

John L Sievenpiper

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.

187
papers

7,125
citations

50
h-index

80
g-index

206
ext. papers

9,357
ext. citations

5.2
avg, IF

5.94
L-index

| # | Paper | IF | Citations |
|-----|---|------|-----------|
| 187 | 2016 Canadian Cardiovascular Society Guidelines for the Management of Dyslipidemia for the Prevention of Cardiovascular Disease in the Adult. <i>Canadian Journal of Cardiology</i> , 2016 , 32, 1263-1282 | 3.8 | 543 |
| 186 | Effect of legumes as part of a low glycemic index diet on glycemic control and cardiovascular risk factors in type 2 diabetes mellitus: a randomized controlled trial. <i>Archives of Internal Medicine</i> , 2012 , 172, 1653-60 | | 200 |
| 185 | Effect of fructose on body weight in controlled feeding trials: a systematic review and meta-analysis. <i>Annals of Internal Medicine</i> , 2012 , 156, 291-304 | 8 | 200 |
| 184 | Korean red ginseng (<i>Panax ginseng</i>) improves glucose and insulin regulation in well-controlled, type 2 diabetes: results of a randomized, double-blind, placebo-controlled study of efficacy and safety. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2008 , 18, 46-56 | 4.5 | 192 |
| 183 | Obesity in adults: a clinical practice guideline. <i>Cmaj</i> , 2020 , 192, E875-E891 | 3.5 | 192 |
| 182 | Effect of fructose on glycemic control in diabetes: a systematic review and meta-analysis of controlled feeding trials. <i>Diabetes Care</i> , 2012 , 35, 1611-20 | 14.6 | 154 |
| 181 | DASH Dietary Pattern and Cardiometabolic Outcomes: An Umbrella Review of Systematic Reviews and Meta-Analyses. <i>Nutrients</i> , 2019 , 11, | 6.7 | 144 |
| 180 | Effect of fructose on blood pressure: a systematic review and meta-analysis of controlled feeding trials. <i>Hypertension</i> , 2012 , 59, 787-95 | 8.5 | 142 |
| 179 | The effects of fructose intake on serum uric acid vary among controlled dietary trials. <i>Journal of Nutrition</i> , 2012 , 142, 916-23 | 4.1 | 131 |
| 178 | Heterogeneous effects of fructose on blood lipids in individuals with type 2 diabetes: systematic review and meta-analysis of experimental trials in humans. <i>Diabetes Care</i> , 2009 , 32, 1930-7 | 14.6 | 131 |
| 177 | Supplemental Vitamins and Minerals for CVD Prevention and Treatment. <i>Journal of the American College of Cardiology</i> , 2018 , 71, 2570-2584 | 15.1 | 127 |
| 176 | Effect of fructose on postprandial triglycerides: a systematic review and meta-analysis of controlled feeding trials. <i>Atherosclerosis</i> , 2014 , 232, 125-33 | 3.1 | 126 |
| 175 | The effect of oat βglucan on LDL-cholesterol, non-HDL-cholesterol and apoB for CVD risk reduction: a systematic review and meta-analysis of randomised-controlled trials. <i>British Journal of Nutrition</i> , 2016 , 116, 1369-1382 | 3.6 | 124 |
| 174 | Soy protein reduces serum cholesterol by both intrinsic and food displacement mechanisms. <i>Journal of Nutrition</i> , 2010 , 140, 2302S-2311S | 4.1 | 116 |
| 173 | Effect of dietary pulse intake on established therapeutic lipid targets for cardiovascular risk reduction: a systematic review and meta-analysis of randomized controlled trials. <i>Cmaj</i> , 2014 , 186, E252-62 | 3.5 | 111 |
| 172 | Supplementation of conventional therapy with the novel grain Salba (<i>Salvia hispanica</i> L.) improves major and emerging cardiovascular risk factors in type 2 diabetes: results of a randomized controlled trial. <i>Diabetes Care</i> , 2007 , 30, 2804-10 | 14.6 | 107 |
| 171 | Effects of dietary pulse consumption on body weight: a systematic review and meta-analysis of randomized controlled trials. <i>American Journal of Clinical Nutrition</i> , 2016 , 103, 1213-23 | 7 | 106 |

