

# Rosa Casas

## 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.

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	Clinical Impact of Mediterranean Diet Adherence before and after Bariatric Surgery: A Narrative Review.. <i>Nutrients</i> , <b>2022</b> , 14,	6.7	2
96	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
95	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
94	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	0
93	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	
92	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	0
91	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	
90	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	0
89	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
88	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> , 326, 2150-2160	27.4	8
87	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
86	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
85	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
84	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
83	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
82	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
81	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

80	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
79	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
78	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
77	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
76	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
75	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
74	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
73	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
72	Cardiovascular Protection by Dietary Polyphenols <b>2021</b> , 625-635		
71	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
70	Mediterranean diet and role of olive oil <b>2021</b> , 205-214		0
69	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
68	Asociación entre índice 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	
67	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
66	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
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	Reformulation of Pastry Products to Improve Effects on Health. <i>Nutrients</i> , <b>2020</b> , 12,	6.7	1
63	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

62	Dietary Strategies for Metabolic Syndrome: A Comprehensive Review. <i>Nutrients</i> , <b>2020</b> , 12,	6.7	50
61	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
60	Mediterranean Diet and Atherothrombosis Biomarkers: A Randomized Controlled Trial. <i>Molecular Nutrition and Food Research</i> , <b>2020</b> , 64, e2000350	5.9	6
59	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
58	Eat Even More Vegetables and Fruits to Protect Your Heart. <i>Annals of Internal Medicine</i> , <b>2020</b> , 172, 826-827	8.2	2
57	Impact of Sugary Food Consumption on Pregnancy: A Review. <i>Nutrients</i> , <b>2020</b> , 12,	6.7	4
56	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
55	The Effect of Alcohol on Cardiovascular Risk Factors: Is There New Information?. <i>Nutrients</i> , <b>2020</b> , 12,	6.7	20
54	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
53	Lifestyle factors and visceral adipose tissue: Results from the PREDIMED-PLUS study. <i>PLoS ONE</i> , <b>2019</b> , 14, e0210726	3.7	8
52	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
51	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
50	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
49	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
48	Clinical Advances in Immunonutrition and Atherosclerosis: A Review. <i>Frontiers in Immunology</i> , <b>2019</b> , 10, 837	8.4	39
47	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
46	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
45	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

44	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
43	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
42	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
41	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
40	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
39	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
38	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
37	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
36	Cohort Profile: Design and methods of the PREDIMED-Plus randomized trial. <i>International Journal of Epidemiology</i> , <b>2019</b> , 48, 387-388o	7.8	87
35	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
34	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
33	Influence of Bioactive Nutrients on the Atherosclerotic Process: A Review. <i>Nutrients</i> , <b>2018</b> , 10,	6.7	21
32	Nutrition and Cardiovascular Health. <i>International Journal of Molecular Sciences</i> , <b>2018</b> , 19,	6.3	78
31	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
30	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
29	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
28	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
27	Long-Term Immunomodulatory Effects of a Mediterranean Diet in Adults at High Risk of Cardiovascular Disease in the PREvenci3n con Dieta MEDiterr3nea (PREDIMED) Randomized Controlled Trial. <i>Journal of Nutrition</i> , <b>2016</b> , 146, 1684-93	4.1	99

26	Dietary $\omega$ -Linolenic Acid, Marine $\omega$ 3 Fatty Acids, and Mortality in a Population With High Fish Consumption: Findings From the PREvenci3n con Dieta MEDiterr3nea (PREDIMED) Study. <i>Journal of the American Heart Association</i> , <b>2016</b> , 5,	6	48
25	Dietary Patterns, Foods, Nutrients and Chronic Inflammatory Disorders. <i>Immunome Research</i> , <b>2016</b> , 12,		13
24	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
23	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
22	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
21	Dietary Inflammatory Index and Incidence of Cardiovascular Disease in the PREDIMED Study. <i>Nutrients</i> , <b>2015</b> , 7, 4124-38	6.7	142
20	Beer <b>2015</b> , 153-164		
19	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
18	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
17	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
16	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
15	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
14	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
13	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
12	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
11	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
10	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
9	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

8	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
7	Virgin olive oil and nuts as key foods of the Mediterranean diet effects on inflammatory biomarkers related to atherosclerosis. <i>Pharmacological Research</i> , <b>2012</b> , 65, 577-83	10.2	151
6	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
5	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
4	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
3	Olive oil and health: summary of the II international conference on olive oil and health consensus report, Ja� and C�doba (Spain) 2008. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , <b>2010</b> , 20, 284-94 <sup>4.5</sup>		383
2	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
1	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