

# Mnica Bull

## List of Publications by Citations

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233  
papers

15,912  
citations

62  
h-index

121  
g-index

250  
ext. papers

19,024  
ext. citations

6  
avg, IF

6.28  
L-index

#	Paper	IF	Citations
233	Primary prevention of cardiovascular disease with a Mediterranean diet. <i>New England Journal of Medicine</i> , <b>2013</b> , 368, 1279-90	59.2	3041
232	Primary Prevention of Cardiovascular Disease with a Mediterranean Diet Supplemented with Extra-Virgin Olive Oil or Nuts. <i>New England Journal of Medicine</i> , <b>2018</b> , 378, e34	59.2	1232
231	Reduction in the incidence of type 2 diabetes with the Mediterranean diet: results of the PREDIMED-Reus nutrition intervention randomized trial. <i>Diabetes Care</i> , <b>2011</b> , 34, 14-9	14.6	576
230	Prevention of diabetes with Mediterranean diets: a subgroup analysis of a randomized trial. <i>Annals of Internal Medicine</i> , <b>2014</b> , 160, 1-10	8	415
229	Benefits of the Mediterranean Diet: Insights From the PREDIMED Study. <i>Progress in Cardiovascular Diseases</i> , <b>2015</b> , 58, 50-60	8.5	385
228	Effect of a Mediterranean diet supplemented with nuts on metabolic syndrome status: one-year results of the PREDIMED randomized trial. <i>Archives of Internal Medicine</i> , <b>2008</b> , 168, 2449-2458		335
227	Systemic inflammation, adipose tissue tumor necrosis factor, and leptin expression. <i>Obesity</i> , <b>2003</b> , 11, 525-31		277
226	Mediterranean Diet and Invasive Breast Cancer Risk Among Women at High Cardiovascular Risk in the PREDIMED Trial: A Randomized Clinical Trial. <i>JAMA Internal Medicine</i> , <b>2015</b> , 175, 1752-1760	11.5	276
225	The role of diet in the prevention of type 2 diabetes. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , <b>2011</b> , 21 Suppl 2, B32-48	4.5	229
224	Components of the Mediterranean-type food pattern and serum inflammatory markers among patients at high risk for cardiovascular disease. <i>European Journal of Clinical Nutrition</i> , <b>2008</b> , 62, 651-9	5.2	210
223	Olive oil intake and risk of cardiovascular disease and mortality in the PREDIMED Study. <i>BMC Medicine</i> , <b>2014</b> , 12, 78	11.4	198
222	Mediterranean diets and metabolic syndrome status in the PREDIMED randomized trial. <i>Cmaj</i> , <b>2014</b> , 186, E649-57	3.5	184
221	Lifestyle recommendations for the prevention and management of metabolic syndrome: an international panel recommendation. <i>Nutrition Reviews</i> , <b>2017</b> , 75, 307-326	6.4	183
220	Dietary patterns, foods and nutrients in male fertility parameters and fecundability: a systematic review of observational studies. <i>Human Reproduction Update</i> , <b>2017</b> , 23, 371-389	15.8	181
219	Effect of the Mediterranean diet on blood pressure in the PREDIMED trial: results from a randomized controlled trial. <i>BMC Medicine</i> , <b>2013</b> , 11, 207	11.4	180
218	Dietary fat intake and risk of cardiovascular disease and all-cause mortality in a population at high risk of cardiovascular disease. <i>American Journal of Clinical Nutrition</i> , <b>2015</b> , 102, 1563-73	7	159
217	Effects of one serving of mixed nuts on serum lipids, insulin resistance and inflammatory markers in patients with the metabolic syndrome. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , <b>2011</b> , 21, 126-35	4.5	146

