

Montserrat Fit

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326
papers

18,423
citations

74
h-index

125
g-index

345
ext. papers

22,279
ext. citations

5.6
avg, IF

6.28
L-index

| # | Paper | IF | Citations |
|-----------------|---|------|-----------|
| 3 ²⁶ | Primary Prevention of Cardiovascular Disease with a Mediterranean Diet Supplemented with Extra-Virgin Olive Oil or Nuts. <i>New England Journal of Medicine</i> , 2018 , 378, e34 | 59.2 | 1232 |
| 3 ²⁵ | A short screener is valid for assessing Mediterranean diet adherence among older Spanish men and women. <i>Journal of Nutrition</i> , 2011 , 141, 1140-5 | 4.1 | 649 |
| 3 ²⁴ | The effect of polyphenols in olive oil on heart disease risk factors: a randomized trial. <i>Annals of Internal Medicine</i> , 2006 , 145, 333-41 | 8 | 528 |
| 3 ²³ | Mediterranean Diet and Age-Related Cognitive Decline: A Randomized Clinical Trial. <i>JAMA Internal Medicine</i> , 2015 , 175, 1094-1103 | 11.5 | 479 |
| 3 ²² | Benefits of the Mediterranean Diet: Insights From the PREDIMED Study. <i>Progress in Cardiovascular Diseases</i> , 2015 , 58, 50-60 | 8.5 | 385 |
| 3 ²¹ | 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> , 2008 , 168, 2449-2458 | | 335 |
| 3 ²⁰ | Effect of a traditional Mediterranean diet on lipoprotein oxidation: a randomized controlled trial. <i>Archives of Internal Medicine</i> , 2007 , 167, 1195-1203 | | 319 |
| 3 ¹⁹ | 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> , 2015 , 175, 1752-1760 | 11.5 | 276 |
| 3 ¹⁸ | Hydroxytyrosol disposition in humans. <i>Clinical Chemistry</i> , 2003 , 49, 945-52 | 5.5 | 241 |
| 3 ¹⁷ | In vivo nutrigenomic effects of virgin olive oil polyphenols within the frame of the Mediterranean diet: a randomized controlled trial. <i>FASEB Journal</i> , 2010 , 24, 2546-57 | 0.9 | 215 |
| 3 ¹⁶ | Postprandial LDL phenolic content and LDL oxidation are modulated by olive oil phenolic compounds in humans. <i>Free Radical Biology and Medicine</i> , 2006 , 40, 608-16 | 7.8 | 212 |
| 3 ¹⁵ | Mediterranean diet and cardiovascular health: Teachings of the PREDIMED study. <i>Advances in Nutrition</i> , 2014 , 5, 330S-6S | 10 | 209 |
| 3 ¹⁴ | Olive oil intake and risk of cardiovascular disease and mortality in the PREDIMED Study. <i>BMC Medicine</i> , 2014 , 12, 78 | 11.4 | 198 |
| 3 ¹³ | Inhibition of circulating immune cell activation: a molecular antiinflammatory effect of the Mediterranean diet. <i>American Journal of Clinical Nutrition</i> , 2009 , 89, 248-56 | 7 | 196 |
| 3 ¹² | Antioxidant effect of virgin olive oil in patients with stable coronary heart disease: a randomized, crossover, controlled, clinical trial. <i>Atherosclerosis</i> , 2005 , 181, 149-58 | 3.1 | 193 |
| 3 ¹¹ | Response of oxidative stress biomarkers to a 16-week aerobic physical activity program, and to acute physical activity, in healthy young men and women. <i>Atherosclerosis</i> , 2003 , 167, 327-34 | 3.1 | 190 |
| 3 ¹⁰ | Effects of differing phenolic content in dietary olive oils on lipids and LDL oxidation--a randomized controlled trial. <i>European Journal of Nutrition</i> , 2004 , 43, 140-7 | 5.2 | 187 |

