

Emilio Ros

List of Publications by Citations

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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.

410 papers	27,572 citations	78 h-index	155 g-index
444 ext. papers	33,006 ext. citations	6 avg, IF	6.91 L-index

#	Paper	IF	Citations
410	Primary prevention of cardiovascular disease with a Mediterranean diet. <i>New England Journal of Medicine</i> , 2013 , 368, 1279-90	59.2	3041
409	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
408	Effects of a Mediterranean-style diet on cardiovascular risk factors: a randomized trial. <i>Annals of Internal Medicine</i> , 2006 , 145, 1-11	8	1195
407	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
406	Reduction in the incidence of type 2 diabetes with the Mediterranean diet: results of the PREDIMED-Reus nutrition intervention randomized trial. <i>Diabetes Care</i> , 2011 , 34, 14-9	14.6	576
405	Mediterranean Diet and Age-Related Cognitive Decline: A Randomized Clinical Trial. <i>JAMA Internal Medicine</i> , 2015 , 175, 1094-1103	11.5	479
404	A 14-item Mediterranean diet assessment tool and obesity indexes among high-risk subjects: the PREDIMED trial. <i>PLoS ONE</i> , 2012 , 7, e43134	3.7	449
403	Prevention of diabetes with Mediterranean diets: a subgroup analysis of a randomized trial. <i>Annals of Internal Medicine</i> , 2014 , 160, 1-10	8	415
402	Mediterranean diet improves cognition: the PREDIMED-NAVARRA randomised trial. <i>Journal of Neurology, Neurosurgery and Psychiatry</i> , 2013 , 84, 1318-25	5.5	414
401	Health benefits of nut consumption. <i>Nutrients</i> , 2010 , 2, 652-82	6.7	414
400	Benefits of the Mediterranean Diet: Insights From the PREDIMED Study. <i>Progress in Cardiovascular Diseases</i> , 2015 , 58, 50-60	8.5	385
399	Cohort profile: design and methods of the PREDIMED study. <i>International Journal of Epidemiology</i> , 2012 , 41, 377-85	7.8	369
398	A walnut diet improves endothelial function in hypercholesterolemic subjects: a randomized crossover trial. <i>Circulation</i> , 2004 , 109, 1609-14	16.7	361
397	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, 1944-58	9.5	353
396	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
395	Effect of a traditional Mediterranean diet on lipoprotein oxidation: a randomized controlled trial. <i>Archives of Internal Medicine</i> , 2007 , 167, 1195-1203		319
394	Occult microlithiasis in idiopathic acute pancreatitis: prevention of relapses by cholecystectomy or ursodeoxycholic acid therapy. <i>Gastroenterology</i> , 1991 , 101, 1701-9	13.3	306

393	Nut consumption and blood lipid levels: a pooled analysis of 25 intervention trials. <i>Archives of Internal Medicine</i> , 2010 , 170, 821-7		291
392	Nonalcoholic fatty liver disease is associated with carotid atherosclerosis: a case-control study. <i>Arteriosclerosis, Thrombosis, and Vascular Biology</i> , 2005 , 25, 1045-50	9.4	285
391	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
390	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	4.1	270
389	Mediterranean dietary pattern and depression: the PREDIMED randomized trial. <i>BMC Medicine</i> , 2013 , 11, 208	11.4	233
388	Mediterranean diet and cardiovascular health: Teachings of the PREDIMED study. <i>Advances in Nutrition</i> , 2014 , 5, 330S-6S	10	209
387	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, 773-82	4.3	202
386	Substituting walnuts for monounsaturated fat improves the serum lipid profile of hypercholesterolemic men and women. A randomized crossover trial. <i>Annals of Internal Medicine</i> , 2000 , 132, 538-46	8	201
385	Olive oil intake and risk of cardiovascular disease and mortality in the PREDIMED Study. <i>BMC Medicine</i> , 2014 , 12, 78	11.4	198
384	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
383	Intestinal absorption of triglyceride and cholesterol. Dietary and pharmacological inhibition to reduce cardiovascular risk. <i>Atherosclerosis</i> , 2000 , 151, 357-79	3.1	194
382	Nuts and novel biomarkers of cardiovascular disease. <i>American Journal of Clinical Nutrition</i> , 2009 , 89, 1649S-56S	7	193
381	Fatty acid composition of nuts--implications for cardiovascular health. <i>British Journal of Nutrition</i> , 2006 , 96 Suppl 2, S29-35	3.6	188
380	Mediterranean diets and metabolic syndrome status in the PREDIMED randomized trial. <i>Cmaj</i> , 2014 , 186, E649-57	3.5	184
379	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
378	Lysosomal acid lipase deficiency--an under-recognized cause of dyslipidaemia and liver dysfunction. <i>Atherosclerosis</i> , 2014 , 235, 21-30	3.1	181
377	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	11.4	180
376	Acute effects of high-fat meals enriched with walnuts or olive oil on postprandial endothelial function. <i>Journal of the American College of Cardiology</i> , 2006 , 48, 1666-71	15.1	168

