

Mario Siervo

List of Publications by Year in Descending Order

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The third column is the impact factor (IF) of the journal, and the fourth column is the number of citations of the article.

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	Protocol for a systematic review assessing the measurement of dietary sodium intake among adults with elevated blood pressure.. <i>BMJ Open</i> , 2022 , 12, e052175	3	1
165	Adherence to a healthy dietary pattern is associated with greater anti-oxidant capacity and improved glycemic control in Iraqi patients with Type 2 Diabetes. <i>Mediterranean Journal of Nutrition and Metabolism</i> , 2022 , 1-12	1.3	
164	The economic burden of dementia in low- and middle-income countries (LMICs): a systematic review.. <i>BMJ Global Health</i> , 2022 , 7,	6.6	3
163	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> , 2022 , 1-22	11.5	0
162	Palmitate induces DNA damage and senescence in human adipocytes in vitro that can be alleviated by oleic acid but not inorganic nitrate.. <i>Experimental Gerontology</i> , 2022 , 163, 111798	4.5	1
161	Ageing modifies acute resting blood pressure responses to incremental consumption of dietary nitrate: a randomised, cross-over clinical trial.. <i>British Journal of Nutrition</i> , 2022 , 1-31	3.6	0
160	Secular Trends in Dementia Free Cognitive Function in Older Adults: A Systematic Review. <i>Journal of Alzheimer's Disease</i> , 2022 , 1-12	4.3	
159	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> , 2021 , 1-12	3.7	0
158	The future of human malnutrition: rebalancing agency for better nutritional health. <i>Globalization and Health</i> , 2021 , 17, 119	10	4
157	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	1.9	9
156	ACCEPTABILITY AND FEASIBILITY OF USING DIETARY NITRATE AND FOLATE SUPPLEMENTATION FOR THE TREATMENT OF HYPERTENSION IN A RURAL TANZANIAN POPULATION. <i>Journal of Hypertension</i> , 2021 , 39, e269	1.9	
155	Prevalence of sarcopenic obesity and association with metabolic syndrome in an adult Iranian cohort: The Fasa PERSIAN cohort study. <i>Clinical Obesity</i> , 2021 , 11, e12459	3.6	0
154	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	2.4	1
153	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. <i>International Journal of Food Sciences and Nutrition</i> , 2021 , 72, 195-207	3.7	1
152	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	7	3
151	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	3.6	12
150	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,	6.7	2

149	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	4.3	4
148	Relationship between urinary nitrate concentrations and cognitive function in older adults: findings from the NHANES survey. <i>International Journal of Food Sciences and Nutrition</i> , 2021 , 72, 805-815	3.7	3
147	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. <i>Clinical Nutrition ESPEN</i> , 2021 , 41, 175-185	1.3	3
146	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	3	2
145	Correction to: Tea consumption and measures of attention and psychomotor speed in the very old: the Newcastle 85+ longitudinal study. <i>BMC Nutrition</i> , 2021 , 7,	2.5	78
144	Mediterranean diet and cognitive function: From methodology to mechanisms of action. <i>Free Radical Biology and Medicine</i> , 2021 , 176, 105-117	7.8	6
143	The Link between Serum 25-Hydroxyvitamin D, Inflammation and Glucose/ Insulin Homeostasis Is Mediated By Adiposity Factors in American Adults. <i>British Journal of Nutrition</i> , 2021 , 1-24	3.6	1
142	Mediterranean diet and the hallmarks of ageing. <i>European Journal of Clinical Nutrition</i> , 2021 , 75, 1176-1192	1.9	17
141	Pharmacokinetic Profile of Incremental Oral Doses of Dietary Nitrate in Young and Older Adults: A Crossover Randomized Clinical Trial. <i>Journal of Nutrition</i> , 2021 ,	4.1	1
140	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	6.5	1
139	Abstract dementia risk prediction model development in low- and middle-income countries: The 10/66 study. <i>Alzheimer's and Dementia</i> , 2020 , 16, e042071	1.2	
138	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	1.2	8
137	Mitochondrial DNA methylation is associated with Mediterranean diet adherence in a population of older adults with overweight and obesity.. <i>Proceedings of the Nutrition Society</i> , 2020 , 79,	2.9	4
136	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	13.6	13
135	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	5.1	9
134	Sarcopenic obesity and insulin resistance: Application of novel body composition models. <i>Nutrition</i> , 2020 , 75-76, 110765	4.8	4
133	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	4.1	23
132	L-Carnitine in Drosophila: A Review. <i>Antioxidants</i> , 2020 , 9,	7.1	6

