <i>Nutrients</i> , 2017, 9, 379.	1.7	49
43	Prevalence and determinants of low protein intake in very old adults: insights from the Newcastle 85+ Study. <i>European Journal of Nutrition</i> , 2018, 57, 2713-2722.	1.8	49
44	Limited evidence for a beneficial effect of vitamin C supplementation on biomarkers of cardiovascular diseases: an umbrella review of systematic reviews and meta-analyses. <i>Nutrition Research</i> , 2019, 61, 1-12.	1.3	49
45	Effects of dietary patterns and low protein intake on sarcopenia risk in the very old: The Newcastle 85+ study. <i>Clinical Nutrition</i> , 2020, 39, 166-173.	2.3	49
46	Cystic fibrosis, body composition, and health outcomes: a systematic review. <i>Nutrition</i> , 2018, 55-56, 131-139.	1.1	48
47	First-Borns Carry a Higher Metabolic Risk in Early Adulthood: Evidence from a Prospective Cohort Study. <i>PLoS ONE</i> , 2010, 5, e13907.	1.1	47
48	Ageing modifies the effects of beetroot juice supplementation on 24-hour blood pressure variability: An individual participant meta-analysis. <i>Nitric Oxide - Biology and Chemistry</i> , 2015, 47, 97-105.	1.2	47
49	Prediction of dementia risk in low-income and middle-income countries (the 10/66 Study): an independent external validation of existing models. <i>The Lancet Global Health</i> , 2020, 8, e524-e535.	2.9	45
50	Assessment of dietary nitrate intake in humans: a systematic review. <i>American Journal of Clinical Nutrition</i> , 2018, 108, 878-888.	2.2	44
51	Effects of a Mediterranean diet on blood pressure: a systematic review and meta-analysis of randomized controlled trials and observational studies. <i>Journal of Hypertension</i> , 2021, 39, 729-739.	0.3	44
52	The economic burden of dementia in low- and middle-income countries (LMICs): a systematic review. <i>BMJ Global Health</i> , 2022, 7, e007409.	2.0	44
53	Can Self-Reported Dieting and Dietary Restraint Identify Underreporters of Energy Intake in Dietary Surveys?. <i>Journal of the American Dietetic Association</i> , 2006, 106, 1667-1672.	1.3	43
54	Dietary nitrate supplementation enhances high-intensity running performance in moderate normobaric hypoxia, independent of aerobic fitness. <i>Nitric Oxide - Biology and Chemistry</i> , 2016, 59, 63-70.	1.2	43

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55	Systematic review and meta-analysis of randomised controlled trials testing the effects of vitamin C supplementation on blood lipids. <i>Clinical Nutrition</i> , 2016, 35, 626-637.	2.3	43
56	Effects of vitamin D supplementation on endothelial function: a systematic review and meta-analysis of randomised clinical trials. <i>European Journal of Nutrition</i> , 2017, 56, 1095-1104.	1.8	43
57	Effects of Prolonged Exposure to Hypobaric Hypoxia on Oxidative Stress, Inflammation and Gluco-Insular Regulation: The Not-So-Sweet Price for Good Regulation. <i>PLoS ONE</i> , 2014, 9, e94915.	1.1	42
58	Micronutrient intake and food sources in the very old: analysis of the Newcastle 85+ Study. <i>British Journal of Nutrition</i> , 2016, 116, 751-761.	1.2	41
59	Mediterranean Diet Increases Endothelial Function in Adults: A Systematic Review and Meta-Analysis of Randomized Controlled Trials. <i>Journal of Nutrition</i> , 2020, 150, 1151-1159.	1.3	41
60	Effects of Intentional Weight Loss on Physical and Cognitive Function in Middle-Aged and Older Obese Participants: A Pilot Study. <i>Journal of the American College of Nutrition</i> , 2012, 31, 79-86.	1.1	40
61	Dietary Patterns High in Red Meat, Potato, Gravy, and Butter Are Associated with Poor Cognitive Functioning but Not with Rate of Cognitive Decline in Very Old Adults. <i>Journal of Nutrition</i> , 2016, 146, 265-274.	1.3	39
62	Socio-demographic patterns of physical activity and sedentary behaviour in Chile: results from the National Health Survey 2009-2010. <i>Journal of Public Health</i> , 2016, 38, e98-e105.	1.0	39
63	Protein Intake and Disability Trajectories in Very Old Adults: The Newcastle 85+ Study. <i>Journal of the American Geriatrics Society</i> , 2019, 67, 50-56.	1.3	38
64	Is There an Association Between Metabolic Syndrome and Cognitive Function in Very Old Adults? The Newcastle 85+ Study. <i>Journal of the American Geriatrics Society</i> , 2015, 63, 667-675.	1.3	37
