

Youn-Soo Cha

List of Publications by Year in descending order

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101
papers

1,684
citations

257101

24
h-index

344852

36
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104
all docs

104
docs citations

104
times ranked

2354
citing authors

#	ARTICLE	IF	CITATIONS
1	Germinated Brown Rice Extract Shows a Nutraceutical Effect in the Recovery of Chronic Alcohol-Related Symptoms. <i>Journal of Medicinal Food</i> , 2003, 6, 115-121.	0.8	95
2	Effect of Genistein with Carnitine Administration on Lipid Parameters and Obesity in C57Bl/6J Mice Fed a High-Fat Diet. <i>Journal of Medicinal Food</i> , 2006, 9, 459-467.	0.8	72
3	Vitamin D and Metabolic Diseases: Growing Roles of Vitamin D. <i>Journal of Obesity and Metabolic Syndrome</i> , 2018, 27, 223-232.	1.5	62
4	Ethanol extract of seabuckthorn (<i>Hippophae rhamnoides</i> L) prevents high-fat diet-induced obesity in mice through down-regulation of adipogenic and lipogenic gene expression. <i>Nutrition Research</i> , 2012, 32, 856-864.	1.3	61
5	Quercetin-rich onion peel extract suppresses adipogenesis by down-regulating adipogenic transcription factors and gene expression in 3T3-L1 adipocytes. <i>Journal of the Science of Food and Agriculture</i> , 2014, 94, 2655-2660.	1.7	56
6	Beneficial Effects of Korean Traditional Diets in Hypertensive and Type 2 Diabetic Patients. <i>Journal of Medicinal Food</i> , 2014, 17, 161-171.	0.8	54
7	Kochujang, fermented soybean-based red pepper paste, decreases visceral fat and improves blood lipid profiles in overweight adults. <i>Nutrition and Metabolism</i> , 2013, 10, 24.	1.3	52
8	<i>Doenjang</i> , a Korean Fermented Soy Food, Exerts Antiobesity and Antioxidative Activities in Overweight Subjects with the PPAR- γ C1431T Polymorphism: 12-Week, Double-Blind Randomized Clinical Trial. <i>Journal of Medicinal Food</i> , 2014, 17, 119-127.	0.8	48
9	Antiobesity effect of <i>Gynostemma pentaphyllum</i> extract (actiponin): A randomized, double-blind, placebo-controlled trial. <i>Obesity</i> , 2014, 22, 63-71.	1.5	43
10	<i>Cheonggukjang</i> , a soybean paste fermented with <i>B. licheniformis</i> -67 prevents weight gain and improves glycemic control in high fat diet induced obese mice. <i>Journal of Clinical Biochemistry and Nutrition</i> , 2016, 59, 31-38.	0.6	42
11	PPAR- γ C1431T Polymorphism Interacts with the Antiobesogenic Effects of <i>Kochujang</i> , a Korean Fermented, Soybean-Based Red Pepper Paste, in Overweight/Obese Subjects: A 12-Week, Double-Blind Randomized Clinical Trial. <i>Journal of Medicinal Food</i> , 2017, 20, 610-617.	0.8	39
12	Visceral fat and body weight are reduced in overweight adults by the supplementation of <i>Doenjang</i> , a fermented soybean paste. <i>Nutrition Research and Practice</i> , 2012, 6, 520.	0.7	38
13	Effects of <i>Chungkookjang</i> Supplementation on Obesity and Atherosclerotic Indices in Overweight/Obese Subjects: A 12-Week, Randomized, Double-Blind, Placebo-Controlled Clinical Trial. <i>Journal of Medicinal Food</i> , 2011, 14, 532-537.	0.8	36
14	Genistein from <i>Vigna angularis</i> Extends Lifespan in <i>Caenorhabditis elegans</i> . <i>Biomolecules and Therapeutics</i> , 2015, 23, 77-83.	1.1	35
15	Effects of Persimmon-Vinegar on Lipid Metabolism and Alcohol Clearance in Chronic Alcohol-Fed Rats. <i>Journal of Medicinal Food</i> , 2008, 11, 38-45.	0.8	34
16	Grape seed extract (<i>Vitis vinifera</i>) partially reverses high fat diet-induced obesity in C57BL/6J mice. <i>Nutrition Research and Practice</i> , 2008, 2, 227.	0.7	33
17	The Effects of a High-fat or High-sucrose Diet on Serum Lipid Profiles, Hepatic Acyl-CoA Synthetase, Carnitine Palmitoyltransferase-I, and the Acetyl-CoA Carboxylase mRNA Levels in Rats. <i>BMB Reports</i> , 2003, 36, 312-318.	1.1	33
18	Characterization of phenolic compounds from normal ginger (<i>Zingiber officinale</i> Rosc.) and black ginger (<i>Kaempferia parviflora</i> Wall.) using UPLC- $^{\circ}$ QToF-MS. <i>European Food Research and Technology</i> , 2019, 245, 653-665.	1.6	32

