

# Mara-Luz Fernandez

## List of Publications by Citations

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187  
papers

7,444  
citations

48  
h-index

76  
g-index

195  
ext. papers

8,304  
ext. citations

4.9  
avg, IF

6.15  
L-index

#	Paper	IF	Citations
187	Mechanisms by which dietary fatty acids modulate plasma lipids. <i>Journal of Nutrition</i> , <b>2005</b> , 135, 2075-8	4.1	264
186	Cardioprotective effects of dietary polyphenols. <i>Journal of Nutrition</i> , <b>2005</b> , 135, 2291-4	4.1	255
185	Carbohydrate restriction has a more favorable impact on the metabolic syndrome than a low fat diet. <i>Lipids</i> , <b>2009</b> , 44, 297-309	1.6	251
184	Grape polyphenols exert a cardioprotective effect in pre- and postmenopausal women by lowering plasma lipids and reducing oxidative stress. <i>Journal of Nutrition</i> , <b>2005</b> , 135, 1911-7	4.1	248
183	Comparison of low fat and low carbohydrate diets on circulating fatty acid composition and markers of inflammation. <i>Lipids</i> , <b>2008</b> , 43, 65-77	1.6	209
182	Dietary carbohydrate restriction induces a unique metabolic state positively affecting atherogenic dyslipidemia, fatty acid partitioning, and metabolic syndrome. <i>Progress in Lipid Research</i> , <b>2008</b> , 47, 307-18	14.3	178
181	The LDL to HDL cholesterol ratio as a valuable tool to evaluate coronary heart disease risk. <i>Journal of the American College of Nutrition</i> , <b>2008</b> , 27, 1-5	3.5	177
180	Bioactive Components in Moringa Oleifera Leaves Protect against Chronic Disease. <i>Antioxidants</i> , <b>2017</b> , 6,	7.1	152
179	Dietary cholesterol from eggs increases plasma HDL cholesterol in overweight men consuming a carbohydrate-restricted diet. <i>Journal of Nutrition</i> , <b>2008</b> , 138, 272-6	4.1	109
178	Grape polyphenols reduce blood pressure and increase flow-mediated vasodilation in men with metabolic syndrome. <i>Journal of Nutrition</i> , <b>2012</b> , 142, 1626-32	4.1	107
177	Grape polyphenols decrease plasma triglycerides and cholesterol accumulation in the aorta of ovariectomized guinea pigs. <i>Journal of Nutrition</i> , <b>2003</b> , 133, 2268-72	4.1	106
176	Dietary strategies to reduce metabolic syndrome. <i>Reviews in Endocrine and Metabolic Disorders</i> , <b>2013</b> , 14, 241-54	10.5	98
175	Soluble fiber and nondigestible carbohydrate effects on plasma lipids and cardiovascular risk. <i>Current Opinion in Lipidology</i> , <b>2001</b> , 12, 35-40	4.4	98
174	Whole egg consumption improves lipoprotein profiles and insulin sensitivity to a greater extent than yolk-free egg substitute in individuals with metabolic syndrome. <i>Metabolism: Clinical and Experimental</i> , <b>2013</b> , 62, 400-10	12.7	95
173	Modulation of C-reactive protein, tumor necrosis factor-alpha, and adiponectin by diet, exercise, and weight loss. <i>Journal of Nutrition</i> , <b>2008</b> , 138, 2293-6	4.1	91
172	Guinea pigs: a suitable animal model to study lipoprotein metabolism, atherosclerosis and inflammation. <i>Nutrition and Metabolism</i> , <b>2006</b> , 3, 17	4.6	91
171	Consuming eggs for breakfast influences plasma glucose and ghrelin, while reducing energy intake during the next 24 hours in adult men. <i>Nutrition Research</i> , <b>2010</b> , 30, 96-103	4	86