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| 309 | Olive oils high in phenolic compounds modulate oxidative/antioxidative status in men. <i>Journal of Nutrition</i> , 2004 , 134, 2314-21 | 4.1 | 185 |
| 308 | Mediterranean diets and metabolic syndrome status in the PREDIMED randomized trial. <i>Cmaj</i> , 2014 , 186, E649-57 | 3.5 | 184 |
| 307 | Health effects of olive oil polyphenols: recent advances and possibilities for the use of health claims. <i>Molecular Nutrition and Food Research</i> , 2013 , 57, 760-71 | 5.9 | 184 |
| 306 | Lifestyle recommendations for the prevention and management of metabolic syndrome: an international panel recommendation. <i>Nutrition Reviews</i> , 2017 , 75, 307-326 | 6.4 | 183 |
| 305 | Epigallocatechin-3-gallate, a DYRK1A inhibitor, rescues cognitive deficits in Down syndrome mouse models and in humans. <i>Molecular Nutrition and Food Research</i> , 2014 , 58, 278-88 | 5.9 | 182 |
| 304 | Plasma Ceramides, Mediterranean Diet, and Incident Cardiovascular Disease in the PREDIMED Trial (Prevençió con Dieta Mediterrànea). <i>Circulation</i> , 2017 , 135, 2028-2040 | 16.7 | 161 |
| 303 | 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> , 2015 , 102, 1563-73 | 7 | 159 |
| 302 | Dietary inflammatory index and anthropometric measures of obesity in a population sample at high cardiovascular risk from the PREDIMED (PREvençió con Dieta MEDiterrànea) trial. <i>British Journal of Nutrition</i> , 2015 , 113, 984-95 | 3.6 | 157 |
| 301 | Safety and efficacy of cognitive training plus epigallocatechin-3-gallate in young adults with Down syndrome (TESDAD): a double-blind, randomised, placebo-controlled, phase 2 trial. <i>Lancet Neurology</i> , 2016 , 15, 801-810 | 24.1 | 152 |
| 300 | Protective effect of olive oil and its phenolic compounds against low density lipoprotein oxidation. <i>Lipids</i> , 2000 , 35, 633-8 | 1.6 | 151 |
| 299 | Tyrosol and hydroxytyrosol are absorbed from moderate and sustained doses of virgin olive oil in humans. <i>European Journal of Clinical Nutrition</i> , 2003 , 57, 186-90 | 5.2 | 148 |
| 298 | Potential role of olive oil phenolic compounds in the prevention of neurodegenerative diseases. <i>Molecules</i> , 2015 , 20, 4655-80 | 4.8 | 143 |
| 297 | Polyphenol intake from a Mediterranean diet decreases inflammatory biomarkers related to atherosclerosis: a substudy of the PREDIMED trial. <i>British Journal of Clinical Pharmacology</i> , 2017 , 83, 114-128 | 3.8 | 142 |
| 296 | Dietary Inflammatory Index and Incidence of Cardiovascular Disease in the PREDIMED Study. <i>Nutrients</i> , 2015 , 7, 4124-38 | 6.7 | 142 |
| 295 | Extravirgin olive oil consumption reduces risk of atrial fibrillation: the PREDIMED (Prevençió con Dieta Mediterrànea) trial. <i>Circulation</i> , 2014 , 130, 18-26 | 16.7 | 141 |
| 294 | The Mediterranean diet improves the systemic lipid and DNA oxidative damage in metabolic syndrome individuals. A randomized, controlled, trial. <i>Clinical Nutrition</i> , 2013 , 32, 172-8 | 5.9 | 133 |
| 293 | Mediterranean Diet Improves High-Density Lipoprotein Function in High-Cardiovascular-Risk Individuals: A Randomized Controlled Trial. <i>Circulation</i> , 2017 , 135, 633-643 | 16.7 | 129 |
| 292 | Plasma Branched-Chain Amino Acids and Incident Cardiovascular Disease in the PREDIMED Trial. <i>Clinical Chemistry</i> , 2016 , 62, 582-92 | 5.5 | 129 |