65	In-vivo nitric oxide synthesis is reduced in obese patients with metabolic syndrome. <i>Journal of Hypertension</i> , 2011, 29, 1515-1527.	0.3	36
66	Antioxidant Vitamin Supplementation Reduces Arterial Stiffness in Adults: A Systematic Review and Meta-Analysis of Randomized Controlled Trials. <i>Journal of Nutrition</i> , 2014, 144, 1594-1602.	1.3	36
67	The effect of age on the relationship between cardiac and vascular function. <i>Mechanisms of Ageing and Development</i> , 2016, 153, 1-6.	2.2	35
68	Inorganic Nitrate Mimics Exercise-Stimulated Muscular Fiber-Type Switching and Myokine and β -Aminobutyric Acid Release. <i>Diabetes</i> , 2017, 66, 674-688.	0.3	35
69	Effects of inorganic nitrate and vitamin C co-supplementation on blood pressure and vascular function in younger and older healthy adults: A randomised double-blind crossover trial. <i>Clinical Nutrition</i> , 2020, 39, 708-717.	2.3	35
70	Mediterranean diet and cognitive function: From methodology to mechanisms of action. <i>Free Radical Biology and Medicine</i> , 2021, 176, 105-117.	1.3	35
71	Aggregate predictions improve accuracy when calculating metabolic variables used to guide treatment. <i>American Journal of Clinical Nutrition</i> , 2009, 89, 491-499.	2.2	34
72	Predicting Risk of Cognitive Decline in Very Old Adults Using Three Models: The Framingham Stroke Risk Profile; the Cardiovascular Risk Factors, Aging, and Dementia Model; and Oxidative-Inflammatory Biomarkers. <i>Journal of the American Geriatrics Society</i> , 2017, 65, 381-389.	1.3	34

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73	Association between body composition and pulmonary function in children and young people with cystic fibrosis. <i>Nutrition</i> , 2018, 48, 73-76.	1.1	34
74	Inorganic Nitrate Supplementation in Young and Old Obese Adults Does Not Affect Acute Glucose and Insulin Responses but Lowers Oxidative Stress. <i>Journal of Nutrition</i> , 2016, 146, 2224-2232.	1.3	33
75	Sarcopenic obesity and overall mortality: Results from the application of novel models of body composition phenotypes to the National Health and Nutrition Examination Survey 1999-2004. <i>Clinical Nutrition</i> , 2019, 38, 264-270.	2.3	33
76	Effects of handgrip exercise or inorganic nitrate supplementation on 24-h ambulatory blood pressure and peripheral arterial function in overweight and obese middle age and older adults: A pilot RCT. <i>Maturitas</i> , 2015, 82, 228-235.	1.0	32
77	Nitric Oxide Boosting Effects of the Mediterranean Diet: A Potential Mechanism of Action. <i>Journals of Gerontology - Series A Biological Sciences and Medical Sciences</i> , 2018, 73, 902-904.	1.7	31
78	Manipulation of Contents of Nitrate, Phenolic Acids, Chlorophylls, and Carotenoids in Lettuce (<i>Lactuca sativa</i> L.) via Contrasting Responses to Nitrogen Fertilizer When Grown in a Controlled Environment. <i>Journal of Agricultural and Food Chemistry</i> , 2017, 65, 10003-10010.	2.4	30
79	Does hypoxia play a role in the development of sarcopenia in humans? Mechanistic insights from the Caudwell Xtreme Everest Expedition. <i>Redox Biology</i> , 2017, 13, 60-68.	3.9	30
80	Does dietary nitrate say NO to cardiovascular ageing? Current evidence and implications for research. <i>Proceedings of the Nutrition Society</i> , 2018, 77, 112-123.	0.4	30
81	Efficiency of autoregulatory homeostatic responses to imposed caloric excess in lean men. <i>American Journal of Physiology - Endocrinology and Metabolism</i> , 2008, 294, E416-E424.	1.8	29
82	Nitrate-Rich Beetroot Juice Reduces Blood Pressure in Tanzanian Adults with Elevated Blood Pressure: A Double-Blind Randomized Controlled Feasibility Trial. <i>Journal of Nutrition</i> , 2020, 150, 2460-2468.	1.3	29
83	Link Between Dietary Sodium Intake, Cognitive Function, and Dementia Risk in Middle-Aged and Older Adults: A Systematic Review. <i>Journal of Alzheimer's Disease</i> , 2020, 76, 1347-1373.	1.2	28
84	Acute effects of video-game playing versus television viewing on stress markers and food intake in overweight and obese young men: A randomised controlled trial. <i>Appetite</i> , 2018, 120, 100-108.	1.8	27
