Mario Siervo

List of Publications by Citations

166 papers	4,902 citations	38 h-index	63 g-index
182 ext. papers	6,287 ext. citations	4.7 avg, IF	5.94 L-index

#	Paper	IF	Citations
166	Effects of the Dietary Approach to Stop Hypertension (DASH) diet on cardiovascular risk factors: a systematic review and meta-analysis. *British Journal of Nutrition*, **2015**, 113, 1-15	3.6	315
165	Effects of exercise modalities on arterial stiffness and wave reflection: a systematic review and meta-analysis of randomized controlled trials. *PLoS ONE*, **2014**, 9, e110034	3.7	240
164	Inorganic nitrate and beetroot juice supplementation reduces blood pressure in adults: a systematic review and meta-analysis. *Journal of Nutrition*, **2013**, 143, 818-26	4.1	207
163	Calorie for Calorie, Dietary Fat Restriction Results in More Body Fat Loss than Carbohydrate Restriction in People with Obesity. *Cell Metabolism*, **2015**, 22, 427-36	24.6	156
162	Tomato and lycopene supplementation and cardiovascular risk factors: A systematic review and meta-analysis. *Atherosclerosis*, **2017**, 257, 100-108	3.1	148
161	Exercise modalities and endothelial function: a systematic review and dose-response meta-analysis of randomized controlled trials. *Sports Medicine*, **2015**, 45, 279-96	10.6	137
160	Osteosarcopenic obesity: the role of bone, muscle, and fat on health. *Journal of Cachexia, Sarcopenia and Muscle*, **2014**, 5, 183-92	10.3	126
159	Sugar consumption and global prevalence of obesity and hypertension: an ecological analysis. *Public Health Nutrition*, **2014**, 17, 587-96	3.3	96
158	Effect of vitamin C on endothelial function in health and disease: a systematic review and meta-analysis of randomised controlled trials. *Atherosclerosis*, **2014**, 235, 9-20	3.1	94
157	Diagnosing Mild Cognitive Impairment (MCI) in clinical trials: a systematic review. *BMJ Open*, **2013**, 3,	3	91
156	Casein proteolysis in human milk: tracing the pattern of casein breakdown and the formation of potential bioactive peptides. *Journal of Dairy Research*, **2004**, 71, 74-87	1.6	89
155	Critical appraisal of definitions and diagnostic criteria for sarcopenic obesity based on a systematic review. *Clinical Nutrition*, **2020**, 39, 2368-2388	5.9	89
154	A population-based approach to define body-composition phenotypes. *American Journal of Clinical Nutrition*, **2014**, 99, 1369-77	7	85
153	Effects of inorganic nitrate and beetroot supplementation on endothelial function: a systematic review and meta-analysis. *European Journal of Nutrition*, **2016**, 55, 451-459	5.2	82
152	Beetroot supplementation lowers daily systolic blood pressure in older, overweight subjects. *Nutrition Research*, **2014**, 34, 868-75	4	79
151	Correction to: Tea consumption and measures of attention and psychomotor speed in the very old: the Newcastle 85+ longitudinal study. *BMC Nutrition*, **2021**, 7,	2.5	78
150	Assessment of Body Composition in Health and Disease Using Bioelectrical Impedance Analysis (BIA) and Dual Energy X-Ray Absorptiometry (DXA): A Critical Overview. *Contrast Media and Molecular Imaging*, **2019**, 2019, 3548284	3.2	77

149	Is Obesity Associated with Altered Energy Expenditure?. *Advances in Nutrition*, **2016**, 7, 476-87	10	73
148	Metabolic syndrome and longitudinal changes in cognitive function: a systematic review and meta-analysis. *Journal of Alzheimer's Disease*, **2014**, 41, 151-61	4.3	70
147	Longitudinal Effect of Stroke on Cognition: A Systematic Review. *Journal of the American Heart Association*, **2018**, 7,	6	66
146	Lycopene and tomato and risk of cardiovascular diseases: A systematic review and meta-analysis of epidemiological evidence. *Critical Reviews in Food Science and Nutrition*, **2019**, 59, 141-158	11.5	66
145	Body mass index is directly associated with biomarkers of angiogenesis and inflammation in children and adolescents. *Nutrition*, **2012**, 28, 262-6	4.8	63
144	Prevalence of Sarcopenic Obesity in Adults with Class II/III Obesity Using Different Diagnostic Criteria. *Journal of Nutrition and Metabolism*, **2017**, 2017, 7307618	2.7	56