170	Guinea pigs as models for cholesterol and lipoprotein metabolism. <i>Journal of Nutrition</i> , <b>2001</b> , 131, 10-20.	4.1	85
169	Maintenance of the LDL cholesterol:HDL cholesterol ratio in an elderly population given a dietary cholesterol challenge. <i>Journal of Nutrition</i> , <b>2005</b> , 135, 2793-8	4.1	79
168	Waist circumference is a better predictor than body mass index of coronary heart disease risk in overweight premenopausal women. <i>Journal of Nutrition</i> , <b>2004</b> , 134, 1071-6	4.1	78
167	The ABCG5 polymorphism contributes to individual responses to dietary cholesterol and carotenoids in eggs. <i>Journal of Nutrition</i> , <b>2006</b> , 136, 1161-5	4.1	77
166	Prickly pear ( <i>Opuntia</i> sp.) pectin reverses low density lipoprotein receptor suppression induced by a hypercholesterolemic diet in guinea pigs. <i>Journal of Nutrition</i> , <b>1992</b> , 122, 2330-40	4.1	77
165	Pre-menopausal women, classified as hypo- or hyperresponders, do not alter their LDL/HDL ratio following a high dietary cholesterol challenge. <i>Journal of the American College of Nutrition</i> , <b>2002</b> , 21, 250-8	3.5	75
164	A lutein-enriched diet prevents cholesterol accumulation and decreases oxidized LDL and inflammatory cytokines in the aorta of guinea pigs. <i>Journal of Nutrition</i> , <b>2011</b> , 141, 1458-63	4.1	74
163	Men classified as hypo- or hyperresponders to dietary cholesterol feeding exhibit differences in lipoprotein metabolism. <i>Journal of Nutrition</i> , <b>2003</b> , 133, 1036-42	4.1	73
162	Are the current dietary guidelines regarding egg consumption appropriate?. <i>Journal of Nutrition</i> , <b>2004</b> , 134, 187-90	4.1	70
161	JTT-130, a microsomal triglyceride transfer protein (MTP) inhibitor lowers plasma triglycerides and LDL cholesterol concentrations without increasing hepatic triglycerides in guinea pigs. <i>BMC Cardiovascular Disorders</i> , <b>2005</b> , 5, 30	2.3	70
160	Egg consumption modulates HDL lipid composition and increases the cholesterol-accepting capacity of serum in metabolic syndrome. <i>Lipids</i> , <b>2013</b> , 48, 557-67	1.6	68
159	Dietary fat-mediated changes in hepatic apoprotein B/E receptor in the guinea pig: effect of polyunsaturated, monounsaturated, and saturated fat. <i>Metabolism: Clinical and Experimental</i> , <b>1989</b> , 38, 1094-102	12.7	67
158	Lutein decreases oxidative stress and inflammation in liver and eyes of guinea pigs fed a hypercholesterolemic diet. <i>Nutrition Research and Practice</i> , <b>2012</b> , 6, 113-9	2.1	66
157	Eggs distinctly modulate plasma carotenoid and lipoprotein subclasses in adult men following a carbohydrate-restricted diet. <i>Journal of Nutritional Biochemistry</i> , <b>2010</b> , 21, 261-7	6.3	63
156	Carbohydrate restriction alters lipoprotein metabolism by modifying VLDL, LDL, and HDL subfraction distribution and size in overweight men. <i>Journal of Nutrition</i> , <b>2006</b> , 136, 384-9	4.1	63
155	Plasma LDL and HDL characteristics and carotenoid content are positively influenced by egg consumption in an elderly population. <i>Nutrition and Metabolism</i> , <b>2006</b> , 3, 6	4.6	62
154	High intake of cholesterol results in less atherogenic low-density lipoprotein particles in men and women independent of response classification. <i>Metabolism: Clinical and Experimental</i> , <b>2004</b> , 53, 823-30	12.7	62
153	Limited effect of dietary saturated fat on plasma saturated fat in the context of a low carbohydrate diet. <i>Lipids</i> , <b>2010</b> , 45, 947-62	1.6	61