216	Inflammation, obesity and comorbidities: the role of diet. <i>Public Health Nutrition</i> , <b>2007</b> , 10, 1164-72	3.3	145
215	Extravirgin olive oil consumption reduces risk of atrial fibrillation: the PREDIMED (Prevençió con Dieta Mediterrànea) trial. <i>Circulation</i> , <b>2014</b> , 130, 18-26	16.7	141
214	The Mediterranean diet improves the systemic lipid and DNA oxidative damage in metabolic syndrome individuals. A randomized, controlled, trial. <i>Clinical Nutrition</i> , <b>2013</b> , 32, 172-8	5.9	133
213	Mediterranean diet and metabolic syndrome: the evidence. <i>Public Health Nutrition</i> , <b>2009</b> , 12, 1607-17	3.3	133
212	Adherence to the Mediterranean diet and risk of metabolic syndrome and its components. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , <b>2009</b> , 19, 563-70	4.5	128
211	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
210	Effect of a Lifestyle Intervention Program With Energy-Restricted Mediterranean Diet and Exercise on Weight Loss and Cardiovascular Risk Factors: One-Year Results of the PREDIMED-Plus Trial. <i>Diabetes Care</i> , <b>2019</b> , 42, 777-788	14.6	123
209	Acute effects of three high-fat meals with different fat saturations on energy expenditure, substrate oxidation and satiety. <i>Clinical Nutrition</i> , <b>2009</b> , 28, 39-45	5.9	115
208	Frequency of nut consumption and mortality risk in the PREDIMED nutrition intervention trial. <i>BMC Medicine</i> , <b>2013</b> , 11, 164	11.4	107
207	Adherence to a Mediterranean-type diet and reduced prevalence of clustered cardiovascular risk factors in a cohort of 3,204 high-risk patients. <i>European Journal of Cardiovascular Prevention and Rehabilitation</i> , <b>2008</b> , 15, 589-93		105
206	Effect of the glycemic index of the diet on weight loss, modulation of satiety, inflammation, and other metabolic risk factors: a randomized controlled trial. <i>American Journal of Clinical Nutrition</i> , <b>2014</b> , 100, 27-35	7	101
205	Conjugated linoleic acid intake in humans: a systematic review focusing on its effect on body composition, glucose, and lipid metabolism. <i>Critical Reviews in Food Science and Nutrition</i> , <b>2006</b> , 46, 479-88	11.5	101
204	Mediterranean diet and oxidation: nuts and olive oil as important sources of fat and antioxidants. <i>Current Topics in Medicinal Chemistry</i> , <b>2011</b> , 11, 1797-810	3	98
203	Delaying progression to type 2 diabetes among high-risk Spanish individuals is feasible in real-life primary healthcare settings using intensive lifestyle intervention. <i>Diabetologia</i> , <b>2012</b> , 55, 1319-28	10.3	95
202	Dairy product consumption and risk of type 2 diabetes in an elderly Spanish Mediterranean population at high cardiovascular risk. <i>European Journal of Nutrition</i> , <b>2016</b> , 55, 349-60	5.2	94
201	Metabolomics unveils urinary changes in subjects with metabolic syndrome following 12-week nut consumption. <i>Journal of Proteome Research</i> , <b>2011</b> , 10, 5047-58	5.6	88
200	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
199	Circulating nerve growth factor levels in relation to obesity and the metabolic syndrome in women. <i>European Journal of Endocrinology</i> , <b>2007</b> , 157, 303-10	6.5	86

