Youn-Soo Cha

List of Publications by Year
in descending order

101	1,684	257101	344852
papers	citations	24 h-index	36 g-index

104	104	104	2354
all docs	docs citations	times ranked	citing authors

#	Article	IF	Citations
1	Glycolaldehyde, an Advanced Glycation End Products Precursor, Induces Apoptosis via ROS-Mediated Mitochondrial Dysfunction in Renal Mesangial Cells. Antioxidants, 2022, 11, 934.	2.2	7
2	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
3	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
4	Inhibitory effect of ethanolic extract of Abeliophyllum distichum leaf on 3T3â€“L1 adipocyte differentiation. Nutrition Research and Practice, 2021, 15, 555.	0.7	1
5	The protective effects of steamed ginger on adipogenesis in 3T3-L1 cells and adiposity in diet-induced obese mice. Nutrition Research and Practice, 2021, 15, 279.	0.7	5
6	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
7	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
8	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. Fermentation, 2021, 7, 52.	1.4	5
9	Protective Effect of Gochujang on Inflammation in a DSS-Induced Colitis Rat Model. Foods, 2021, 10, 1072.	1.9	7
10	Anti-Obesity Effects of Morus alba L. and Aronia melanocarpa in a High-Fat Diet-Induced Obese C57BL/6J Mouse Model. Foods, 2021, 10, 1914.	1.9	6
11	Allium hookeri Extracts Improve Scopolamine-Induced Cognitive Impairment via Activation of the Cholinergic System and Anti-Neuroinflammation in Mice. Nutrients, 2021, 13, 2890.	1.7	14
12	The effects of steamed ginger ethanolic extract on weight and body fat loss: a randomized, double-blind, placebo-controlled clinical trial. Food Science and Biotechnology, 2020, 29, 265-273.	1.2	24
13	Abeliophyllum distichum Ameliorates High-Fat Diet-Induced Obesity in C57BL/6J Mice by Upregulating the AMPK Pathway. Nutrients, 2020, 12, 3320.	1.7	7
14	Anti-Obesity Effects of Petasites japonicus (Meowi) Ethanol Extract on RAW 264.7 Macrophages and 3T3-L1 Adipocytes and Its Characterization of Polyphenolic Compounds. Nutrients, 2020, 12, 1261.	1.7	8
15	Perilla Oil Alleviates High-Fat Diet-Induced Inflammation in the Colon of Mice by Suppressing Nuclear Factor-Kappa B Activation. Journal of Medicinal Food, 2020, 23, 818-826.	0.8	15
16	Lactobacillus Brevis OPK-3 from Kimchi Prevents Obesity and Modulates the Expression of Adipogenic and Pro-Inflammatory Genes in Adipose Tissue of Diet-Induced Obese Mice. Nutrients, 2020, 12, 604.	1.7	22
17	A Randomized, Double-Blind, Placebo-Controlled Clinical Trial Assessing the Effects of Angelica Gigas Nakai Extract on Blood Triglycerides. Nutrients, 2020, 12, 377.	1.7	6
18	Effect of vegetable oils with different fatty acid composition on high-fat diet-induced obesity and colon inflammation. Nutrition Research and Practice, 2020, 14, 425.	0.7	18