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| 170 | Effect of dietary pulses on blood pressure: a systematic review and meta-analysis of controlled feeding trials. <i>American Journal of Hypertension</i> , 2014 , 27, 56-64 | 2.3 | 105 |
| 169 | American ginseng (<i>Panax quinquefolius</i> L.) attenuates postprandial glycemia in a time-dependent but not dose-dependent manner in healthy individuals. <i>American Journal of Clinical Nutrition</i> , 2001 , 73, 753-8 | 7 | 103 |
| 168 | Controversies about sugars: results from systematic reviews and meta-analyses on obesity, cardiometabolic disease and diabetes. <i>European Journal of Nutrition</i> , 2016 , 55, 25-43 | | 103 |
| 167 | Associations of glycemic index and load with coronary heart disease events: a systematic review and meta-analysis of prospective cohorts. <i>Journal of the American Heart Association</i> , 2012 , 1, e000752 | 6 | 102 |
| 166 | Konjac-Mannan and American ginseng: emerging alternative therapies for type 2 diabetes mellitus. <i>Journal of the American College of Nutrition</i> , 2001 , 20, 370S-380S; discussion 381S-383S | 3.5 | 102 |
| 165 | Sugar-sweetened beverage consumption and incident hypertension: a systematic review and meta-analysis of prospective cohorts. <i>American Journal of Clinical Nutrition</i> , 2015 , 102, 914-21 | 7 | 99 |
| 164 | Herbal remedies in the management of diabetes: lessons learned from the study of ginseng. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2005 , 15, 149-60 | 4.5 | 93 |
| 163 | Nutrition therapy. <i>Canadian Journal of Diabetes</i> , 2013 , 37 Suppl 1, S45-55 | 2.1 | 90 |
| 162 | Effect of tree nuts on glycemic control in diabetes: a systematic review and meta-analysis of randomized controlled dietary trials. <i>PLoS ONE</i> , 2014 , 9, e103376 | 3.7 | 90 |
| 161 | Dietary Glycemic Index and Load and the Risk of Type 2 Diabetes: A Systematic Review and Updated Meta-Analyses of Prospective Cohort Studies. <i>Nutrients</i> , 2019 , 11, | 6.7 | 87 |
| 160 | Mediterranean diet, cardiovascular disease and mortality in diabetes: A systematic review and meta-analysis of prospective cohort studies and randomized clinical trials. <i>Critical Reviews in Food Science and Nutrition</i> , 2020 , 60, 1207-1227 | 11.5 | 86 |
| 159 | Effect of tree nuts on metabolic syndrome criteria: a systematic review and meta-analysis of randomised controlled trials. <i>BMJ Open</i> , 2014 , 4, e004660 | 3 | 83 |
| 158 | The effect of ginseng (the genus <i>panax</i>) on glycemic control: a systematic review and meta-analysis of randomized controlled clinical trials. <i>PLoS ONE</i> , 2014 , 9, e107391 | 3.7 | 79 |
| 157 | Are dietary recommendations for the use of fish oils sustainable?. <i>Cmaj</i> , 2009 , 180, 633-7 | 3.5 | 77 |
| 156 | Catalytic doses of fructose may benefit glycaemic control without harming cardiometabolic risk factors: a small meta-analysis of randomised controlled feeding trials. <i>British Journal of Nutrition</i> , 2012 , 108, 418-23 | 3.6 | 75 |
| 155 | Decreasing, null and increasing effects of eight popular types of ginseng on acute postprandial glycemic indices in healthy humans: the role of ginsenosides. <i>Journal of the American College of Nutrition</i> , 2004 , 23, 248-58 | 3.5 | 75 |
| 154 | Effect of Fructose on Established Lipid Targets: A Systematic Review and Meta-Analysis of Controlled Feeding Trials. <i>Journal of the American Heart Association</i> , 2015 , 4, e001700 | 6 | 74 |
| 153 | American ginseng improves glycemia in individuals with normal glucose tolerance: effect of dose and time escalation. <i>Journal of the American College of Nutrition</i> , 2000 , 19, 738-44 | 3.5 | 73 |