152	Dietary carotenoids are associated with cardiovascular disease risk biomarkers mediated by serum carotenoid concentrations. <i>Journal of Nutrition</i> , <b>2014</b> , 144, 1067-74	4.1	60
151	Cookies enriched with psyllium or oat bran lower plasma LDL cholesterol in normal and hypercholesterolemic men from Northern Mexico. <i>Journal of the American College of Nutrition</i> , <b>1998</b> , 17, 601-8	3.5	60
150	Effects of a carbohydrate-restricted diet with and without supplemental soluble fiber on plasma low-density lipoprotein cholesterol and other clinical markers of cardiovascular risk. <i>Metabolism: Clinical and Experimental</i> , <b>2007</b> , 56, 58-67	12.7	60
149	Prickly pear ( <i>Opuntia</i> sp.) pectin alters hepatic cholesterol metabolism without affecting cholesterol absorption in guinea pigs fed a hypercholesterolemic diet. <i>Journal of Nutrition</i> , <b>1994</b> , 124, 817-24	4.1	60
148	Egg intake improves carotenoid status by increasing plasma HDL cholesterol in adults with metabolic syndrome. <i>Food and Function</i> , <b>2013</b> , 4, 213-21	6.1	58
147	Intake of up to 3 Eggs/Day Increases HDL Cholesterol and Plasma Choline While Plasma Trimethylamine-N-oxide is Unchanged in a Healthy Population. <i>Lipids</i> , <b>2017</b> , 52, 255-263	1.6	57
146	Dietary fat type and cholesterol quantity interact to affect cholesterol metabolism in guinea pigs. <i>Journal of Nutrition</i> , <b>1992</b> , 122, 2019-29	4.1	56
145	Effects of carbohydrate restriction and dietary cholesterol provided by eggs on clinical risk factors in metabolic syndrome. <i>Journal of Clinical Lipidology</i> , <b>2013</b> , 7, 463-71	4.9	54
144	SC-435, an ileal apical sodium co-dependent bile acid transporter (ASBT) inhibitor lowers plasma cholesterol and reduces atherosclerosis in guinea pigs. <i>Atherosclerosis</i> , <b>2003</b> , 171, 201-10	3.1	53
143	The seeds from <i>Plantago ovata</i> lower plasma lipids by altering hepatic and bile acid metabolism in guinea pigs. <i>Journal of Nutrition</i> , <b>2002</b> , 132, 1194-8	4.1	51
142	Eggs modulate the inflammatory response to carbohydrate restricted diets in overweight men. <i>Nutrition and Metabolism</i> , <b>2008</b> , 5, 6	4.6	50
141	Dietary cholesterol does not increase biomarkers for chronic disease in a pediatric population from northern Mexico. <i>American Journal of Clinical Nutrition</i> , <b>2004</b> , 80, 855-61	7	50
140	Dietary cholesterol provided by eggs and plasma lipoproteins in healthy populations. <i>Current Opinion in Clinical Nutrition and Metabolic Care</i> , <b>2006</b> , 9, 8-12	3.8	49
139	Exploring the factors that affect blood cholesterol and heart disease risk: is dietary cholesterol as bad for you as history leads us to believe?. <i>Advances in Nutrition</i> , <b>2012</b> , 3, 711-7	10	48
138	Regulation of cholesterol and lipoprotein metabolism in guinea pigs mediated by dietary fat quality and quantity. <i>Journal of Nutrition</i> , <b>1991</b> , 121, 934-43	4.1	48
137	Effects of a carbohydrate-restricted diet on emerging plasma markers for cardiovascular disease. <i>Nutrition and Metabolism</i> , <b>2006</b> , 3, 19	4.6	47
136	Hamsters and guinea pigs differ in their plasma lipoprotein cholesterol distribution when fed diets varying in animal protein, soluble fiber, or cholesterol content. <i>Journal of Nutrition</i> , <b>1999</b> , 129, 1323-32	4.1	47
135	Potential of Dietary Non-Provitamin A Carotenoids in the Prevention and Treatment of Diabetic Microvascular Complications. <i>Advances in Nutrition</i> , <b>2016</b> , 7, 14-24	10	46

134	Dietary Cholesterol, Serum Lipids, and Heart Disease: Are Eggs Working for or Against You?. <i>Nutrients</i> , <b>2018</b> , 10,	6.7	46
133	A Mediterranean-style, low-glycemic-load diet decreases atherogenic lipoproteins and reduces lipoprotein (a) and oxidized low-density lipoprotein in women with metabolic syndrome. <i>Metabolism: Clinical and Experimental</i> , <b>2012</b> , 61, 366-72	12.7	45
132	A Mediterranean-style low-glycemic-load diet improves variables of metabolic syndrome in women, and addition of a phytochemical-rich medical food enhances benefits on lipoprotein metabolism. <i>Journal of Clinical Lipidology</i> , <b>2011</b> , 5, 188-196	4.9	45
131	Sex and hormonal status influence plasma lipid responses to psyllium. <i>American Journal of Clinical Nutrition</i> , <b>2001</b> , 74, 435-41	7	45
130	One Egg per Day Improves Inflammation when Compared to an Oatmeal-Based Breakfast without Increasing Other Cardiometabolic Risk Factors in Diabetic Patients. <i>Nutrients</i> , <b>2015</b> , 7, 3449-63	6.7	43
129	Effects of eggs on plasma lipoproteins in healthy populations. <i>Food and Function</i> , <b>2010</b> , 1, 156-60	6.1	43
128	Revisiting dietary cholesterol recommendations: does the evidence support a limit of 300 mg/d?. <i>Current Atherosclerosis Reports</i> , <b>2010</b> , 12, 377-83	6	43
127	Gender and hormonal status affect the hypolipidemic mechanisms of dietary soluble fiber in guinea pigs. <i>Journal of Nutrition</i> , <b>2000</b> , 130, 600-7	4.1	42
126	Carbohydrate restriction, as a first-line dietary intervention, effectively reduces biomarkers of metabolic syndrome in Emirati adults. <i>Journal of Nutrition</i> , <b>2009</b> , 139, 1667-76	4.1	41
125	Rapamycin, an mTOR inhibitor, disrupts triglyceride metabolism in guinea pigs. <i>Metabolism: Clinical and Experimental</i> , <b>2006</b> , 55, 794-802	12.7	41
124	Hypolipidemic mechanisms of pectin and psyllium in guinea pigs fed high fat sucrose diets: alterations on hepatic cholesterol metabolism. <i>Journal of Lipid Research</i> , <b>1998</b> , 39, 1455-1465	6.3	41
123	Coronary heart disease risk factors in college students. <i>Advances in Nutrition</i> , <b>2014</b> , 5, 177-87	10	40
122	Intake of up to 3 Eggs per Day Is Associated with Changes in HDL Function and Increased Plasma Antioxidants in Healthy, Young Adults. <i>Journal of Nutrition</i> , <b>2017</b> , 147, 323-329	4.1	39
121	Effects of dietary carbohydrate restriction versus low-fat diet on flow-mediated dilation. <i>Metabolism: Clinical and Experimental</i> , <b>2009</b> , 58, 1769-77	12.7	39
120	Pectin isolated from prickly pear ( <i>Opuntia</i> sp.) modifies low density lipoprotein metabolism in cholesterol-fed guinea pigs. <i>Journal of Nutrition</i> , <b>1990</b> , 120, 1283-90	4.1	39
119	The Metabolic Syndrome. <i>Nutrition Reviews</i> , <b>2007</b> , 65, 30-34	6.4	39
118	Hypercholesterolemia induces adipose dysfunction in conditions of obesity and nonobesity. <i>Advances in Nutrition</i> , <b>2014</b> , 5, 497-502	10	38
117	Whole body and hepatic cholesterol synthesis rates in the guinea-pig: effect of dietary fat quality. <i>Lipids and Lipid Metabolism</i> , <b>1990</b> , 1044, 340-8		38