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19	Inhibitory effects ofSargassum horneriextract against endoplasmic reticulum stress in HepG2 cells. Journal of Nutrition and Health, 2020, 53, 583.	0.2	2
20	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
21	Comprehensive characterization of hydroxycinnamoyl derivatives in green and roasted coffee beans: A new group of methyl hydroxycinnamoyl quinate. Food Chemistry: X, 2019, 2, 100033.	1.8	25
22	Effects of Doenjang, a Traditional Korean Soybean Paste, with High-Salt Diet on Blood Pressure in Sprague–Dawley Rats. Nutrients, 2019, 11, 2745.	1.7	21
23	Korean Traditional Fermented Foods (KTFFs): Antiobesity Effects and Salt Paradox. ACS Symposium Series, 2019, , 121-134.	0.5	6
24	Characterization of phenolic compounds from normal ginger (Zingiber officinale Rosc.) and black ginger (Kaempferia parviflora Wall.) using UPLC–DAD–QToF–MS. European Food Research and Technology, 2019, 245, 653-665.	1.6	32
25	Evaluation of dietary habits according to breakfast consumption in Korean adolescents: based on the 6th Korea National Health and Nutrition Examination Survey, 2013 ~ 2015. Journal of Nutrition and Health, 2019, 52, 217.	0.2	16
26	Phenolic profiling and quantitative determination of common sage (Salvia plebeia R. Br.) by UPLC-DAD-QTOF/MS. European Food Research and Technology, 2018, 244, 1637-1646.	1.6	31
27	The antioxidant activity of steamed ginger and its protective effects on obesity induced by high-fat diet in C57BL/6J mice. Nutrition Research and Practice, 2018, 12, 503.	0.7	26
28	Lactobacillus Aggravate Bile Duct Ligation-Induced Liver Inflammation and Fibrosis in Mice. Toxicological Research, 2018, 34, 241-247.	1.1	11
29	A survey of research papers on the health benefits of kimchi and kimchi lactic acid bacteria. Journal of Nutrition and Health, 2018, 51, 1.	0.2	19
30	Antiobesity Effects of Purple Perilla (Perilla frutescens var. acuta) on Adipocyte Differentiation and Mice Fed a High€fat Diet. Journal of Food Science, 2018, 83, 2384-2393.	1.5	19
31	Vitamin D and Metabolic Diseases: Growing Roles of Vitamin D. Journal of Obesity and Metabolic Syndrome, 2018, 27, 223-232.	1.5	62
32	Black Adzuki Bean (Vigna angularis) Attenuates High-Fat Diet-Induced Colon Inflammation in Mice. Journal of Medicinal Food, 2017, 20, 367-375.	0.8	22
33	PPARÎ³2 C1431T Polymorphism Interacts with the Antiobesogenic Effects of Kochujang, a Korean Fermented, Soybean-Based Red Pepper Paste, in Overweight/Obese Subjects: A 12-Week, Double-Blind Randomized Clinical Trial. Journal of Medicinal Food, 2017, 20, 610-617.	0.8	39
34	Î³-amino butyric acid-enriched barley bran lowers adrenocorticotropic hormone and corticosterone levels in immobilized stressed rats. Journal of Food Biochemistry, 2017, 41, e12324.	1.2	6
35	Protective effects ofStachys sieboldiiMIQ extract in SK-N-SH cells and its memory ameliorative effect in mice. Journal of Food Biochemistry, 2017, 41, e12411.	1.2	9
36	Black adzuki bean (Vigna angularis) extract exerts phenotypic effects on white adipose tissue and reverses liver steatosis in diet-induced obese mice. Journal of Food Biochemistry, 2017, 41, e12333.	1.2	7

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37	Effects of fermented blueberry liquid in high-fat diet-induced obese C57BL/6J mice. Journal of Nutrition and Health, 2017, 50, 543.	0.2	4
38	Antihypertensive effect of Ganjang (traditional Korean soy sauce) on Sprague-Dawley Rats. Nutrition Research and Practice, 2017, 11, 388.	0.7	14
39	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
40	<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. Journal of Clinical Biochemistry and Nutrition, 2016, 59, 31-38.	0.6	42
41	Black Adzuki Bean (Vigna angularis) Extract Protects Pancreatic Î² Cells and Improves Glucose Tolerance in C57BL/6J Mice Fed a High-Fat Diet. Journal of Medicinal Food, 2016, 19, 442-449.	0.8	11
42	Fermented Barley Supplementation Modulates the Expression of Hypothalamic Genes and Reduces Energy Intake and Weight Gain in Rats. Journal of Medicinal Food, 2016, 19, 418-426.	0.8	5
43	Okara, a soybean by-product, prevents high fat diet-induced obesity and improves serum lipid profiles in C57BL/6J mice. Food Science and Biotechnology, 2016, 25, 607-613.	1.2	22
44	Hypocholesterolemic effect of quercetin-rich onion peel extract in C57BL/6J mice fed with high cholesterol diet. Food Science and Biotechnology, 2016, 25, 855-860.	1.2	16
45	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. Molecules, 2015, 20, 12061-12075.	1.7	7
46	Effects of Black Adzuki Bean (Vigna angularis) Extract on Proliferation and Differentiation of 3T3-L1 Preadipocytes into Mature Adipocytes. Nutrients, 2015, 7, 277-292.	1.7	31
47	Salicornia herbaceaprevents weight gain and hepatic lipid accumulation in obese ICR mice fed a high-fat diet. Journal of the Science of Food and Agriculture, 2015, 95, 3150-3159.	1.7	15
48	Effects of black adzuki bean (Vigna angularis, Geomguseul) extract on body composition and hypothalamic neuropeptide expression in rats fed a high-fat diet. Food and Nutrition Research, 2015, 59, 27719.	1.2	6
49	Microalgal Oil Supplementation Has an Anti-Obesity Effect in C57BL/6J Mice Fed a High Fat Diet. Preventive Nutrition and Food Science, 2015, 20, 230-237.	0.7	17
50	Genistein from Vigna angularis Extends Lifespan in Caenorhabditis elegans. Biomolecules and Therapeutics, 2015, 23, 77-83.	1.1	35
51	Lifespan Extending and Stress Resistant Properties of Vitexin from Vigna angularis in Caenorhabditis elegans. Biomolecules and Therapeutics, 2015, 23, 582-589.	1.1	26
52	Suppression of Obesity by Black Adzuki Beans (Vigna angularis) in Highâ€fat Diet Fed Obese Mouse Model. FASEB Journal, 2015, 29, 608.7.	0.2	0
53	Improvement Effect of Artificial Rice Containing Curcuma longa 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
54	Lipid-Lowering Effects of Pediococcus acidilactici M76 Isolated from Korean Traditional Makgeolli in High Fat Diet-Induced Obese Mice. Nutrients, 2014, 6, 1016-1028.	1.7	26

