

Emilio Ros

List of Publications by Year in descending order

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Version: 2024-02-01

428
papers

37,868
citations

3531

90
h-index

3732

179
g-index

444
all docs

444
docs citations

444
times ranked

32379
citing authors

#	ARTICLE	IF	CITATIONS
1	Primary Prevention of Cardiovascular Disease with a Mediterranean Diet. <i>New England Journal of Medicine</i> , 2013, 368, 1279-1290.	27.0	3,677
2	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.	27.0	2,065
3	Effects of a Mediterranean-Style Diet on Cardiovascular Risk Factors. <i>Annals of Internal Medicine</i> , 2006, 145, 1.	3.9	1,430
4	A Short Screener Is Valid for Assessing Mediterranean Diet Adherence among Older Spanish Men and Women. <i>Journal of Nutrition</i> , 2011, 141, 1140-1145.	2.9	973
5	Reduction in the Incidence of Type 2 Diabetes With the Mediterranean Diet. <i>Diabetes Care</i> , 2011, 34, 14-19.	8.6	721
6	A 14-Item Mediterranean Diet Assessment Tool and Obesity Indexes among High-Risk Subjects: The PREDIMED Trial. <i>PLoS ONE</i> , 2012, 7, e43134.	2.5	704
7	Mediterranean Diet and Age-Related Cognitive Decline. <i>JAMA Internal Medicine</i> , 2015, 175, 1094.	5.1	653
8	Health Benefits of Nut Consumption. <i>Nutrients</i> , 2010, 2, 652-682.	4.1	564
9	Fasting is not routinely required for determination of a lipid profile: clinical and laboratory implications including flagging at desirable concentration cut-points—a joint consensus statement from the European Atherosclerosis Society and European Federation of Clinical Chemistry and Laboratory Medicine. <i>European Heart Journal</i> , 2016, 37, 1944-1958.	2.2	542
10	Benefits of the Mediterranean Diet: Insights From the PREDIMED Study. <i>Progress in Cardiovascular Diseases</i> , 2015, 58, 50-60.	3.1	538
11	Mediterranean diet improves cognition: the PREDIMED-NAVARRA randomised trial. <i>Journal of Neurology, Neurosurgery and Psychiatry</i> , 2013, 84, 1318-1325.	1.9	534
12	Prevention of Diabetes With Mediterranean Diets. <i>Annals of Internal Medicine</i> , 2014, 160, 1-10.	3.9	533
13	Cohort Profile: Design and methods of the PREDIMED study. <i>International Journal of Epidemiology</i> , 2012, 41, 377-385.	1.9	477
14	A Walnut Diet Improves Endothelial Function in Hypercholesterolemic Subjects. <i>Circulation</i> , 2004, 109, 1609-1614.	1.6	422
15	Effect of a Mediterranean Diet Supplemented With Nuts on Metabolic Syndrome Status. <i>Archives of Internal Medicine</i> , 2008, 168, 2449.	3.8	396
16	Mediterranean Diet and Invasive Breast Cancer Risk Among Women at High Cardiovascular Risk in the PREDIMED Trial. <i>JAMA Internal Medicine</i> , 2015, 175, 1752.	5.1	391
17	Effect of a Traditional Mediterranean Diet on Lipoprotein Oxidation. <i>Archives of Internal Medicine</i> , 2007, 167, 1195.	3.8	365
18	Nut Consumption and Blood Lipid Levels. <i>Archives of Internal Medicine</i> , 2010, 170, 821.	3.8	364