116	Weight loss favorably modifies anthropometrics and reverses the metabolic syndrome in premenopausal women. <i>Journal of the American College of Nutrition</i> , <b>2005</b> , 24, 486-93	3.5	37
115	Dietary fat saturation and chain length modulate guinea pig hepatic cholesterol metabolism. <i>Journal of Nutrition</i> , <b>1994</b> , 124, 331-9	4.1	37
114	Grape consumption increases anti-inflammatory markers and upregulates peripheral nitric oxide synthase in the absence of dyslipidemias in men with metabolic syndrome. <i>Nutrients</i> , <b>2012</b> , 4, 1945-57	6.7	35
113	Stearate-enriched plant sterol esters lower serum LDL cholesterol concentration in normo- and hypercholesterolemic adults. <i>Journal of Nutrition</i> , <b>2009</b> , 139, 1445-50	4.1	34
112	Associations between plasma lipid parameters and APOC3 and APOA4 genotypes in a healthy population are independent of dietary cholesterol intake. <i>Atherosclerosis</i> , <b>2006</b> , 184, 113-20	3.1	34
111	A combination therapy including psyllium and plant sterols lowers LDL cholesterol by modifying lipoprotein metabolism in hypercholesterolemic individuals. <i>Journal of Nutrition</i> , <b>2006</b> , 136, 2492-7	4.1	34
110	1-[4-[4[(4R,5R)-3,3-Dibutyl-7-(dimethylamino)-2,3,4,5-tetrahydro-4-hydroxy-1,1-dioxido-1-benzothiepin-5-yl]phenoxy]butyl]methanesulfonate (SC-435), an ileal apical sodium-codependent bile acid transporter inhibitor alters hepatic cholesterol metabolism and lowers plasma low-density lipoprotein-cholesterol concentrations in guinea pigs. <i>Journal of Pharmacology and Experimental Therapeutics</i> , <b>2002</b> , 303, 293-9	4.7	34
109	Carbohydrate restriction (with or without additional dietary cholesterol provided by eggs) reduces insulin resistance and plasma leptin without modifying appetite hormones in adult men. <i>Nutrition Research</i> , <b>2009</b> , 29, 262-8	4	33
108	Dietary soluble fiber lowers plasma LDL cholesterol concentrations by altering lipoprotein metabolism in female guinea pigs. <i>Journal of Nutrition</i> , <b>1998</b> , 128, 1434-41	4.1	33
107	Nutritional evaluation of chickpea and germinated chickpea flours. <i>Qualitas Plantarum Plant Foods for Human Nutrition</i> , <b>1988</b> , 38, 127-34		33
106	Increased dairy consumption differentially improves metabolic syndrome markers in male and female adults. <i>Metabolic Syndrome and Related Disorders</i> , <b>2014</b> , 12, 62-9	2.6	32
105	Waist circumference is positively correlated with markers of inflammation and negatively with adiponectin in women with metabolic syndrome. <i>Nutrition Research</i> , <b>2011</b> , 31, 197-204	4	32
104	Guinea pigs as models to study the hypocholesterolemic effects of drugs. <i>Cardiovascular Drug Reviews</i> , <b>2004</b> , 22, 55-70		31
103	Atorvastatin and simvastatin have distinct effects on hydroxy methylglutaryl-CoA reductase activity and mRNA abundance in the guinea pig. <i>Lipids</i> , <b>1999</b> , 34, 1327-32	1.6	31
102	The food matrix and sterol characteristics affect the plasma cholesterol lowering of phytosterol/phytostanol. <i>Advances in Nutrition</i> , <b>2013</b> , 4, 633-43	10	30
101	Zeaxanthin: Metabolism, Properties, and Antioxidant Protection of Eyes, Heart, Liver, and Skin. <i>Antioxidants</i> , <b>2019</b> , 8,	7.1	29
100	Dairy Consumption Lowers Systemic Inflammation and Liver Enzymes in Typically Low-Dairy Consumers with Clinical Characteristics of Metabolic Syndrome. <i>Journal of the American College of Nutrition</i> , <b>2016</b> , 35, 255-61	3.5	29
99	Hypo- and hyperresponse to egg cholesterol predicts plasma lutein and beta-carotene concentrations in men and women. <i>Journal of Nutrition</i> , <b>2006</b> , 136, 601-7	4.1	29