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| 291 | Anti-inflammatory effect of virgin olive oil in stable coronary disease patients: a randomized, crossover, controlled trial. <i>European Journal of Clinical Nutrition</i> , 2008 , 62, 570-4 | 5.2 | 129 |
| 290 | Dietary Polyphenols, Mediterranean Diet, Prediabetes, and Type 2 Diabetes: A Narrative Review of the Evidence. <i>Oxidative Medicine and Cellular Longevity</i> , 2017 , 2017, 6723931 | 6.7 | 128 |
| 289 | Antioxidant paraoxonase 1 activity in the metabolic syndrome. <i>Journal of Clinical Endocrinology and Metabolism</i> , 2003 , 88, 5422-6 | 5.6 | 127 |
| 288 | A provegetarian food pattern and reduction in total mortality in the Prevenci3 con Dieta Mediterr3ea (PREDIMED) study. <i>American Journal of Clinical Nutrition</i> , 2014 , 100 Suppl 1, 320S-8S | 7 | 123 |
| 287 | Effect of Mediterranean diet on the expression of pro-atherogenic genes in a population at high cardiovascular risk. <i>Atherosclerosis</i> , 2010 , 208, 442-50 | 3.1 | 123 |
| 286 | 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> , 2019 , 42, 777-788 | 14.6 | 123 |
| 285 | Trends in cardiovascular risk factor prevalence (1995-2000-2005) in northeastern Spain. <i>European Journal of Cardiovascular Prevention and Rehabilitation</i> , 2007 , 14, 653-9 | | 120 |
| 284 | Circulating oxidized LDL is associated with increased waist circumference independent of body mass index in men and women. <i>American Journal of Clinical Nutrition</i> , 2006 , 83, 30-5; quiz 181-2 | 7 | 119 |
| 283 | High oxidative stress in patients with stable coronary heart disease. <i>Atherosclerosis</i> , 2003 , 168, 99-106 | 3.1 | 119 |
| 282 | Olive oil and cardiovascular health. <i>Journal of Cardiovascular Pharmacology</i> , 2009 , 54, 477-82 | 3.1 | 117 |
| 281 | Effect of olive oils on biomarkers of oxidative DNA stress in Northern and Southern Europeans. <i>FASEB Journal</i> , 2007 , 21, 45-52 | 0.9 | 115 |
| 280 | Prevalence of symptomatic and asymptomatic peripheral arterial disease and the value of the ankle-brachial index to stratify cardiovascular risk. <i>European Journal of Vascular and Endovascular Surgery</i> , 2009 , 38, 305-11 | 2.3 | 113 |
| 279 | Association of fast food consumption with energy intake, diet quality, body mass index and the risk of obesity in a representative Mediterranean population. <i>British Journal of Nutrition</i> , 2007 , 98, 1274-80 | 3.6 | 110 |
| 278 | Frequency of nut consumption and mortality risk in the PREDIMED nutrition intervention trial. <i>BMC Medicine</i> , 2013 , 11, 164 | 11.4 | 107 |
| 277 | Virgin olive oil: a key food for cardiovascular risk protection. <i>British Journal of Nutrition</i> , 2015 , 113 Suppl 2, S19-28 | 3.6 | 105 |
| 276 | Mediterranean diet supplemented with nuts reduces waist circumference and shifts lipoprotein subfractions to a less atherogenic pattern in subjects at high cardiovascular risk. <i>Atherosclerosis</i> , 2013 , 230, 347-53 | 3.1 | 101 |
| 275 | Olive oil polyphenols enhance high-density lipoprotein function in humans: a randomized controlled trial. <i>Arteriosclerosis, Thrombosis, and Vascular Biology</i> , 2014 , 34, 2115-9 | 9.4 | 100 |
| 274 | Adherence to the Mediterranean diet is associated with better mental and physical health. <i>British Journal of Nutrition</i> , 2009 , 101, 1821-7 | 3.6 | 100 |

