

# Omid Sadeghi

## List of Publications by Year in descending order

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Version: 2024-02-01

88  
papers

2,067  
citations

236612

25  
h-index

315357

38  
g-index

96  
all docs

96  
docs citations

96  
times ranked

2539  
citing authors

#	ARTICLE	IF	CITATIONS
1	Dietary intake of total, animal, and plant proteins and risk of all cause, cardiovascular, and cancer mortality: systematic review and dose-response meta-analysis of prospective cohort studies. <i>BMJ, The</i> , 2020, 370, m2412.	3.0	158
2	Immunomodulatory Effects of Flavonoids: Possible Induction of T CD4+ Regulatory Cells Through Suppression of mTOR Pathway Signaling Activity. <i>Frontiers in Immunology</i> , 2019, 10, 51.	2.2	99
3	Adherence to Mediterranean dietary pattern is inversely associated with depression, anxiety and psychological distress. <i>Nutritional Neuroscience</i> , 2021, 24, 248-259.	1.5	89
4	Soy, Soy Isoflavones, and Protein Intake in Relation to Mortality from All Causes, Cancers, and Cardiovascular Diseases: A Systematic Review and Dose-Response Meta-Analysis of Prospective Cohort Studies. <i>Journal of the Academy of Nutrition and Dietetics</i> , 2019, 119, 1483-1500.e17.	0.4	83
5	Abdominal Obesity and Risk of Hip Fracture: A Systematic Review and Meta-Analysis of Prospective Studies. <i>Advances in Nutrition</i> , 2017, 8, 728-738.	2.9	67
6	Dietary intake and biomarkers of alpha linolenic acid and risk of all cause, cardiovascular, and cancer mortality: systematic review and dose-response meta-analysis of cohort studies. <i>BMJ, The</i> , 2021, 375, n2213.	3.0	60
7	Dietary Inflammatory Potential Score and Risk of Breast Cancer: Systematic Review and Meta-analysis. <i>Clinical Breast Cancer</i> , 2018, 18, e561-e570.	1.1	59
8	The effect of vitamin E supplementation on selected inflammatory biomarkers in adults: a systematic review and meta-analysis of randomized clinical trials. <i>Scientific Reports</i> , 2020, 10, 17234.	1.6	55
9	The association of whole and refined grains consumption with psychological disorders among Iranian adults. <i>European Journal of Nutrition</i> , 2019, 58, 211-225.	1.8	46
10	Dietary total antioxidant capacity and risk of cancer: a systematic review and meta-analysis on observational studies. <i>Critical Reviews in Oncology/Hematology</i> , 2019, 138, 70-86.	2.0	44
11	Metformin use and risk of fracture: a systematic review and meta-analysis of observational studies. <i>Osteoporosis International</i> , 2019, 30, 1167-1173.	1.3	43
12	The effect of l-arginine supplementation on body composition and performance in male athletes: a double-blinded randomized clinical trial. <i>European Journal of Clinical Nutrition</i> , 2017, 71, 544-548.	1.3	41
13	Effects of zinc supplementation on lipid profile in patients with type 2 diabetes mellitus: A systematic review and meta-analysis of randomized controlled trials. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2020, 30, 1260-1271.	1.1	37
14	Whole-Grain Consumption Does Not Affect Obesity Measures: An Updated Systematic Review and Meta-analysis of Randomized Clinical Trials. <i>Advances in Nutrition</i> , 2020, 11, 280-292.	2.9	35
15	Breakfast consumption and mental health: a systematic review and meta-analysis of observational studies. <i>Nutritional Neuroscience</i> , 2022, 25, 1250-1264.	1.5	35
16	Association of Total Nut, Tree Nut, Peanut, and Peanut Butter Consumption with Cancer Incidence and Mortality: A Comprehensive Systematic Review and Dose-Response Meta-Analysis of Observational Studies. <i>Advances in Nutrition</i> , 2021, 12, 793-808.	2.9	35
17	Dietary intake and serum levels of trans fatty acids and risk of breast cancer: A systematic review and dose-response meta-analysis of prospective studies. <i>Clinical Nutrition</i> , 2020, 39, 755-764.	2.3	34
18	Association of vitamin D status with metabolic syndrome and its components: A cross-sectional study in a population of high educated Iranian adults. <i>Diabetes and Metabolic Syndrome: Clinical Research and Reviews</i> , 2018, 12, 393-398.	1.8	33

