

# Rosa Casas

## List of Publications by Citations

**Source:** <https://exaly.com/author-pdf/2496121/rosa-casas-publications-by-citations.pdf>

**Version:** 2024-04-25

This document has been generated based on the publications and citations recorded by exaly.com. For the latest version of this publication list, visit the link given above.

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

97  
papers

3,657  
citations

33  
h-index

60  
g-index

112  
ext. papers

4,575  
ext. citations

5.6  
avg. IF

5.14  
L-index

#	Paper	IF	Citations
97	Olive oil and health: summary of the II international conference on olive oil and health consensus report, Ja�n and C�rdoba (Spain) 2008. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , <b>2010</b> , 20, 284-94	4.5	383
96	Inhibition of circulating immune cell activation: a molecular antiinflammatory effect of the Mediterranean diet. <i>American Journal of Clinical Nutrition</i> , <b>2009</b> , 89, 248-56	7	196
95	Effect of cocoa powder on the modulation of inflammatory biomarkers in patients at high risk of cardiovascular disease. <i>American Journal of Clinical Nutrition</i> , <b>2009</b> , 90, 1144-50	7	163
94	The immune protective effect of the Mediterranean diet against chronic low-grade inflammatory diseases. <i>Endocrine, Metabolic and Immune Disorders - Drug Targets</i> , <b>2014</b> , 14, 245-54	2.2	162
93	The effects of the mediterranean diet on biomarkers of vascular wall inflammation and plaque vulnerability in subjects with high risk for cardiovascular disease. A randomized trial. <i>PLoS ONE</i> , <b>2014</b> , 9, e100084	3.7	152
92	Virgin olive oil and nuts as key foods of the Mediterranean diet effects on inflammatory biomakers related to atherosclerosis. <i>Pharmacological Research</i> , <b>2012</b> , 65, 577-83	10.2	151
91	Polyphenol intake from a Mediterranean diet decreases inflammatory biomarkers related to atherosclerosis: a substudy of the PREDIMED trial. <i>British Journal of Clinical Pharmacology</i> , <b>2017</b> , 83, 114-128	3.8	142
90	Dietary Inflammatory Index and Incidence of Cardiovascular Disease in the PREDIMED Study. <i>Nutrients</i> , <b>2015</b> , 7, 4124-38	6.7	142
89	Effects of red wine polyphenols and alcohol on glucose metabolism and the lipid profile: a randomized clinical trial. <i>Clinical Nutrition</i> , <b>2013</b> , 32, 200-6	5.9	135
88	Comparative effect of two Mediterranean diets versus a low-fat diet on glycaemic control in individuals with type 2 diabetes. <i>European Journal of Clinical Nutrition</i> , <b>2014</b> , 68, 767-72	5.2	127
87	Differential effects of polyphenols and alcohol of red wine on the expression of adhesion molecules and inflammatory cytokines related to atherosclerosis: a randomized clinical trial. <i>American Journal of Clinical Nutrition</i> , <b>2012</b> , 95, 326-34	7	126
86	Long-Term Immunomodulatory Effects of a Mediterranean Diet in Adults at High Risk of Cardiovascular Disease in the PREvenci�n con Dieta MEDiterr�nea (PREDIMED) Randomized Controlled Trial. <i>Journal of Nutrition</i> , <b>2016</b> , 146, 1684-93	4.1	99
85	Dealcoholized red wine decreases systolic and diastolic blood pressure and increases plasma nitric oxide: short communication. <i>Circulation Research</i> , <b>2012</b> , 111, 1065-8	15.7	98
84	Cohort Profile: Design and methods of the PREDIMED-Plus randomized trial. <i>International Journal of Epidemiology</i> , <b>2019</b> , 48, 387-388	7.8	87
83	Regular consumption of cocoa powder with milk increases HDL cholesterol and reduces oxidized LDL levels in subjects at high-risk of cardiovascular disease. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , <b>2012</b> , 22, 1046-53	4.5	86
82	Adherence to Mediterranean diet is associated with methylation changes in inflammation-related genes in peripheral blood cells. <i>Journal of Physiology and Biochemistry</i> , <b>2016</b> , 73, 445-455	5	78
81	Nutrition and Cardiovascular Health. <i>International Journal of Molecular Sciences</i> , <b>2018</b> , 19,	6.3	78