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| 273 | Wine and oxidative stress: up-to-date evidence of the effects of moderate wine consumption on oxidative damage in humans. <i>Atherosclerosis</i> , 2010 , 208, 297-304 | 3.1 | 97 |
| 272 | Effect of ingestion of virgin olive oil on human low-density lipoprotein composition. <i>European Journal of Clinical Nutrition</i> , 2002 , 56, 114-20 | 5.2 | 97 |
| 271 | Effect of the Mediterranean diet on heart failure biomarkers: a randomized sample from the PREDIMED trial. <i>European Journal of Heart Failure</i> , 2014 , 16, 543-50 | 12.3 | 95 |
| 270 | 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> , 2016 , 55, 349-60 | 5.2 | 94 |
| 269 | Consumption of Yogurt, Low-Fat Milk, and Other Low-Fat Dairy Products Is Associated with Lower Risk of Metabolic Syndrome Incidence in an Elderly Mediterranean Population. <i>Journal of Nutrition</i> , 2015 , 145, 2308-16 | 4.1 | 92 |
| 268 | Plasma fatty acid composition, estimated desaturase activities, and their relation with the metabolic syndrome in a population at high risk of cardiovascular disease. <i>Clinical Nutrition</i> , 2014 , 33, 90-7 | 5.9 | 92 |
| 267 | Metabolic disposition and biological significance of simple phenols of dietary origin: hydroxytyrosol and tyrosol. <i>Drug Metabolism Reviews</i> , 2016 , 48, 218-36 | 7 | 90 |
| 266 | Protection of LDL from oxidation by olive oil polyphenols is associated with a downregulation of CD40-ligand expression and its downstream products in vivo in humans. <i>American Journal of Clinical Nutrition</i> , 2012 , 95, 1238-44 | 7 | 87 |
| 265 | Cohort Profile: Design and methods of the PREDIMED-Plus randomized trial. <i>International Journal of Epidemiology</i> , 2019 , 48, 387-388o | 7.8 | 87 |
| 264 | Plasma acylcarnitines and risk of cardiovascular disease: effect of Mediterranean diet interventions. <i>American Journal of Clinical Nutrition</i> , 2016 , 103, 1408-16 | 7 | 86 |
| 263 | Olive oil and oxidative stress. <i>Molecular Nutrition and Food Research</i> , 2007 , 51, 1215-24 | 5.9 | 84 |
| 262 | Effects of functional olive oil enriched with its own phenolic compounds on endothelial function in hypertensive patients. A randomised controlled trial. <i>Food Chemistry</i> , 2015 , 167, 30-5 | 8.5 | 83 |
| 261 | Elevated circulating LDL phenol levels in men who consumed virgin rather than refined olive oil are associated with less oxidation of plasma LDL. <i>Journal of Nutrition</i> , 2010 , 140, 501-8 | 4.1 | 83 |
| 260 | Dietary inflammatory index and telomere length in subjects with a high cardiovascular disease risk from the PREDIMED-NAVARRA study: cross-sectional and longitudinal analyses over 5 y. <i>American Journal of Clinical Nutrition</i> , 2015 , 102, 897-904 | 7 | 82 |
| 259 | Mediterranean Diet, Retinopathy, Nephropathy, and Microvascular Diabetes Complications: A Post Hoc Analysis of a Randomized Trial. <i>Diabetes Care</i> , 2015 , 38, 2134-41 | 14.6 | 78 |
| 258 | Plasma Lipidomic Profiling and Risk of Type 2 Diabetes in the PREDIMED Trial. <i>Diabetes Care</i> , 2018 , 41, 2617-2624 | 14.6 | 78 |
| 257 | Metabolomic pattern analysis after mediterranean diet intervention in a nondiabetic population: a 1- and 3-year follow-up in the PREDIMED study. <i>Journal of Proteome Research</i> , 2015 , 14, 531-40 | 5.6 | 76 |
| 256 | Olive oil polyphenols enhance the expression of cholesterol efflux related genes in vivo in humans. A randomized controlled trial. <i>Journal of Nutritional Biochemistry</i> , 2013 , 24, 1334-9 | 6.3 | 74 |