198	Trends in food availability determined by the Food and Agriculture Organization food balance sheets in Mediterranean Europe in comparison with other European areas. <i>Public Health Nutrition</i> , <b>2007</b> , 10, 168-76	3.3	85
197	Obesity and inflammation. <i>European Cytokine Network</i> , <b>2018</b> , 29, 83-94	3.3	84
196	Resveratrol metabolites in urine as a biomarker of wine intake in free-living subjects: The PREDIMED Study. <i>Free Radical Biology and Medicine</i> , <b>2009</b> , 46, 1562-6	7.8	83
195	Effect of two doses of a mixture of soluble fibres on body weight and metabolic variables in overweight or obese patients: a randomised trial. <i>British Journal of Nutrition</i> , <b>2008</b> , 99, 1380-7	3.6	82
194	Beneficial effect of pistachio consumption on glucose metabolism, insulin resistance, inflammation, and related metabolic risk markers: a randomized clinical trial. <i>Diabetes Care</i> , <b>2014</b> , 37, 3098-105	14.6	81
193	Mediterranean diet and non enzymatic antioxidant capacity in the PREDIMED study: evidence for a mechanism of antioxidant tuning. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , <b>2013</b> , 23, 1167-74	4.5	80
192	Association between red meat consumption and metabolic syndrome in a Mediterranean population at high cardiovascular risk: cross-sectional and 1-year follow-up assessment. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , <b>2012</b> , 22, 200-7	4.5	79
191	Mediterranean Diet, Retinopathy, Nephropathy, and Microvascular Diabetes Complications: A Post Hoc Analysis of a Randomized Trial. <i>Diabetes Care</i> , <b>2015</b> , 38, 2134-41	14.6	78
190	Mediterranean Diet and Cardiovascular Disease Prevention: What Do We Know?. <i>Progress in Cardiovascular Diseases</i> , <b>2018</b> , 61, 62-67	8.5	78
189	Cross-sectional assessment of nut consumption and obesity, metabolic syndrome and other cardiometabolic risk factors: the PREDIMED study. <i>PLoS ONE</i> , <b>2013</b> , 8, e57367	3.7	78
188	Plasma Lipidomic Profiling and Risk of Type 2 Diabetes in the PREDIMED Trial. <i>Diabetes Care</i> , <b>2018</b> , 41, 2617-2624	14.6	78
187	Effect of nut consumption on oxidative stress and the endothelial function in metabolic syndrome. <i>Clinical Nutrition</i> , <b>2010</b> , 29, 373-80	5.9	76
186	TNFalpha expression of subcutaneous adipose tissue in obese and morbid obese females: relationship to adipocyte LPL activity and leptin synthesis. <i>International Journal of Obesity</i> , <b>2002</b> , 26, 652-8	5.5	76
185	Nuts and oxidation: a systematic review. <i>Nutrition Reviews</i> , <b>2009</b> , 67, 497-508	6.4	75
184	Reduced serum concentrations of carboxylated and undercarboxylated osteocalcin are associated with risk of developing type 2 diabetes mellitus in a high cardiovascular risk population: a nested case-control study. <i>Journal of Clinical Endocrinology and Metabolism</i> , <b>2013</b> , 98, 4524-31	5.6	72
183	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
182	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
181	In vivo transcriptomic profile after a Mediterranean diet in high-cardiovascular risk patients: a randomized controlled trial. <i>American Journal of Clinical Nutrition</i> , <b>2013</b> , 98, 845-53	7	70