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19	<i>Lactobacillus brevis</i> OPK-3 isolated from kimchi inhibits adipogenesis and exerts anti-inflammatory in 3T3-L1 adipocyte. <i>Journal of the Science of Food and Agriculture</i> , 2014, 94, 2514-2520.	1.7	31
20	Effects of Black Adzuki Bean (<i>Vigna angularis</i>) Extract on Proliferation and Differentiation of 3T3-L1 Preadipocytes into Mature Adipocytes. <i>Nutrients</i> , 2015, 7, 277-292.	1.7	31
21	Phenolic profiling and quantitative determination of common sage (<i>Salvia plebeia</i> R. Br.) by UPLC-DAD-QTOF/MS. <i>European Food Research and Technology</i> , 2018, 244, 1637-1646.	1.6	31
22	<i>Lactobacillus plantarum</i> LG42 Isolated from Gajami Sik-Hae Inhibits Adipogenesis in 3T3-L1 Adipocyte. <i>BioMed Research International</i> , 2013, 2013, 1-7.	0.9	26
23	Lipid-Lowering Effects of <i>Pediococcus acidilactici</i> M76 Isolated from Korean Traditional Makgeolli in High Fat Diet-Induced Obese Mice. <i>Nutrients</i> , 2014, 6, 1016-1028.	1.7	26
24	The antioxidant activity of steamed ginger and its protective effects on obesity induced by high-fat diet in C57BL/6J mice. <i>Nutrition Research and Practice</i> , 2018, 12, 503.	0.7	26
25	Exopolysaccharide Produced by <i>Pediococcus acidilactici</i> M76 Isolated from the Korean Traditional Rice Wine, Makgeolli. <i>Journal of Microbiology and Biotechnology</i> , 2013, 23, 681-688.	0.9	26
26	Lifespan Extending and Stress Resistant Properties of Vitexin from <i>Vigna angularis</i> in <i>Caenorhabditis elegans</i> . <i>Biomolecules and Therapeutics</i> , 2015, 23, 582-589.	1.1	26
27	Effects of persimmon-vinegar on lipid and carnitine profiles in mice. <i>Food Science and Biotechnology</i> , 2010, 19, 343-348.	1.2	25
28	Comprehensive characterization of hydroxycinnamoyl derivatives in green and roasted coffee beans: A new group of methyl hydroxycinnamoyl quinate. <i>Food Chemistry: X</i> , 2019, 2, 100033.	1.8	25
29	<i>Acanthopanax senticosus</i> Extract Prepared from Cultured Cells Decreases Adiposity and Obesity Indices in C57BL/6J Mice Fed a High Fat Diet. <i>Journal of Medicinal Food</i> , 2004, 7, 422-429.	0.8	24
30	The effects of steamed ginger ethanolic extract on weight and body fat loss: a randomized, double-blind, placebo-controlled clinical trial. <i>Food Science and Biotechnology</i> , 2020, 29, 265-273.	1.2	24
31	Effect of Cheonggukjang supplementation upon hepatic acyl-CoA synthase, carnitine palmitoyltransferase I, acyl-CoA oxidase and uncoupling protein 2 mRNA levels in C57BL/6J mice fed with high fat diet. <i>Genes and Nutrition</i> , 2008, 2, 365-369.	1.2	23
32	Okara, a soybean by-product, prevents high fat diet-induced obesity and improves serum lipid profiles in C57BL/6J mice. <i>Food Science and Biotechnology</i> , 2016, 25, 607-613.	1.2	22
33	Black Adzuki Bean (<i>Vigna angularis</i>) Attenuates High-Fat Diet-Induced Colon Inflammation in Mice. <i>Journal of Medicinal Food</i> , 2017, 20, 367-375.	0.8	22
34	<i>Lactobacillus Brevis</i> OPK-3 from Kimchi Prevents Obesity and Modulates the Expression of Adipogenic and Pro-Inflammatory Genes in Adipose Tissue of Diet-Induced Obese Mice. <i>Nutrients</i> , 2020, 12, 604.	1.7	22
35	Effects of Doenjang, a Traditional Korean Soybean Paste, with High-Salt Diet on Blood Pressure in Sprague-Dawley Rats. <i>Nutrients</i> , 2019, 11, 2745.	1.7	21
36	A survey of research papers on the health benefits of kimchi and kimchi lactic acid bacteria. <i>Journal of Nutrition and Health</i> , 2018, 51, 1.	0.2	19