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| 255 | Legume consumption is inversely associated with type 2 diabetes incidence in adults: A prospective assessment from the PREDIMED study. <i>Clinical Nutrition</i> , 2018 , 37, 906-913 | 5.9 | 71 |
| 254 | Effect of virgin olive oil and thyme phenolic compounds on blood lipid profile: implications of human gut microbiota. <i>European Journal of Nutrition</i> , 2017 , 56, 119-131 | | 70 |
| 253 | In vivo transcriptomic profile after a Mediterranean diet in high-cardiovascular risk patients: a randomized controlled trial. <i>American Journal of Clinical Nutrition</i> , 2013 , 98, 845-53 | 7 | 70 |
| 252 | Is dopamine behind the health benefits of red wine?. <i>European Journal of Nutrition</i> , 2006 , 45, 307-10 | 5.2 | 68 |
| 251 | Prevalence of abdominal obesity in Spanish children and adolescents. Do we need waist circumference measurements in pediatric practice?. <i>PLoS ONE</i> , 2014 , 9, e87549 | 3.7 | 68 |
| 250 | CLOCK gene variation is associated with incidence of type-2 diabetes and cardiovascular diseases in type-2 diabetic subjects: dietary modulation in the PREDIMED randomized trial. <i>Cardiovascular Diabetology</i> , 2016 , 15, 4 | 8.7 | 65 |
| 249 | Mediterranean diet and quality of life: Baseline cross-sectional analysis of the PREDIMED-PLUS trial. <i>PLoS ONE</i> , 2018 , 13, e0198974 | 3.7 | 65 |
| 248 | Impact of diet on cardiometabolic health in children and adolescents. <i>Nutrition Journal</i> , 2015 , 14, 118 | 4.3 | 63 |
| 247 | Effect of a traditional Mediterranean diet on apolipoproteins B, A-I, and their ratio: a randomized, controlled trial. <i>Atherosclerosis</i> , 2011 , 218, 174-80 | 3.1 | 63 |
| 246 | Total and subtypes of dietary fat intake and risk of type 2 diabetes mellitus in the Prevenci3 con Dieta Mediterr3nea (PREDIMED) study. <i>American Journal of Clinical Nutrition</i> , 2017 , 105, 723-735 | 7 | 62 |
| 245 | Intake of Total Polyphenols and Some Classes of Polyphenols Is Inversely Associated with Diabetes in Elderly People at High Cardiovascular Disease Risk. <i>Journal of Nutrition</i> , 2015 , 146, 767-777 | 4.1 | 62 |
| 244 | The effect of olive oil polyphenols on antibodies against oxidized LDL. A randomized clinical trial. <i>Clinical Nutrition</i> , 2011 , 30, 490-3 | 5.9 | 61 |
| 243 | Matrix effects on the bioavailability of resveratrol in humans. <i>Food Chemistry</i> , 2010 , 120, 1123-1130 | 8.5 | 61 |
| 242 | Dietary Marine 3 Fatty Acids and Incident Sight-Threatening Retinopathy in Middle-Aged and Older Individuals With Type 2 Diabetes: Prospective Investigation From the PREDIMED Trial. <i>JAMA Ophthalmology</i> , 2016 , 134, 1142-1149 | 3.9 | 60 |
| 241 | Presence of virgin olive oil phenolic metabolites in human low density lipoprotein fraction: determination by high-performance liquid chromatography-electrospray ionization tandem mass spectrometry. <i>Analytica Chimica Acta</i> , 2007 , 583, 402-10 | 6.6 | 59 |
| 240 | 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> , 2017 , 6, | 6 | 58 |
| 239 | Olive Oil Polyphenols Decrease LDL Concentrations and LDL Atherogenicity in Men in a Randomized Controlled Trial. <i>Journal of Nutrition</i> , 2015 , 145, 1692-7 | 4.1 | 58 |
| 238 | Impact of Consuming Extra-Virgin Olive Oil or Nuts within a Mediterranean Diet on DNA Methylation in Peripheral White Blood Cells within the PREDIMED-Navarra Randomized Controlled Trial: A Role for Dietary Lipids. <i>Nutrients</i> , 2017 , 10, | 6.7 | 58 |