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19	Occult microlithiasis in "idiopathic" acute pancreatitis: Prevention of relapses by cholecystectomy or ursodeoxycholic acid therapy. <i>Gastroenterology</i> , 1991, 101, 1701-1709.	1.3	351
20	Nonalcoholic Fatty Liver Disease Is Associated With Carotid Atherosclerosis. <i>Arteriosclerosis, Thrombosis, and Vascular Biology</i> , 2005, 25, 1045-1050.	2.4	341
21	The Role of Tree Nuts and Peanuts in the Prevention of Coronary Heart Disease: Multiple Potential Mechanisms. <i>Journal of Nutrition</i> , 2008, 138, 1746S-1751S.	2.9	333
22	Mediterranean dietary pattern and depression: the PREDIMED randomized trial. <i>BMC Medicine</i> , 2013, 11, 208.	5.5	297
23	Lifestyle recommendations for the prevention and management of metabolic syndrome: an international panel recommendation. <i>Nutrition Reviews</i> , 2017, 75, 307-326.	5.8	294
24	Mediterranean Diet and Cardiovascular Health: Teachings of the PREDIMED Study. <i>Advances in Nutrition</i> , 2014, 5, 330S-336S.	6.4	283
25	Olive oil intake and risk of cardiovascular disease and mortality in the PREDIMED Study. <i>BMC Medicine</i> , 2014, 12, 78.	5.5	267
26	Polyphenol-Rich Foods in the Mediterranean Diet are Associated with Better Cognitive Function in Elderly Subjects at High Cardiovascular Risk. <i>Journal of Alzheimer's Disease</i> , 2012, 29, 773-782.	2.6	244
27	Substituting Walnuts for Monounsaturated Fat Improves the Serum Lipid Profile of Hypercholesterolemic Men and Women. <i>Annals of Internal Medicine</i> , 2000, 132, 538.	3.9	243
28	Intestinal absorption of triglyceride and cholesterol. Dietary and pharmacological inhibition to reduce cardiovascular risk. <i>Atherosclerosis</i> , 2000, 151, 357-379.	0.8	243
29	Remnant Cholesterol, Not LDL Cholesterol, Is Associated With Incident Cardiovascular Disease. <i>Journal of the American College of Cardiology</i> , 2020, 76, 2712-2724.	2.8	240
30	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.	8.6	239
31	Fatty acid composition of nuts " implications for cardiovascular health. <i>British Journal of Nutrition</i> , 2006, 96, S29-S35.	2.3	235
32	Mediterranean diets and metabolic syndrome status in the PREDIMED randomized trial. <i>Cmaj</i> , 2014, 186, E649-E657.	2.0	235
33	Lysosomal acid lipase deficiency " An under-recognized cause of dyslipidaemia and liver dysfunction. <i>Atherosclerosis</i> , 2014, 235, 21-30.	0.8	232
34	Inhibition of circulating immune cell activation: a molecular antiinflammatory effect of the Mediterranean diet. <i>American Journal of Clinical Nutrition</i> , 2009, 89, 248-256.	4.7	228
35	Effect of the Mediterranean diet on blood pressure in the PREDIMED trial: results from a randomized controlled trial. <i>BMC Medicine</i> , 2013, 11, 207.	5.5	227
36	Plasma Ceramides, Mediterranean Diet, and Incident Cardiovascular Disease in the PREDIMED Trial (Prevençn con Dieta Mediterrnea). <i>Circulation</i> , 2017, 135, 2028-2040.	1.6	227