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|-----|---|------|----|
| 152 | Estimated intakes and sources of total and added sugars in the Canadian diet. <i>Nutrients</i> , 2014 , 6, 1899-9167 | 6.7 | 72 |
| 151 | Effect of vegetarian dietary patterns on cardiometabolic risk factors in diabetes: A systematic review and meta-analysis of randomized controlled trials. <i>Clinical Nutrition</i> , 2019 , 38, 1133-1145 | 5.9 | 69 |
| 150 | Portfolio Dietary Pattern and Cardiovascular Disease: A Systematic Review and Meta-analysis of Controlled Trials. <i>Progress in Cardiovascular Diseases</i> , 2018 , 61, 43-53 | 8.5 | 64 |
| 149 | Patterns of Red and Processed Meat Consumption and Risk for Cardiometabolic and Cancer Outcomes: A Systematic Review and Meta-analysis of Cohort Studies. <i>Annals of Internal Medicine</i> , 2019 , 171, 732-741 | 8 | 63 |
| 148 | 2021 Canadian Cardiovascular Society Guidelines for the Management of Dyslipidemia for the Prevention of Cardiovascular Disease in Adults. <i>Canadian Journal of Cardiology</i> , 2021 , 37, 1129-1150 | 3.8 | 62 |
| 147 | Dietary pulses, satiety and food intake: a systematic review and meta-analysis of acute feeding trials. <i>Obesity</i> , 2014 , 22, 1773-80 | 8 | 61 |
| 146 | Prevention of Type 2 Diabetes by Lifestyle Changes: A Systematic Review and Meta-Analysis. <i>Nutrients</i> , 2019 , 11, | 6.7 | 60 |
| 145 | Dietary sugar and body weight: have we reached a crisis in the epidemic of obesity and diabetes?: we have, but the pox on sugar is overwrought and overworked. <i>Diabetes Care</i> , 2014 , 37, 957-62 | 14.6 | 60 |
| 144 | Effect of lowering the glycemic load with canola oil on glycemic control and cardiovascular risk factors: a randomized controlled trial. <i>Diabetes Care</i> , 2014 , 37, 1806-14 | 14.6 | 59 |
| 143 | Nutrition Therapy. <i>Canadian Journal of Diabetes</i> , 2018 , 42 Suppl 1, S64-S79 | 2.1 | 57 |
| 142 | The role of glycemic index and glycemic load in cardiovascular disease and its risk factors: a review of the recent literature. <i>Current Atherosclerosis Reports</i> , 2014 , 16, 381 | 6 | 53 |
| 141 | Fructose intake and risk of gout and hyperuricemia: a systematic review and meta-analysis of prospective cohort studies. <i>BMJ Open</i> , 2016 , 6, e013191 | 3 | 53 |
| 140 | Relation of total sugars, fructose and sucrose with incident type 2 diabetes: a systematic review and meta-analysis of prospective cohort studies. <i>Cmaj</i> , 2017 , 189, E711-E720 | 3.5 | 52 |
| 139 | Korean red ginseng rootlets decrease acute postprandial glycemia: results from sequential preparation- and dose-finding studies. <i>Journal of the American College of Nutrition</i> , 2006 , 25, 100-7 | 3.5 | 52 |
| 138 | Using cereal to increase dietary fiber intake to the recommended level and the effect of fiber on bowel function in healthy persons consuming North American diets. <i>American Journal of Clinical Nutrition</i> , 2008 , 88, 1256-62 | 7 | 51 |
| 137 | Should Viscous Fiber Supplements Be Considered in Diabetes Control? Results From a Systematic Review and Meta-analysis of Randomized Controlled Trials. <i>Diabetes Care</i> , 2019 , 42, 755-766 | 14.6 | 50 |
| 136 | Food sources of fructose-containing sugars and glycaemic control: systematic review and meta-analysis of controlled intervention studies. <i>BMJ, The</i> , 2018 , 363, k4644 | 5.9 | 50 |
| 135 | Nut consumption and incidence of cardiovascular diseases and cardiovascular disease mortality: a meta-analysis of prospective cohort studies. <i>Nutrition Reviews</i> , 2019 , 77, 691-709 | 6.4 | 49 |