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| 237 | Changes in the phenolic content of low density lipoprotein after olive oil consumption in men. A randomized crossover controlled trial. <i>British Journal of Nutrition</i> , 2007 , 98, 1243-50 | 3.6 | 58 |
| 236 | Remnant Cholesterol, Not LDL Cholesterol, Is Associated With Incident Cardiovascular Disease. <i>Journal of the American College of Cardiology</i> , 2020 , 76, 2712-2724 | 15.1 | 58 |
| 235 | Association between dietary fibre intake and fruit, vegetable or whole-grain consumption and the risk of CVD: results from the PREvenci  con Dieta MEDiterr ea (PREDIMED) trial. <i>British Journal of Nutrition</i> , 2016 , 116, 534-46 | 3.6 | 57 |
| 234 | Can metabolically healthy obesity be explained by diet, genetics, and inflammation?. <i>Molecular Nutrition and Food Research</i> , 2015 , 59, 75-93 | 5.9 | 55 |
| 233 | Relationship between physical activity and oxidative stress biomarkers in women. <i>Medicine and Science in Sports and Exercise</i> , 2002 , 34, 814-9 | 1.2 | 55 |
| 232 | Plasma branched chain/aromatic amino acids, enriched Mediterranean diet and risk of type 2 diabetes: case-cohort study within the PREDIMED Trial. <i>Diabetologia</i> , 2018 , 61, 1560-1571 | 10.3 | 53 |
| 231 | Associations between serum uric acid concentrations and metabolic syndrome and its components in the PREDIMED study. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2015 , 25, 173-80 | 4.5 | 53 |
| 230 | Bioavailability and antioxidant effects of olive oil phenolic compounds in humans: a review. <i>Annali Dell'istituto Superiore Di Sanita</i> , 2007 , 43, 375-81 | 1.6 | 51 |
| 229 | Mediterranean diet and risk of heart failure: results from the PREDIMED randomized controlled trial. <i>European Journal of Heart Failure</i> , 2017 , 19, 1179-1185 | 12.3 | 50 |
| 228 | Increased serum calcium levels and risk of type 2 diabetes in individuals at high cardiovascular risk. <i>Diabetes Care</i> , 2014 , 37, 3084-91 | 14.6 | 50 |
| 227 | Increases in Plasma Tryptophan Are Inversely Associated with Incident Cardiovascular Disease in the Prevenci  con Dieta Mediterr ea (PREDIMED) Study. <i>Journal of Nutrition</i> , 2017 , 147, 314-322 | 4.1 | 49 |
| 226 | Plasma lipidomic profiles and cardiovascular events in a randomized intervention trial with the Mediterranean diet. <i>American Journal of Clinical Nutrition</i> , 2017 , 106, 973-983 | 7 | 49 |
| 225 | 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> , 2012 , 65, 615-20 | 10.2 | 49 |
| 224 | Up-to date knowledge on the in vivo transcriptomic effect of the Mediterranean diet in humans. <i>Molecular Nutrition and Food Research</i> , 2013 , 57, 772-83 | 5.9 | 49 |
| 223 | Legume consumption and risk of all-cause, cardiovascular, and cancer mortality in the PREDIMED study. <i>Clinical Nutrition</i> , 2019 , 38, 348-356 | 5.9 | 49 |
| 222 | Prenatal nutrition and the risk of adult obesity: Long-term effects of nutrition on epigenetic mechanisms regulating gene expression. <i>Journal of Nutritional Biochemistry</i> , 2017 , 39, 1-14 | 6.3 | 48 |
| 221 | Dietary  linolenic Acid, Marine   Fatty Acids, and Mortality in a Population With High Fish Consumption: Findings From the PREvenci  con Dieta MEDiterr ea (PREDIMED) Study. <i>Journal of the American Heart Association</i> , 2016 , 5, | 6 | 48 |
| 220 | Interrelationship of smoking, paraoxonase activity, and leisure time physical activity: a population-based study. <i>European Journal of Internal Medicine</i> , 2003 , 14, 178-184 | 3.9 | 48 |