80	The Mediterranean diet pattern and its main components are associated with lower plasma concentrations of tumor necrosis factor receptor 60 in patients at high risk for cardiovascular disease. <i>Journal of Nutrition</i> , <b>2012</b> , 142, 1019-25	4.1	72
79	Legume consumption is inversely associated with type 2 diabetes incidence in adults: A prospective assessment from the PREDIMED study. <i>Clinical Nutrition</i> , <b>2018</b> , 37, 906-913	5.9	71
78	Effects of alcohol and polyphenols from beer on atherosclerotic biomarkers in high cardiovascular risk men: a randomized feeding trial. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , <b>2015</b> , 25, 36-45	4.5	70
77	Cardioprotective effects of cocoa: clinical evidence from randomized clinical intervention trials in humans. <i>Molecular Nutrition and Food Research</i> , <b>2013</b> , 57, 936-47	5.9	65
76	Dietary inflammatory index and all-cause mortality in large cohorts: The SUN and PREDIMED studies. <i>Clinical Nutrition</i> , <b>2019</b> , 38, 1221-1231	5.9	55
75	Anti-Inflammatory Effects of the Mediterranean Diet in the Early and Late Stages of Atheroma Plaque Development. <i>Mediators of Inflammation</i> , <b>2017</b> , 2017, 3674390	4.3	53
74	Increased serum calcium levels and risk of type 2 diabetes in individuals at high cardiovascular risk. <i>Diabetes Care</i> , <b>2014</b> , 37, 3084-91	14.6	50
73	Dietary Strategies for Metabolic Syndrome: A Comprehensive Review. <i>Nutrients</i> , <b>2020</b> , 12,	6.7	50
72	Dietary Linolenic Acid, Marine $\omega$ 3 Fatty Acids, and Mortality in a Population With High Fish Consumption: Findings From the PREvención con Dieta MEDiterránea (PREDIMED) Study. <i>Journal of the American Heart Association</i> , <b>2016</b> , 5,	6	48
71	Association between dietary phylloquinone intake and peripheral metabolic risk markers related to insulin resistance and diabetes in elderly subjects at high cardiovascular risk. <i>Cardiovascular Diabetology</i> , <b>2013</b> , 12, 7	8.7	46
70	The Protective Effects of Extra Virgin Olive Oil on Immune-mediated Inflammatory Responses. <i>Endocrine, Metabolic and Immune Disorders - Drug Targets</i> , <b>2018</b> , 18, 23-35	2.2	44
69	Tomato Sauce Enriched with Olive Oil Exerts Greater Effects on Cardiovascular Disease Risk Factors than Raw Tomato and Tomato Sauce: A Randomized Trial. <i>Nutrients</i> , <b>2016</b> , 8, 170	6.7	40
68	Clinical Advances in Immunonutrition and Atherosclerosis: A Review. <i>Frontiers in Immunology</i> , <b>2019</b> , 10, 837	8.4	39
67	Effect of a Nutritional and Behavioral Intervention on Energy-Reduced Mediterranean Diet Adherence Among Patients With Metabolic Syndrome: Interim Analysis of the PREDIMED-Plus Randomized Clinical Trial. <i>JAMA - Journal of the American Medical Association</i> , <b>2019</b> , 322, 1486-1499	27.4	38
66	A Mediterranean Diet Rich in Extra-Virgin Olive Oil Is Associated with a Reduced Prevalence of Nonalcoholic Fatty Liver Disease in Older Individuals at High Cardiovascular Risk. <i>Journal of Nutrition</i> , <b>2019</b> , 149, 1920-1929	4.1	35
65	Dietary Polyphenol Intake is Associated with HDL-Cholesterol and A Better Profile of other Components of the Metabolic Syndrome: A PREDIMED-Plus Sub-Study. <i>Nutrients</i> , <b>2020</b> , 12,	6.7	33
64	Total and Subtypes of Dietary Fat Intake and Its Association with Components of the Metabolic Syndrome in a Mediterranean Population at High Cardiovascular Risk. <i>Nutrients</i> , <b>2019</b> , 11,	6.7	30
63	Relation of Fruits and Vegetables with Major Cardiometabolic Risk Factors, Markers of Oxidation, and Inflammation. <i>Nutrients</i> , <b>2019</b> , 11,	6.7	27

