

# Duane D Mellor

## 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.

72  
papers

1,310  
citations

21  
h-index

34  
g-index

83  
ext. papers

1,609  
ext. citations

3.8  
avg, IF

4.65  
L-index

#	Paper	IF	Citations
72	The efficacy of fermented foods in the treatment and management of diarrhoeal diseases: A systematic review and meta-analysis.. <i>Nutrition and Health</i> , <b>2022</b> , 2601060221095678	2.1	0
71	Successful aging and diet <b>2021</b> , 21-28		
70	Dietary strategies for remission of type 2 diabetes: A narrative review. <i>Journal of Human Nutrition and Dietetics</i> , <b>2021</b> ,	3.1	7
69	The Effect of L-Theanine Incorporated in a Functional Food Product (Mango Sorbet) on Physiological Responses in Healthy Males: A Pilot Randomised Controlled Trial. <i>Foods</i> , <b>2020</b> , 9,	4.9	5
68	Association between lipids and apolipoproteins on type 2 diabetes risk; moderating effects of gender and polymorphisms; the ATTICA study. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , <b>2020</b> , 30, 788-795	4.5	3
67	Assessing the diet quality of individuals with rheumatic conditions: a cross-sectional study. <i>Rheumatology International</i> , <b>2020</b> , 40, 1439-1448	3.6	1
66	Expert consensus on low-calorie sweeteners: facts, research gaps and suggested actions. <i>Nutrition Research Reviews</i> , <b>2020</b> , 33, 145-154	7	21
65	A Review of the Potential Health Benefits of Low Alcohol and Alcohol-Free Beer: Effects of Ingredients and Craft Brewing Processes on Potentially Bioactive Metabolites. <i>Beverages</i> , <b>2020</b> , 6, 25	3.4	9
64	The effects of Prickly Pear fruit and cladode ( <i>Opuntia</i> spp.) consumption on blood lipids: A systematic review. <i>Complementary Therapies in Medicine</i> , <b>2020</b> , 50, 102384	3.5	12
63	Acute glycaemic management before, during and after exercise for cardiac rehabilitation participants with diabetes mellitus: a joint statement of the British and Canadian Associations of Cardiovascular Prevention and Rehabilitation, the International Council for Cardiovascular Prevention and Rehabilitation and the British Association of Sport and Exercise Sciences. <i>British</i>	10.3	2
62	The Effects of Green Tea Amino Acid L-Theanine Consumption on the Ability to Manage Stress and Anxiety Levels: a Systematic Review. <i>Plant Foods for Human Nutrition</i> , <b>2020</b> , 75, 12-23	3.9	23
61	Mediterranean lifestyle: Linking social life and behaviors, residential environment, and cardiovascular disease prevention <b>2020</b> , 67-71		
60	Maternal body mass index, smoking status and small for gestational age: an Australian retrospective cohort study. <i>Public Health</i> , <b>2020</b> , 185, 381-385	4	2
59	The effect of blueberry interventions on cognitive performance and mood: A systematic review of randomized controlled trials. <i>Brain, Behavior, and Immunity</i> , <b>2020</b> , 85, 96-105	16.6	38
58	Effects of the Consumption of Prickly Pear Cacti () and its Products on Blood Glucose Levels and Insulin: A Systematic Review. <i>Medicina (Lithuania)</i> , <b>2019</b> , 55,	3.1	22
57	The Effect of Juicing Methods on the Phytochemical and Antioxidant Characteristics of the Purple Prickly Pear ( <i>Opuntia ficus indica</i> ) Preliminary Findings on Juice and Pomace. <i>Beverages</i> , <b>2019</b> , 5, 28	3.4	6
56	Critical evaluation of the extrapolation of data relative to antioxidant function from the laboratory and their implications on food production and human health: a review. <i>International Journal of Food Science and Technology</i> , <b>2019</b> , 54, 1448-1459	3.8	17