98	Efficacy and safety of sitosterol in the management of blood cholesterol levels. <i>Cardiovascular Drug Reviews</i> , <b>2005</b> , 23, 57-70		29
97	Consuming Two Eggs per Day, as Compared to an Oatmeal Breakfast, Decreases Plasma Ghrelin while Maintaining the LDL/HDL Ratio. <i>Nutrients</i> , <b>2017</b> , 9,	6.7	28
96	Effects of dairy on metabolic syndrome parameters: a review. <i>Yale Journal of Biology and Medicine</i> , <b>2014</b> , 87, 135-47	2.4	28
95	Compared to an Oatmeal Breakfast, Two Eggs/Day Increased Plasma Carotenoids and Choline without Increasing Trimethyl Amine N-Oxide Concentrations. <i>Journal of the American College of Nutrition</i> , <b>2018</b> , 37, 140-148	3.5	27
94	Intake of 3 Eggs per Day When Compared to a Choline Bitartrate Supplement, Downregulates Cholesterol Synthesis without Changing the LDL/HDL Ratio. <i>Nutrients</i> , <b>2018</b> , 10,	6.7	27
93	A Mediterranean-style low-glycemic-load diet increases plasma carotenoids and decreases LDL oxidation in women with metabolic syndrome. <i>Journal of Nutritional Biochemistry</i> , <b>2012</b> , 23, 609-15	6.3	27
92	Dietary approaches to improving atheroprotective HDL functions. <i>Food and Function</i> , <b>2013</b> , 4, 1304-13	6.1	27
91	The Regulation of Reverse Cholesterol Transport and Cellular Cholesterol Homeostasis by MicroRNAs. <i>Biology</i> , <b>2015</b> , 4, 494-511	4.9	27
90	Resistant starch and cholestyramine have distinct effects on hepatic cholesterol metabolism in guinea pigs fed a hypercholesterolemic diet. <i>Nutrition Research</i> , <b>2000</b> , 20, 837-849	4	27
89	Moringa Leaves Prevent Hepatic Lipid Accumulation and Inflammation in Guinea Pigs by Reducing the Expression of Genes Involved in Lipid Metabolism. <i>International Journal of Molecular Sciences</i> , <b>2017</b> , 18,	6.3	26
88	Soluble fiber and soybean protein reduce atherosclerotic lesions in guinea pigs. Sex and hormonal status determine lesion extension. <i>Lipids</i> , <b>2001</b> , 36, 1209-16	1.6	26
87	Compared with Powdered Lutein, a Lutein Nanoemulsion Increases Plasma and Liver Lutein, Protects against Hepatic Steatosis, and Affects Lipoprotein Metabolism in Guinea Pigs. <i>Journal of Nutrition</i> , <b>2016</b> , 146, 1961-1969	4.1	26
86	Taste phenotype associates with cardiovascular disease risk factors via diet quality in multivariate modeling. <i>Physiology and Behavior</i> , <b>2018</b> , 194, 103-112	3.5	24
85	A combination of psyllium and plant sterols alters lipoprotein metabolism in hypercholesterolemic subjects by modifying the intravascular processing of lipoproteins and increasing LDL uptake. <i>Journal of Nutrition</i> , <b>2007</b> , 137, 1165-70	4.1	24
84	Carbohydrate-fat exchange and regulation of hepatic cholesterol and plasma lipoprotein metabolism in the guinea pig. <i>Metabolism: Clinical and Experimental</i> , <b>1995</b> , 44, 855-64	12.7	24
83	A Larger Body Mass Index is Associated with Increased Atherogenic Dyslipidemia, Insulin Resistance, and Low-Grade Inflammation in Individuals with Metabolic Syndrome. <i>Metabolic Syndrome and Related Disorders</i> , <b>2015</b> , 13, 458-64	2.6	23
82	Carbohydrate-restricted versus low-glycemic-index diets for the treatment of insulin resistance and metabolic syndrome. <i>Nutrition Reviews</i> , <b>2009</b> , 67, 179-83	6.4	23
81	The Potential of Non-Provitamin A Carotenoids for the Prevention and Treatment of Non-Alcoholic Fatty Liver Disease. <i>Biology</i> , <b>2016</b> , 5,	4.9	23