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37	Nuts and novel biomarkers of cardiovascular disease. American Journal of Clinical Nutrition, 2009, 89, 1649S-1656S.	4.7	223
38	Dietary fat intake and risk of cardiovascular disease and all-cause mortality in a population at high risk of cardiovascular disease. American Journal of Clinical Nutrition, 2015, 102, 1563-1573.	4.7	219
39	A provegetarian food pattern and reduction in total mortality in the Prevención con Dieta Mediterránea (PREDIMED) study. American Journal of Clinical Nutrition, 2014, 100, 320S-328S.	4.7	207
40	Plasma Branched-Chain Amino Acids and Incident Cardiovascular Disease in the PREDIMED Trial. Clinical Chemistry, 2016, 62, 582-592.	3.2	203
41	Acute Effects of High-Fat Meals Enriched With Walnuts or Olive Oil on Postprandial Endothelial Function. Journal of the American College of Cardiology, 2006, 48, 1666-1671.	2.8	198
42	Extravirgin Olive Oil Consumption Reduces Risk of Atrial Fibrillation. Circulation, 2014, 130, 18-26.	1.6	194
43	Quantifying Atherogenic Lipoproteins: Current and Future Challenges in the Era of Personalized Medicine and Very Low Concentrations of LDL Cholesterol. A Consensus Statement from EAS and EFLM. Clinical Chemistry, 2018, 64, 1006-1033.	3.2	189
44	Polyphenol intake from a Mediterranean diet decreases inflammatory biomarkers related to atherosclerosis: a substudy of the PREDIMED trial. British Journal of Clinical Pharmacology, 2017, 83, 114-128.	2.4	188
45	Mediterranean Diet Reduces 24-Hour Ambulatory Blood Pressure, Blood Glucose, and Lipids. Hypertension, 2014, 64, 69-76.	2.7	184
46	Dietary Inflammatory Index and Incidence of Cardiovascular Disease in the PREDIMED Study. Nutrients, 2015, 7, 4124-4138.	4.1	182
47	The Effects of the Mediterranean Diet on Biomarkers of Vascular Wall Inflammation and Plaque Vulnerability in Subjects with High Risk for Cardiovascular Disease. A Randomized Trial. PLoS ONE, 2014, 9, e100084.	2.5	182
48	Cohort Profile: Design and methods of the PREDIMED-Plus randomized trial. International Journal of Epidemiology, 2019, 48, 387-388o.	1.9	179
49	Effects of red wine polyphenols and alcohol on glucose metabolism and the lipid profile: A randomized clinical trial. Clinical Nutrition, 2013, 32, 200-206.	5.0	178
50	A Large Randomized Individual and Group Intervention Conducted by Registered Dietitians Increased Adherence to Mediterranean-Type Diets: The PREDIMED Study. Journal of the American Dietetic Association, 2008, 108, 1134-1144.	1.1	172
51	Mediterranean Diet Improves High-Density Lipoprotein Function in High-Cardiovascular-Risk Individuals. Circulation, 2017, 135, 633-643.	1.6	171
52	Other relevant components of nuts: phytosterols, folate and minerals. British Journal of Nutrition, 2006, 96, S36-S44.	2.3	161
53	Dietary cis-monounsaturated fatty acids and metabolic control in type 2 diabetes. American Journal of Clinical Nutrition, 2003, 78, 617S-625S.	4.7	155
54	Protective Effects of the Mediterranean Diet on Type 2 Diabetes and Metabolic Syndrome. Journal of Nutrition, 2016, 146, 920S-927S.	2.9	155

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55	Comparison of Genetic Versus Clinical Diagnosis in Familial Hypercholesterolemia. American Journal of Cardiology, 2008, 102, 1187-1193.e1.	1.6	153
56	Nut intake and adiposity: meta-analysis of clinical trials. American Journal of Clinical Nutrition, 2013, 97, 1346-1355.	4.7	150
57	Fasting Is Not Routinely Required for Determination of a Lipid Profile: Clinical and Laboratory Implications Including Flagging at Desirable Concentration Cutpointsâ€™A Joint Consensus Statement from the European Atherosclerosis Society and European Federation of Clinical Chemistry and Laboratory Medicine. Clinical Chemistry, 2016, 62, 930-946.	3.2	145
58	Effect of Mediterranean diet on the expression of pro-atherogenic genes in a population at high cardiovascular risk. Atherosclerosis, 2010, 208, 442-450.	0.8	138
59	Plasma Lipidomic Profiling and Risk of Type 2 Diabetes in the PREDIMED Trial. Diabetes Care, 2018, 41, 2617-2624.	8.6	138
60	Bioactives and health benefits of nuts and dried fruits. Food Chemistry, 2020, 314, 126192.	8.2	138
61	Quantifying atherogenic lipoproteins for lipid-lowering strategies: Consensus-based recommendations from EAS and EFLM. Atherosclerosis, 2020, 294, 46-61.	0.8	137
62	Frequency of nut consumption and mortality risk in the PREDIMED nutrition intervention trial. BMC Medicine, 2013, 11, 164.	5.5	135
63	Long-Term Immunomodulatory Effects of a Mediterranean Diet in Adults at High Risk of Cardiovascular Disease in the PREvenciÃ³n con Dieta MEDiterrÃ¡nea (PREDIMED) Randomized Controlled Trial. Journal of Nutrition, 2016, 146, 1684-1693.	2.9	133
64	Preclinical vascular disease in systemic lupus erythematosus and primary antiphospholipid syndrome. Rheumatology, 2005, 44, 756-761.	1.9	131
65	Nuts and CVD. British Journal of Nutrition, 2015, 113, S111-S120.	2.3	131
66	Mediterranean diet supplemented with nuts reduces waist circumference and shifts lipoprotein subfractions to a less atherogenic pattern in subjects at high cardiovascular risk. Atherosclerosis, 2013, 230, 347-353.	0.8	130
67	Associations of the FTO rs9939609 and the MC4R rs17782313 polymorphisms with type 2 diabetes are modulated by diet, being higher when adherence to the Mediterranean diet pattern is low. Cardiovascular Diabetology, 2012, 11, 137.	6.8	129
68	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. Journal of Nutrition, 2015, 145, 2308-2316.	2.9	127
69	Adherence to a Mediterranean-type diet and reduced prevalence of clustered cardiovascular risk factors in a cohort of 3204 high-risk patients. European Journal of Cardiovascular Prevention and Rehabilitation, 2008, 15, 589-593.	2.8	126
70	Mediterranean Diet Reduces the Adverse Effect of the <i>TCF7L2</i>-rs7903146 Polymorphism on Cardiovascular Risk Factors and Stroke Incidence. Diabetes Care, 2013, 36, 3803-3811.	8.6	125
71	Plasma acylcarnitines and risk of cardiovascular disease: effect of Mediterranean diet interventions. American Journal of Clinical Nutrition, 2016, 103, 1408-1416.	4.7	124
72	Consumption of Plant Seeds and Cardiovascular Health. Circulation, 2013, 128, 553-565.	1.6	123