143	Effect of vitamin C and vitamin E supplementation on endothelial function: a systematic review and meta-analysis of randomised controlled trials. *British Journal of Nutrition*, **2015**, 113, 1182-94	3.6	52
142	Cardiovascular disease risk models and longitudinal changes in cognition: a systematic review. *PLoS ONE*, **2014**, 9, e114431	3.7	52
141	Effects of vitamin C supplementation on glycaemic control: a systematic review and meta-analysis of randomised controlled trials. *European Journal of Clinical Nutrition*, **2017**, 71, 1371-1380	5.2	51
140	Medium-term effects of dietary nitrate supplementation on systolic and diastolic blood pressure in adults: a systematic review and meta-analysis. *Journal of Hypertension*, **2017**, 35, 1353-1359	1.9	49
139	Low protein intake, muscle strength and physical performance in the very old: The Newcastle 85+ Study. *Clinical Nutrition*, **2018**, 37, 2260-2270	5.9	49
138	Mediterranean diet adherence and cognitive function in older UK adults: the European Prospective Investigation into Cancer and Nutrition-Norfolk (EPIC-Norfolk) Study. *American Journal of Clinical Nutrition*, **2019**, 110, 938-948	7	48
137	Dementia severity and weight loss: a comparison across eight cohorts. The 10/66 study. *Alzheimer's and Dementia*, **2013**, 9, 649-56	1.2	45
136	Dietary nitrate supplementation enhances short but not longer duration running time-trial performance. *European Journal of Applied Physiology*, **2017**, 117, 775-785	3.4	43
135	Accuracy of prediction equations for serum osmolarity in frail older people with and without diabetes. *American Journal of Clinical Nutrition*, **2014**, 100, 867-76	7	42
134	Accuracy of predictive equations for the measurement of resting energy expenditure in older subjects. *Clinical Nutrition*, **2014**, 33, 613-9	5.9	42
133	Effect of Dietary Patterns on Muscle Strength and Physical Performance in the Very Old: Findings from the Newcastle 85+ Study. *PLoS ONE*, **2016**, 11, e0149699	3.7	42
132	Secular Trends in Dementia Prevalence and Incidence Worldwide: A Systematic Review. *Journal of Alzheimer's Disease*, **2018**, 66, 653-680	4.3	42

131	Effects of Dietary Nitrate Supplementation on Physiological Responses, Cognitive Function, and Exercise Performance at Moderate and Very-High Simulated Altitude. *Frontiers in Physiology*, **2017**, 8, 401	4.6	41
130	First-borns carry a higher metabolic risk in early adulthood: evidence from a prospective cohort study. *PLoS ONE*, **2010**, 5, e13907	3.7	41
129	Shifts in population dietary patterns and physical inactivity as determinants of global trends in the prevalence of diabetes: an ecological analysis. *Nutrition, Metabolism and Cardiovascular Diseases*, **2014**, 24, 1105-11	4.5	39
128	Body composition indices of a load-capacity model: gender- and BMI-specific reference curves. *Public Health Nutrition*, **2015**, 18, 1245-54	3.3	38
127	Can self-reported dieting and dietary restraint identify underreporters of energy intake in dietary surveys?. *Journal of the American Dietetic Association*, **2006**, 106, 1667-72		38
126	Effects of prolonged exposure to hypobaric hypoxia on oxidative stress, inflammation and gluco-insular regulation: the not-so-sweet price for good regulation. *PLoS ONE*, **2014**, 9, e94915	3.7	37
125	Dietary protein intake in sarcopenic obese older women. *Clinical Interventions in Aging*, **2016**, 11, 133-40	4	37
124	Dietary nitrate supplementation enhances high-intensity running performance in moderate normobaric hypoxia, independent of aerobic fitness. *Nitric Oxide - Biology and Chemistry*, **2016**, 59, 63-70	5	36
123	Cardiovascular Disease, the Nitric Oxide Pathway and Risk of Cognitive Impairment and Dementia. *Current Cardiology Reports*, **2017**, 19, 87	4.2	36
122	Effects of dietary patterns and low protein intake on sarcopenia risk in the very old: The Newcastle 85+ study. *Clinical Nutrition*, **2020**, 39, 166-173	5.9	36
121	Prevalence and determinants of low protein intake in very old adults: insights from the Newcastle 85+ Study. *European Journal of Nutrition*, **2018**, 57, 2713-2722	5.2	35