375	Plasma Ceramides, Mediterranean Diet, and Incident Cardiovascular Disease in the PREDIMED Trial (Prevenci� con Dieta Mediterr�ea). <i>Circulation</i> , 2017 , 135, 2028-2040	16.7	161
374	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
373	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. <i>PLoS ONE</i> , 2014 , 9, e100084	3.7	152
372	A large randomized individual and group intervention conducted by registered dietitians increased adherence to Mediterranean-type diets: the PREDIMED study. <i>Journal of the American Dietetic Association</i> , 2008 , 108, 1134-44; discussion 1145		151
371	Acute Effects of High-Fat Meals Enriched With Walnuts or Olive Oil on Postprandial Endothelial Function. <i>Journal of the American College of Cardiology</i> , 2006 , 48, 1666-1671	15.1	145
370	Mediterranean diet reduces 24-hour ambulatory blood pressure, blood glucose, and lipids: one-year randomized, clinical trial. <i>Hypertension</i> , 2014 , 64, 69-76	8.5	143
369	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
368	Dietary Inflammatory Index and Incidence of Cardiovascular Disease in the PREDIMED Study. <i>Nutrients</i> , 2015 , 7, 4124-38	6.7	142
367	Extravirgin olive oil consumption reduces risk of atrial fibrillation: the PREDIMED (Prevenci� con Dieta Mediterr�ea) trial. <i>Circulation</i> , 2014 , 130, 18-26	16.7	141
366	Effects of red wine polyphenols and alcohol on glucose metabolism and the lipid profile: a randomized clinical trial. <i>Clinical Nutrition</i> , 2013 , 32, 200-6	5.9	135
365	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
364	Plasma Branched-Chain Amino Acids and Incident Cardiovascular Disease in the PREDIMED Trial. <i>Clinical Chemistry</i> , 2016 , 62, 582-92	5.5	129
363	Nut intake and adiposity: meta-analysis of clinical trials. <i>American Journal of Clinical Nutrition</i> , 2013 , 97, 1346-55	7	129
362	Other relevant components of nuts: phytosterols, folate and minerals. <i>British Journal of Nutrition</i> , 2006 , 96 Suppl 2, S36-44	3.6	126
361	Protective Effects of the Mediterranean Diet on Type 2 Diabetes and Metabolic Syndrome. <i>Journal of Nutrition</i> , 2015 , 146, 920S-927S	4.1	125
360	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. <i>Clinical Chemistry</i> , 2018 , 64, 1006-1033	5.5	124
359	A provegetarian food pattern and reduction in total mortality in the Prevenci� con Dieta Mediterr�ea (PREDIMED) study. <i>American Journal of Clinical Nutrition</i> , 2014 , 100 Suppl 1, 320S-8S	7	123
358	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