131	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	1.8	3
130	Critical appraisal of definitions and diagnostic criteria for sarcopenic obesity based on a systematic review. <i>Clinical Nutrition</i> , 2020 , 39, 2368-2388	5.9	89
129	Tea consumption and measures of attention and psychomotor speed in the very old: the Newcastle 85+ longitudinal study. <i>BMC Nutrition</i> , 2020 , 6, 57	2.5	3
128	Determining risk of dementia: a look at China and beyond. <i>Age and Ageing</i> , 2020 , 49, 727-728	3	1
127	Nutritional Interventions for the Prevention of Cognitive Impairment and Dementia in Developing Economies of East Asia: Systematic Review and Meta-analysis - CORRIGENDUM. <i>Proceedings of the Nutrition Society</i> , 2020 , 1	2.9	1
126	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	4.1	12
125	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	4.3	6
124	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. <i>BMJ Open</i> , 2020 , 10, e035453	3	0
123	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	18	4
122	What Are the Risk Factors for Malnutrition in Older-Aged Institutionalized Adults?. <i>Nutrients</i> , 2020 , 12,	6.7	6
121	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	11.5	3
120	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	5.9	36
119	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	5.9	14
118	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	4.6	9
117	Mediterranean diet adherence and cognitive function in older UK adults: the European Prospective Investigation into Cancer and Nutrition-Norfolk (EPIC-Norfolk) Study. <i>American Journal of Clinical Nutrition</i> , 2019 , 110, 938-948	7	48
116	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	3.6	7
115	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	5	3
114	Accuracy of Resting Energy Expenditure Predictive Equations in Patients With Cancer. <i>Nutrition in Clinical Practice</i> , 2019 , 34, 922-934	3.6	12

113	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, 3548284	3.2	77
112	Effects of dietary nitrate and folate supplementation on blood pressure in hypertensive Tanzanians: Design and baseline characteristics of a feasibility trial. <i>Contemporary Clinical Trials Communications</i> , 2019 , 16, 100472	1.8	2
111	Knowledge and beliefs about dietary inorganic nitrate among UK-based nutrition professionals: Development and application of the KINDS online questionnaire. <i>BMJ Open</i> , 2019 , 9, e030719	3	2
110	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. <i>Trials</i> , 2019 , 20, 787	2.8	4
109	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	4	28
108	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	5.6	27
107	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	11.5	66
106	Cross-sectional associations between metabolic syndrome and performance across cognitive domains: A systematic review. <i>Applied Neuropsychology Adult</i> , 2019 , 26, 186-199	1.9	11
105	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	5.9	22
104	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	11.5	15
103	Poor Physical Function as a Marker of Sarcopenia in Adults with Class II/III Obesity. <i>Current Developments in Nutrition</i> , 2018 , 2, nzx008	0.4	4
102	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	4.5	15
101	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	6.4	24
100	Cystic fibrosis, body composition, and health outcomes: a systematic review. <i>Nutrition</i> , 2018 , 55-56, 131-139	4.39	24
99	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. <i>Nitric Oxide - Biology and Chemistry</i> , 2018 , 74, 19-22	5	5
98	Longitudinal Effect of Stroke on Cognition: A Systematic Review. <i>Journal of the American Heart Association</i> , 2018 , 7,	6	66
97	Association between body composition and pulmonary function in children and young people with cystic fibrosis. <i>Nutrition</i> , 2018 , 48, 73-76	4.8	18
96	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	3.7	14

95	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	5.2	35
94	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	2.9	14
93	Low protein intake, muscle strength and physical performance in the very old: The Newcastle 85+ Study. <i>Clinical Nutrition</i> , 2018 , 37, 2260-2270	5.9	49
92	Assessment of dietary nitrate intake in humans: a systematic review. <i>American Journal of Clinical Nutrition</i> , 2018 , 108, 878-888	7	23
91	Secular Trends in Dementia Prevalence and Incidence Worldwide: A Systematic Review. <i>Journal of Alzheimer's Disease</i> , 2018 , 66, 653-680	4.3	42
90	No effect of 4 wk of nitrate-rich vegetable consumption on blood pressure: reflections for future research. <i>American Journal of Clinical Nutrition</i> , 2018 , 108, 1352-1353	7	1
89	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	5.2	33
88	Tomato and lycopene supplementation and cardiovascular risk factors: A systematic review and meta-analysis. <i>Atherosclerosis</i> , 2017 , 257, 100-108	3.1	148
87	Dietary nitrate supplementation enhances short but not longer duration running time-trial performance. <i>European Journal of Applied Physiology</i> , 2017 , 117, 775-785	3.4	43
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	10.6	20
85	Medium-term effects of dietary nitrate supplementation on systolic and diastolic blood pressure in adults: a systematic review and meta-analysis. <i>Journal of Hypertension</i> , 2017 , 35, 1353-1359	1.9	49
84	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	5.2	51
83	Protocol of a feasibility study for cognitive assessment of an ageing cohort within the Southeast Asia Community Observatory (SEACO), Malaysia. <i>BMJ Open</i> , 2017 , 7, e013635	3	1
82	Inorganic Nitrate Mimics Exercise-Stimulated Muscular Fiber-Type Switching and Myokine and β -Aminobutyric Acid Release. <i>Diabetes</i> , 2017 , 66, 674-688	0.9	31
81	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	5.7	18
80	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	11.3	24
79	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	3	13
78	Cardiovascular Disease, the Nitric Oxide Pathway and Risk of Cognitive Impairment and Dementia. <i>Current Cardiology Reports</i> , 2017 , 19, 87	4.2	36