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37	Antiobesity Effects of Purple Perilla (<i>Perilla frutescens</i> var. <i>acuta</i>) on Adipocyte Differentiation and Mice Fed a High-Fat Diet. <i>Journal of Food Science</i> , 2018, 83, 2384-2393.	1.5	19
38	Effect of vegetable oils with different fatty acid composition on high-fat diet-induced obesity and colon inflammation. <i>Nutrition Research and Practice</i> , 2020, 14, 425.	0.7	18
39	Microalgal Oil Supplementation Has an Anti-Obesity Effect in C57BL/6J Mice Fed a High Fat Diet. <i>Preventive Nutrition and Food Science</i> , 2015, 20, 230-237.	0.7	17
40	Possible involvement of food texture in insulin resistance and energy metabolism in male rats. <i>Journal of Endocrinology</i> , 2014, 222, 61-72.	1.2	16
41	Hypocholesterolemic effect of quercetin-rich onion peel extract in C57BL/6J mice fed with high cholesterol diet. <i>Food Science and Biotechnology</i> , 2016, 25, 855-860.	1.2	16
42	Evaluation of dietary habits according to breakfast consumption in Korean adolescents: based on the 6 th Korea National Health and Nutrition Examination Survey, 2013 ~ 2015. <i>Journal of Nutrition and Health</i> , 2019, 52, 217.	0.2	16
43	<i>Salicornia herbacea</i> prevents weight gain and hepatic lipid accumulation in obese ICR mice fed a high-fat diet. <i>Journal of the Science of Food and Agriculture</i> , 2015, 95, 3150-3159.	1.7	15
44	Perilla Oil Alleviates High-Fat Diet-Induced Inflammation in the Colon of Mice by Suppressing Nuclear Factor-Kappa B Activation. <i>Journal of Medicinal Food</i> , 2020, 23, 818-826.	0.8	15
45	Antihypertensive effect of Ganjang (traditional Korean soy sauce) on Sprague-Dawley Rats. <i>Nutrition Research and Practice</i> , 2017, 11, 388.	0.7	14
46	<i>Allium hookeri</i> Extracts Improve Scopolamine-Induced Cognitive Impairment via Activation of the Cholinergic System and Anti-Neuroinflammation in Mice. <i>Nutrients</i> , 2021, 13, 2890.	1.7	14
47	Anti-Obesity Effects of Salted and Unsalted Doenjang Supplementation in C57BL/6J Mice Fed with High Fat Diet. <i>Journal of the Korean Society of Food Science and Nutrition</i> , 2013, 42, 1036-1042.	0.2	14
48	Black Adzuki Bean (<i>Vigna angularis</i>) Extract Protects Pancreatic β Cells and Improves Glucose Tolerance in C57BL/6J Mice Fed a High-Fat Diet. <i>Journal of Medicinal Food</i> , 2016, 19, 442-449.	0.8	11
49	<i>Lactobacillus</i> Aggravate Bile Duct Ligation-Induced Liver Inflammation and Fibrosis in Mice. <i>Toxicological Research</i> , 2018, 34, 241-247.	1.1	11
50	Effects of L-carnitine on obesity, diabetes, and as an ergogenic aid. <i>Asia Pacific Journal of Clinical Nutrition</i> , 2008, 17 Suppl 1, 306-8.	0.3	11
51	Protective effects of <i>Stachys sieboldii</i> MIQ extract in SK-N-SH cells and its memory ameliorative effect in mice. <i>Journal of Food Biochemistry</i> , 2017, 41, e12411.	1.2	9
52	<i>Acanthopanax senticosus</i> Extract Prepared from Cultured Cells Improves Lipid Parameters in Rats Fed with a High Fat Diet. <i>Preventive Nutrition and Food Science</i> , 2003, 8, 40-45.	0.7	9
53	Anti-Obesity Effects of <i>Petasites japonicus</i> (Meowi) Ethanol Extract on RAW 264.7 Macrophages and 3T3-L1 Adipocytes and Its Characterization of Polyphenolic Compounds. <i>Nutrients</i> , 2020, 12, 1261.	1.7	8
54	Luteolin inhibits inflammatory responses by downregulating the JNK, NF- κ B, and AP-1 pathways in TNF- α activated HepG2 cells. <i>Food Science and Biotechnology</i> , 2012, 21, 279-283.	1.2	7