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73	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, 349-360.	3.9	122
74	Effect of the Mediterranean diet on heart failure biomarkers: a randomized sample from the <sc>PREDIMED</sc> trial. <i>European Journal of Heart Failure</i> , 2014, 16, 543-550.	7.1	121
75	Mediterranean Diet for Primary Prevention of Cardiovascular Disease. <i>New England Journal of Medicine</i> , 2013, 369, 672-677.	27.0	119
76	Quantifying atherogenic lipoproteins for lipid-lowering strategies: consensus-based recommendations from EAS and EFLM. <i>Clinical Chemistry and Laboratory Medicine</i> , 2020, 58, 496-517.	2.3	119
77	Dealcoholized Red Wine Decreases Systolic and Diastolic Blood Pressure and Increases Plasma Nitric Oxide. <i>Circulation Research</i> , 2012, 111, 1065-1068.	4.5	117
78	Trending Cardiovascular Nutrition Controversies. <i>Journal of the American College of Cardiology</i> , 2017, 69, 1172-1187.	2.8	115
79	Deterioration of Esophageal Motility With Age: A Manometric Study of 79 Healthy Subjects. <i>American Journal of Gastroenterology</i> , 1999, 94, 1795-1801.	0.4	111
80	Nuts and Berries for Heart Health. <i>Current Atherosclerosis Reports</i> , 2010, 12, 397-406.	4.8	109
81	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.	5.0	108
82	Cross-Sectional Assessment of Nut Consumption and Obesity, Metabolic Syndrome and Other Cardiometabolic Risk Factors: The PREDIMED Study. <i>PLoS ONE</i> , 2013, 8, e57367.	2.5	102
83	Nutrients, foods, dietary patterns and telomere length: Update of epidemiological studies and randomized trials. <i>Metabolism: Clinical and Experimental</i> , 2016, 65, 406-415.	3.4	100
84	Mediterranean diet and quality of life: Baseline cross-sectional analysis of the PREDIMED-PLUS trial. <i>PLoS ONE</i> , 2018, 13, e0198974.	2.5	100
85	Effect of a Nutritional and Behavioral Intervention on Energy-Reduced Mediterranean Diet Adherence Among Patients With Metabolic Syndrome. <i>JAMA - Journal of the American Medical Association</i> , 2019, 322, 1486.	7.4	100
86	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.	6.8	99
87	Dietary fibre, nuts and cardiovascular diseases. <i>British Journal of Nutrition</i> , 2006, 96, S45-S51.	2.3	98
88	Changes in Ultrasound-Assessed Carotid Intima-Media Thickness and Plaque With a Mediterranean Diet. <i>Arteriosclerosis, Thrombosis, and Vascular Biology</i> , 2014, 34, 439-445.	2.4	96
89	Tendon Xanthomas in Familial Hypercholesterolemia Are Associated With Cardiovascular Risk Independently of the Low-Density Lipoprotein Receptor Gene Mutation. <i>Arteriosclerosis, Thrombosis, and Vascular Biology</i> , 2005, 25, 1960-1965.	2.4	95
90	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, .	3.7	95