180	Evaluation of the safety and efficacy of hydroxycitric acid or Garcinia cambogia extracts in humans. <i>Critical Reviews in Food Science and Nutrition</i> , <b>2012</b> , 52, 585-94	11.5	70
179	Dietary fibre, nuts and cardiovascular diseases. <i>British Journal of Nutrition</i> , <b>2006</b> , 96 Suppl 2, S46-51	3.6	70
178	Nutrition attributes and health effects of pistachio nuts. <i>British Journal of Nutrition</i> , <b>2015</b> , 113 Suppl 2, S79-93	3.6	69
177	A Mediterranean diet supplemented with extra virgin olive oil or nuts improves endothelial markers involved in blood pressure control in hypertensive women. <i>European Journal of Nutrition</i> , <b>2017</b> , 56, 89-97		66
176	Total and undercarboxylated osteocalcin predict changes in insulin sensitivity and $\beta$ -cell function in elderly men at high cardiovascular risk. <i>American Journal of Clinical Nutrition</i> , <b>2012</b> , 95, 249-55	7	65
175	A controlled, randomized, double-blind trial to evaluate the effect of a supplement of cocoa husk that is rich in dietary fiber on colonic transit in constipated pediatric patients. <i>Pediatrics</i> , <b>2006</b> , 118, e641-8	17.4	65
174	Subcutaneous adipose tissue cytokine production is not responsible for the restoration of systemic inflammation markers during weight loss. <i>International Journal of Obesity</i> , <b>2006</b> , 30, 1714-20	5.5	64
173	Alcohol intake, wine consumption and the development of depression: the PREDIMED study. <i>BMC Medicine</i> , <b>2013</b> , 11, 192	11.4	63
172	A Mediterranean diet enriched with olive oil is associated with higher serum total osteocalcin levels in elderly men at high cardiovascular risk. <i>Journal of Clinical Endocrinology and Metabolism</i> , <b>2012</b> , 97, 3792-8	5.6	63
171	White blood cell counts as risk markers of developing metabolic syndrome and its components in the PREDIMED study. <i>PLoS ONE</i> , <b>2013</b> , 8, e58354	3.7	61
170	Nuts, hypertension and endothelial function. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , <b>2011</b> , 21 Suppl 1, S21-33	4.5	59
169	Plasma Metabolites From Choline Pathway and Risk of Cardiovascular Disease in the PREDIMED (Prevention With Mediterranean Diet) Study. <i>Journal of the American Heart Association</i> , <b>2017</b> , 6,	6	58
168	Urolithins are the main urinary microbial-derived phenolic metabolites discriminating a moderate consumption of nuts in free-living subjects with diagnosed metabolic syndrome. <i>Journal of Agricultural and Food Chemistry</i> , <b>2012</b> , 60, 8930-40	5.7	58
167	Serum sterol responses to increasing plant sterol intake from natural foods in the Mediterranean diet. <i>European Journal of Nutrition</i> , <b>2009</b> , 48, 373-82	5.2	57
166	Total polyphenol excretion and blood pressure in subjects at high cardiovascular risk. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , <b>2011</b> , 21, 323-31	4.5	56
165	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
164	Nuts and Dried Fruits: An Update of Their Beneficial Effects on Type 2 Diabetes. <i>Nutrients</i> , <b>2017</b> , 9,	6.7	54
163	Waist-to-height ratio and cardiovascular risk factors in elderly individuals at high cardiovascular risk. <i>PLoS ONE</i> , <b>2012</b> , 7, e43275	3.7	53