85	Body Composition Assessment: Theory into Practice: Introduction of Multicompartment Models. <i>IEEE Engineering in Medicine and Biology Magazine</i> , 2010, 29, 48-59.	1.1	26
86	Beet-ing the Mountain: A Review of the Physiological and Performance Effects of Dietary Nitrate Supplementation at Simulated and Terrestrial Altitude. <i>Sports Medicine</i> , 2017, 47, 2155-2169.	3.1	26
87	Effects of inorganic nitrate and nitrite consumption on cognitive function and cerebral blood flow: A systematic review and meta-analysis of randomized clinical trials. <i>Critical Reviews in Food Science and Nutrition</i> , 2019, 59, 2400-2410.	5.4	26
88	Prevalence of Sarcopenic Obesity Using Different Definitions and the Relationship With Strength and Physical Performance in the Canadian Longitudinal Study of Aging. <i>Frontiers in Physiology</i> , 2020, 11, 583825.	1.3	26
89	The future of human malnutrition: rebalancing agency for better nutritional health. <i>Globalization and Health</i> , 2021, 17, 119.	2.4	26
90	Dietary Inorganic Nitrate as an Ergogenic Aid: An Expert Consensus Derived via the Modified Delphi Technique. <i>Sports Medicine</i> , 2022, 52, 2537-2558.	3.1	26

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91	Dietary nitrate does not affect physical activity or outcomes in healthy older adults in a randomized, cross-over trial. <i>Nutrition Research</i> , 2016, 36, 1361-1369.	1.3	25
92	Dietary nitrate does not modify blood pressure and cardiac output at rest and during exercise in older adults: a randomised cross-over study. <i>International Journal of Food Sciences and Nutrition</i> , 2018, 69, 74-83.	1.3	24
93	Impact of Disability, Psychological Status, and Comorbidity on Health-Related Quality of Life Perceived by Subjects with Obesity. <i>Obesity Facts</i> , 2020, 13, 191-200.	1.6	24
94	The association of red meat intake with inflammation and circulating intermediate biomarkers of type 2 diabetes is mediated by central adiposity. <i>British Journal of Nutrition</i> , 2021, 125, 1043-1050.	1.2	24
95	Age-related changes in resting energy expenditure in normal weight, overweight and obese men and women. <i>Maturitas</i> , 2015, 80, 406-413.	1.0	23
96	Imposed rate and extent of weight loss in obese men and adaptive changes in resting and total energy expenditure. <i>Metabolism: Clinical and Experimental</i> , 2015, 64, 896-904.	1.5	23
97	Age-related changes in basal substrate oxidation and visceral adiposity and their association with metabolic syndrome. <i>European Journal of Nutrition</i> , 2016, 55, 1755-1767.	1.8	22
98	How can population-based studies best be utilized to reduce the global impact of dementia? Recommendations for researchers, funders, and policymakers. <i>Alzheimer's and Dementia</i> , 2020, 16, 1448-1456.	0.4	22
99	Effects of a mediterranean diet on the gut microbiota and microbial metabolites: A systematic review of randomized controlled trials and observational studies. <i>Critical Reviews in Food Science and Nutrition</i> , 2023, 63, 8698-8719.	5.4	21
100	In vivo nitric oxide synthesis, insulin sensitivity, and asymmetric dimethylarginine in obese subjects without and with metabolic syndrome. <i>Metabolism: Clinical and Experimental</i> , 2012, 61, 680-688.	1.5	20
101	Prevalence and Risk of Mild Cognitive Impairment in Low and Middle-Income Countries: A Systematic Review. <i>Journal of Alzheimer's Disease</i> , 2021, 79, 743-762.	1.2	20
102	Dietary Patterns and Socioeconomic Status in the Very Old: The Newcastle 85+ Study. <i>PLoS ONE</i> , 2015, 10, e0139713.	1.1	20
103	Pathophysiology of exercise intolerance in chronic diseases: the role of diminished cardiac performance in mitochondrial and heart failure patients. <i>Open Heart</i> , 2017, 4, e000632.	0.9	19
104	Accuracy of Resting Energy Expenditure Predictive Equations in Patients With Cancer. <i>Nutrition in Clinical Practice</i> , 2019, 34, 922-934.	1.1	19
105	What Are the Risk Factors for Malnutrition in Older-Aged Institutionalized Adults?. <i>Nutrients</i> , 2020, 12, 2857.	1.7	19
106	Cross-sectional associations between metabolic syndrome and performance across cognitive domains: A systematic review. <i>Applied Neuropsychology Adult</i> , 2019, 26, 186-199.	0.7	16
