

# Stephen D Phinney

## List of Publications by Year in descending order

Source: <https://exaly.com/author-pdf/3986470/publications.pdf>

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23  
papers

2,574  
citations

430442

18  
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642321

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times ranked

2374  
citing authors

#	ARTICLE	IF	CITATIONS
1	Carbohydrate Restriction has a More Favorable Impact on the Metabolic Syndrome than a Low Fat Diet. <i>Lipids</i> , 2009, 44, 297-309.	0.7	316
2	Comparison of Low Fat and Low Carbohydrate Diets on Circulating Fatty Acid Composition and Markers of Inflammation. <i>Lipids</i> , 2008, 43, 65-77.	0.7	272
3	Effectiveness and Safety of a Novel Care Model for the Management of Type 2 Diabetes at 1 Year: An Open-Label, Non-Randomized, Controlled Study. <i>Diabetes Therapy</i> , 2018, 9, 583-612.	1.2	267
4	Dietary carbohydrate restriction induces a unique metabolic state positively affecting atherogenic dyslipidemia, fatty acid partitioning, and metabolic syndrome. <i>Progress in Lipid Research</i> , 2008, 47, 307-318.	5.3	229
5	Long-Term Effects of a Novel Continuous Remote Care Intervention Including Nutritional Ketosis for the Management of Type 2 Diabetes: A 2-Year Non-randomized Clinical Trial. <i>Frontiers in Endocrinology</i> , 2019, 10, 348.	1.5	202
6	A Randomized Pilot Trial of a Moderate Carbohydrate Diet Compared to a Very Low Carbohydrate Diet in Overweight or Obese Individuals with Type 2 Diabetes Mellitus or Prediabetes. <i>PLoS ONE</i> , 2014, 9, e91027.	1.1	163
7	Twelve-month outcomes of a randomized trial of a moderate-carbohydrate versus very low-carbohydrate diet in overweight adults with type 2 diabetes mellitus or prediabetes. <i>Nutrition and Diabetes</i> , 2017, 7, 304.	1.5	154
8	Dietary carbohydrate restriction improves metabolic syndrome independent of weight loss. <i>JCI Insight</i> , 2019, 4, .	2.3	141
9	Cardiovascular disease risk factor responses to a type 2 diabetes care model including nutritional ketosis induced by sustained carbohydrate restriction at 1 Year: an open label, non-randomized, controlled study. <i>Cardiovascular Diabetology</i> , 2018, 17, 56.	2.7	135
10	A Novel Intervention Including Individualized Nutritional Recommendations Reduces Hemoglobin A1c Level, Medication Use, and Weight in Type 2 Diabetes. <i>JMIR Diabetes</i> , 2017, 2, e5.	0.9	120
11	Capacity for Moderate Exercise in Obese Subjects after Adaptation to a Hypocaloric, Ketogenic Diet. <i>Journal of Clinical Investigation</i> , 1980, 66, 1152-1161.	3.9	115
12	Effects of Step-Wise Increases in Dietary Carbohydrate on Circulating Saturated Fatty Acids and Palmitoleic Acid in Adults with Metabolic Syndrome. <i>PLoS ONE</i> , 2014, 9, e113605.	1.1	89
13	Effects of aerobic exercise on energy expenditure and nitrogen balance during very low calorie dieting. <i>Metabolism: Clinical and Experimental</i> , 1988, 37, 758-765.	1.5	83
14	Limited Effect of Dietary Saturated Fat on Plasma Saturated Fat in the Context of a Low Carbohydrate Diet. <i>Lipids</i> , 2010, 45, 947-962.	0.7	75
15	Low-carbohydrate diets for athletes: what evidence?. <i>British Journal of Sports Medicine</i> , 2014, 48, 1077-1078.	3.1	54
16	Impact of a 2-year trial of nutritional ketosis on indices of cardiovascular disease risk in patients with type 2 diabetes. <i>Cardiovascular Diabetology</i> , 2020, 19, 208.	2.7	40
17	Paradox of hypercholesterolaemia in highly trained, keto-adapted athletes. <i>BMJ Open Sport and Exercise Medicine</i> , 2018, 4, e000429.	1.4	31
18	Preferential reduction in adipose tissue $\omega$ -3 linolenic acid ( $18\omega$ -3) during very low calorie dieting despite supplementation with $18\omega$ -3. <i>Lipids</i> , 1993, 28, 987-993.	0.7	30

#	ARTICLE	IF	CITATIONS
19	Alternative Dietary Patterns for Americans: Low-Carbohydrate Diets. <i>Nutrients</i> , 2021, 13, 3299.	1.7	25
20	Type 2 Diabetes Prevention Focused on Normalization of Glycemia: A Two-Year Pilot Study. <i>Nutrients</i> , 2021, 13, 749.	1.7	15
21	Effects of Palm Stearin versus Butter in the Context of Low-Carbohydrate/High-Fat and High-Carbohydrate/Low-Fat Diets on Circulating Lipids in a Controlled Feeding Study in Healthy Humans. <i>Nutrients</i> , 2021, 13, 1944.	1.7	7
22	Depressive symptoms improve over 2 years of type 2 diabetes treatment via a digital continuous remote care intervention focused on carbohydrate restriction. <i>Journal of Behavioral Medicine</i> , 2022, 45, 416-427.	1.1	6
23	Continuous care intervention with carbohydrate restriction improves physical function of the knees among patients with type 2 diabetes: a non-randomized study. <i>BMC Musculoskeletal Disorders</i> , 2022, 23, 297.	0.8	2