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| 134 | Effects of Korean red ginseng (<i>Panax ginseng</i> C.A. Meyer) and its isolated ginsenosides and polysaccharides on arterial stiffness in healthy individuals. <i>American Journal of Hypertension</i> , 2010 , 23, 469-72 | 2.3 | 47 |
| 133 | Effect of Plant Protein on Blood Lipids: A Systematic Review and Meta-Analysis of Randomized Controlled Trials. <i>Journal of the American Heart Association</i> , 2017 , 6, | 6 | 46 |
| 132 | Effect of Replacing Animal Protein with Plant Protein on Glycemic Control in Diabetes: A Systematic Review and Meta-Analysis of Randomized Controlled Trials. <i>Nutrients</i> , 2015 , 7, 9804-24 | 6.7 | 46 |
| 131 | Long-term intake of North American ginseng has no effect on 24-hour blood pressure and renal function. <i>Hypertension</i> , 2006 , 47, 791-6 | 8.5 | 45 |
| 130 | A systematic quantitative analysis of the literature of the high variability in ginseng (<i>Panax</i> spp.): should ginseng be trusted in diabetes?. <i>Diabetes Care</i> , 2004 , 27, 839-40 | 14.6 | 45 |
| 129 | Null and opposing effects of Asian ginseng (<i>Panax ginseng</i> C.A. Meyer) on acute glycemia: results of two acute dose escalation studies. <i>Journal of the American College of Nutrition</i> , 2003 , 22, 524-32 | 3.5 | 44 |
| 128 | A systematic review and meta-analysis of randomized controlled trials of the effect of konjac glucomannan, a viscous soluble fiber, on LDL cholesterol and the new lipid targets non-HDL cholesterol and apolipoprotein B. <i>American Journal of Clinical Nutrition</i> , 2017 , 105, 1239-1247 | 7 | 43 |
| 127 | Total fructose intake and risk of hypertension: a systematic review and meta-analysis of prospective cohorts. <i>Journal of the American College of Nutrition</i> , 2014 , 33, 328-39 | 3.5 | 40 |
| 126 | Can pulses play a role in improving cardiometabolic health? Evidence from systematic reviews and meta-analyses. <i>Annals of the New York Academy of Sciences</i> , 2017 , 1392, 43-57 | 6.5 | 39 |
| 125 | Fructose vs. glucose and metabolism: do the metabolic differences matter?. <i>Current Opinion in Lipidology</i> , 2014 , 25, 8-19 | 4.4 | 38 |
| 124 | Food and dietary pattern-based recommendations: an emerging approach to clinical practice guidelines for nutrition therapy in diabetes. <i>Canadian Journal of Diabetes</i> , 2013 , 37, 51-7 | 2.1 | 37 |
| 123 | A Meta-Analysis of 46 Studies Identified by the FDA Demonstrates that Soy Protein Decreases Circulating LDL and Total Cholesterol Concentrations in Adults. <i>Journal of Nutrition</i> , 2019 , 149, 968-981 | 4.1 | 36 |
| 122 | Is fructose a story of mice but not men?. <i>Journal of the American Dietetic Association</i> , 2011 , 111, 219-20; author reply 220-2 | | 36 |
| 121 | Simple skinfold-thickness measurements complement conventional anthropometric assessments in predicting glucose tolerance. <i>American Journal of Clinical Nutrition</i> , 2001 , 73, 567-73 | 7 | 32 |
| 120 | Effect of pasta in the context of low-glycaemic index dietary patterns on body weight and markers of adiposity: a systematic review and meta-analysis of randomised controlled trials in adults. <i>BMJ Open</i> , 2018 , 8, e019438 | 3 | 31 |
| 119 | Associations between Dietary Pulses Alone or with Other Legumes and Cardiometabolic Disease Outcomes: An Umbrella Review and Updated Systematic Review and Meta-analysis of Prospective Cohort Studies. <i>Advances in Nutrition</i> , 2019 , 10, S308-S319 | 10 | 31 |
| 118 | Fructose-containing sugars, blood pressure, and cardiometabolic risk: a critical review. <i>Current Hypertension Reports</i> , 2013 , 15, 281-97 | 4.7 | 31 |
| 117 | Relation of Vegetarian Dietary Patterns With Major Cardiovascular Outcomes: A Systematic Review and Meta-Analysis of Prospective Cohort Studies. <i>Frontiers in Nutrition</i> , 2019 , 6, 80 | 6.2 | 30 |