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19	The association between dietary intake of magnesium and psychiatric disorders among Iranian adults: a cross-sectional study. <i>British Journal of Nutrition</i> , 2018, 120, 693-702.	1.2	33
20	Association between dietary insulin index and load with obesity in adults. <i>European Journal of Nutrition</i> , 2020, 59, 1563-1575.	1.8	33
21	Efficacy of l-carnitine supplementation for management of blood lipids: A systematic review and dose-response meta-analysis of randomized controlled trials. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2019, 29, 1151-1167.	1.1	30
22	Association between the DASH diet and metabolic syndrome components in Iranian adults. <i>Diabetes and Metabolic Syndrome: Clinical Research and Reviews</i> , 2019, 13, 1699-1704.	1.8	30
23	The effects of folic acid and pyridoxine supplementation on characteristics of migraine attacks in migraine patients with aura: A double-blind, randomized placebo-controlled, clinical trial. <i>Nutrition</i> , 2017, 38, 74-79.	1.1	29
24	Association of white and red meat consumption with general and abdominal obesity: a cross-sectional study among a population of Iranian military families in 2016. <i>Eating and Weight Disorders</i> , 2017, 22, 717-724.	1.2	29
25	The association between obesity and migraine in a population of Iranian adults: a case-control study. <i>Diabetes and Metabolic Syndrome: Clinical Research and Reviews</i> , 2018, 12, 733-736.	1.8	29
26	Dietary acid load and risk of hypertension: A systematic review and dose-response meta-analysis of observational studies. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2019, 29, 665-675.	1.1	29
27	&lt;p&gt;Dairy Consumption in Relation to Hypertension Among a Large Population of University Students: The MEPHASOUS Study&lt;/p&gt;. <i>Diabetes, Metabolic Syndrome and Obesity: Targets and Therapy</i> , 2020, Volume 13, 1633-1642.	1.1	29
28	Vitamin D deficiency in relation to general and abdominal obesity among high educated adults. <i>Eating and Weight Disorders</i> , 2019, 24, 83-90.	1.2	28
29	The effect of vitamin d-calcium co-supplementation on inflammatory biomarkers: A systematic review and meta-analysis of randomized controlled trials. <i>Cytokine</i> , 2020, 129, 155050.	1.4	26
30	Association of dietary inflammatory potential with cardiometabolic risk factors and diseases: a systematic review and doseâ€“response meta-analysis of observational studies. <i>Diabetology and Metabolic Syndrome</i> , 2020, 12, 86.	1.2	25
31	Breakfast consumption pattern and its association with overweight and obesity among university students: a population-based study. <i>Eating and Weight Disorders</i> , 2020, 25, 379-387.	1.2	24
32	Total, Dietary, and Supplemental Magnesium Intakes and Risk of All-Cause, Cardiovascular, and Cancer Mortality: A Systematic Review and Doseâ€“Response Meta-Analysis of Prospective Cohort Studies. <i>Advances in Nutrition</i> , 2021, 12, 1196-1210.	2.9	23
33	Effects of saffron (<i><sc>Crocus sativus</sc></i> L.) supplementation on inflammatory biomarkers: A systematic review and metaâ€“analysis. <i>Phytotherapy Research</i> , 2021, 35, 20-32.	2.8	22
34	The Effect of Whole-Grain Intake on Biomarkers of Subclinical Inflammation: A Comprehensive Meta-analysis of Randomized Controlled Trials. <i>Advances in Nutrition</i> , 2020, 11, 52-65.	2.9	20
35	The effect of green coffee extract supplementation on anthropometric measures in adults: A comprehensive systematic review and dose-response meta-analysis of randomized clinical trials. <i>Complementary Therapies in Medicine</i> , 2020, 51, 102424.	1.3	20
36	High vs. low-fat dairy and milk differently affects the risk of all-cause, CVD, and cancer death: A systematic review and dose-response meta-analysis of prospective cohort studies. <i>Critical Reviews in Food Science and Nutrition</i> , 2022, 62, 3598-3612.	5.4	20