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91	Dietary Marine ω -3 Fatty Acids and Incident Sight-Threatening Retinopathy in Middle-Aged and Older Individuals With Type 2 Diabetes. <i>JAMA Ophthalmology</i> , 2016, 134, 1142.	2.5	92
92	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.	11.4	90
93	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.	6.3	89
94	Dietary inflammatory index and all-cause mortality in large cohorts: The SUN and PREDIMED studies. <i>Clinical Nutrition</i> , 2019, 38, 1221-1231.	5.0	87
95	Decreased Default Mode Network connectivity correlates with age-associated structural and cognitive changes. <i>Frontiers in Aging Neuroscience</i> , 2014, 6, 256.	3.4	86
96	Total and subtypes of dietary fat intake and risk of type 2 diabetes mellitus in the Prevenci3n con Dieta Mediterr3nea (PREDIMED) study. <i>American Journal of Clinical Nutrition</i> , 2017, 105, 723-735.	4.7	86
97	Low-fat dairy products and blood pressure: follow-up of 2290 older persons at high cardiovascular risk participating in the PREDIMED study. <i>British Journal of Nutrition</i> , 2009, 101, 59-67.	2.3	85
98	Phytosterol plasma concentrations and coronary heart disease in the prospective Spanish EPIC cohort. <i>Journal of Lipid Research</i> , 2010, 51, 618-624.	4.2	84
99	A Clinician's Guide for Trending Cardiovascular Nutrition Controversies. <i>Journal of the American College of Cardiology</i> , 2018, 72, 553-568.	2.8	83
100	Practical guidance for combination lipid-modifying therapy in high- and very-high-risk patients: A statement from a European Atherosclerosis Society Task Force. <i>Atherosclerosis</i> , 2021, 325, 99-109.	0.8	83
101	Carotid intima-media thickness changes with Mediterranean diet: A randomized trial (PREDIMED-Navarra). <i>Atherosclerosis</i> , 2011, 219, 158-162.	0.8	79
102	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.	4.7	79
103	Comparison of a high-carbohydrate and a high-monounsaturated fat, olive oil-rich diet on the susceptibility of LDL to oxidative modification in subjects with Type 2 diabetes mellitus. <i>Diabetic Medicine</i> , 2004, 21, 142-149.	2.3	78
104	A Mediterranean Diet Enriched with Olive Oil Is Associated with Higher Serum Total Osteocalcin Levels in Elderly Men at High Cardiovascular Risk. <i>Journal of Clinical Endocrinology and Metabolism</i> , 2012, 97, 3792-3798.	3.6	78
105	Fiber intake and all-cause mortality in the Prevenci3n con Dieta Mediterr3nea (PREDIMED) study. <i>American Journal of Clinical Nutrition</i> , 2014, 100, 1498-1507.	4.7	78
106	Lifestyles and Risk Factors Associated with Adherence to the Mediterranean Diet: A Baseline Assessment of the PREDIMED Trial. <i>PLoS ONE</i> , 2013, 8, e60166.	2.5	77
107	Association of Tryptophan Metabolites with Incident Type 2 Diabetes in the PREDIMED Trial: A Case Cohort Study. <i>Clinical Chemistry</i> , 2018, 64, 1211-1220.	3.2	76
108	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> , 2018, 10, 15.	4.1	75