55	Relationship Between B-Vitamin Biomarkers and Dietary Intake with Apolipoprotein E $\epsilon$ 4 in Alzheimer's Disease. <i>Journal of Nutrition in Gerontology and Geriatrics</i> , <b>2019</b> , 38, 173-195	2.1	8
54	The effect of different drying techniques on phytochemical content and in vitro antioxidant properties of Australian-grown prickly pears ( <i>Opuntia ficus indica</i> ). <i>Journal of Food Processing and Preservation</i> , <b>2019</b> , 43, e13900	2.1	8
53	The Effects of Dietary Polyphenols on Circulating Cardiovascular Disease Biomarkers and Iron Status: A Systematic Review. <i>Nutrition and Metabolic Insights</i> , <b>2019</b> , 12, 1178638819882739	1.9	23
52	Effects of Curcumin on Cognitive Function: A Systematic Review of Randomized Controlled Trials. <i>Exploratory Research and Hypothesis in Medicine</i> , <b>2019</b> , 4, 1-11	1	7
51	Dietary fat, fibre, satiation, and satiety-a systematic review of acute studies. <i>European Journal of Clinical Nutrition</i> , <b>2019</b> , 73, 333-344	5.2	23
50	The beneficial health effects of green tea amino acid l-theanine in animal models: Promises and prospects for human trials. <i>Phytotherapy Research</i> , <b>2019</b> , 33, 571-583	6.7	27
49	Curcumin for Cognition: Is It Just Hype, Based on Current Data?. <i>Advances in Nutrition</i> , <b>2019</b> , 10, 179-181	10	5
48	James Lind Alliance research priorities: what role do carbohydrates, fats and proteins have in the management of Type 2 diabetes, and are there risks and benefits associated with particular approaches?. <i>Diabetic Medicine</i> , <b>2019</b> , 36, 287-296	3.5	7
47	Evaluation of dietary and lifestyle changes as modifiers of S100 $\beta$ levels in Alzheimer's disease. <i>Nutritional Neuroscience</i> , <b>2019</b> , 22, 1-18	3.6	20
46	Update of Diabetes UK Evidence-Based Nutritional Guidelines for 2018: a celebration of two leading journals working together to improve nutritional science and dietetic care for people living with diabetes. <i>Journal of Human Nutrition and Dietetics</i> , <b>2018</b> , 31, 289-291	3.1	1
45	Diabetes UK evidence-based nutrition guidelines for the prevention and management of diabetes. <i>Diabetic Medicine</i> , <b>2018</b> , 35, 541-547	3.5	92
44	The Association Between Sleeping Time and Metabolic Syndrome Features, Among Older Adults Living in Mediterranean Region: The MEDIS Study. <i>Metabolic Syndrome and Related Disorders</i> , <b>2018</b> , 16, 20-28	2.6	2
43	The effects of the Mediterranean diet on rheumatoid arthritis prevention and treatment: a systematic review of human prospective studies. <i>Rheumatology International</i> , <b>2018</b> , 38, 737-747	3.6	71
42	Effect of long-term nutraceutical and dietary supplement use on cognition in the elderly: a 10-year systematic review of randomised controlled trials. <i>British Journal of Nutrition</i> , <b>2018</b> , 119, 280-298	3.6	37
41	J-shaped relationship between habitual coffee consumption and 10-year (2002-2012) cardiovascular disease incidence: the ATTICA study. <i>European Journal of Nutrition</i> , <b>2018</b> , 57, 1677-1685	5.2	18
40	Nutritional guidelines: Are we getting them so wrong, or are we getting lost in translation?. <i>Nutrition and Health</i> , <b>2018</b> , 24, 65-66	2.1	0
39	The effects of grape and red wine polyphenols on gut microbiota - A systematic review. <i>Food Research International</i> , <b>2018</b> , 113, 277-287	7	74
38	Dietary approaches for patients with heart failure and diabetes. <i>Practical Diabetes</i> , <b>2018</b> , 35, 127-130a	0.7	

37	Sugar and cocoa: sweet synergy or bitter antagonisms. Formulating cocoa and chocolate products for health: a narrative review. <i>International Journal of Food Science and Technology</i> , <b>2018</b> , 53, 33-42	3.8	12
36	Association between Siesta (Daytime Sleep), Dietary Patterns and the Presence of Metabolic Syndrome in Elderly Living in Mediterranean Area (Medis Study): The Moderating Effect of Gender. <i>Journal of Nutrition, Health and Aging</i> , <b>2017</b> , 21, 1118-1124	5.2	5
35	. <i>Maturitas</i> , <b>2017</b> , 97, 21	5	
34	Birthweight, HIV exposure and infant feeding as predictors of malnutrition in Botswanan infants. <i>Journal of Human Nutrition and Dietetics</i> , <b>2017</b> , 30, 779-790	3.1	7
33	Studying the impact on weight and glycaemic control in adults with diabetes attending a group-based commercial weight management programme. <i>Practice Nursing</i> , <b>2017</b> , 28, 60-66	0.1	1
32	Reply to Letter to the Editor to J-shaped relationship between habitual coffee consumption and 10-year (2002-2012) cardiovascular disease incidence: the ATTICA study. <i>European Journal of Nutrition</i> , <b>2017</b> , 56, 2213-2214	5.2	2
31	Weight management in adults <b>2017</b> , 139-259		
30	Tocotrienols, health and ageing: A systematic review. <i>Maturitas</i> , <b>2017</b> , 95, 55-60	5	10
29	Mediterranean lifestyle and cardiovascular disease prevention. <i>Cardiovascular Diagnosis and Therapy</i> , <b>2017</b> , 7, S39-S47	2.6	16
28	Nanotechnology in Microbial Food Safety <b>2017</b> , 245-265		5
27	1: Bioactive Compounds in Agricultural and Food Production Waste <b>2017</b> , 1-26		2
26	Effect of Folate Supplementation on Inflammatory Markers in Individuals Susceptible to Depression: A Systematic Review. <i>Exploratory Research and Hypothesis in Medicine</i> , <b>2017</b> , 2, 1-15	1	3
25	The role of carbohydrate in diabetes management. <i>Practical Diabetes</i> , <b>2016</b> , 33, 237-242	0.7	4
24	The Effect of Dietary Supplementation of Green Tea Catechins on Cardiovascular Disease Risk Markers in Humans: A Systematic Review of Clinical Trials. <i>Beverages</i> , <b>2016</b> , 2, 16	3.4	9
23	l-Theanine as a Functional Food Additive: Its Role in Disease Prevention and Health Promotion. <i>Beverages</i> , <b>2016</b> , 2, 13	3.4	25
22	Cocoa: Composition and Health Effects <b>2016</b> , 179-184		
21	The Effects of Resveratrol Supplementation in Overweight and Obese Humans: A Systematic Review of Randomized Trials. <i>Metabolic Syndrome and Related Disorders</i> , <b>2016</b> , 14, 323-33	2.6	32
20	Effect of cocoa in diabetes: the potential of the pancreas and liver as key target organs, more than an antioxidant effect?. <i>International Journal of Food Science and Technology</i> , <b>2016</b> , 51, 829-841	3.8	7