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| 219 | High dietary protein intake is associated with an increased body weight and total death risk. <i>Clinical Nutrition</i> , 2016 , 35, 496-506 | 5.9 | 47 |
| 218 | Effect of a high-fat Mediterranean diet on bodyweight and waist circumference: a prespecified secondary outcomes analysis of the PREDIMED randomised controlled trial. <i>Lancet Diabetes and Endocrinology</i> , 2019 , 7, e6-e17 | 18.1 | 47 |
| 217 | Effects of 1-year intervention with a Mediterranean diet on plasma fatty acid composition and metabolic syndrome in a population at high cardiovascular risk. <i>PLoS ONE</i> , 2014 , 9, e85202 | 3.7 | 47 |
| 216 | Dose-dependent metabolic disposition of hydroxytyrosol and formation of mercapturates in rats. <i>Pharmacological Research</i> , 2013 , 77, 47-56 | 10.2 | 46 |
| 215 | Dietary intake of vitamin K is inversely associated with mortality risk. <i>Journal of Nutrition</i> , 2014 , 144, 743-50 | 4.1 | 45 |
| 214 | Novel multimetabolite prediction of walnut consumption by a urinary biomarker model in a free-living population: the PREDIMED study. <i>Journal of Proteome Research</i> , 2014 , 13, 3476-83 | 5.6 | 44 |
| 213 | Relationship of lipid oxidation with subclinical atherosclerosis and 10-year coronary events in general population. <i>Atherosclerosis</i> , 2014 , 232, 134-40 | 3.1 | 44 |
| 212 | Moderate red wine consumption is associated with a lower prevalence of the metabolic syndrome in the PREDIMED population. <i>British Journal of Nutrition</i> , 2015 , 113 Suppl 2, S121-30 | 3.6 | 44 |
| 211 | Metabolites of Glutamate Metabolism Are Associated With Incident Cardiovascular Events in the PREDIMED PREvenci  con Dieta MEDiterr nea (PREDIMED) Trial. <i>Journal of the American Heart Association</i> , 2016 , 5, | 6 | 44 |
| 210 | Frequent Consumption of Sugar- and Artificially Sweetened Beverages and Natural and Bottled Fruit Juices Is Associated with an Increased Risk of Metabolic Syndrome in a Mediterranean Population at High Cardiovascular Disease Risk. <i>Journal of Nutrition</i> , 2016 , 146, 1528-36 | 4.1 | 43 |
| 209 | Time course of changes in the expression of insulin sensitivity-related genes after an acute load of virgin olive oil. <i>OMICS A Journal of Integrative Biology</i> , 2009 , 13, 431-8 | 3.8 | 42 |
| 208 | A metabolomics-driven approach to predict cocoa product consumption by designing a multimetabolite biomarker model in free-living subjects from the PREDIMED study. <i>Molecular Nutrition and Food Research</i> , 2015 , 59, 212-20 | 5.9 | 41 |
| 207 | Predictors of short- and long-term adherence with a Mediterranean-type diet intervention: the PREDIMED randomized trial. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2016 , 13, 67 | 8.4 | 40 |
| 206 | Metabolite profiling of olive oil and thyme phenols after a sustained intake of two phenol-enriched olive oils by humans: Identification of compliance markers. <i>Food Research International</i> , 2014 , 65, 59-68 | 7 | 40 |
| 205 | Postprandial and short-term effects of dietary virgin olive oil on oxidant/antioxidant status. <i>Lipids</i> , 2002 , 37, 245-51 | 1.6 | 40 |
| 204 | CD3(+)/CD45(+) and SMA- (+) circulating microparticles are increased in individuals at high cardiovascular risk who will develop a major cardiovascular event. <i>International Journal of Cardiology</i> , 2016 , 208, 147-9 | 3.2 | 40 |
| 203 | The Mediterranean Diet decreases LDL atherogenicity in high cardiovascular risk individuals: a randomized controlled trial. <i>Molecular Nutrition and Food Research</i> , 2017 , 61, 1601015 | 5.9 | 39 |
| 202 | Determinants of the transition from a cardiometabolic normal to abnormal overweight/obese phenotype in a Spanish population. <i>European Journal of Nutrition</i> , 2014 , 53, 1345-53 | 5.2 | 39 |