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37	L-arginine supplementation and risk factors of cardiovascular diseases in healthy men: a double-blind randomized clinical trial. <i>F1000Research</i> , 2014, 3, 306.	0.8	20
38	Lipid Profile and Risk of Bone Fracture: A Systematic Review and Meta-Analysis of Observational Studies. <i>Endocrine Research</i> , 2019, 44, 168-184.	0.6	19
39	Dietary Glycemic Index and Glycemic Load and the Risk of Prostate Cancer: An Updated Systematic Review and Dose-Response Meta-Analysis. <i>Nutrition and Cancer</i> , 2020, 72, 5-14.	0.9	19
40	Circulating vitamin D and the risk of gestational diabetes: a systematic review and dose-response meta-analysis. <i>Endocrine</i> , 2020, 70, 36-47.	1.1	19
41	Effects of curcuminoids on inflammatory and oxidative stress biomarkers and clinical outcomes in critically ill patients: A randomized <sc>double-blind placebo-controlled</sc> trial. <i>Phytotherapy Research</i> , 2021, 35, 4605-4615.	2.8	19
42	L-arginine supplementation and risk factors of cardiovascular diseases in healthy men: a double-blind randomized clinical trial. <i>F1000Research</i> , 2014, 3, 306.	0.8	18
43	Dietary insulin index and insulin load in relation to glioma: findings from a case-control study. <i>Nutritional Neuroscience</i> , 2021, 24, 354-362.	1.5	18
44	Association between dairy consumption, dietary calcium intake and general and abdominal obesity among Iranian adults. <i>Diabetes and Metabolic Syndrome: Clinical Research and Reviews</i> , 2018, 12, 769-775.	1.8	17
45	Physical activity in relation to irritable bowel syndrome among Iranian adults. <i>PLoS ONE</i> , 2018, 13, e0205806.	1.1	17
46	Carbohydrate quantity and quality affect the risk of endometrial cancer: A systematic review and dose-response meta-analysis. <i>Clinical Nutrition</i> , 2020, 39, 1681-1691.	2.3	17
47	A randomized controlled trial investigating the effect of a diet low in fermentable oligosaccharides, disaccharides, monosaccharides, and polyols on the intestinal microbiome and inflammation in patients with ulcerative colitis: study protocol for a randomized controlled trial. <i>Trials</i> , 2020, 21, 201.	0.7	17
48	Effects of soy milk consumption on gut microbiota, inflammatory markers, and disease severity in patients with ulcerative colitis: a study protocol for a randomized clinical trial. <i>Trials</i> , 2020, 21, 565.	0.7	16
49	Legume and Nuts Consumption in Relation to Odds of Breast Cancer: A Case-Control Study. <i>Nutrition and Cancer</i> , 2021, 73, 750-759.	0.9	16
50	Association between dietary inflammatory index and components of metabolic syndrome. <i>Journal of Cardiovascular and Thoracic Research</i> , 2020, 12, 27-34.	0.3	15
51	Association between serum levels of homocysteine with characteristics of migraine attacks in migraine with aura. <i>Journal of Research in Medical Sciences</i> , 2014, 19, 1041-5.	0.4	15
52	Sugar-sweetened beverages consumption in relation to hypertension among Iranian university students: the MEPHASOUS study. <i>Eating and Weight Disorders</i> , 2020, 25, 973-982.	1.2	14
53	Association of vitamin D, retinol and zinc deficiencies with stunting in toddlers: findings from a national study in Iran. <i>Public Health</i> , 2020, 181, 1-7.	1.4	14
54	Effects of consuming date fruits ( <i>Phoenix dactylifera</i> Linn) on gestation, labor, and delivery: An updated systematic review and meta-analysis of clinical trials. <i>Complementary Therapies in Medicine</i> , 2019, 45, 71-84.	1.3	13

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55	Effects of supplementation with curcuminoids on serum adipokines in critically ill patients: a randomized double-blind placebo-controlled trial. <i>Phytotherapy Research</i> , 2020, 34, 3180-3188.	2.8	13
56	The association between abdominal obesity and characteristics of migraine attacks in Iranian adults. <i>Iranian Journal of Nursing and Midwifery Research</i> , 2016, 21, 271.	0.2	13
57	Effects of pyridoxine supplementation on severity, frequency and duration of migraine attacks in migraine patients with aura: A double-blind randomized clinical trial study in Iran. <i>Iranian Journal of Neurology</i> , 2015, 14, 74-80.	0.5	13
58	The effects of green coffee extract supplementation on glycemic indices and lipid profile in adults: a systematic review and dose-response meta-analysis of clinical trials. <i>Nutrition Journal</i> , 2020, 19, 71.	1.5	12
59	Zinc supplementation affects favorably the frequency of migraine attacks: a double-blind randomized placebo-controlled clinical trial. <i>Nutrition Journal</i> , 2020, 19, 101.	1.5	11
60	Legume and nut consumption in relation to depression, anxiety and psychological distress in Iranian adults. <i>European Journal of Nutrition</i> , 2020, 59, 3635-3645.	1.8	11
61	Adherence to the dietary approaches to stop hypertension-style diet is inversely associated with chronic kidney disease: a systematic review and meta-analysis of prospective cohort studies. <i>Nutrition Research</i> , 2019, 72, 46-56.	1.3	10
62	The association between nutrient patterns and metabolic syndrome among Iranian adults: cross-sectional analysis of Shahedieh cohort study. <i>Public Health Nutrition</i> , 2021, 24, 3379-3388.	1.1	10
63	Effect of L-Carnitine Supplementation on Liver Enzymes: A Systematic Review and Meta-analysis of Randomized Controlled Trials. <i>Archives of Medical Research</i> , 2020, 51, 82-94.	1.5	10
64	The relationship between different fatty acids intake and frequency of migraine attacks. <i>Iranian Journal of Nursing and Midwifery Research</i> , 2015, 20, 334-9.	0.2	10
65	Assessment of pyridoxine and folate intake in migraine patients. <i>Advanced Biomedical Research</i> , 2016, 5, 47.	0.2	9
66	The Prevalence of Migraine in Different Parts of Iran: Review of the Current Evidence. <i>Jundishapur Journal of Chronic Disease Care</i> , 2015, 4, .	0.1	9
67	Fruit and vegetable consumption in relation to primary headaches: the MEPHASOUS study. <i>Eating and Weight Disorders</i> , 2021, 26, 1617-1626.	1.2	7
68	Effect of supplementation with <i>Chlorella vulgaris</i> on lipid profile in adults: A systematic review and dose-response meta-analysis of randomized controlled trials. <i>Complementary Therapies in Medicine</i> , 2022, 66, 102822.	1.3	7
69	A case-control study on dietary quality indices and glioma. <i>British Journal of Nutrition</i> , 2019, 122, 103-110.	1.2	6
70	Total, dietary, and supplemental calcium intake and risk of all-cause cardiovascular, and cancer mortality: a systematic review and dose-response meta-analysis of prospective cohort studies. <i>Critical Reviews in Food Science and Nutrition</i> , 2022, 62, 5733-5743.	5.4	6
71	Does saffron supplementation have favorable effects on liver function indicators? A systematic review and meta-analysis of randomized controlled trials. <i>Critical Reviews in Food Science and Nutrition</i> , 2022, 62, 6315-6327.	5.4	6
72	Current evidence on dietary intakes of fatty acids and mortality. <i>BMJ, The</i> , 2021, 375, n2379.	3.0	6