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| 116 | Relation of Different Fruit and Vegetable Sources With Incident Cardiovascular Outcomes: A Systematic Review and Meta-Analysis of Prospective Cohort Studies. <i>Journal of the American Heart Association</i> , 2020 , 9, e017728 | 6 | 29 |
| 115 | The effect of alpha-linolenic acid on glycemic control in individuals with type 2 diabetes: A systematic review and meta-analysis of randomized controlled clinical trials. <i>Medicine (United States)</i> , 2017 , 96, e6531 | 1.8 | 28 |
| 114 | Dietary Patterns and Cardiometabolic Outcomes in Diabetes: A Summary of Systematic Reviews and Meta-Analyses. <i>Nutrients</i> , 2019 , 11, | 6.7 | 26 |
| 113 | Effect of almond consumption on the serum fatty acid profile: a dose-response study. <i>British Journal of Nutrition</i> , 2014 , 112, 1137-46 | 3.6 | 26 |
| 112 | Korean red ginseng (<i>Panax ginseng</i> C.A. Meyer) root fractions: differential effects on postprandial glycemia in healthy individuals. <i>Journal of Ethnopharmacology</i> , 2011 , 137, 245-50 | 5 | 26 |
| 111 | Low-carbohydrate diets and cardiometabolic health: the importance of carbohydrate quality over quantity. <i>Nutrition Reviews</i> , 2020 , 78, 69-77 | 6.4 | 24 |
| 110 | Fructose as a Driver of Diabetes: An Incomplete View of the Evidence. <i>Mayo Clinic Proceedings</i> , 2015 , 90, 984-8 | 6.4 | 22 |
| 109 | Missed follow-up opportunities using a two-step screening approach for gestational diabetes. <i>Diabetes Research and Clinical Practice</i> , 2012 , 96, e43-6 | 7.4 | 22 |
| 108 | Applicability of the AGREE II instrument in evaluating the development process and quality of current National Academy of Clinical Biochemistry guidelines. <i>Clinical Chemistry</i> , 2012 , 58, 1426-37 | 5.5 | 22 |
| 107 | Selenium, antioxidants, cardiovascular disease, and all-cause mortality: a systematic review and meta-analysis of randomized controlled trials. <i>American Journal of Clinical Nutrition</i> , 2020 , 112, 1642-1652 | 7 | 22 |
| 106 | Relation of Total Sugars, Sucrose, Fructose, and Added Sugars With the Risk of Cardiovascular Disease: A Systematic Review and Dose-Response Meta-analysis of Prospective Cohort Studies. <i>Mayo Clinic Proceedings</i> , 2019 , 94, 2399-2414 | 6.4 | 22 |
| 105 | What is the appropriate upper limit for added sugars consumption?. <i>Nutrition Reviews</i> , 2017 , 75, 18-36 | 6.4 | 21 |
| 104 | Expert consensus on low-calorie sweeteners: facts, research gaps and suggested actions. <i>Nutrition Research Reviews</i> , 2020 , 33, 145-154 | 7 | 21 |
| 103 | Important food sources of fructose-containing sugars and incident gout: a systematic review and meta-analysis of prospective cohort studies. <i>BMJ Open</i> , 2019 , 9, e024171 | 3 | 20 |
| 102 | The importance of study design in the assessment of nonnutritive sweeteners and cardiometabolic health. <i>Cmaj</i> , 2017 , 189, E1424-E1425 | 3.5 | 20 |
| 101 | Association of Major Food Sources of Fructose-Containing Sugars With Incident Metabolic Syndrome: A Systematic Review and Meta-analysis. <i>JAMA Network Open</i> , 2020 , 3, e209993 | 10.4 | 20 |
| 100 | The effect of small doses of fructose and allulose on postprandial glucose metabolism in type 2 diabetes: A double-blind, randomized, controlled, acute feeding, equivalence trial. <i>Diabetes, Obesity and Metabolism</i> , 2018 , 20, 2361-2370 | 6.7 | 20 |
| 99 | Insulin resistance: concepts, controversies, and the role of nutrition. <i>Canadian Journal of Dietetic Practice and Research</i> , 2002 , 63, 20-32 | 1.3 | 19 |