120	Ageing modifies the effects of beetroot juice supplementation on 24-hour blood pressure variability: An individual participant meta-analysis. *Nitric Oxide - Biology and Chemistry*, **2015**, 47, 97-105	5	35
119	Vitamin D Status, Muscle Strength and Physical Performance Decline in Very Old Adults: A Prospective Study. *Nutrients*, **2017**, 9,	6.7	34
118	Effects of vitamin D supplementation on endothelial function: a systematic review and meta-analysis of randomised clinical trials. *European Journal of Nutrition*, **2017**, 56, 1095-1104	5.2	33
117	Effects of intentional weight loss on physical and cognitive function in middle-aged and older obese participants: a pilot study. *Journal of the American College of Nutrition*, **2012**, 31, 79-86	3.5	33
116	Inorganic Nitrate Mimics Exercise-Stimulated Muscular Fiber-Type Switching and Myokine and γ-Aminobutyric Acid Release. *Diabetes*, **2017**, 66, 674-688	0.9	31
115	In-vivo nitric oxide synthesis is reduced in obese patients with metabolic syndrome: application of a novel stable isotopic method. *Journal of Hypertension*, **2011**, 29, 1515-27	1.9	31
114	Aggregate predictions improve accuracy when calculating metabolic variables used to guide treatment. *American Journal of Clinical Nutrition*, **2009**, 89, 491-9	7	31

113	Macronutrient intake and food sources in the very old: analysis of the Newcastle 85+ Study. *British Journal of Nutrition*, **2016**, 115, 2170-80	3.6	30
112	Is there an association between metabolic syndrome and cognitive function in very old adults? The Newcastle 85+ Study. *Journal of the American Geriatrics Society*, **2015**, 63, 667-75	5.6	29
111	Socio-demographic patterns of physical activity and sedentary behaviour in Chile: results from the National Health Survey 2009-2010. *Journal of Public Health*, **2016**, 38, e98-e105	3.5	28
110	Limited evidence for a beneficial effect of vitamin C supplementation on biomarkers of cardiovascular diseases: an umbrella review of systematic reviews and meta-analyses. *Nutrition Research*, **2019**, 61, 1-12	4	28
109	Protein Intake and Disability Trajectories in Very Old Adults: The Newcastle 85+ Study. *Journal of the American Geriatrics Society*, **2019**, 67, 50-56	5.6	27
108	Systematic review and meta-analysis of randomised controlled trials testing the effects of vitamin C supplementation on blood lipids. *Clinical Nutrition*, **2016**, 35, 626-37	5.9	26
107	Efficiency of autoregulatory homeostatic responses to imposed caloric excess in lean men. *American Journal of Physiology - Endocrinology and Metabolism*, **2008**, 294, E416-24	6	26
106	Micronutrient intake and food sources in the very old: analysis of the Newcastle 85+ Study. *British Journal of Nutrition*, **2016**, 116, 751-61	3.6	26
105	The effect of age on the relationship between cardiac and vascular function. *Mechanisms of Ageing and Development*, **2016**, 153, 1-6	5.6	25
104	Antioxidant vitamin supplementation reduces arterial stiffness in adults: a systematic review and meta-analysis of randomized controlled trials. *Journal of Nutrition*, **2014**, 144, 1594-602	4.1	25
103	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 Oxi-Inflammatory Biomarkers. *Journal of the American Geriatrics Society*, **2017**, 65, 381-389	5.6	25
102	Nitric Oxide Boosting Effects of the Mediterranean Diet: A Potential Mechanism of Action. *Journals of Gerontology - Series A Biological Sciences and Medical Sciences*, **2018**, 73, 902-904	6.4	24
101	Cystic fibrosis, body composition, and health outcomes: a systematic review. *Nutrition*, **2018**, 55-56, 131-139	4.8	24
100	Does hypoxia play a role in the development of sarcopenia in humans? Mechanistic insights from the Caudwell Xtreme Everest Expedition. *Redox Biology*, **2017**, 13, 60-68	11.3	24
99	Mediterranean Diet Increases Endothelial Function in Adults: A Systematic Review and Meta-Analysis of Randomized Controlled Trials. *Journal of Nutrition*, **2020**, 150, 1151-1159	4.1	23
98	Body composition assessment: theory into practice: introduction of multicompartment models. *IEEE Engineering in Medicine and Biology Magazine*, **2010**, 29, 48-59		23
