

Rosa M Valls

List of Publications by Year in descending order

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Version: 2024-02-01

61
papers

1,855
citations

279778

23
h-index

276858

41
g-index

63
all docs

63
docs citations

63
times ranked

2963
citing authors

#	ARTICLE	IF	CITATIONS
1	Effects of daily consumption of the probiotic <i>Bifidobacterium animalis</i> subsp. <i>lactis</i> CECT 8145 on anthropometric adiposity biomarkers in abdominally obese subjects: a randomized controlled trial. <i>International Journal of Obesity</i> , 2019, 43, 1863-1868.	3.4	124
2	Effects of functional olive oil enriched with its own phenolic compounds on endothelial function in hypertensive patients. A randomised controlled trial. <i>Food Chemistry</i> , 2015, 167, 30-35.	8.2	92
3	Fermented Dairy Products, Probiotic Supplementation, and Cardiometabolic Diseases: A Systematic Review and Meta-analysis. <i>Advances in Nutrition</i> , 2020, 11, 834-863.	6.4	88
4	Bioavailability of phenols from a phenol-enriched olive oil. <i>British Journal of Nutrition</i> , 2011, 106, 1691-1701.	2.3	86
5	Olive oil polyphenols enhance the expression of cholesterol efflux related genes in vivo in humans. A randomized controlled trial. <i>Journal of Nutritional Biochemistry</i> , 2013, 24, 1334-1339.	4.2	85
6	Improved method for identifying and quantifying olive oil phenolic compounds and their metabolites in human plasma by microelution solid-phase extraction plate and liquid chromatography-tandem mass spectrometry. <i>Journal of Chromatography B: Analytical Technologies in the Biomedical and Life Sciences</i> , 2009, 877, 4097-4106.	2.3	84
7	Faecal microbial metabolism of olive oil phenolic compounds: In vitro and in vivo approaches. <i>Molecular Nutrition and Food Research</i> , 2014, 58, 1809-1819.	3.3	79
8	Gut Microbiota Profile and Its Association with Clinical Variables and Dietary Intake in Overweight/Obese and Lean Subjects: A Cross-Sectional Study. <i>Nutrients</i> , 2021, 13, 2032.	4.1	75
9	Soluble fibre (<i>Plantago ovata</i> husk) reduces plasma low-density lipoprotein (LDL) cholesterol, triglycerides, insulin, oxidised LDL and systolic blood pressure in hypercholesterolaemic patients: A randomised trial. <i>Atherosclerosis</i> , 2010, 211, 630-637.	0.8	74
10	Impact of olive oil phenolic concentration on human plasmatic phenolic metabolites. <i>Food Chemistry</i> , 2012, 135, 2922-2929.	8.2	69
11	Effects of Poly-Bioactive Compounds on Lipid Profile and Body Weight in a Moderately Hypercholesterolemic Population with Low Cardiovascular Disease Risk: A Multicenter Randomized Trial. <i>PLoS ONE</i> , 2014, 9, e101978.	2.5	51
12	Cocoa Consumption Alters the Global DNA Methylation of Peripheral Leukocytes in Humans with Cardiovascular Disease Risk Factors: A Randomized Controlled Trial. <i>PLoS ONE</i> , 2013, 8, e65744.	2.5	50
13	Metabolite profiling of olive oil and thyme phenols after a sustained intake of two phenol-enriched olive oils by humans: Identification of compliance markers. <i>Food Research International</i> , 2014, 65, 59-68.	6.2	49
14	Effects of hesperidin in orange juice on blood and pulse pressures in mildly hypertensive individuals: a randomized controlled trial (Citrus study). <i>European Journal of Nutrition</i> , 2021, 60, 1277-1288.	3.9	49
15	Polyphenol rich olive oils improve lipoprotein particle atherogenic ratios and subclasses profile: A randomized, crossover, controlled trial. <i>Molecular Nutrition and Food Research</i> , 2016, 60, 1544-1554.	3.3	47
16	Effects of low molecular weight procyanidin rich extract from french maritime pine bark on cardiovascular disease risk factors in stage-1 hypertensive subjects: Randomized, double-blind, crossover, placebo-controlled intervention trial. <i>Phytomedicine</i> , 2016, 23, 1451-1461.	5.3	44
17	Impact of Virgin Olive Oil and Phenol-Enriched Virgin Olive Oils on the HDL Proteome in Hypercholesterolemic Subjects: A Double Blind, Randomized, Controlled, Cross-Over Clinical Trial (VOHF Study). <i>PLoS ONE</i> , 2015, 10, e0129160.	2.5	43
18	A new hydroxytyrosol metabolite identified in human plasma: Hydroxytyrosol acetate sulphate. <i>Food Chemistry</i> , 2012, 134, 1132-1136.	8.2	41