357	Dietary cis-monounsaturated fatty acids and metabolic control in type 2 diabetes. <i>American Journal of Clinical Nutrition</i> , 2003 , 78, 617S-625S	7	123
356	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
355	Comparison of genetic versus clinical diagnosis in familial hypercholesterolemia. <i>American Journal of Cardiology</i> , 2008 , 102, 1187-93, 1193.e1	3	120
354	Retraction and Republication: Primary Prevention of Cardiovascular Disease with a Mediterranean Diet. <i>N Engl J Med</i> 2013;368:1279-90. <i>New England Journal of Medicine</i> , 2018 , 378, 2441-2442	59.2	113
353	Preclinical vascular disease in systemic lupus erythematosus and primary antiphospholipid syndrome. <i>Rheumatology</i> , 2005 , 44, 756-61	3.9	110
352	Frequency of nut consumption and mortality risk in the PREDIMED nutrition intervention trial. <i>BMC Medicine</i> , 2013 , 11, 164	11.4	107
351	Mediterranean diet for primary prevention of cardiovascular disease. <i>New England Journal of Medicine</i> , 2013 , 369, 676-7	59.2	105
350	Adherence to a Mediterranean-type diet and reduced prevalence of clustered cardiovascular risk factors in a cohort of 3,204 high-risk patients. <i>European Journal of Cardiovascular Prevention and Rehabilitation</i> , 2008 , 15, 589-93		105
349	Fasting Is Not Routinely Required for Determination of a Lipid Profile: Clinical and Laboratory Implications Including Flagging at Desirable Concentration Cutpoints-A Joint Consensus Statement from the European Atherosclerosis Society and European Federation of Clinical Chemistry and Laboratory Medicine. <i>Clinical Chemistry</i> , 2016 , 62, 930-46	5.5	104
348	Mediterranean diet reduces the adverse effect of the TCF7L2-rs7903146 polymorphism on cardiovascular risk factors and stroke incidence: a randomized controlled trial in a high-cardiovascular-risk population. <i>Diabetes Care</i> , 2013 , 36, 3803-11	14.6	102
347	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. <i>Cardiovascular Diabetology</i> , 2012 , 11, 137	8.7	102
346	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
345	Nuts and CVD. <i>British Journal of Nutrition</i> , 2015 , 113 Suppl 2, S111-20	3.6	100
344	Long-Term Immunomodulatory Effects of a Mediterranean Diet in Adults at High Risk of Cardiovascular Disease in the PREvenci� con Dieta MEDiterr�nea (PREDIMED) Randomized Controlled Trial. <i>Journal of Nutrition</i> , 2016 , 146, 1684-93	4.1	99
343	Dealcoholized red wine decreases systolic and diastolic blood pressure and increases plasma nitric oxide: short communication. <i>Circulation Research</i> , 2012 , 111, 1065-8	15.7	98
342	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
341	Consumption of plant seeds and cardiovascular health: epidemiological and clinical trial evidence. <i>Circulation</i> , 2013 , 128, 553-65	16.7	95
340	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

339	Deterioration of esophageal motility with age: a manometric study of 79 healthy subjects. <i>American Journal of Gastroenterology</i> , 1999 , 94, 1795-801	0.7	93
338	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
337	Cohort Profile: Design and methods of the PREDIMED-Plus randomized trial. <i>International Journal of Epidemiology</i> , 2019 , 48, 387-388o	7.8	87
336	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
335	Nuts and berries for heart health. <i>Current Atherosclerosis Reports</i> , 2010 , 12, 397-406	6	85
334	Changes in ultrasound-assessed carotid intima-media thickness and plaque with a Mediterranean diet: a substudy of the PREDIMED trial. <i>Arteriosclerosis, Thrombosis, and Vascular Biology</i> , 2014 , 34, 439-454	8.4	83
333	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	3.7	78
332	Urea Cycle Metabolites and Atrial Fibrillation or Heart Failure Risk: Two Case-Control Studies in the PREDIMED Trial. <i>Current Developments in Nutrition</i> , 2021 , 5, 18-18	0.4	78
331	Plasma Lipidomic Profiling and Risk of Type 2 Diabetes in the PREDIMED Trial. <i>Diabetes Care</i> , 2018 , 41, 2617-2624	14.6	78
330	Nutrients, foods, dietary patterns and telomere length: Update of epidemiological studies and randomized trials. <i>Metabolism: Clinical and Experimental</i> , 2016 , 65, 406-15	12.7	77
329	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, 1960-5	9.4	75
328	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	3.6	74
327	Trending Cardiovascular Nutrition Controversies. <i>Journal of the American College of Cardiology</i> , 2017 , 69, 1172-1187	15.1	72
326	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
325	Dietary fibre, nuts and cardiovascular diseases. <i>British Journal of Nutrition</i> , 2006 , 96 Suppl 2, S46-51	3.6	70
324	Decreased Default Mode Network connectivity correlates with age-associated structural and cognitive changes. <i>Frontiers in Aging Neuroscience</i> , 2014 , 6, 256	5.3	69
323	A Clinician's Guide for Trending Cardiovascular Nutrition Controversies: Part II. <i>Journal of the American College of Cardiology</i> , 2018 , 72, 553-568	15.1	68
322	Phytosterol plasma concentrations and coronary heart disease in the prospective Spanish EPIC cohort. <i>Journal of Lipid Research</i> , 2010 , 51, 618-24	6.3	67