97	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. *Journal of Nutrition*, **2016**, 146, 265-74	4.1	23
96	Assessment of dietary nitrate intake in humans: a systematic review. *American Journal of Clinical Nutrition*, **2018**, 108, 878-888	7	23

95	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. *Maturitas*, **2015**, 82, 228-35	5	22
94	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. *Clinical Nutrition*, **2019**, 38, 264-270	5.9	22
93	"Beet-ing" the Mountain: A Review of the Physiological and Performance Effects of Dietary Nitrate Supplementation at Simulated and Terrestrial Altitude. *Sports Medicine*, **2017**, 47, 2155-2169	10.6	20
92	Inorganic Nitrate Supplementation in Young and Old Obese Adults Does Not Affect Acute Glucose and Insulin Responses but Lowers Oxidative Stress. *Journal of Nutrition*, **2016**, 146, 2224-2232	4.1	19
91	Manipulation of Contents of Nitrate, Phenolic Acids, Chlorophylls, and Carotenoids in Lettuce (Lactuca sativa L.) via Contrasting Responses to Nitrogen Fertilizer When Grown in a Controlled Environment. *Journal of Agricultural and Food Chemistry*, **2017**, 65, 10003-10010	5.7	18
90	Imposed rate and extent of weight loss in obese men and adaptive changes in resting and total energy expenditure. *Metabolism: Clinical and Experimental*, **2015**, 64, 896-904	12.7	18
89	Association between body composition and pulmonary function in children and young people with cystic fibrosis. *Nutrition*, **2018**, 48, 73-76	4.8	18
88	Age-related changes in resting energy expenditure in normal weight, overweight and obese men and women. *Maturitas*, **2015**, 80, 406-13	5	18
87	Dietary nitrate does not affect physical activity or outcomes in healthy older adults in a randomized, cross-over trial. *Nutrition Research*, **2016**, 36, 1361-1369	4	18
86	In vivo nitric oxide synthesis, insulin sensitivity, and asymmetric dimethylarginine in obese subjects without and with metabolic syndrome. *Metabolism: Clinical and Experimental*, **2012**, 61, 680-8	12.7	17
85	Mediterranean diet and the hallmarks of ageing. *European Journal of Clinical Nutrition*, **2021**, 75, 1176-1192	5.2	17
84	Age-related changes in basal substrate oxidation and visceral adiposity and their association with metabolic syndrome. *European Journal of Nutrition*, **2016**, 55, 1755-67	5.2	15
83	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. *Appetite*, **2018**, 120, 100-108	4.5	15
82	Dietary Patterns and Socioeconomic Status in the Very Old: The Newcastle 85+ Study. *PLoS ONE*, **2015**, 10, e0139713	3.7	15
81	Effects of inorganic nitrate and nitrite consumption on cognitive function and cerebral blood flow: A systematic review and meta-analysis of randomized clinical trials. *Critical Reviews in Food Science and Nutrition*, **2019**, 59, 2400-2410	11.5	15
80	Dietary nitrate does not modify blood pressure and cardiac output at rest and during exercise in older adults: a randomised cross-over study. *International Journal of Food Sciences and Nutrition*, **2018**, 69, 74-83	3.7	14
79	Does dietary nitrate say NO to cardiovascular ageing? Current evidence and implications for research. *Proceedings of the Nutrition Society*, **2018**, 77, 112-123	2.9	14
78	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. *Clinical Nutrition*, **2020**, 39, 708-717	5.9	14

77	Prediction of dementia risk in low-income and middle-income countries (the 10/66 Study): an independent external validation of existing models. *The Lancet Global Health*, **2020**, 8, e524-e535	13.6	13
76	Pathophysiology of exercise intolerance in chronic diseases: the role of diminished cardiac performance in mitochondrial and heart failure patients. *Open Heart*, **2017**, 4, e000632	3	13
75	Accuracy of Resting Energy Expenditure Predictive Equations in Patients With Cancer. *Nutrition in Clinical Practice*, **2019**, 34, 922-934	3.6	12
74	Weight loss expectations and body dissatisfaction in young women attempting to lose weight. *Journal of Human Nutrition and Dietetics*, **2014**, 27 Suppl 2, 84-9	3.1	12