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55	Anti-obesity effects of traditional and standardized meju in high-fat diet-induced obese C57BL/6J mice. <i>Journal of Clinical Biochemistry and Nutrition</i> , 2014, 54, 45-50.	0.6	7
56	The Antioxidant Properties and Inhibitory Effects on HepG2 Cells of Chicory Cultivated Using Three Different Kinds of Fertilizers in the Absence and Presence of Pesticides. <i>Molecules</i> , 2015, 20, 12061-12075.	1.7	7
57	Black adzuki bean (<i>Vigna angularis</i>) extract exerts phenotypic effects on white adipose tissue and reverses liver steatosis in diet-induced obese mice. <i>Journal of Food Biochemistry</i> , 2017, 41, e12333.	1.2	7
58	<i>Abeliophyllum distichum</i> Ameliorates High-Fat Diet-Induced Obesity in C57BL/6J Mice by Upregulating the AMPK Pathway. <i>Nutrients</i> , 2020, 12, 3320.	1.7	7
59	Protective Effect of Gochujang on Inflammation in a DSS-Induced Colitis Rat Model. <i>Foods</i> , 2021, 10, 1072.	1.9	7
60	Glycolaldehyde, an Advanced Glycation End Products Precursor, Induces Apoptosis via ROS-Mediated Mitochondrial Dysfunction in Renal Mesangial Cells. <i>Antioxidants</i> , 2022, 11, 934.	2.2	7
61	̢-amino butyric acid-enriched barley bran lowers adrenocorticotrophic hormone and corticosterone levels in immobilized stressed rats. <i>Journal of Food Biochemistry</i> , 2017, 41, e12324.	1.2	6
62	Korean Traditional Fermented Foods (KTFFs): Antiobesity Effects and Salt Paradox. <i>ACS Symposium Series</i> , 2019, , 121-134.	0.5	6
63	A Randomized, Double-Blind, Placebo-Controlled Clinical Trial Assessing the Effects of Angelica Gigas Nakai Extract on Blood Triglycerides. <i>Nutrients</i> , 2020, 12, 377.	1.7	6
64	Anti-Obesity Effects of <i>Morus alba</i> L. and <i>Aronia melanocarpa</i> in a High-Fat Diet-Induced Obese C57BL/6J Mouse Model. <i>Foods</i> , 2021, 10, 1914.	1.9	6
65	Effects of black adzuki bean (<i>Vigna angularis</i> , Geomguseul) extract on body composition and hypothalamic neuropeptide expression in rats fed a high-fat diet. <i>Food and Nutrition Research</i> , 2015, 59, 27719.	1.2	6
66	The influence of the Korean traditional Chungkookjang on variables of metabolic syndrome in overweight/obese subjects: study protocol. <i>BMC Complementary and Alternative Medicine</i> , 2013, 13, 297.	3.7	5
67	A comparison study of hygiene status in meals for poorly-fed children through microbiological analysis. <i>Journal of Nutrition and Health</i> , 2014, 47, 214.	0.2	5
68	Fermented Barley Supplementation Modulates the Expression of Hypothalamic Genes and Reduces Energy Intake and Weight Gain in Rats. <i>Journal of Medicinal Food</i> , 2016, 19, 418-426.	0.8	5
69	The protective effects of steamed ginger on adipogenesis in 3T3-L1 cells and adiposity in diet-induced obese mice. <i>Nutrition Research and Practice</i> , 2021, 15, 279.	0.7	5
70	Chinese Traditional Fermented Soy Sauce Exerts Protective Effects against High-Fat and High-Salt Diet-Induced Hypertension in Sprague-Dawley Rats by Improving Adipogenesis and Renin-Angiotensin-Aldosterone System Activity. <i>Fermentation</i> , 2021, 7, 52.	1.4	5
71	Effects of fermented barley on lipid and carnitine profiles in C57BL/6J mice. <i>Food Science and Biotechnology</i> , 2012, 21, 323-329.	1.2	4
72	Effects of fermented blueberry liquid in high-fat diet-induced obese C57BL/6J mice. <i>Journal of Nutrition and Health</i> , 2017, 50, 543.	0.2	4