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| 98 | Effect of psyllium (<i>Plantago ovata</i>) fiber on LDL cholesterol and alternative lipid targets, non-HDL cholesterol and apolipoprotein B: a systematic review and meta-analysis of randomized controlled trials. <i>American Journal of Clinical Nutrition</i> , 2018 , 108, 922-932 | 7 | 19 |
| 97 | Five batches representative of Ontario-grown American ginseng root produce comparable reductions of postprandial glycemia in healthy individuals. <i>Canadian Journal of Physiology and Pharmacology</i> , 2007 , 85, 856-64 | 2.4 | 17 |
| 96 | The Effect of Liquid Meal Replacements on Cardiometabolic Risk Factors in Overweight/Obese Individuals With Type 2 Diabetes: A Systematic Review and Meta-analysis of Randomized Controlled Trials. <i>Diabetes Care</i> , 2019 , 42, 767-776 | 14.6 | 16 |
| 95 | Modulation of endothelial function by Korean red ginseng (<i>Panax ginseng</i> C.A. Meyer) and its components in healthy individuals: a randomized controlled trial. <i>Cardiovascular Therapeutics</i> , 2014 , 32, 163-9 | 3.3 | 16 |
| 94 | Can dietary viscous fiber affect body weight independently of an energy-restrictive diet? A systematic review and meta-analysis of randomized controlled trials. <i>American Journal of Clinical Nutrition</i> , 2020 , 111, 471-485 | 7 | 16 |
| 93 | Fructose: where does the truth lie?. <i>Journal of the American College of Nutrition</i> , 2012 , 31, 149-51 | 3.5 | 15 |
| 92 | Nuts as a replacement for carbohydrates in the diabetic diet: a reanalysis of a randomised controlled trial. <i>Diabetologia</i> , 2018 , 61, 1734-1747 | 10.3 | 15 |
| 91 | A Double-Blind, Randomized Controlled, Acute Feeding Equivalence Trial of Small, Catalytic Doses of Fructose and Allulose on Postprandial Blood Glucose Metabolism in Healthy Participants: The Fructose and Allulose Catalytic Effects (FACE) Trial. <i>Nutrients</i> , 2018 , 10, | 6.7 | 14 |
| 90 | A lack of consideration of a dose-response relationship can lead to erroneous conclusions regarding 100% fruit juice and the risk of cardiometabolic disease. <i>European Journal of Clinical Nutrition</i> , 2019 , 73, 1556-1560 | 5.2 | 13 |
| 89 | Dilution of the 75-g oral glucose tolerance test improves overall tolerability but not reproducibility in subjects with different body compositions. <i>Diabetes Research and Clinical Practice</i> , 2001 , 51, 87-95 | 7.4 | 13 |
| 88 | Sickeningly Sweet: Does Sugar Cause Chronic Disease? No. <i>Canadian Journal of Diabetes</i> , 2016 , 40, 287-95. | 5.1 | 13 |
| 87 | Glycemic index is as reliable as macronutrients on food labels. <i>American Journal of Clinical Nutrition</i> , 2017 , 105, 768-769 | 7 | 12 |
| 86 | Cumulative Meta-Analysis of the Soy Effect Over Time. <i>Journal of the American Heart Association</i> , 2019 , 8, e012458 | 6 | 12 |
| 85 | The effect of oat βglucan on postprandial blood glucose and insulin responses: a systematic review and meta-analysis. <i>European Journal of Clinical Nutrition</i> , 2021 , 75, 1540-1554 | 5.2 | 12 |
| 84 | The Effect of Small Doses of Fructose and Its Epimers on Glycemic Control: A Systematic Review and Meta-Analysis of Controlled Feeding Trials. <i>Nutrients</i> , 2018 , 10, | 6.7 | 12 |
| 83 | The Philosophy of Evidence-Based Principles and Practice in Nutrition. <i>Mayo Clinic Proceedings Innovations, Quality & Outcomes</i> , 2019 , 3, 189-199 | 3.1 | 11 |
| 82 | Do Fructose-Containing Sugars Lead to Adverse Health Consequences? Results of Recent Systematic Reviews and Meta-analyses. <i>Advances in Nutrition</i> , 2015 , 6, 504S-511S | 10 | 11 |
| 81 | Comparing the Effects of Docosahexaenoic and Eicosapentaenoic Acids on Inflammation Markers Using Pairwise and Network Meta-Analyses of Randomized Controlled Trials. <i>Advances in Nutrition</i> , 2021 , 12, 128-140 | 10 | 11 |