73	Association between worldwide dietary and lifestyle patterns with total cholesterol concentrations and DALYs for infectious and cardiovascular diseases: an ecological analysis. *Journal of Epidemiology and Global Health*, **2015**, 5, 315-25	5.5	12
72	Nitrate-Rich Beetroot Juice Reduces Blood Pressure in Tanzanian Adults with Elevated Blood Pressure: A Double-Blind Randomized Controlled Feasibility Trial. *Journal of Nutrition*, **2020**, 150, 2460-2468	4.1	12
71	The association of red meat intake with inflammation and circulating intermediate biomarkers of type 2 diabetes is mediated by central adiposity. *British Journal of Nutrition*, **2021**, 125, 1043-1050	3.6	12
70	A novel derivative for the assessment of urinary and salivary nitrate using gas chromatography/mass spectrometry. *Rapid Communications in Mass Spectrometry*, **2008**, 22, 4158-64	2.2	11
69	Cross-sectional associations between metabolic syndrome and performance across cognitive domains: A systematic review. *Applied Neuropsychology Adult*, **2019**, 26, 186-199	1.9	11
68	Impact of Disability, Psychological Status, and Comorbidity on Health-Related Quality of Life Perceived by Subjects with Obesity. *Obesity Facts*, **2020**, 13, 191-200	5.1	9
67	Anabolic resistance does not explain sarcopenia in patients with type 2 diabetes mellitus, compared with healthy controls, despite reduced mTOR pathway activity. *Clinical Nutrition*, **2017**, 36, 1716-1719	5.9	9
66	Measurement of body composition changes during weight loss in obese men using multi-frequency bioelectrical impedance analysis and multi-compartment models. *Obesity Research and Clinical Practice*, **2014**, 8, e46-54	5.4	9
65	Effects of a Mediterranean diet on blood pressure: a systematic review and meta-analysis of randomized controlled trials and observational studies. *Journal of Hypertension*, **2021**, 39, 729-739	1.9	9
64	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. *Proceedings of the Nutrition Society*, **2016**, 75, 420-30	2.9	9
63	Prevalence of Sarcopenic Obesity Using Different Definitions and the Relationship With Strength and Physical Performance in the Canadian Longitudinal Study of Aging. *Frontiers in Physiology*, **2020**, 11, 583825	4.6	9
62	Serum osmolarity and haematocrit do not modify the association between the impedance index (Ht(2)/Z) and total body water in the very old: the Newcastle 85+ study. *Archives of Gerontology and Geriatrics*, **2015**, 60, 227-32	4	8
61	How can population-based studies best be utilized to reduce the global impact of dementia? Recommendations for researchers, funders, and policymakers. *Alzheimer's and Dementia*, **2020**, 16, 1448-1456	1.2	8
60	Association between ratio indexes of body composition phenotypes and metabolic risk in Italian adults. *Clinical Obesity*, **2016**, 6, 365-375	3.6	8

59	Tools and Methods Used for the Assessment of Body Composition in Patients With Cystic Fibrosis: A Systematic Review. *Nutrition in Clinical Practice*, **2019**, 34, 701-714	3.6	7
58	Calorie for Calorie, Dietary Fat Restriction Results in More Body Fat Loss than Carbohydrate Restriction in People with Obesity. *Cell Metabolism*, **2015**, 22, 531	24.6	7
57	Dietary interventions for maintaining cognitive function in cognitively healthy people in late life. *The Cochrane Library*, **2015**,	5.2	6
56	Dietary interventions for maintaining cognitive function in cognitively healthy people in mid life. *The Cochrane Library*, **2015**,	5.2	6
55	L-Carnitine in Drosophila: A Review. *Antioxidants*, **2020**, 9,	7.1	6
54	Link Between Dietary Sodium Intake, Cognitive Function, and Dementia Risk in Middle-Aged and Older Adults: A Systematic Review. *Journal of Alzheimer's Disease*, **2020**, 76, 1347-1373	4.3	6
53	What Are the Risk Factors for Malnutrition in Older-Aged Institutionalized Adults?. *Nutrients*, **2020**, 12,	6.7	6
52	Age-related decline in cardiac autonomic function is not attenuated with increased physical activity. *Oncotarget*, **2016**, 7, 76390-76397	3.3	6
51	Vitamin C, Antioxidant Status, and Cardiovascular Aging **2016**, 609-619		6