80	Exercise improves plasma lipid profiles and modifies lipoprotein composition in guinea pigs. <i>Journal of Nutritional Biochemistry</i> , <b>2002</b> , 13, 747-753	6.3	22
79	Egg intake during carbohydrate restriction alters peripheral blood mononuclear cell inflammation and cholesterol homeostasis in metabolic syndrome. <i>Nutrients</i> , <b>2014</b> , 6, 2650-67	6.7	21
78	Pectin and psyllium decrease the susceptibility of LDL to oxidation in guinea pigs. <i>Journal of Nutritional Biochemistry</i> , <b>1999</b> , 10, 118-24	6.3	21
77	Hypocholesterolemic effects of 3-hydroxy-3-methylglutaryl coenzyme A (HMG-CoA) reductase inhibitors in the guinea pig: atorvastatin versus simvastatin. <i>Biochemical Pharmacology</i> , <b>1999</b> , 58, 1209-19	6.3	21
76	Effects of Egg Consumption and Choline Supplementation on Plasma Choline and Trimethylamine-N-Oxide in a Young Population. <i>Journal of the American College of Nutrition</i> , <b>2018</b> , 37, 716-723	3.5	21
75	Change in plasma lutein after egg consumption is positively associated with plasma cholesterol and lipoprotein size but negatively correlated with body size in postmenopausal women. <i>Journal of Nutrition</i> , <b>2007</b> , 137, 959-63	4.1	20
74	Carbohydrate intake is correlated with biomarkers for coronary heart disease in a population of overweight premenopausal women. <i>Journal of Nutritional Biochemistry</i> , <b>2005</b> , 16, 245-50	6.3	20
73	Characterization of high-density lipoprotein binding to guinea pig hepatic membranes: effects of dietary fat quality and cholesterol feeding. <i>Metabolism: Clinical and Experimental</i> , <b>1991</b> , 40, 127-34	12.7	20
72	Raisins and walking alter appetite hormones and plasma lipids by modifications in lipoprotein metabolism and up-regulation of the low-density lipoprotein receptor. <i>Metabolism: Clinical and Experimental</i> , <b>2009</b> , 58, 120-8	12.7	19
71	Weight loss associated with reduced intake of carbohydrate reduces the atherogenicity of LDL in premenopausal women. <i>Metabolism: Clinical and Experimental</i> , <b>2005</b> , 54, 1133-41	12.7	19
70	Dietary cholesterol affects plasma lipid levels, the intravascular processing of lipoproteins and reverse cholesterol transport without increasing the risk for heart disease. <i>Nutrients</i> , <b>2012</b> , 4, 1015-25	6.7	18
69	Metabolic syndrome prevalence, dietary intake, and cardiovascular risk profile among overweight and obese adults 18-50 years old from the United Arab Emirates. <i>Metabolic Syndrome and Related Disorders</i> , <b>2010</b> , 8, 39-46	2.6	17
68	Sex and hormonal status influence the effects of psyllium on lipoprotein remodeling and composition. <i>Metabolism: Clinical and Experimental</i> , <b>2002</b> , 51, 500-7	12.7	17
67	Macronutrient composition and increased physical activity modulate plasma adipokines and appetite hormones during a weight loss intervention. <i>Journal of Women's Health</i> , <b>2010</b> , 19, 139-45	3	16
66	Vitamin C level and dietary fat saturation alter hepatic cholesterol homeostasis and plasma LDL metabolism in guinea pigs. <i>Journal of Nutritional Biochemistry</i> , <b>1997</b> , 8, 414-424	6.3	16
65	The metabolic syndrome. <i>Nutrition Reviews</i> , <b>2007</b> , 65, S30-4	6.4	16
64	Beneficial effects of weight loss on plasma apolipoproteins in postmenopausal women. <i>Journal of Nutritional Biochemistry</i> , <b>2004</b> , 15, 717-21	6.3	16
63	Corn fiber oil lowers plasma cholesterol by altering hepatic cholesterol metabolism and up-regulating LDL receptors in guinea pigs. <i>Journal of Nutrition</i> , <b>2002</b> , 132, 335-40	4.1	16