162	The role of leptin in the regulation of energy balance and adiposity. <i>Journal of Neuroendocrinology</i> , <b>2001</b> , 13, 913-21	3.8	53
161	The Effect of Nutrients and Dietary Supplements on Sperm Quality Parameters: A Systematic Review and Meta-Analysis of Randomized Clinical Trials. <i>Advances in Nutrition</i> , <b>2018</b> , 9, 833-848	10	52
160	Plasma vitamin D and parathormone are associated with obesity and atherogenic dyslipidemia: a cross-sectional study. <i>Cardiovascular Diabetology</i> , <b>2012</b> , 11, 149	8.7	51
159	Mediterranean diet and risk of heart failure: results from the PREDIMED randomized controlled trial. <i>European Journal of Heart Failure</i> , <b>2017</b> , 19, 1179-1185	12.3	50
158	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
157	Comparing eating behaviours, and symptoms of depression and anxiety between Spain and Greece during the COVID-19 outbreak: Cross-sectional analysis of two different confinement strategies. <i>European Eating Disorders Review</i> , <b>2020</b> , 28, 836-846	5.3	50
156	High urinary levels of resveratrol metabolites are associated with a reduction in the prevalence of cardiovascular risk factors in high-risk patients. <i>Pharmacological Research</i> , <b>2012</b> , 65, 615-20	10.2	49
155	Sociodemographic risk factors associated with metabolic syndrome in a Mediterranean population. <i>Public Health Nutrition</i> , <b>2008</b> , 11, 1372-8	3.3	49
154	Legume consumption and risk of all-cause, cardiovascular, and cancer mortality in the PREDIMED study. <i>Clinical Nutrition</i> , <b>2019</b> , 38, 348-356	5.9	49
153	Dietary $\alpha$ -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
152	High dietary protein intake is associated with an increased body weight and total death risk. <i>Clinical Nutrition</i> , <b>2016</b> , 35, 496-506	5.9	47
151	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
150	Effects of Mediterranean diets on kidney function: a report from the PREDIMED trial. <i>American Journal of Kidney Diseases</i> , <b>2012</b> , 60, 380-9	7.4	46
149	Tumour necrosis factor, a key role in obesity?. <i>FEBS Letters</i> , <b>1999</b> , 451, 215-9	3.8	46
148	Nuts, inflammation and insulin resistance. <i>Asia Pacific Journal of Clinical Nutrition</i> , <b>2010</b> , 19, 124-30	1	46
147	Dietary intake of vitamin K is inversely associated with mortality risk. <i>Journal of Nutrition</i> , <b>2014</b> , 144, 743-50	4.1	45
146	Moderate red wine consumption is associated with a lower prevalence of the metabolic syndrome in the PREDIMED population. <i>British Journal of Nutrition</i> , <b>2015</b> , 113 Suppl 2, S121-30	3.6	44
145	Cross-sectional association of nut intake with adiposity in a Mediterranean population. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , <b>2011</b> , 21, 518-25	4.5	44

144	Mediterranean diet and risk of hyperuricemia in elderly participants at high cardiovascular risk. <i>Journals of Gerontology - Series A Biological Sciences and Medical Sciences</i> , <b>2013</b> , 68, 1263-70	6.4	42
143	Dietary phylloquinone intake and risk of type 2 diabetes in elderly subjects at high risk of cardiovascular disease. <i>American Journal of Clinical Nutrition</i> , <b>2012</b> , 96, 1113-8	7	42
142	Bakery products enriched with phytosterol esters, alpha-tocopherol and beta-carotene decrease plasma LDL-cholesterol and maintain plasma beta-carotene concentrations in normocholesterolemic men and women. <i>Journal of Nutrition</i> , <b>2003</b> , 133, 3103-9	4.1	42
141	Plasma soluble tumor necrosis factor alpha receptors and leptin levels in normal-weight and obese women: effect of adiposity and diabetes. <i>European Journal of Endocrinology</i> , <b>2002</b> , 146, 325-31	6.5	42
140	Dietary magnesium intake is inversely associated with mortality in adults at high cardiovascular disease risk. <i>Journal of Nutrition</i> , <b>2014</b> , 144, 55-60	4.1	40
139	Association between a healthy lifestyle and general obesity and abdominal obesity in an elderly population at high cardiovascular risk. <i>Preventive Medicine</i> , <b>2011</b> , 53, 155-61	4.3	39
138	Nutritional composition of raw fresh cashew ( <i>Anacardium occidentale</i> L.) kernels from different origin. <i>Food Science and Nutrition</i> , <b>2016</b> , 4, 329-38	3.2	39
137	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
136	Dietary Glycemic Index and Glycemic Load Are Positively Associated with Risk of Developing Metabolic Syndrome in Middle-Aged and Elderly Adults. <i>Journal of the American Geriatrics Society</i> , <b>2015</b> , 63, 1991-2000	5.6	38
135	Plasma metabolomic biomarkers of mixed nuts exposure inversely correlate with severity of metabolic syndrome. <i>Molecular Nutrition and Food Research</i> , <b>2015</b> , 59, 2480-90	5.9	38
134	Effect of pistachio consumption on the modulation of urinary gut microbiota-related metabolites in prediabetic subjects. <i>Journal of Nutritional Biochemistry</i> , <b>2017</b> , 45, 48-53	6.3	37
133	Nutritional adequacy according to carbohydrates and fat quality. <i>European Journal of Nutrition</i> , <b>2016</b> , 55, 93-106	5.2	37
132	Predictors of adherence to a Mediterranean-type diet in the PREDIMED trial. <i>European Journal of Nutrition</i> , <b>2010</b> , 49, 91-9	5.2	37
131	Nuts in the prevention and treatment of metabolic syndrome. <i>American Journal of Clinical Nutrition</i> , <b>2014</b> , 100 Suppl 1, 399S-407S	7	36
130	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
129	Polymorphisms cyclooxygenase-2 -765G>C and interleukin-6 -174G>C are associated with serum inflammation markers in a high cardiovascular risk population and do not modify the response to a Mediterranean diet supplemented with virgin olive oil or nuts. <i>Journal of Nutrition</i> , <b>2009</b> , 139, 128-34	4.1	32
128	Plasma adiponectin distribution in a Mediterranean population and its association with cardiovascular risk factors and metabolic syndrome. <i>Metabolism: Clinical and Experimental</i> , <b>2007</b> , 56, 1486-92	12.7	32
127	Chronic pistachio intake modulates circulating microRNAs related to glucose metabolism and insulin resistance in prediabetic subjects. <i>European Journal of Nutrition</i> , <b>2017</b> , 56, 2181-2191	5.2	31