107	Weight loss expectations and body dissatisfaction in young women attempting to lose weight. <i>Journal of Human Nutrition and Dietetics</i> , 2014, 27, 84-89.	1.3	15
108	Tools and Methods Used for the Assessment of Body Composition in Patients With Cystic Fibrosis: A Systematic Review. <i>Nutrition in Clinical Practice</i> , 2019, 34, 701-714.	1.1	15

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109	Unacylated-Ghrelin Impairs Hippocampal Neurogenesis and Memory in Mice and Is Altered in Parkinson's Dementia in Humans. <i>Cell Reports Medicine</i> , 2020, 1, 100120.	3.3	15
110	Whole beetroot consumption reduces systolic blood pressure and modulates diversity and composition of the gut microbiota in older participants. <i>NFS Journal</i> , 2020, 21, 28-37.	1.9	14
111	Dietary nitrate and population health: a narrative review of the translational potential of existing laboratory studies. <i>BMC Sports Science, Medicine and Rehabilitation</i> , 2021, 13, 65.	0.7	14
112	L-Carnitine in Drosophila: A Review. <i>Antioxidants</i> , 2020, 9, 1310.	2.2	14
113	A novel derivative for the assessment of urinary and salivary nitrate using gas chromatography/mass spectrometry. <i>Rapid Communications in Mass Spectrometry</i> , 2008, 22, 4158-4164.	0.7	13
114	Association between worldwide dietary and lifestyle patterns with total cholesterol concentrations and DALYs for infectious and cardiovascular diseases: An ecological analysis. <i>Journal of Epidemiology and Global Health</i> , 2015, 5, 315.	1.1	13
115	Anabolic resistance does not explain sarcopenia in patients with type 2 diabetes mellitus, compared with healthy controls, despite reduced mTOR pathway activity. <i>Clinical Nutrition</i> , 2017, 36, 1716-1719.	2.3	13
116	Sarcopenic obesity and insulin resistance: Application of novel body composition models. <i>Nutrition</i> , 2020, 75-76, 110765.	1.1	13
117	Nutritional interventions for the prevention of cognitive impairment and dementia in developing economies in East-Asia: a systematic review and meta-analysis. <i>Critical Reviews in Food Science and Nutrition</i> , 2020, , 1-18.	5.4	12
118	What do we know about the nutritional status of the very old? Insights from three cohorts of advanced age from the UK and New Zealand. <i>Proceedings of the Nutrition Society</i> , 2016, 75, 420-430.	0.4	11
119	Validity and reliability of test strips for the measurement of salivary nitrite concentration with and without the use of mouthwash in healthy adults. <i>Nitric Oxide - Biology and Chemistry</i> , 2019, 91, 15-22.	1.2	10
120	A high-protein total diet replacement increases energy expenditure and leads to negative fat balance in healthy, normal-weight adults. <i>American Journal of Clinical Nutrition</i> , 2021, 113, 476-487.	2.2	10
121	Measurement of body composition changes during weight loss in obese men using multi-frequency bioelectrical impedance analysis and multi-compartment models. <i>Obesity Research and Clinical Practice</i> , 2014, 8, e46-e54.	0.8	9
122	Consumption of a High-Protein Meal Replacement Leads to Higher Fat Oxidation, Suppression of Hunger, and Improved Metabolic Profile After an Exercise Session. <i>Nutrients</i> , 2021, 13, 155.	1.7	9
123	Feasibility and acceptability of a multi-domain intervention to increase Mediterranean diet adherence and physical activity in older UK adults at risk of dementia: protocol for the MedEx-UK randomised controlled trial. <i>BMJ Open</i> , 2021, 11, e042823.	0.8	9
124	Protocol and recruitment results from a 13-week randomized controlled trial comparing the effects of different doses of nitrate-rich beetroot juice on cognition, cerebral blood flow and peripheral vascular function in overweight and obese older people. <i>Contemporary Clinical Trials Communications</i> , 2020, 18, 100571.	0.5	9
125	Incremental Doses of Nitrate-Rich Beetroot Juice Do Not Modify Cognitive Function and Cerebral Blood Flow in Overweight and Obese Older Adults: A 13-Week Pilot Randomised Clinical Trial. <i>Nutrients</i> , 2022, 14, 1052.	1.7	9