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73	Exercise-trained but not untrained rats maintain free carnitine reserves during acute exercise. Asia Pacific Journal of Clinical Nutrition, 2003, 12, 120-6.	0.3	4
74	Effects of a Rice-Based Diet in Korean Adolescents Who Habitually Skip Breakfast: A Randomized, Parallel Group Clinical Trial. Nutrients, 2021, 13, 853.	1.7	3
75	Protective Effect of Diet-Supplemented and Endogenously Produced Omega-3 Fatty Acids against HFD-Induced Colon Inflammation in Mice. Foods, 2022, 11, 2124.	1.9	3
76	Analysis of consumers' needs and satisfaction related to food culture in Jeonju Hanok Village: Application of the Push-Pull factor theory. Journal of Nutrition and Health, 2017, 50, 192.	0.2	2
77	Lactobacillus bacteria strain Weissella koreensis OK1 mediated inhibition of intracellular lipid accumulation in 3T3L1 cells: A plausible approach to obesity management. FASEB Journal, 2010, 24, 923.1.	0.2	2
78	Inhibitory effects of Sargassum horneri extract against endoplasmic reticulum stress in HepG2 cells. Journal of Nutrition and Health, 2020, 53, 583.	0.2	2
79	Emodin exerts protective effect against palmitic acid-induced endoplasmic reticulum stress in HepG2 cells. Journal of Nutrition and Health, 2019, 52, 176.	0.2	1
80	Inhibitory effect of ethanolic extract of Abeliophyllum distichum leaf on 3T3L1 adipocyte differentiation. Nutrition Research and Practice, 2021, 15, 555.	0.7	1
81	The Short-Term Effects of Soft Pellets on Lipogenesis and Insulin Sensitivity in Rats. Preventive Nutrition and Food Science, 2014, 19, 164-169.	0.7	1
82	Nutrition status improvement of low income family toddlers with nutrition education and supplementary food. FASEB Journal, 2008, 22, 677.15.	0.2	1
83	Anti-obesity and anti-atherogenesis effect of Chungkookjang supplementation in overweight/obese Korean subjects: A randomized, double-blind, placebo-controlled clinical trial. FASEB Journal, 2009, 23, 719.2.	0.2	1
84	Fermented barley averts diet induced obesity via modulating the lipid metabolic gene expression in Sprague dawley rats.. FASEB Journal, 2013, 27, 1079.53.	0.2	1
85	Rice-based breakfast improves fasting glucose and HOMA-IR in Korean adolescents who skip breakfast, but breakfast skipping increases aromatic amino acids associated with diabetes prediction in Korean adolescents who skip breakfast: a randomized, parallel-group, controlled trial. Nutrition Research and Practice, 2022, 16, 450.	0.7	1
86	Recognition and preference of rice-based home meal replacement for breakfast among adolescents in the Jeonbuk area. Journal of Nutrition and Health, 2021, 54, 262.	0.2	0
87	Antiobesity and lipid profile improvement with Chongkukjang paste supplementation in C57BL/6J mice with high fat diet induced obesity. FASEB Journal, 2007, 21, .	0.2	0
88	Effects of genistein dosage with carnitine administration on lipid and carnitine profiles in C57BL/6J mice fed high-fat diets. FASEB Journal, 2007, 21, A50.	0.2	0
89	Effects of supplementation with lactic acid bacteria isolated from Gajami sikhae on lipid and carnitine profiles in C57BL/6J mice fed high-fat diet. FASEB Journal, 2008, 22, 702.34.	0.2	0
90	Effects of red ginseng ethanol extract on lipid metabolism in C57BL/6J mice fed high-fat diets. FASEB Journal, 2008, 22, 1112.1.	0.2	0