126	Plasma Acylcarnitines and Risk of Type 2 Diabetes in a Mediterranean Population at High Cardiovascular Risk. <i>Journal of Clinical Endocrinology and Metabolism</i> , <b>2019</b> , 104, 1508-1519	5.6	31
125	Type 2 diabetes and cognitive impairment in an older population with overweight or obesity and metabolic syndrome: baseline cross-sectional analysis of the PREDIMED-plus study. <i>Scientific Reports</i> , <b>2018</b> , 8, 16128	4.9	31
124	Plasma lipidome patterns associated with cardiovascular risk in the PREDIMED trial: A case-cohort study. <i>International Journal of Cardiology</i> , <b>2018</b> , 253, 126-132	3.2	30
123	Effect of nut consumption on semen quality and functionality in healthy men consuming a Western-style diet: a randomized controlled trial. <i>American Journal of Clinical Nutrition</i> , <b>2018</b> , 108, 953-962	7.2	30
122	MicroRNA-410 regulated lipoprotein lipase variant rs13702 is associated with stroke incidence and modulated by diet in the randomized controlled PREDIMED trial. <i>American Journal of Clinical Nutrition</i> , <b>2014</b> , 100, 719-31	7	29
121	Adiponectin expression and adipose tissue lipolytic activity in lean and obese women. <i>Obesity Surgery</i> , <b>2005</b> , 15, 382-6	3.7	29
120	Dysfunctional High-Density Lipoproteins Are Associated With a Greater Incidence of Acute Coronary Syndrome in a Population at High Cardiovascular Risk: A Nested Case-Control Study. <i>Circulation</i> , <b>2020</b> , 141, 444-453	16.7	28
119	Extra virgin olive oil consumption reduces the risk of osteoporotic fractures in the PREDIMED trial. <i>Clinical Nutrition</i> , <b>2018</b> , 37, 329-335	5.9	28
118	Empirically-derived food patterns and the risk of total mortality and cardiovascular events in the PREDIMED study. <i>Clinical Nutrition</i> , <b>2015</b> , 34, 859-67	5.9	27
117	C-reactive protein, adiposity and cardiovascular risk factors in a Mediterranean population. <i>International Journal of Obesity</i> , <b>2006</b> , 30, 468-74	5.5	27
116	Cross-sectional associations between macronutrient intake and chronic kidney disease in a population at high cardiovascular risk. <i>Clinical Nutrition</i> , <b>2013</b> , 32, 606-12	5.9	26
115	FABP4 predicts atherogenic dyslipidemia development. The PREDIMED study. <i>Atherosclerosis</i> , <b>2012</b> , 222, 229-34	3.1	26
114	The Involvement of Peripheral and Brain Insulin Resistance in Late Onset Alzheimer's Dementia. <i>Frontiers in Aging Neuroscience</i> , <b>2019</b> , 11, 236	5.3	25
113	Effects of a Mediterranean Eating Plan on the Need for Glucose-Lowering Medications in Participants With Type 2 Diabetes: A Subgroup Analysis of the PREDIMED Trial. <i>Diabetes Care</i> , <b>2019</b> , 42, 1390-1397	14.6	25
112	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
111	Dietary vitamin K intake is associated with bone quantitative ultrasound measurements but not with bone peripheral biochemical markers in elderly men and women. <i>Bone</i> , <b>2011</b> , 48, 1313-8	4.7	25
110	Weight-reducing diets: are there any differences?. <i>Nutrition Reviews</i> , <b>2009</b> , 67 Suppl 1, S99-101	6.4	25
109	Mediterranean diet and high dietary acid load associated with mixed nuts: effect on bone metabolism in elderly subjects. <i>Journal of the American Geriatrics Society</i> , <b>2009</b> , 57, 1789-98	5.6	25