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109	Legume consumption and risk of all-cause, cardiovascular, and cancer mortality in the PREDIMED study. <i>Clinical Nutrition</i> , 2019, 38, 348-356.	5.0	74
110	The role of the Mediterranean diet on weight loss and obesity-related diseases. <i>Reviews in Endocrine and Metabolic Disorders</i> , 2020, 21, 315-327.	5.7	74
111	Frequency of Low-Density Lipoprotein Receptor Gene Mutations in Patients With a Clinical Diagnosis of Familial Combined Hyperlipidemia in a Clinical Setting. <i>Journal of the American College of Cardiology</i> , 2008, 52, 1546-1553.	2.8	73
112	Metabolites of Glutamate Metabolism Are Associated With Incident Cardiovascular Events in the PREDIMED PREvenci3n con Dieta MEDiterr3nea (PREDIMED) Trial. <i>Journal of the American Heart Association</i> , 2016, 5, .	3.7	73
113	A Deficiency of Nutrition Education and Practice in Cardiology. <i>American Journal of Medicine</i> , 2017, 130, 1298-1305.	1.5	73
114	Effect of a traditional Mediterranean diet on apolipoproteins B, A-I, and their ratio: A randomized, controlled trial. <i>Atherosclerosis</i> , 2011, 218, 174-180.	0.8	71
115	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.	7.1	71
116	The Use of Achilles Tendon Sonography to Distinguish Familial Hypercholesterolemia from Other Genetic Dyslipidemias. <i>Arteriosclerosis, Thrombosis, and Vascular Biology</i> , 2005, 25, 2203-2208.	2.4	69
117	Nuts: nutrition and health outcomes. <i>British Journal of Nutrition</i> , 2006, 96, S1-S2.	2.3	69
118	Regional vulnerability of hippocampal subfields to aging measured by structural and diffusion MRI. <i>Hippocampus</i> , 2014, 24, 403-414.	1.9	67
119	Association between dietary fibre intake and fruit, vegetable or whole-grain consumption and the risk of CVD: results from the PREvenci3n con Dieta MEDiterr3nea (PREDIMED) trial. <i>British Journal of Nutrition</i> , 2016, 116, 534-546.	2.3	67
120	Barriers, Opportunities, and Challenges in Addressing Disparities in Diet-Related Cardiovascular Disease in the United States. <i>Journal of the American Heart Association</i> , 2020, 9, e014433.	3.7	66
121	Docosahexaenoic Acid Modulates the Enterocyte Caco-2 Cell Expression of MicroRNAs Involved in Lipid Metabolism. <i>Journal of Nutrition</i> , 2014, 144, 575-585.	2.9	64
122	Increases in Plasma Tryptophan Are Inversely Associated with Incident Cardiovascular Disease in the PREvenci3n con Dieta MEDiterr3nea (PREDIMED) Study. <i>Journal of Nutrition</i> , 2017, 147, jn241711.	2.9	64
123	Serum sterol responses to increasing plant sterol intake from natural foods in the Mediterranean diet. <i>European Journal of Nutrition</i> , 2009, 48, 373-382.	3.9	63
124	Mediterranean diet as a nutritional approach for COVID-19. <i>Metabolism: Clinical and Experimental</i> , 2021, 114, 154407.	3.4	63
125	Statistical and Biological Gene-Lifestyle Interactions of MC4R and FTO with Diet and Physical Activity on Obesity: New Effects on Alcohol Consumption. <i>PLoS ONE</i> , 2012, 7, e52344.	2.5	63
126	Lack of interaction of apolipoprotein E phenotype with the lipoprotein response to lovastatin or gemfibrozil in patients with primary hypercholesterolemia. <i>Metabolism: Clinical and Experimental</i> , 1998, 47, 560-565.	3.4	62