126	Calorie for Calorie, Dietary Fat Restriction Results in More Body Fat Loss than Carbohydrate Restriction in People with Obesity. <i>Cell Metabolism</i> , 2015, 22, 531.	7.2	8

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127	Serum osmolarity and haematocrit do not modify the association between the impedance index (Ht2/Z) and total body water in the very old: The Newcastle 85+ Study. Archives of Gerontology and Geriatrics, 2015, 60, 227-232.	1.4	8
128	Association between ratio indexes of body composition phenotypes and metabolic risk in Italian adults. Clinical Obesity, 2016, 6, 365-375.	1.1	8
129	Relationship between urinary nitrate concentrations and cognitive function in older adults: findings from the NHANES survey. International Journal of Food Sciences and Nutrition, 2021, 72, 805-815.	1.3	8
130	Acceptability and Feasibility of a 13-Week Pilot Randomised Controlled Trial Testing the Effects of Incremental Doses of Beetroot Juice in Overweight and Obese Older Adults. Nutrients, 2021, 13, 769.	1.7	8
131	Pharmacokinetic Profile of Incremental Oral Doses of Dietary Nitrate in Young and Older Adults: A Crossover Randomized Clinical Trial. Journal of Nutrition, 2022, 152, 130-139.	1.3	8
132	Palmitate induces DNA damage and senescence in human adipocytes in vitro that can be alleviated by oleic acid but not inorganic nitrate. Experimental Gerontology, 2022, 163, 111798.	1.2	8
133	Dietary interventions for prevention of dementia in people with mild cognitive impairment. The Cochrane Library, 2015, , .	1.5	7
134	Age-related decline in cardiac autonomic function is not attenuated with increased physical activity. Oncotarget, 2016, 7, 76390-76397.	0.8	7
135	Vitamin C, Antioxidant Status, and Cardiovascular Aging. , 2016, , 609-619.		7
136	A pilot study of a non-invasive oral nitrate stable isotopic method suggests that arginine and citrulline supplementation increases whole-body NO production in Tanzanian children with sickle cell disease. Nitric Oxide - Biology and Chemistry, 2018, 74, 19-22.	1.2	7
137	Knowledge and beliefs about dietary inorganic nitrate among UK-based nutrition professionals: development and application of the KINDS online questionnaire. BMJ Open, 2019, 9, e030719.	0.8	7
138	Examining the effects of a high-protein total diet replacement on energy metabolism, metabolic blood markers, and appetite sensations in healthy adults: protocol for two complementary, randomized, controlled, crossover trials. Trials, 2019, 20, 787.	0.7	7
139	Protein Recommendation to Increase Muscle (PRIME): Study protocol for a randomized controlled pilot trial investigating the feasibility of a high protein diet to halt loss of muscle mass in patients with colorectal cancer. Clinical Nutrition ESPEN, 2021, 41, 175-185.	0.5	7
140	VEGF is indirectly associated with NO production and acutely increases in response to hyperglycaemia¹. European Journal of Clinical Investigation, 2012, 42, 967-973.	1.7	6
141	Dietary interventions for maintaining cognitive function in cognitively healthy people in late life. The Cochrane Library, 2015, , .	1.5	6
142	Dietary interventions for maintaining cognitive function in cognitively healthy people in mid life. The Cochrane Library, 2015, , .	1.5	6
143	Poor Physical Function as a Marker of Sarcopenia in Adults with Class II/III Obesity. Current Developments in Nutrition, 2018, 2, nzx008.	0.1	6
144	Mitochondrial DNA methylation is associated with Mediterranean diet adherence in a population of older adults with overweight and obesity.. Proceedings of the Nutrition Society, 2020, 79, .	0.4	5

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145	Independent and interactive associations of dietary nitrate and salt intake with blood pressure and cognitive function: a cross-sectional analysis in the InCHIANTI study. <i>International Journal of Food Sciences and Nutrition</i> , 2022, 73, 491-502.	1.3	5
146	Association of Dietary Intakes and Genetically Determined Serum Concentrations of Mono and Poly Unsaturated Fatty Acids on Chronic Kidney Disease: Insights from Dietary Analysis and Mendelian Randomization. <i>Nutrients</i> , 2022, 14, 1231.	1.7	5
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