321	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, 142-9	3.5	67
320	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	3.7	66
319	Carotid intima-media thickness changes with Mediterranean diet: a randomized trial (PREDIMED-Navarra). <i>Atherosclerosis</i> , 2011 , 219, 158-62	3.1	66
318	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
317	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
316	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
315	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, 3792-8	5.6	63
314	Total and subtypes of dietary fat intake and risk of type 2 diabetes mellitus in the Prevenci� con Dieta Mediterr�nea (PREDIMED) study. <i>American Journal of Clinical Nutrition</i> , 2017 , 105, 723-735	7	62
313	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, 1546-53	15.1	61
312	Dietary Marine � 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
311	Fiber intake and all-cause mortality in the Prevenci� con Dieta Mediterr�nea (PREDIMED) study. <i>American Journal of Clinical Nutrition</i> , 2014 , 100, 1498-507	7	59
310	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, 560-5	12.7	59
309	Nuts: nutrition and health outcomes. Preface. <i>British Journal of Nutrition</i> , 2006 , 96 Suppl 2, S1-2	3.6	59
308	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
307	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
306	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
305	Serum sterol responses to increasing plant sterol intake from natural foods in the Mediterranean diet. <i>European Journal of Nutrition</i> , 2009 , 48, 373-82	5.2	57
304	Association between dietary fibre intake and fruit, vegetable or whole-grain consumption and the risk of CVD: results from the PREvenci� con Dieta MEDiterr�nea (PREDIMED) trial. <i>British Journal of Nutrition</i> , 2016 , 116, 534-46	3.6	57

303	The use of Achilles tendon sonography to distinguish familial hypercholesterolemia from other genetic dyslipidemias. <i>Arteriosclerosis, Thrombosis, and Vascular Biology</i> , 2005 , 25, 2203-8	9.4	56
302	Dietary inflammatory index and all-cause mortality in large cohorts: The SUN and PREDIMED studies. <i>Clinical Nutrition</i> , 2019 , 38, 1221-1231	5.9	55
301	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, 855-61	2.8	55
300	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
299	Apolipoprotein E gene mutations in subjects with mixed hyperlipidemia and a clinical diagnosis of familial combined hyperlipidemia. <i>Atherosclerosis</i> , 2012 , 222, 449-55	3.1	53
298	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	3.7	53
297	Cholestane-3 β ,5 β -Eriol: high levels in Niemann-Pick type C, cerebrotendinous xanthomatosis, and lysosomal acid lipase deficiency. <i>Journal of Lipid Research</i> , 2015 , 56, 1926-35	6.3	52
296	Determinants of the omega-3 index in a Mediterranean population at increased risk for CHD. <i>British Journal of Nutrition</i> , 2011 , 106, 425-31	3.6	52
295	Bioactives and health benefits of nuts and dried fruits. <i>Food Chemistry</i> , 2020 , 314, 126192	8.5	52
294	Regional vulnerability of hippocampal subfields to aging measured by structural and diffusion MRI. <i>Hippocampus</i> , 2014 , 24, 403-14	3.5	51
293	Docosahexaenoic acid modulates the enterocyte Caco-2 cell expression of microRNAs involved in lipid metabolism. <i>Journal of Nutrition</i> , 2014 , 144, 575-85	4.1	51
292	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
291	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	5.9	50
290	Increases in Plasma Tryptophan Are Inversely Associated with Incident Cardiovascular Disease in the Prevenci3 con Dieta Mediterr3nea (PREDIMED) Study. <i>Journal of Nutrition</i> , 2017 , 147, 314-322	4.1	49
289	Quantifying atherogenic lipoproteins for lipid-lowering strategies: Consensus-based recommendations from EAS and EFLM. <i>Atherosclerosis</i> , 2020 , 294, 46-61	3.1	49
288	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
287	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
286	A Deficiency of Nutrition Education and Practice in Cardiology. <i>American Journal of Medicine</i> , 2017 , 130, 1298-1305	2.4	48