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127	Determinants of the omega-3 index in a Mediterranean population at increased risk for CHD. <i>British Journal of Nutrition</i> , 2011, 106, 425-431.	2.3	62
128	Cholestane-3 β ,5 α ,6 β -triol: high levels in Niemann-Pick type C, cerebrotendinous xanthomatosis, and lysosomal acid lipase deficiency. <i>Journal of Lipid Research</i> , 2015, 56, 1926-1935.	4.2	62
129	Apolipoprotein E gene mutations in subjects with mixed hyperlipidemia and a clinical diagnosis of familial combined hyperlipidemia. <i>Atherosclerosis</i> , 2012, 222, 449-455.	0.8	61
130	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, 1528-1536.	2.9	60
131	Dietary α -Linolenic Acid, Marine ω -3 Fatty Acids, and Mortality in a Population With High Fish Consumption: Findings From the PREvenci \acute{a} n con Dieta MEDiterr \acute{a} nea (PREDIMED) Study. <i>Journal of the American Heart Association</i> , 2016, 5, .	3.7	60
132	Plasma Acylcarnitines and Risk of Type 2 Diabetes in a Mediterranean Population at High Cardiovascular Risk. <i>Journal of Clinical Endocrinology and Metabolism</i> , 2019, 104, 1508-1519.	3.6	60
133	Fibrates modify the expression of key factors involved in bile-acid synthesis and biliary-lipid secretion in gallstone patients. <i>European Journal of Clinical Pharmacology</i> , 2004, 59, 855-861.	1.9	59
134	Effects of Mediterranean Diets on Kidney Function: A Report From the PREDIMED Trial. <i>American Journal of Kidney Diseases</i> , 2012, 60, 380-389.	1.9	59
135	A Mediterranean Diet Rich in Extra-Virgin Olive Oil Is Associated with a Reduced Prevalence of Nonalcoholic Fatty Liver Disease in Older Individuals at High Cardiovascular Risk. <i>Journal of Nutrition</i> , 2019, 149, 1920-1929.	2.9	59
136	Effect of a 2-year diet intervention with walnuts on cognitive decline. The Walnuts And Healthy Aging (WAHA) study: a randomized controlled trial. <i>American Journal of Clinical Nutrition</i> , 2020, 111, 590-600.	4.7	59
137	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.	2.5	59
138	Genotype patterns at CLU, CR1, PICALM and APOE, cognition and Mediterranean diet: the PREDIMED-NAVARRA trial. <i>Genes and Nutrition</i> , 2014, 9, 393.	2.5	58
139	Beneficial effects of walnut consumption on human health. <i>Current Opinion in Clinical Nutrition and Metabolic Care</i> , 2018, 21, 498-504.	2.5	58
140	High plasma glutamate and low glutamine-to-glutamate ratio are associated with type 2 diabetes: Case-cohort study within the PREDIMED trial. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2019, 29, 1040-1049.	2.6	58
141	The Walnuts and Healthy Aging Study (WAHA): Protocol for a Nutritional Intervention Trial with Walnuts on Brain Aging. <i>Frontiers in Aging Neuroscience</i> , 2016, 8, 333.	3.4	57
142	Validity of the energy-restricted Mediterranean Diet Adherence Screener. <i>Clinical Nutrition</i> , 2021, 40, 4971-4979.	5.0	57
143	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.	3.3	56
144	Glycolysis/gluconeogenesis- and tricarboxylic acid cycle-related metabolites, Mediterranean diet, and type 2 diabetes. <i>American Journal of Clinical Nutrition</i> , 2020, 111, 835-844.	4.7	56

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145	CD3+/CD45+ and SMA- α 1+ 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, 147-149.	1.7	55
146	Association of physical activity with body mass index, waist circumference and incidence of obesity in older adults. <i>European Journal of Public Health</i> , 2018, 28, 944-950.	0.3	55
147	Dysfunctional High-Density Lipoproteins Are Associated With a Greater Incidence of Acute Coronary Syndrome in a Population at High Cardiovascular Risk. <i>Circulation</i> , 2020, 141, 444-453.	1.6	54
148	Lack of effect of metoclopramide and domperidone on esophageal peristalsis and esophageal acid clearance in reflux esophagitis. <i>Digestive Diseases and Sciences</i> , 1992, 37, 583-588.	2.3	53
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274	Walnut Consumption, Plasma Metabolomics, and Risk of Type 2 Diabetes and Cardiovascular Disease. <i>Journal of Nutrition</i> , 2021, 151, 303-311.	2.9	20
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427	Mediterranean diet, physical activity and ideal body weight, all wanting in Spanish children and adolescents. <i>Clínica E Investigación En Arteriosclerosis</i> , 2019, 31, 23-25.	0.8	0
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