62	Dietary glycemic index/load and peripheral adipokines and inflammatory markers in elderly subjects at high cardiovascular risk. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , <b>2013</b> , 23, 443-50	4.5	25
61	Association of lifestyle factors and inflammation with sarcopenic obesity: data from the PREDIMED-Plus trial. <i>Journal of Cachexia, Sarcopenia and Muscle</i> , <b>2019</b> , 10, 974-984	10.3	21
60	Influence of Bioactive Nutrients on the Atherosclerotic Process: A Review. <i>Nutrients</i> , <b>2018</b> , 10,	6.7	21
59	The non-alcoholic fraction of beer increases stromal cell derived factor 1 and the number of circulating endothelial progenitor cells in high cardiovascular risk subjects: a randomized clinical trial. <i>Atherosclerosis</i> , <b>2014</b> , 233, 518-524	3.1	20
58	The Effect of Alcohol on Cardiovascular Risk Factors: Is There New Information?. <i>Nutrients</i> , <b>2020</b> , 12,	6.7	20
57	Body adiposity indicators and cardiometabolic risk: Cross-sectional analysis in participants from the PREDIMED-Plus trial. <i>Clinical Nutrition</i> , <b>2019</b> , 38, 1883-1891	5.9	19
56	Dietary Diversity and Nutritional Adequacy among an Older Spanish Population with Metabolic Syndrome in the PREDIMED-Plus Study: A Cross-Sectional Analysis. <i>Nutrients</i> , <b>2019</b> , 11,	6.7	14
55	Association between serum ferritin and osteocalcin as a potential mechanism explaining the iron-induced insulin resistance. <i>PLoS ONE</i> , <b>2013</b> , 8, e76433	3.7	14
54	Dietary Patterns, Foods, Nutrients and Chronic Inflammatory Disorders. <i>Immunome Research</i> , <b>2016</b> , 12,		13
53	Wine Intake in the Framework of a Mediterranean Diet and Chronic Non-Communicable Diseases: A Short Literature Review of the Last 5 Years. <i>Molecules</i> , <b>2020</b> , 25,	4.8	12
52	Contribution of ultra-processed foods in visceral fat deposition and other adiposity indicators: Prospective analysis nested in the PREDIMED-Plus trial. <i>Clinical Nutrition</i> , <b>2021</b> , 40, 4290-4300	5.9	12
51	Prediction of Cardiovascular Disease by the Framingham-REGICOR Equation in the High-Risk PREDIMED Cohort: Impact of the Mediterranean Diet Across Different Risk Strata. <i>Journal of the American Heart Association</i> , <b>2017</b> , 6,	6	11
50	Potato Consumption Does Not Increase Blood Pressure or Incident Hypertension in 2 Cohorts of Spanish Adults. <i>Journal of Nutrition</i> , <b>2017</b> , 147, 2272-2281	4.1	11
49	A Community Program of Integrated Care for Frail Older Adults: +AGIL Barcelona. <i>Journal of Nutrition, Health and Aging</i> , <b>2019</b> , 23, 710-716	5.2	10
48	Oxidative stress is associated with an increased antioxidant defense in elderly subjects: a multilevel approach. <i>PLoS ONE</i> , <b>2014</b> , 9, e105881	3.7	10
47	Variety in fruits and vegetables, diet quality and lifestyle in an older adult mediterranean population. <i>Clinical Nutrition</i> , <b>2021</b> , 40, 1510-1518	5.9	10
46	Long Daytime Napping Is Associated with Increased Adiposity and Type 2 Diabetes in an Elderly Population with Metabolic Syndrome. <i>Journal of Clinical Medicine</i> , <b>2019</b> , 8,	5.1	9
45	Lifestyle factors and visceral adipose tissue: Results from the PREDIMED-PLUS study. <i>PLoS ONE</i> , <b>2019</b> , 14, e0210726	3.7	8