108	Improved postprandial response and feeling of satiety after consumption of low-calorie muffins with maltitol and high-amylose corn starch. <i>Journal of Food Science</i> , <b>2007</b> , 72, S407-11	3.4	25
107	Excess body iron and the risk of type 2 diabetes mellitus: a nested case-control in the PREDIMED (PREvention with MEDiterranean Diet) study. <i>British Journal of Nutrition</i> , <b>2014</b> , 112, 1896-904	3.6	24
106	Stimulation of NGF expression and secretion in 3T3-L1 adipocytes by prostaglandins PGD2, PGJ2, and Delta12-PGJ2. <i>American Journal of Physiology - Endocrinology and Metabolism</i> , <b>2005</b> , 289, E62-7	6	24
105	Plasma trimethylamine-N-oxide and related metabolites are associated with type 2 diabetes risk in the Prevenci3n con Dieta Mediterr3nea (PREDIMED) trial. <i>American Journal of Clinical Nutrition</i> , <b>2018</b> , 108, 163-173	7	24
104	A risk score to predict type 2 diabetes mellitus in an elderly Spanish Mediterranean population at high cardiovascular risk. <i>PLoS ONE</i> , <b>2012</b> , 7, e33437	3.7	23
103	Impact of Nutrition on Telomere Health: Systematic Review of Observational Cohort Studies and Randomized Clinical Trials. <i>Advances in Nutrition</i> , <b>2020</b> , 11, 576-601	10	23
102	Pairing nuts and dried fruit for cardiometabolic health. <i>Nutrition Journal</i> , <b>2016</b> , 15, 23	4.3	22
101	Dietary Fibre Consensus from the International Carbohydrate Quality Consortium (ICQC). <i>Nutrients</i> , <b>2020</b> , 12,	6.7	22
100	Cross-sectional associations of objectively-measured sleep characteristics with obesity and type 2 diabetes in the PREDIMED-Plus trial. <i>Sleep</i> , <b>2018</b> , 41,	1.1	22
99	Effect of pistachio consumption on plasma lipoprotein subclasses in pre-diabetic subjects. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , <b>2015</b> , 25, 396-402	4.5	21
98	An NMR metabolomics approach reveals a combined-biomarkers model in a wine interventional trial with validation in free-living individuals of the PREDIMED study. <i>Metabolomics</i> , <b>2015</b> , 11, 797-806	4.7	21
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1	Inflammatory potential of diet and bone mineral density in a senior Mediterranean population: a cross-sectional analysis of PREDIMED-Plus study. <i>European Journal of Nutrition</i> , <b>2021</b> , 1	5.2	