50	Mediterranean diet and cognitive function: From methodology to mechanisms of action. *Free Radical Biology and Medicine*, **2021**, 176, 105-117	7.8	6
49	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	5	5
48	Dietary interventions for prevention of dementia in people with mild cognitive impairment. *The Cochrane Library*, **2015**,	5.2	5
47	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,	2.9	4
46	Sarcopenic obesity and insulin resistance: Application of novel body composition models. *Nutrition*, **2020**, 75-76, 110765	4.8	4
45	Poor Physical Function as a Marker of Sarcopenia in Adults with Class II/III Obesity. *Current Developments in Nutrition*, **2018**, 2, nzx008	0.4	4
44	Association of the body adiposity index (BAI) with metabolic risk factors in young and older overweight and obese women. *Eating and Weight Disorders*, **2014**, 19, 397-402	3.6	4
43	VEGF is indirectly associated with NO production and acutely increases in response to hyperglycaemia(1). *European Journal of Clinical Investigation*, **2012**, 42, 967-73	4.6	4
42	The future of human malnutrition: rebalancing agency for better nutritional health. *Globalization and Health*, **2021**, 17, 119	10	4

41	Unacylated-Ghrelin Impairs Hippocampal Neurogenesis and Memory in Mice and Is Altered in Parkinson's Dementia in Humans. *Cell Reports Medicine*, **2020**, 1, 100120	18	4
40	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	2.8	4
39	Prevalence and Risk of Mild Cognitive Impairment in Low and Middle-Income Countries: A Systematic Review. *Journal of Alzheimer's Disease*, **2021**, 79, 743-762	4.3	4
38	Validity and reliability of test strips for the measurement of salivary nitrite concentration with and without the use of mouthwash in healthy adults. *Nitric Oxide - Biology and Chemistry*, **2019**, 91, 15-22	5	3
37	Accuracy of aggregate 2- and 3-component models of body composition relative to 4-component for the measurement of changes in fat mass during weight loss in overweight and obese subjects. *Applied Physiology, Nutrition and Metabolism*, **2014**, 39, 871-9	3	3
36	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. *Contemporary Clinical Trials Communications*, **2020**, 18, 100571	1.8	3
35	Tea consumption and measures of attention and psychomotor speed in the very old: the Newcastle 85+ longitudinal study. *BMC Nutrition*, **2020**, 6, 57	2.5	3
34	Nutritional interventions for the prevention of cognitive impairment and dementia in developing economies in East-Asia: a systematic review and meta-analysis. *Critical Reviews in Food Science and Nutrition*, **2020**, 1-18	11.5	3
33	A high-protein total diet replacement increases energy expenditure and leads to negative fat balance in healthy, normal-weight adults. *American Journal of Clinical Nutrition*, **2021**, 113, 476-487	7	3
32	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	3.7	3
31	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	1.3	3
30	The economic burden of dementia in low- and middle-income countries (LMICs): a systematic review.. *BMJ Global Health*, **2022**, 7,	6.6	3
29	Effects of dietary nitrate and folate supplementation on blood pressure in hypertensive Tanzanians: Design and baseline characteristics of a feasibility trial. *Contemporary Clinical Trials Communications*, **2019**, 16, 100472	1.8	2
28	Does the improvement in insulin sensitivity mediate the beneficial effects of weight loss on cognitive function?. *Hypertension*, **2010**, 56, e30; author reply e31	8.5	2
27	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	3	2
26	Consumption of a High-Protein Meal Replacement Leads to Higher Fat Oxidation, Suppression of Hunger, and Improved Metabolic Profile After an Exercise Session. *Nutrients*, **2021**, 13,	6.7	2
25	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. *BMJ Open*, **2021**, 11, e042823	3	2
24	Protocol of a feasibility study for cognitive assessment of an ageing cohort within the Southeast Asia Community Observatory (SEACO), Malaysia. *BMJ Open*, **2017**, 7, e013635	3	1

23	Whole beetroot consumption reduces systolic blood pressure and modulates diversity and composition of the gut microbiota in older participants. *NFS Journal*, **2020**, 21, 28-37	6.5	1