19	Impact of physical activity category on incidence of cardiovascular disease: Results from the 10-year follow-up of the ATTICA Study (2002-2012). <i>Preventive Medicine</i> , <b>2016</b> , 93, 27-32	4.3	8
18	Diabetes and chocolate: friend or foe?. <i>Journal of Agricultural and Food Chemistry</i> , <b>2015</b> , 63, 9910-8	5.7	9
17	Who's influencing whom? Developing sustainable business partnerships. <i>EuroMed Journal of Business</i> , <b>2014</b> , 9, 60-74	3.9	10
16	Standing-based office work shows encouraging signs of attenuating post-prandial glycaemic excursion. <i>Occupational and Environmental Medicine</i> , <b>2014</b> , 71, 109-11	2.1	93
15	Weight loss in a UK commercial all meal provision study: a randomised controlled trial. <i>Journal of Human Nutrition and Dietetics</i> , <b>2014</b> , 27, 377-83	3.1	4
14	Weight maintenance over 12 months after weight loss resulting from participation in a 12-week randomised controlled trial comparing all meal provision to self-directed diet in overweight adults. <i>Journal of Human Nutrition and Dietetics</i> , <b>2014</b> , 27, 384-90	3.1	4
13	Association of dietary factors with presence and severity of tinnitus in a middle-aged UK population. <i>PLoS ONE</i> , <b>2014</b> , 9, e114711	3.7	25
12	High-polyphenol chocolate reduces endothelial dysfunction and oxidative stress during acute transient hyperglycaemia in Type 2 diabetes: a pilot randomized controlled trial. <i>Diabetic Medicine</i> , <b>2013</b> , 30, 478-83	3.5	41
11	Aspartame in conjunction with carbohydrate reduces insulin levels during endurance exercise. <i>Journal of the International Society of Sports Nutrition</i> , <b>2012</b> , 9, 36	4.5	4
10	A review of the current nutritional guidelines for diabetes. <i>Practice Nursing</i> , <b>2012</b> , 23, 234-240	0.1	
9	Metformin may maintain weight loss in obese patients with dysglycaemia initially treated with rimonabant. <i>Diabetic Medicine</i> , <b>2011</b> , 28, 124-5	3.5	
8	Diabetes UK evidence-based nutrition guidelines for the prevention and management of diabetes. <i>Diabetic Medicine</i> , <b>2011</b> , 28, 1282-8	3.5	142
7	High-cocoa polyphenol-rich chocolate improves HDL cholesterol in Type 2 diabetes patients. <i>Diabetic Medicine</i> , <b>2010</b> , 27, 1318-21	3.5	107
6	Antioxidant-rich spice added to hamburger meat during cooking results in reduced meat, plasma, and urine malondialdehyde concentrations. <i>American Journal of Clinical Nutrition</i> , <b>2010</b> , 92, 996-7; author reply 997	7	3
5	Sulphonyurea as a cause of severe hypoglycaemia in the community. <i>Primary Care Diabetes</i> , <b>2010</b> , 4, 61-3.4		10
4	Obesity and gestational diabetes. <i>Seminars in Fetal and Neonatal Medicine</i> , <b>2010</b> , 15, 89-93	3.7	27
3	High cocoa polyphenol rich chocolate may reduce the burden of the symptoms in chronic fatigue syndrome. <i>Nutrition Journal</i> , <b>2010</b> , 9, 55	4.3	44
2	Endothelial function and stress response after simulated dives to 18 msw breathing air or oxygen. <i>Aviation, Space, and Environmental Medicine</i> , <b>2010</b> , 81, 41-5		43

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Ward staffing levels significantly affect timing of insulin administration in hospital. *Practical Diabetes International: the International Journal for Diabetes Care Teams Worldwide*, **2010**, 27, 225-226

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