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55	Anti-obesity effects of traditional and standardized meju in high-fat diet-induced obese C57BL/6J mice. Journal of Clinical Biochemistry and Nutrition, 2014, 54, 45-50.	0.6	7
56	A comparison study of hygiene status in meals for poorly-fed children through microbiological analysis. Journal of Nutrition and Health, 2014, 47, 214.	0.2	5
57	Beneficial Effects of Korean Traditional Diets in Hypertensive and Type 2 Diabetic Patients. Journal of Medicinal Food, 2014, 17, 161-171.	0.8	54
58	Lactobacillus brevis<scp>OPK</scp>â€3 isolated from kimchi inhibits adipogenesis and exerts antiâ€inflammation in <scp>3T3â€L1</scp> adipocyte. Journal of the Science of Food and Agriculture, 2014, 94, 2514-2520.	1.7	31
59	Doenjang, a Korean Fermented Soy Food, Exerts Antiobesity and Antioxidative Activities in Overweight Subjects with the PPAR-Î³2 C1431T Polymorphism: 12-Week, Double-Blind Randomized Clinical Trial. Journal of Medicinal Food, 2014, 17, 119-127.	0.8	48
60	Quercetin-rich onion peel extract suppresses adipogenesis by down-regulating adipogenic transcription factors and gene expression in 3T3-L1 adipocytes. Journal of the Science of Food and Agriculture, 2014, 94, 2655-2660.	1.7	56
61	Antiobesity effect of Gynostemma pentaphyllum extract (actiponin): A randomized, doubleâ€blind, placeboâ€controlled trial. Obesity, 2014, 22, 63-71.	1.5	43
62	Possible involvement of food texture in insulin resistance and energy metabolism in male rats. Journal of Endocrinology, 2014, 222, 61-72.	1.2	16
63	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
64	Clinical trial for improvement in metabolic syndrome by Korean Chungkookjang (647.27). FASEB Journal, 2014, 28, 647.27.	0.2	0
65	Kochujang, fermented soybean-based red pepper paste, decreases visceral fat and improves blood lipid profiles in overweight adults. Nutrition and Metabolism, 2013, 10, 24.	1.3	52
66	Lactobacillus plantarumLG42 Isolated from Gajami Sik-Hae Inhibits Adipogenesis in 3T3-L1 Adipocyte. BioMed Research International, 2013, 2013, 1-7.	0.9	26
67	The influence of the Korean traditional Chungkookjang on variables of metabolic syndrome in overweight/obese subjects: study protocol. BMC Complementary and Alternative Medicine, 2013, 13, 297.	3.7	5
68	Anti-Obesity Effects of Salted and Unsalted Doenjang Supplementation in C57BL/6J Mice Fed with High Fat Diet. Journal of the Korean Society of Food Science and Nutrition, 2013, 42, 1036-1042.	0.2	14
69	Exopolysaccharide Produced by Pediococcus acidilactici M76 Isolated from the Korean Traditional Rice Wine, Makgeolli. Journal of Microbiology and Biotechnology, 2013, 23, 681-688.	0.9	26
70	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
71	Padiococcus Acidilactici (PA) Isolated from traditional Makgeolli inhibits lipid accumulation in 3T3â€L1 adipocyte and obesity in C57BL/6J mice fed a highâ€fat diet. FASEB Journal, 2013, 27, 1079.39.	0.2	0
72	Antiâ€obesity effects of Cheonggukjang and Natto extract: from in vivo to in vitro study. FASEB Journal, 2013, 27, 1079.51.	0.2	0