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| 80 | Effect of low glycaemic index or load dietary patterns on glycaemic control and cardiometabolic risk factors in diabetes: systematic review and meta-analysis of randomised controlled trials. <i>BMJ, The</i> , 2021 , 374, n1651 | 5.9 | 11 |
| 79 | Cost-effectiveness of Maintaining Daily Intake of Oat β -Glucan for Coronary Heart Disease Primary Prevention. <i>Clinical Therapeutics</i> , 2017 , 39, 804-818.e3 | 3.5 | 10 |
| 78 | Does Fructose Consumption Elicit a Dose-response Effect on Fasting Triglycerides? A Systematic Review and Meta-regression of Controlled Feeding Trials. <i>Canadian Journal of Diabetes</i> , 2012 , 36, S37 | 2.1 | 10 |
| 77 | Important Food Sources of Fructose-Containing Sugars and Incident Hypertension: A Systematic Review and Dose-Response Meta-Analysis of Prospective Cohort Studies. <i>Journal of the American Heart Association</i> , 2019 , 8, e010977 | 6 | 10 |
| 76 | Glycaemic index: did Health Canada get it wrong? Position from the International Carbohydrate Quality Consortium (ICQC). <i>British Journal of Nutrition</i> , 2014 , 111, 380-2 | 3.6 | 9 |
| 75 | When a placebo is not a placebo? a placebo effect on postprandial glycaemia. <i>British Journal of Clinical Pharmacology</i> , 2007 , 64, 546-9 | 3.8 | 9 |
| 74 | Fructose: back to the future?. <i>American Journal of Clinical Nutrition</i> , 2017 , 106, 439-442 | 7 | 8 |
| 73 | Sugars and obesity: Is it the sugars or the calories?. <i>Nutrition Bulletin</i> , 2015 , 40, 88-96 | 3.5 | 8 |
| 72 | The transcultural diabetes nutrition algorithm: a canadian perspective. <i>International Journal of Endocrinology</i> , 2014 , 2014, 151068 | 2.7 | 8 |
| 71 | The metabolic syndrome in healthy, multiethnic adolescents in Toronto, Ontario: the use of fasting blood glucose as a simple indicator. <i>Canadian Journal of Cardiology</i> , 2010 , 26, e128-32 | 3.8 | 8 |
| 70 | Effect of dried fruit on postprandial glycemia: a randomized acute-feeding trial. <i>Nutrition and Diabetes</i> , 2018 , 8, 59 | 4.7 | 8 |
| 69 | Are fatty nuts a weighty concern? A systematic review and meta-analysis and dose-response meta-regression of prospective cohorts and randomized controlled trials. <i>Obesity Reviews</i> , 2021 , 22, e13330 | 10.6 | 8 |
| 68 | Characteristics and quality of systematic reviews and meta-analyses of observational nutritional epidemiology: a cross-sectional study. <i>American Journal of Clinical Nutrition</i> , 2021 , 113, 1578-1592 | 7 | 7 |
| 67 | Effect of fructose and its epimers on postprandial carbohydrate metabolism: A systematic review and meta-analysis. <i>Clinical Nutrition</i> , 2020 , 39, 3308-3318 | 5.9 | 6 |
| 66 | Effect of high-carbohydrate or high-monounsaturated fatty acid diets on blood pressure: a systematic review and meta-analysis of randomized controlled trials. <i>Nutrition Reviews</i> , 2019 , 77, 19-31 | 6.4 | 6 |
| 65 | Glycemic index in the treatment of diabetes: the debate continues. <i>Journal of the American College of Nutrition</i> , 2004 , 23, 1-4 | 3.5 | 6 |
| 64 | Dietary glycemic index, glycemic load, and chronic disease: an umbrella review of meta-analyses of prospective cohort studies. <i>Critical Reviews in Food Science and Nutrition</i> , 2020 , 1-10 | 11.5 | 6 |
| 63 | Effect of viscous fiber supplementation on obesity indicators in individuals consuming calorie-restricted diets: a systematic review and meta-analysis of randomized controlled trials. <i>European Journal of Nutrition</i> , 2021 , 60, 101-112 | 5.2 | 6 |