44	Consumption of aged white wine modulates cardiovascular risk factors via circulating endothelial progenitor cells and inflammatory biomarkers. <i>Clinical Nutrition</i> , <b>2019</b> , 38, 1036-1044	5.9	8
43	Effects of Mediterranean Diet or Mindfulness-Based Stress Reduction on Prevention of Small-for-Gestational Age Birth Weights in Newborns Born to At-Risk Pregnant Individuals: The IMPACT BCN Randomized Clinical Trial. <i>JAMA - Journal of the American Medical Association</i> , <b>2021</b> , 325, 2175-2185	27.4	8
42	Association between coffee consumption and total dietary caffeine intake with cognitive functioning: cross-sectional assessment in an elderly Mediterranean population. <i>European Journal of Nutrition</i> , <b>2021</b> , 60, 2381-2396	5.2	8
41	Reliability and Concurrent and Construct Validity of a Food Frequency Questionnaire for Pregnant Women at High Risk to Develop Fetal Growth Restriction. <i>Nutrients</i> , <b>2021</b> , 13,	6.7	8
40	Isotemporal substitution of inactive time with physical activity and time in bed: cross-sectional associations with cardiometabolic health in the PREDIMED-Plus study. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , <b>2019</b> , 16, 137	8.4	7
39	Targeting body composition in an older population: do changes in movement behaviours matter? Longitudinal analyses in the PREDIMED-Plus trial. <i>BMC Medicine</i> , <b>2021</b> , 19, 3	11.4	7
38	Consumption of Aged White Wine under a Veil of Flor Reduces Blood Pressure-Increasing Plasma Nitric Oxide in Men at High Cardiovascular Risk. <i>Nutrients</i> , <b>2019</b> , 11,	6.7	6
37	Sleep Duration is Inversely Associated with Serum Uric Acid Concentrations and Uric Acid to Creatinine Ratio in an Elderly Mediterranean Population at High Cardiovascular Risk. <i>Nutrients</i> , <b>2019</b> , 11,	6.7	6
36	Association between dairy product consumption and hyperuricemia in an elderly population with metabolic syndrome. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , <b>2020</b> , 30, 214-222	4.5	6
35	Mediterranean Diet and Atherothrombosis Biomarkers: A Randomized Controlled Trial. <i>Molecular Nutrition and Food Research</i> , <b>2020</b> , 64, e2000350	5.9	6
34	Fruit consumption and cardiometabolic risk in the PREDIMED-plus study: A cross-sectional analysis. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , <b>2021</b> , 31, 1702-1713	4.5	6
33	The Effect of Physical Activity and High Body Mass Index on Health-Related Quality of Life in Individuals with Metabolic Syndrome. <i>International Journal of Environmental Research and Public Health</i> , <b>2020</b> , 17,	4.6	5
32	Cross-sectional association between non-soy legume consumption, serum uric acid and hyperuricemia: the PREDIMED-Plus study. <i>European Journal of Nutrition</i> , <b>2020</b> , 59, 2195-2206	5.2	5
31	Impact of Sugary Food Consumption on Pregnancy: A Review. <i>Nutrients</i> , <b>2020</b> , 12,	6.7	4
30	Mediterranean diet, Mindfulness-Based Stress Reduction and usual care during pregnancy for reducing fetal growth restriction and adverse perinatal outcomes: IMPACT BCN (Improving Mothers for a better PrenAtal Care Trial BarCelona): a study protocol for a randomized controlled trial. <i>Trials</i> , <b>2021</b> , 22, 362	2.8	4
29	Effects of a Novel Nutraceutical Combination (Aquilea Colesterol) on the Lipid Profile and Inflammatory Biomarkers: A Randomized Control Trial. <i>Nutrients</i> , <b>2019</b> , 11,	6.7	3
28	Acute consumption of Andalusian aged wine and gin decreases the expression of genes related to atherosclerosis in men with high cardiovascular risk: Randomized intervention trial. <i>Clinical Nutrition</i> , <b>2019</b> , 38, 1599-1606	5.9	3
27	Adherence to a Supplemented Mediterranean Diet Drives Changes in the Gut Microbiota of HIV-1-Infected Individuals. <i>Nutrients</i> , <b>2021</b> , 13,	6.7	3