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91	Effect of L-carnitine supplementation on low birth weight Korean infants. FASEB Journal, 2008, 22, .	0.2	0
92	Effect of functional materials producing microbial strains isolated from Kimchi on antiobesity and inflammatory cytokines in 3T3-L1 preadipocytes. FASEB Journal, 2009, 23, 111.2.	0.2	0
93	Effect on Anti-Diabetic Effect of the Mushrooms Grown in Germinated Brown Rice Extracts in Rin and 3T3-L1 cells. FASEB Journal, 2010, 24, 920.3.	0.2	0
94	ZymoGrain α , β (ZG) supplementation improves lipid profiles in C57BL/6J mice with high-fat diet induced obesity. FASEB Journal, 2010, 24, 745.4.	0.2	0
95	Antiobesity and Inflammatory Cytokines Effect of Lactobacillus sp. OP-3 Isolated from Kimchi on 3T3-L1 Preadipocytes. FASEB Journal, 2010, 24, 923.5.	0.2	0
96	Beneficial effects of Korean traditional diets in patients with hypertension and type 2 diabetes. FASEB Journal, 2012, 26, 1032.5.	0.2	0
97	Padiococcus Acidilactici (PA) Isolated from traditional Makgeolli inhibits lipid accumulation in 3T3-L1 adipocyte and obesity in C57BL/6J mice fed a high-fat diet. FASEB Journal, 2013, 27, 1079.39.	0.2	0
98	Anti-obesity effects of Cheonggukjang and Natto extract: from in vivo to in vitro study. FASEB Journal, 2013, 27, 1079.51.	0.2	0
99	Clinical trial for improvement in metabolic syndrome by Korean Chungkookjang (647.27). FASEB Journal, 2014, 28, 647.27.	0.2	0
100	Suppression of Obesity by Black Adzuki Beans (<i>Vigna angularis</i>) in High-fat Diet Fed Obese Mouse Model. FASEB Journal, 2015, 29, 608.7.	0.2	0
101	Improvement Effect of Artificial Rice Containing <i>Curcuma longa</i> L. Extract on Lipid Parameters in C57BL/6J Mice. Journal of the Korean Society of Food Science and Nutrition, 2015, 44, 1114-1120.	0.2	0