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| 201 | 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> , 2019 , 322, 1486-1499 | 27.4 | 38 |
| 200 | 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> , 2015 , 63, 1991-2000 | 5.6 | 38 |
| 199 | Polyphenol rich olive oils improve lipoprotein particle atherogenic ratios and subclasses profile: A randomized, crossover, controlled trial. <i>Molecular Nutrition and Food Research</i> , 2016 , 60, 1544-54 | 5.9 | 38 |
| 198 | Anti-inflammatory effect of white wine in CKD patients and healthy volunteers. <i>Blood Purification</i> , 2015 , 39, 218-223 | 3.1 | 37 |
| 197 | Replacing red meat and processed red meat for white meat, fish, legumes or eggs is associated with lower risk of incidence of metabolic syndrome. <i>Clinical Nutrition</i> , 2016 , 35, 1442-1449 | 5.9 | 37 |
| 196 | Influence of Phenol-Enriched Olive Oils on Human Intestinal Immune Function. <i>Nutrients</i> , 2016 , 8, 213 | 6.7 | 36 |
| 195 | Effect of olive oil phenolic compounds on the expression of blood pressure-related genes in healthy individuals. <i>European Journal of Nutrition</i> , 2017 , 56, 663-670 | 5.2 | 35 |
| 194 | Analysis of free hydroxytyrosol in human plasma following the administration of olive oil. <i>Journal of Chromatography A</i> , 2016 , 1437, 183-190 | 4.5 | 35 |
| 193 | Complementary phenol-enriched olive oil improves HDL characteristics in hypercholesterolemic subjects. A randomized, double-blind, crossover, controlled trial. The VOHF study. <i>Molecular Nutrition and Food Research</i> , 2015 , 59, 1758-70 | 5.9 | 35 |
| 192 | Analysis of ECs and related compounds in plasma: artifactual isomerization and ex vivo enzymatic generation of 2-MGs. <i>Journal of Lipid Research</i> , 2014 , 55, 966-77 | 6.3 | 35 |
| 191 | Polyphenol Levels Are Inversely Correlated with Body Weight and Obesity in an Elderly Population after 5 Years of Follow Up (The Randomised PREDIMED Study). <i>Nutrients</i> , 2017 , 9, | 6.7 | 34 |
| 190 | Nutrimetabolomics fingerprinting to identify biomarkers of bread exposure in a free-living population from the PREDIMED study cohort. <i>Metabolomics</i> , 2015 , 11, 155-165 | 4.7 | 33 |
| 189 | Dietary Polyphenol Intake is Associated with HDL-Cholesterol and A Better Profile of other Components of the Metabolic Syndrome: A PREDIMED-Plus Sub-Study. <i>Nutrients</i> , 2020 , 12, | 6.7 | 33 |
| 188 | Mediterranean diet impact on changes in abdominal fat and 10-year incidence of abdominal obesity in a Spanish population. <i>British Journal of Nutrition</i> , 2014 , 111, 1481-7 | 3.6 | 33 |
| 187 | Impact of Virgin Olive Oil and Phenol-Enriched Virgin Olive Oils on the HDL Proteome in Hypercholesterolemic Subjects: A Double Blind, Randomized, Controlled, Cross-Over Clinical Trial (VOHF Study). <i>PLoS ONE</i> , 2015 , 10, e0129160 | 3.7 | 33 |
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