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| 62 | Nut consumption and type 2 diabetes risk: a systematic review and meta-analysis of observational studies. <i>American Journal of Clinical Nutrition</i> , 2021 , 113, 960-971 | 7 | 6 |
| 61 | Effect of a low glycemic index diet versus a high-cereal fibre diet on markers of subclinical cardiac injury in healthy individuals with type 2 diabetes mellitus: An exploratory analysis of a randomized dietary trial. <i>Clinical Biochemistry</i> , 2017 , 50, 1104-1109 | 3.5 | 5 |
| 60 | Positioning the Value of Dietary Carbohydrate, Carbohydrate Quality, Glycemic Index, and GI Labelling to the Canadian Consumer for Improving Dietary Patterns. <i>Nutrients</i> , 2019 , 11, | 6.7 | 5 |
| 59 | Effect of coadministration of enriched Korean Red Ginseng () and American ginseng (L) on cardiometabolic outcomes in type-2 diabetes: A randomized controlled trial. <i>Journal of Ginseng Research</i> , 2021 , 45, 546-554 | 5.8 | 5 |
| 58 | An Appetite for Modernizing the Regulatory Framework for Protein Content Claims in Canada. <i>Nutrients</i> , 2017 , 9, | 6.7 | 5 |
| 57 | The ecologic validity of fructose feeding trials: supraphysiological feeding of fructose in human trials requires careful consideration when drawing conclusions on cardiometabolic risk. <i>Frontiers in Nutrition</i> , 2015 , 2, 12 | 6.2 | 5 |
| 56 | Relationship Between a Plant-Based Dietary Portfolio and Risk of Cardiovascular Disease: Findings From the Women's Health Initiative Prospective Cohort Study. <i>Journal of the American Heart Association</i> , 2021 , 10, e021515 | 6 | 5 |
| 55 | Canadian Adults with Moderate Intakes of Total Sugars have Greater Intakes of Fibre and Key Micronutrients: Results from the Canadian Community Health Survey 2015 Public Use Microdata File. <i>Nutrients</i> , 2020 , 12, | 6.7 | 4 |
| 54 | Fructose in obesity and cognitive decline: is it the fructose or the excess energy?. <i>Nutrition Journal</i> , 2014 , 13, 27 | 4.3 | 4 |
| 53 | Persistent increases in cardiac troponin concentrations as measured with high-sensitivity assays after acute myocardial infarction. <i>Clinical Chemistry</i> , 2013 , 59, 443-5 | 5.5 | 4 |
| 52 | Dietary Glycaemic Index Labelling: A Global Perspective. <i>Nutrients</i> , 2021 , 13, | 6.7 | 4 |
| 51 | Letter by Khan et al Regarding Article, "Artificially Sweetened Beverages and Stroke, Coronary Heart Disease, and All-Cause Mortality in the Women's Health Initiative". <i>Stroke</i> , 2019 , 50, e167-e168 | 6.7 | 3 |
| 50 | Destigmatizing Carbohydrate with Food Labeling: The Use of Non-Mandatory Labelling to Highlight Quality Carbohydrate Foods. <i>Nutrients</i> , 2020 , 12, | 6.7 | 3 |
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