77	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	5.9	9
76	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. <i>Journal of the American Geriatrics Society</i> , 2017 , 65, 381-389	5.6	25
75	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	4.6	41
74	Vitamin D Status, Muscle Strength and Physical Performance Decline in Very Old Adults: A Prospective Study. <i>Nutrients</i> , 2017 , 9,	6.7	34
73	Prevalence of Sarcopenic Obesity in Adults with Class II/III Obesity Using Different Diagnostic Criteria. <i>Journal of Nutrition and Metabolism</i> , 2017 , 2017, 7307618	2.7	56
72	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	3.5	28
71	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, 626-37	5.9	26
70	Age-related changes in basal substrate oxidation and visceral adiposity and their association with metabolic syndrome. <i>European Journal of Nutrition</i> , 2016 , 55, 1755-67	5.2	15
69	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	5.2	82
68	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 ⁵		36
67	Association between ratio indexes of body composition phenotypes and metabolic risk in Italian adults. <i>Clinical Obesity</i> , 2016 , 6, 365-375	3.6	8
66	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	4.1	19
65	The effect of age on the relationship between cardiac and vascular function. <i>Mechanisms of Ageing and Development</i> , 2016 , 153, 1-6	5.6	25
64	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	3.7	42
63	Dietary protein intake in sarcopenic obese older women. <i>Clinical Interventions in Aging</i> , 2016 , 11, 133-40 ⁴		37
62	Age-related decline in cardiac autonomic function is not attenuated with increased physical activity. <i>Oncotarget</i> , 2016 , 7, 76390-76397	3.3	6
61	Vitamin C, Antioxidant Status, and Cardiovascular Aging 2016 , 609-619		6
60	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, 265-74	4.1	23

59	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	4	18
58	Micronutrient intake and food sources in the very old: analysis of the Newcastle 85+ Study. <i>British Journal of Nutrition</i> , 2016 , 116, 751-61	3.6	26
57	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, 420-30	2.9	9
56	Is Obesity Associated with Altered Energy Expenditure?. <i>Advances in Nutrition</i> , 2016 , 7, 476-87	10	73
55	Macronutrient intake and food sources in the very old: analysis of the Newcastle 85+ Study. <i>British Journal of Nutrition</i> , 2016 , 115, 2170-80	3.6	30
54	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, 667-75	5.6	29
53	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, 1182-94	3.6	52
52	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	12.7	18
51	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, 228-35	5	22
50	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, 427-36	24.6	156
49	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. <i>Archives of Gerontology and Geriatrics</i> , 2015 , 60, 227-32	4	8
48	Exercise modalities and endothelial function: a systematic review and dose-response meta-analysis of randomized controlled trials. <i>Sports Medicine</i> , 2015 , 45, 279-96	10.6	137
47	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	24.6	7
46	Dietary interventions for maintaining cognitive function in cognitively healthy people in late life. <i>The Cochrane Library</i> , 2015 ,	5.2	6
45	Dietary interventions for prevention of dementia in people with mild cognitive impairment. <i>The Cochrane Library</i> , 2015 ,	5.2	5
44	Dietary interventions for maintaining cognitive function in cognitively healthy people in mid life. <i>The Cochrane Library</i> , 2015 ,	5.2	6
43	Body composition indices of a load-capacity model: gender- and BMI-specific reference curves. <i>Public Health Nutrition</i> , 2015 , 18, 1245-54	3.3	38
42	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	3.6	315