26	Consumption of caffeinated beverages and kidney function decline in an elderly Mediterranean population with metabolic syndrome. <i>Scientific Reports</i> , <b>2021</b> , 11, 8719	4.9	3
25	Longitudinal changes in adherence to the portfolio and DASH dietary patterns and cardiometabolic risk factors in the PREDIMED-Plus study. <i>Clinical Nutrition</i> , <b>2021</b> , 40, 2825-2836	5.9	3
24	The 3-Year Effect of the Mediterranean Diet Intervention on Inflammatory Biomarkers Related to Cardiovascular Disease. <i>Biomedicines</i> , <b>2021</b> , 9,	4.8	3
23	Dietary folate intake and metabolic syndrome in participants of PREDIMED-Plus study: a cross-sectional study. <i>European Journal of Nutrition</i> , <b>2021</b> , 60, 1125-1136	5.2	3
22	Clinical Impact of Mediterranean Diet Adherence before and after Bariatric Surgery: A Narrative Review.. <i>Nutrients</i> , <b>2022</b> , 14,	6.7	2
21	Eat Even More Vegetables and Fruits to Protect Your Heart. <i>Annals of Internal Medicine</i> , <b>2020</b> , 172, 826-827		2
20	Reformulation of Pastry Products to Improve Effects on Health. <i>Nutrients</i> , <b>2020</b> , 12,	6.7	1
19	Changes in Spanish lifestyle and dietary habits during the COVID-19 lockdown.. <i>European Journal of Nutrition</i> , <b>2022</b> , 1	5.2	1
18	Relationship between olive oil consumption and ankle-brachial pressure index in a population at high cardiovascular risk. <i>Atherosclerosis</i> , <b>2020</b> , 314, 48-57	3.1	1
17	Fruit and Vegetable Consumption is Inversely Associated with Plasma Saturated Fatty Acids at Baseline in Predimed Plus Trial. <i>Molecular Nutrition and Food Research</i> , <b>2021</b> , 65, e2100363	5.9	1
16	Pro-vegetarian food patterns and cardiometabolic risk in the PREDIMED-Plus study: a cross-sectional baseline analysis. <i>European Journal of Nutrition</i> , <b>2021</b> , 1	5.2	1
15	Association between ankle-brachial index and cognitive function in participants in the PREDIMED-Plus study: cross-sectional assessment. <i>Revista Espanola De Cardiologia (English Ed)</i> , <b>2021</b> , 74, 846-853	0.7	0
14	Change to a healthy diet in people over 70 years old: the PREDIMED experience. <i>European Journal of Nutrition</i> , <b>2021</b> , 1	5.2	0
13	Association between the Prime Diet Quality Score and depressive symptoms in a Mediterranean population with metabolic syndrome. Cross-sectional and 2-year follow-up assessment from PREDIMED-PLUS study. <i>British Journal of Nutrition</i> , <b>2021</b> , 1-10	3.6	0
12	Psychological and metabolic risk factors in older adults with a previous history of eating disorder: A cross-sectional study from the Predimed-Plus study. <i>European Eating Disorders Review</i> , <b>2021</b> , 29, 575-587	5.3	0
11	Mediterranean diet and role of olive oil <b>2021</b> , 205-214		0
10	Prospective associations between a priori dietary patterns adherence and kidney function in an elderly Mediterranean population at high cardiovascular risk.. <i>European Journal of Nutrition</i> , <b>2022</b> , 1	5.2	0
9	Mediterranean, DASH, and MIND Dietary Patterns and Cognitive Function: The 2-Year Longitudinal Changes in an Older Spanish Cohort.. <i>Frontiers in Aging Neuroscience</i> , <b>2021</b> , 13, 782067	5.3	0

8	Contribution of cardio-vascular risk factors to depressive status in the PREDIMED-PLUS Trial. A cross-sectional and a 2-year longitudinal study.. <i>PLoS ONE</i> , <b>2022</b> , 17, e0265079	3.7	o
7	Changes in plasma total saturated fatty acids and palmitic acid are related to pro-inflammatory molecule IL-6 concentrations after nutritional intervention for one year.. <i>Biomedicine and Pharmacotherapy</i> , <b>2022</b> , 150, 113028	7.5	o
6	Maternal Dietary Inflammatory Index during Pregnancy Is Associated with Perinatal Outcomes: Results from the IMPACT BCN Trial. <i>Nutrients</i> , <b>2022</b> , 14, 2284	6.7	o
5	Beer <b>2015</b> , 153-164		
4	Cardiovascular Protection by Dietary Polyphenols <b>2021</b> , 625-635		
3	Asociaci3n entre 3ndice tobillo-brazo y rendimiento cognitivo en participantes del estudio PREDIMED-Plus: estudio transversal. <i>Revista Espanola De Cardiologia</i> , <b>2021</b> , 74, 846-853	1.5	
2	Dairy product consumption and changes in cognitive performance: Two-year analysis of the PREDIMED-Plus cohort.. <i>Molecular Nutrition and Food Research</i> , <b>2022</b> , e2101058	5.9	
1	Comment on Yeste et al. Polyphenols and IUGR Pregnancies: Intrauterine Growth Restriction and Hydroxytyrosol Affect the Development and Neurotransmitter Profile of the Hippocampus in a Pig Model. <i>Antioxidants</i> 2021, 10, 1505. <i>Antioxidants</i> , <b>2022</b> , 11, 833	7.1	