62	SC-435, an ileal apical sodium-codependent bile acid transporter inhibitor alters mRNA levels and enzyme activities of selected genes involved in hepatic cholesterol and lipoprotein metabolism in guinea pigs. <i>Journal of Nutritional Biochemistry</i> , <b>2005</b> , 16, 722-8	6.3	16
61	Effects of increased dietary cholesterol with carbohydrate restriction on hepatic lipid metabolism in Guinea pigs. <i>Comparative Medicine</i> , <b>2012</b> , 62, 109-15	1.6	16
60	Habitual consumption of eggs does not alter the beneficial effects of endurance training on plasma lipids and lipoprotein metabolism in untrained men and women. <i>Journal of Nutritional Biochemistry</i> , <b>2009</b> , 20, 26-34	6.3	15
59	Differential effects of simple vs. complex carbohydrates on VLDL secretion rates and HDL metabolism in the guinea pig. <i>Lipids and Lipid Metabolism</i> , <b>1995</b> , 1256, 31-8		15
58	Highlights of Current Dietary Guidelines in Five Continents. <i>International Journal of Environmental Research and Public Health</i> , <b>2021</b> , 18,	4.6	15
57	Evaluation of Agraz Consumption on Adipocytokines, Inflammation, and Oxidative Stress Markers in Women with Metabolic Syndrome. <i>Nutrients</i> , <b>2018</b> , 10,	6.7	15
56	Low-carbohydrate diets reduce lipid accumulation and arterial inflammation in guinea pigs fed a high-cholesterol diet. <i>Atherosclerosis</i> , <b>2010</b> , 209, 442-8	3.1	14
55	High intake of saturated fat and early occurrence of specific biomarkers may explain the prevalence of chronic disease in northern Mexico. <i>Journal of Nutrition</i> , <b>2005</b> , 135, 70-3	4.1	14
54	Low-carbohydrate diet disrupts the association between insulin resistance and weight gain. <i>Metabolism: Clinical and Experimental</i> , <b>2009</b> , 58, 1116-22	12.7	13
53	Dietary carbohydrate and cholesterol influence the number of particles and distributions of lipoprotein subfractions in guinea pigs. <i>Journal of Nutritional Biochemistry</i> , <b>2006</b> , 17, 773-9	6.3	13
52	Validation of using gene expression in mononuclear cells as a marker for hepatic cholesterol metabolism. <i>Lipids in Health and Disease</i> , <b>2006</b> , 5, 22	4.4	13
51	Weight loss is correlated with an improved lipoprotein profile in obese postmenopausal women. <i>Journal of the American College of Nutrition</i> , <b>2000</b> , 19, 275-84	3.5	13
50	Carbohydrate type and amount alter intravascular processing and catabolism of plasma lipoproteins in guinea pigs. <i>Lipids</i> , <b>1995</b> , 30, 619-26	1.6	13
49	Dietary carbohydrate type and fat amount alter VLDL and LDL metabolism in guinea pigs. <i>Journal of Nutrition</i> , <b>1996</b> , 126, 2494-504	4.1	13
48	Postmenopausal Women Have Higher HDL and Decreased Incidence of Low HDL than Premenopausal Women with Metabolic Syndrome. <i>Healthcare (Switzerland)</i> , <b>2016</b> , 4,	3.4	13
47	Lime-treated corn husks lower plasma LDL cholesterol in guinea pigs by altering hepatic cholesterol metabolism. <i>Journal of Nutritional Biochemistry</i> , <b>1997</b> , 8, 479-486	6.3	12
46	Corn husk oil lowers plasma LDL cholesterol concentrations by decreasing cholesterol absorption and altering hepatic cholesterol metabolism in guinea pigs. <i>Journal of Nutritional Biochemistry</i> , <b>2000</b> , 11, 358-66	6.3	12
45	The hypocholesterolaemic effects of sitostanol in the guinea pig are in part related to changes in hepatic lipids and lipoprotein composition. <i>British Journal of Nutrition</i> , <b>2001</b> , 85, 165-72	3.6	12