41	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, 315-25	5.5	12
40	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	5	35
39	Age-related changes in resting energy expenditure in normal weight, overweight and obese men and women. <i>Maturitas</i> , 2015 , 80, 406-13	5	18
38	Dietary Patterns and Socioeconomic Status in the Very Old: The Newcastle 85+ Study. <i>PLoS ONE</i> , 2015 , 10, e0139713	3.7	15
37	Association of the body adiposity index (BAI) with metabolic risk factors in young and older overweight and obese women. <i>Eating and Weight Disorders</i> , 2014 , 19, 397-402	3.6	4
36	Beetroot supplementation lowers daily systolic blood pressure in older, overweight subjects. <i>Nutrition Research</i> , 2014 , 34, 868-75	4	79
35	Weight loss expectations and body dissatisfaction in young women attempting to lose weight. <i>Journal of Human Nutrition and Dietetics</i> , 2014 , 27 Suppl 2, 84-9	3.1	12
34	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, 1594-602	4.1	25
33	Osteosarcopenic obesity: the role of bone, muscle, and fat on health. <i>Journal of Cachexia, Sarcopenia and Muscle</i> , 2014 , 5, 183-92	10.3	126
32	Metabolic syndrome and longitudinal changes in cognitive function: a systematic review and meta-analysis. <i>Journal of Alzheimer's Disease</i> , 2014 , 41, 151-61	4.3	70
31	Accuracy of prediction equations for serum osmolarity in frail older people with and without diabetes. <i>American Journal of Clinical Nutrition</i> , 2014 , 100, 867-76	7	42
30	A population-based approach to define body-composition phenotypes. <i>American Journal of Clinical Nutrition</i> , 2014 , 99, 1369-77	7	85
29	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	3.1	94
28	Accuracy of predictive equations for the measurement of resting energy expenditure in older subjects. <i>Clinical Nutrition</i> , 2014 , 33, 613-9	5.9	42
27	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, 1105-11	4.5	39
26	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	3.7	37
25	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	3.7	240
24	Cardiovascular disease risk models and longitudinal changes in cognition: a systematic review. <i>PLoS ONE</i> , 2014 , 9, e114431	3.7	52

23	Sugar consumption and global prevalence of obesity and hypertension: an ecological analysis. <i>Public Health Nutrition</i> , 2014 , 17, 587-96	3.3	96
22	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. <i>Applied Physiology, Nutrition and Metabolism</i> , 2014 , 39, 871-9	3	3
21	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, e46-54	5.4	9
20	Dementia severity and weight loss: a comparison across eight cohorts. The 10/66 study. <i>Alzheimer's and Dementia</i> , 2013 , 9, 649-56	1.2	45
19	Inorganic nitrate and beetroot juice supplementation reduces blood pressure in adults: a systematic review and meta-analysis. <i>Journal of Nutrition</i> , 2013 , 143, 818-26	4.1	207
18	Diagnosing Mild Cognitive Impairment (MCI) in clinical trials: a systematic review. <i>BMJ Open</i> , 2013 , 3,	3	91
17	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, 680-8	12.7	17
16	Body mass index is directly associated with biomarkers of angiogenesis and inflammation in children and adolescents. <i>Nutrition</i> , 2012 , 28, 262-6	4.8	63
15	VEGF is indirectly associated with NO production and acutely increases in response to hyperglycaemia(1). <i>European Journal of Clinical Investigation</i> , 2012 , 42, 967-73	4.6	4
14	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	3.5	33
13	In-vivo nitric oxide synthesis is reduced in obese patients with metabolic syndrome: application of a novel stable isotopic method. <i>Journal of Hypertension</i> , 2011 , 29, 1515-27	1.9	31
12	Direct association between dietary cholesterol intake and blood pressure: too good to be entirely true. <i>Journal of Hypertension</i> , 2011 , 29, 194-7	1.9	1
11	Is endothelial-independent vascular reactivity compromised in obese subjects with metabolic syndrome?. <i>American Journal of Physiology - Endocrinology and Metabolism</i> , 2011 , 301, E242-3; author reply E244	6	
10	First-borns carry a higher metabolic risk in early adulthood: evidence from a prospective cohort study. <i>PLoS ONE</i> , 2010 , 5, e13907	3.7	41
9	Does the improvement in insulin sensitivity mediate the beneficial effects of weight loss on cognitive function?. <i>Hypertension</i> , 2010 , 56, e30; author reply e31	8.5	2
8	Body composition assessment: theory into practice: introduction of multicompartiment models. <i>IEEE Engineering in Medicine and Biology Magazine</i> , 2010 , 29, 48-59		23
7	Aggregate prediction of resting energy expenditure may perform better than individual estimates. <i>Clinical Nutrition</i> , 2010 , 29, 693-4; author reply 695-6	5.9	
6	Aggregate predictions improve accuracy when calculating metabolic variables used to guide treatment. <i>American Journal of Clinical Nutrition</i> , 2009 , 89, 491-9	7	31

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2	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	1.6	89
1	Nutritional assessment of the critically ill patient	13-20	