22	Direct association between dietary cholesterol intake and blood pressure: too good to be ?entirelyP true. *Journal of Hypertension*, **2011**, 29, 194-7	1.9	1
21	Protocol for a systematic review assessing the measurement of dietary sodium intake among adults with elevated blood pressure.. *BMJ Open*, **2022**, 12, e052175	3	1
20	Determining risk of dementia: a look at China and beyond. *Age and Ageing*, **2020**, 49, 727-728	3	1
19	Nutritional Interventions for the Prevention of Cognitive Impairment and Dementia in Developing Economies of East Asia: Systematic Review and Meta-analysis - CORRIGENDUM. *Proceedings of the Nutrition Society*, **2020**, 1	2.9	1
18	Dietary nitrate and population health: a narrative review of the translational potential of existing laboratory studies. *BMC Sports Science, Medicine and Rehabilitation*, **2021**, 13, 65	2.4	1
17	Feasibility and acceptability of a nutritional intervention testing the effects of nitrate-rich beetroot juice and folic acid on blood pressure in Tanzanian adults with elevated blood pressure. *International Journal of Food Sciences and Nutrition*, **2021**, 72, 195-207	3.7	1
16	No effect of 4 wk of nitrate-rich vegetable consumption on blood pressure: reflections for future research. *American Journal of Clinical Nutrition*, **2018**, 108, 1352-1353	7	1
15	The Link between Serum 25-Hydroxyvitamin D, Inflammation and Glucose/ Insulin Homeostasis Is Mediated By Adiposity Factors in American Adults. *British Journal of Nutrition*, **2021**, 1-24	3.6	1
14	Pharmacokinetic Profile of Incremental Oral Doses of Dietary Nitrate in Young and Older Adults: A Crossover Randomized Clinical Trial. *Journal of Nutrition*, **2021**,	4.1	1
13	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	4.5	1
12	Independent and interactive associations of dietary nitrate and salt intake with blood pressure and cognitive function: a cross-sectional analysis in the InCHIANTI study. *International Journal of Food Sciences and Nutrition*, **2021**, 1-12	3.7	0
11	Feasibility and acceptability of a dietary intervention study to reduce salt intake and increase high-nitrate vegetable consumption among middle-aged and older Malaysian adults with elevated blood pressure: a study protocol. *BMJ Open*, **2020**, 10, e035453	3	0
10	Prevalence of sarcopenic obesity and association with metabolic syndrome in an adult Iranian cohort: The Fasa PERSIAN cohort study. *Clinical Obesity*, **2021**, 11, e12459	3.6	0
9	Effects of a mediterranean diet on the gut microbiota and microbial metabolites: A systematic review of randomized controlled trials and observational studies.. *Critical Reviews in Food Science and Nutrition*, **2022**, 1-22	11.5	0
8	Ageing modifies acute resting blood pressure responses to incremental consumption of dietary nitrate: a randomised, cross-over clinical trial.. *British Journal of Nutrition*, **2022**, 1-31	3.6	0
7	Abstract dementia risk prediction model development in low- and middle-income countries: The 10/66 study. *Alzheimer?s and Dementia*, **2020**, 16, e042071	1.2	
6	Nutritional assessment of the critically ill patient13-20		

5	Is endothelial-independent vascular reactivity compromised in obese subjects with metabolic syndrome?. *American Journal of Physiology - Endocrinology and Metabolism*, **2011**, 301, E242-3; author reply E244	6
4	Aggregate prediction of resting energy expenditure may perform better than individual estimates. *Clinical Nutrition*, **2010**, 29, 693-4; author reply 695-6	5.9
3	Adherence to a healthy dietary pattern is associated with greater anti-oxidant capacity and improved glycemic control in Iraqi patients with Type 2 Diabetes. *Mediterranean Journal of Nutrition and Metabolism*, **2022**, 1-12	1.3
2	ACCEPTABILITY AND FEASIBILITY OF USING DIETARY NITRATE AND FOLATE SUPPLEMENTATION FOR THE TREATMENT OF HYPERTENSION IN A RURAL TANZANIAN POPULATION. *Journal of Hypertension*, **2021**, 39, e269	1.9
1	Secular Trends in Dementia Free Cognitive Function in Older Adults: A Systematic Review. *Journal of Alzheimer's Disease*, **2022**, 1-12	4.3