44	A Mediterranean-style, low-glycemic-load diet reduces the expression of 3-hydroxy-3-methylglutaryl-coenzyme A reductase in mononuclear cells and plasma insulin in women with metabolic syndrome. <i>Nutrition Research</i> , <b>2011</b> , 31, 659-64	4	11
43	Olive oil and rapeseed oil differ in their effect on plasma low-density lipoprotein metabolism in the guinea-pig. <i>British Journal of Nutrition</i> , <b>1996</b> , 76, 869-80	3.6	11
42	Trimethylamine N-Oxide (TMAO), Diet and Cardiovascular Disease. <i>Current Atherosclerosis Reports</i> , <b>2021</b> , 23, 12	6	11
41	Regulation of very low density lipoprotein apo B metabolism by dietary fat saturation and chain length in the guinea pig. <i>Lipids</i> , <b>1998</b> , 33, 23-31	1.6	10
40	Regulation of apolipoprotein B-containing lipoproteins by vitamin C level and dietary fat saturation in guinea pigs. <i>Metabolism: Clinical and Experimental</i> , <b>1998</b> , 47, 883-91	12.7	10
39	Sex and hormonal status modulate the effects of psyllium on plasma lipids and monocyte gene expression in humans. <i>Journal of Nutrition</i> , <b>2003</b> , 133, 67-70	4.1	10
38	Carbohydrate restriction alters hepatic cholesterol metabolism in guinea pigs fed a hypercholesterolemic diet. <i>Journal of Nutrition</i> , <b>2007</b> , 137, 2219-23	4.1	9
37	Carbohydrate restriction and dietary cholesterol modulate the expression of HMG-CoA reductase and the LDL receptor in mononuclear cells from adult men. <i>Lipids in Health and Disease</i> , <b>2007</b> , 6, 34	4.4	9
36	High density lipoprotein metabolism is altered by dietary cholesterol but not fat saturation in guinea pigs. <i>Atherosclerosis</i> , <b>1995</b> , 112, 161-75	3.1	9
35	Effect of Agraz ( Swartz) on High-Density Lipoprotein Function and Inflammation in Women with Metabolic Syndrome. <i>Antioxidants</i> , <b>2018</b> , 7,	7.1	9
34	Effects of Freeze-Dried Grape Powder on High-Density Lipoprotein Function in Adults with Metabolic Syndrome: A Randomized Controlled Pilot Study. <i>Metabolic Syndrome and Related Disorders</i> , <b>2018</b> , 16, 464-469	2.6	8
33	Low HDL cholesterol is associated with increased atherogenic lipoproteins and insulin resistance in women classified with metabolic syndrome. <i>Nutrition Research and Practice</i> , <b>2010</b> , 4, 492-8	2.1	8
32	Lime-treated maize husks lower plasma LDL-cholesterol levels in normal and hypercholesterolaemic adult men from northern Mexico. <i>British Journal of Nutrition</i> , <b>1999</b> , 81, 281-288	3.6	8
31	Carbohydrate restriction and dietary cholesterol distinctly affect plasma lipids and lipoprotein subfractions in adult guinea pigs. <i>Journal of Nutritional Biochemistry</i> , <b>2008</b> , 19, 856-63	6.3	7
30	Association of eggs with dietary nutrient adequacy and cardiovascular risk factors in US adults. <i>Public Health Nutrition</i> , <b>2019</b> , 22, 2033-2042	3.3	6
29	Dietary Carbohydrate Type and Fat Saturation Independently Regulate Hepatic Cholesterol and LDL Metabolism in Guinea Pigs. <i>Journal of Nutritional Biochemistry</i> , <b>1998</b> , 9, 37-46	6.3	6
28	Regulation of guinea pig hepatic acyl-coa:cholesterol acyltransferase activity by dietary fat saturation and cholesterol. <i>Journal of Nutritional Biochemistry</i> , <b>1999</b> , 10, 172-80	6.3	6
27	High-density lipoprotein binding to guinea-pig hepatic membranes. Comparison of guinea-pig and human ligands. <i>Lipids and Lipid Metabolism</i> , <b>1990</b> , 1042, 142-5		6

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19	Low Plasma Hdl Cholesterol and Elevated C Reactive Protein further Increase Cardiovascular Disease Risk in Latinos with Type 2 Diabetes. <i>Journal of Diabetes &amp; Metabolism</i> , <b>2010</b> , 1,	0	4
18	The responses of different dosages of egg consumption on blood lipid profile: An updated systematic review and meta-analysis of randomized clinical trials. <i>Journal of Food Biochemistry</i> , <b>2020</b> , 44, e13263	3.3	3
17	Dietary saturated fatty acid composition has differential effects on HDL binding to Guinea Pig hepatic membranes. <i>Nutrition Research</i> , <b>1994</b> , 14, 753-764	4	3
16	Eggs and health benefits. <i>Canadian Journal of Cardiology</i> , <b>2011</b> , 27, 264.e1; author reply 264.e7-8	3.8	2
15	Differences in response between 18 carbon fatty acids and carbon saturated fatty acids on plasma cholesterol in Guinea pigs. <i>Nutrition Research</i> , <b>1998</b> , 18, 1261-1272	4	2
14	Guinea Pigs as Models for Human Cholesterol and Lipoprotein Metabolism <b>2008</b> , 201-212		2
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