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73	Ethanolic extract of seabuckthorn (Hippophae rhamnoides L) prevents high-fat dietâ€“induced obesity in mice through down-regulation of adipogenic and lipogenic gene expression. Nutrition Research, 2012, 32, 856-864.	1.3	61
74	Visceral fat and body weight are reduced in overweight adults by the supplementation ofDoenjang, a fermented soybean paste. Nutrition Research and Practice, 2012, 6, 520.	0.7	38
75	Effects of fermented barley on lipid and carnitine profiles in C57BL/6J mice. Food Science and Biotechnology, 2012, 21, 323-329.	1.2	4
76	Luteolin inhibits inflammatory responses by downregulating the JNK, NF-ÎºB, and AP-1 pathways in TNF-Î± activated HepG2 cells. Food Science and Biotechnology, 2012, 21, 279-283.	1.2	7
77	Beneficial effects of Korean traditional diets in patients with hypertension and type 2 diabetes. FASEB Journal, 2012, 26, 1032.5.	0.2	0
78	Effects ofChungkookjangSupplementation on Obesity and Atherosclerotic Indices in Overweight/Obese Subjects: A 12-Week, Randomized, Double-Blind, Placebo-Controlled Clinical Trial. Journal of Medicinal Food, 2011, 14, 532-537.	0.8	36
79	Effects of persimmon-vinegar on lipid and carnitine profiles in mice. Food Science and Biotechnology, 2010, 19, 343-348.	1.2	25
80	Effect on Antiâ€Diabetic Effect of the Mushrooms Grown in Germinated Brown Rice Extracts in Rin and 3T3â€Ł1 cells. FASEB Journal, 2010, 24, 920.3.	0.2	0
81	ZymoGrain â„¢ (ZG) supplementation improves lipid profiles in C57BL/6J mice with highâ€fat diet induced obesity. FASEB Journal, 2010, 24, 745.4.	0.2	0
82	Lactobacillus bacteria strain Weissella koreensis OK1â€6 mediated inhibition of intracellular lipid accumulation in 3T3â€Ł1 cells: A plausible approach to obesity management. FASEB Journal, 2010, 24, 923.1.	0.2	2
83	Antiobesity and Inflammatory Cytokines Effect of Lactobacillus sp. OPKâ€3 Isolated from Kimchi on 3T3â€Ł1 Preadipocytes. FASEB Journal, 2010, 24, 923.5.	0.2	0
84	Effect of functional materials producing microbial strains isolated from Kimchi on antiobesity and inflammatory cytokines in 3T3â€Ł1 preadipocytes. FASEB Journal, 2009, 23, 111.2.	0.2	0
85	Antiâ€obesity and antiâ€atherogenesis effect of Chungkookjang supplementation in overweight/obese Korean subjects: A randomized, doubleâ€blind, placeboâ€controlled clinical trial. FASEB Journal, 2009, 23, 719.2.	0.2	1
86	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. Genes and Nutrition, 2008, 2, 365-369.	1.2	23
87	Effects of Persimmon-Vinegar on Lipid Metabolism and Alcohol Clearance in Chronic Alcohol-Fed Rats. Journal of Medicinal Food, 2008, 11, 38-45.	0.8	34
88	Grape seed extract (Vitis vinifera) partially reverses high fat diet-induced obesity in C57BL/6J mice. Nutrition Research and Practice, 2008, 2, 227.	0.7	33
89	Effects of supplementation with lactic acid bacteria isolated from Gajami sikâ€hae on lipid and carnitine profiles in C57BL/6J mice fed highâ€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 highâ€fat diets. FASEB Journal, 2008, 22, 1112.1.	0.2	0

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91	Effect of Lâ€carnitine supplementation on low birth weight Korean infants. FASEB Journal, 2008, 22, .	0.2	0
92	Nutrition status improvement of low income family toddlers with nutrition education and supplementary food. FASEB Journal, 2008, 22, 677.15.	0.2	1
93	Effects of L-carnitine on obesity, diabetes, and as an ergogenic aid. Asia Pacific Journal of Clinical Nutrition, 2008, 17 Suppl 1, 306-8.	0.3	11
94	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
95	Effects of genistein dosage with carnitine administration on lipid and carnitine profiles in C57BL/6J mice fed highâ€fat diets. FASEB Journal, 2007, 21, A50.	0.2	0
96	Effect of Genistein with Carnitine Administration on Lipid Parameters and Obesity in C57Bl/6J Mice Fed a High-Fat Diet. Journal of Medicinal Food, 2006, 9, 459-467.	0.8	72
97	Acanthopanax senticosusExtract Prepared from Cultured Cells Decreases Adiposity and Obesity Indices in C57BL/6J Mice Fed a High Fat Diet. Journal of Medicinal Food, 2004, 7, 422-429.	0.8	24
98	Germinated Brown Rice Extract Shows a Nutraceutical Effect in the Recovery of Chronic Alcohol-Related Symptoms. Journal of Medicinal Food, 2003, 6, 115-121.	0.8	95
99	Acanthopanax senticosus Extract Prepared from Cultured Cells Improves Lipid Parameters in Rats Fed with a High Fat Diet. Preventive Nutrition and Food Science, 2003, 8, 40-45.	0.7	9
100	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. BMB Reports, 2003, 36, 312-318.	1.1	33
101	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