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73	Dairy consumption in relation to primary headaches among a large population of university students: The MEPHASOUS study. <i>Complementary Therapies in Medicine</i> , 2020, 48, 102269.	1.3	5
74	Food groups intake in relation to stunting among exceptional children. <i>BMC Pediatrics</i> , 2020, 20, 394.	0.7	5
75	The Association between Dietary Total Antioxidant Capacity and Glioma in Adults. <i>Nutrition and Cancer</i> , 2021, 73, 1947-1956.	0.9	5
76	The association of serum levels of zinc and vitamin D with wasting among Iranian pre-school children. <i>Eating and Weight Disorders</i> , 2021, 26, 211-218.	1.2	5
77	Prevalence of smoking and its association with health-related behaviours among Iranian university students: a large-scale study. <i>Eastern Mediterranean Health Journal</i> , 2020, 26, 1251-1261.	0.3	5
78	Serum Levels of Vitamin D, Retinol and Zinc in Relation to overweight among Toddlers: Findings from a National Study in Iran. <i>Archives of Iranian Medicine</i> , 2019, 22, 174-181.	0.2	5
79	Opium Use and Cancer Risk: A Comprehensive Systematic Review and Meta-Analysis of Observational Studies. <i>International Journal of Clinical Practice</i> , 2022, 2022, 1-12.	0.8	5
80	Findings From the Meta-analysis on Whole-Grain Consumption and Biomarkers of Systemic Inflammation Are Misleading. <i>Journal of the American College of Nutrition</i> , 2019, 38, 657-658.	1.1	4
81	The relationship between rice consumption and glioma: a case-control study in adults. <i>Scientific Reports</i> , 2021, 11, 6073.	1.6	4
82	Breakfast consumption is inversely associated with primary headaches in university students: The MEPHASOUS study. <i>Complementary Therapies in Medicine</i> , 2021, 57, 102663.	1.3	4
83	Magnesium intake, insulin resistance and markers of endothelial function among women. <i>Public Health Nutrition</i> , 2021, 24, 5777-5785.	1.1	4
84	The Relationship between Homocysteine Levels and Spontaneous Abortion in Iranian Women with Migraine. <i>Iranian Journal of Public Health</i> , 2017, 46, 1149-1151.	0.3	4
85	Inflammatory Potential of Diet and Odds of Lung Cancer: A Case-Control Study. <i>Nutrition and Cancer</i> , 2022, 74, 2859-2867.	0.9	4
86	Green tea intake and its effect on laboratory parameters and disease symptoms in hospitalised patients with Covid 19: a structured protocol for a randomized controlled trial. <i>Trials</i> , 2021, 22, 514.	0.7	2
87	Authors' reply to Eckert et al.. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2020, 30, 1403-1405.	1.1	0
88	Reply to F Haghghatdoost. <i>Advances in Nutrition</i> , 2020, 11, 466-467.	2.9	0