285	Dietary α -Linolenic Acid, Marine ω -3 Fatty Acids, and Mortality in a Population With High Fish Consumption: Findings From the PREvenci3 con Dieta MEDiterr3nea (PREDIMED) Study. <i>Journal of the American Heart Association</i> , 2016 , 5,	6	48
284	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
283	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
282	Effects of Mediterranean diets on kidney function: a report from the PREDIMED trial. <i>American Journal of Kidney Diseases</i> , 2012 , 60, 380-9	7.4	46
281	Genotype patterns at CLU, CR1, PICALM and APOE, cognition and Mediterranean diet: the PREDIMED-NAVARRA trial. <i>Genes and Nutrition</i> , 2014 , 9, 393	4.3	45
280	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
279	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	5.3	44
278	Alcohol consumption is associated with high concentrations of urinary hydroxytyrosol. <i>American Journal of Clinical Nutrition</i> , 2009 , 90, 1329-35	7	44
277	Metabolites of Glutamate Metabolism Are Associated With Incident Cardiovascular Events in the PREDIMED PREvenci3 con Dieta MEDiterr3nea (PREDIMED) Trial. <i>Journal of the American Heart Association</i> , 2016 , 5,	6	44
276	Promoter variant -204A > C of the cholesterol 7 α -hydroxylase gene: association with response to plant sterols in humans and increased transcriptional activity in transfected HepG2 cells. <i>Clinical Nutrition</i> , 2011 , 30, 239-46	5.9	43
275	Influence of HDL cholesterol on preclinical carotid atherosclerosis in familial hypercholesterolemia. <i>Arteriosclerosis, Thrombosis, and Vascular Biology</i> , 2006 , 26, 1107-13	9.4	43
274	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
273	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	5.5	42
272	Fatty acids in serum phospholipids and carotid intima-media thickness in Spanish subjects with primary dyslipidemia. <i>American Journal of Clinical Nutrition</i> , 2010 , 92, 186-93	7	42
271	Lack of effect of metoclopramide and domperidone on esophageal peristalsis and esophageal acid clearance in reflux esophagitis. A randomized, double-blind study. <i>Digestive Diseases and Sciences</i> , 1992 , 37, 583-8	4	42
270	Fat digestion and exocrine pancreatic function in primary biliary cirrhosis. <i>Gastroenterology</i> , 1984 , 87, 180-187	13.3	42
269	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
268	Effects of milk supplementation with conjugated linoleic acid (isomers cis-9, trans-11 and trans-10, cis-12) on body composition and metabolic syndrome components. <i>British Journal of Nutrition</i> , 2007 , 98, 860-7	3.6	41

267	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
266	Dietary magnesium intake is inversely associated with mortality in adults at high cardiovascular disease risk. <i>Journal of Nutrition</i> , 2014 , 144, 55-60	4.1	40
265	Walnut-enriched diet increases the association of LDL from hypercholesterolemic men with human HepG2 cells. <i>Journal of Lipid Research</i> , 2001 , 42, 2069-2076	6.3	40
264	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
263	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
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117	Nuts: Natural Pleiotropic Nutraceuticals. <i>Nutrients</i> , 2021 , 13,	6.7	10
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115	Nut Consumptions as a Marker of Higher Diet Quality in a Mediterranean Population at High Cardiovascular Risk. <i>Nutrients</i> , 2019 , 11,	6.7	9
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111	Prevention of diabetes with mediterranean diets. <i>Annals of Internal Medicine</i> , 2014 , 161, 157-8	8	9
110	Impact of psychosocial factors on cardiovascular morbimortality: a prospective cohort study. <i>BMC Cardiovascular Disorders</i> , 2014 , 14, 135	2.3	9
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108	Functional and structural correlates of working memory performance and stability in healthy older adults. <i>Brain Structure and Function</i> , 2020 , 225, 375-386	4	9
107	Adherence to the Mediterranean Lifestyle and Desired Body Weight Loss in a Mediterranean Adult Population with Overweight: A PREDIMED-Plus Study. <i>Nutrients</i> , 2020 , 12,	6.7	8
106	Association between coffee consumption and total dietary caffeine intake with cognitive functioning: cross-sectional assessment in an elderly Mediterranean population. <i>European Journal of Nutrition</i> , 2021 , 60, 2381-2396	5.2	8

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95	Leisure time physical activity is associated with improved HDL functionality in high cardiovascular risk individuals: a cohort study. <i>European Journal of Preventive Cardiology</i> , 2020 , 2047487320925625	3.9	6
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91	Walnut Consumption, Plasma Metabolomics, and Risk of Type 2 Diabetes and Cardiovascular Disease. <i>Journal of Nutrition</i> , 2021 , 151, 303-311	4.1	6
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28	Physical activity and metabolic syndrome severity among older adults at cardiovascular risk: 1-Year trends. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2021 , 31, 2870-2886	4.5	1
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