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19	Mobile Phone Apps for Food Allergies or Intolerances in App Stores: Systematic Search and Quality Assessment Using the Mobile App Rating Scale (MARS). <i>JMIR MHealth and UHealth</i> , 2020, 8, e18339.	3.7	41
20	Cocoa, Hazelnuts, Sterols and Soluble Fiber Cream Reduces Lipids and Inflammation Biomarkers in Hypertensive Patients: A Randomized Controlled Trial. <i>PLoS ONE</i> , 2012, 7, e31103.	2.5	37
21	Cardiovascular Benefits of Phenol-Enriched Virgin Olive Oils: New Insights from the Virgin Olive Oil and HDL Functionality (VOHF) Study. <i>Molecular Nutrition and Food Research</i> , 2018, 62, e1800456.	3.3	32
22	Application of dried spot cards as a rapid sample treatment method for determining hydroxytyrosol metabolites in human urine samples. Comparison with microelution solid-phase extraction. <i>Analytical and Bioanalytical Chemistry</i> , 2013, 405, 9179-9192.	3.7	29
23	Study of the Catabolism of Thyme Phenols Combining in Vitro Fermentation and Human Intervention. <i>Journal of Agricultural and Food Chemistry</i> , 2014, 62, 10954-10961.	5.2	29
24	Interplay between dietary phenolic compound intake and the human gut microbiome in hypertension: A cross-sectional study. <i>Food Chemistry</i> , 2021, 344, 128567.	8.2	28
25	Potential Use of Mobile Phone Applications for Self-Monitoring and Increasing Daily Fruit and Vegetable Consumption: A Systematized Review. <i>Nutrients</i> , 2019, 11, 686.	4.1	27
26	Polyphenol-rich foods exhibit <sc>DNA</sc> antioxidative properties and protect the glutathione system in healthy subjects. <i>Molecular Nutrition and Food Research</i> , 2012, 56, 1025-1033.	3.3	24
27	In vivo biotransformation of (poly)phenols and anthocyanins of red-fleshed apple and identification of intake biomarkers. <i>Journal of Functional Foods</i> , 2019, 55, 146-155.	3.4	24
28	Biomarkers of food intake and metabolite differences between plasma and red blood cell matrices; a human metabolomic profile approach. <i>Molecular BioSystems</i> , 2013, 9, 1411.	2.9	23
29	Exploring the effects of phenolic compounds to reduce intestinal damage and improve the intestinal barrier integrity: A systematic review of in Vivo animal studies. <i>Clinical Nutrition</i> , 2021, 40, 1719-1732.	5.0	22
30	In vitro Metabolomic Approaches to Investigating the Potential Biological Effects of Phenolic Compounds: An Update. <i>Genomics, Proteomics and Bioinformatics</i> , 2017, 15, 236-245.	6.9	22
31	Consumption of seafood and its estimated heavy metals are associated with lipid profile and oxidative lipid damage on healthy adults from a Spanish Mediterranean area: A cross-sectional study. <i>Environmental Research</i> , 2017, 156, 644-651.	7.5	21
32	Genetic Variants of LDLR and PCSK9 Associated with Variations in Response to Antihypercholesterolemic Effects of Armolipid Plus with Berberine. <i>PLoS ONE</i> , 2016, 11, e0150785.	2.5	21
33	Impact of Phenol-Enriched Virgin Olive Oils on the Postprandial Levels of Circulating microRNAs Related to Cardiovascular Disease. <i>Molecular Nutrition and Food Research</i> , 2020, 64, e2000049.	3.3	20
34	Fermented dairy foods rich in probiotics and cardiometabolic risk factors: a narrative review from prospective cohort studies. <i>Critical Reviews in Food Science and Nutrition</i> , 2021, 61, 1966-1975.	10.3	20
35	Determinants of HDL Cholesterol Efflux Capacity after Virgin Olive Oil Ingestion: Interrelationships with Fluidity of HDL Monolayer. <i>Molecular Nutrition and Food Research</i> , 2017, 61, 1700445.	3.3	19
36	The health benefits of anthocyanins: an umbrella review of systematic reviews and meta-analyses of observational studies and controlled clinical trials. <i>Nutrition Reviews</i> , 2022, 80, 1515-1530.	5.8	19

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37	Virgin Olive Oil Enriched with Its Own Phenols or Complemented with Thyme Phenols Improves DNA Protection against Oxidation and Antioxidant Enzyme Activity in Hyperlipidemic Subjects. <i>Journal of Agricultural and Food Chemistry</i> , 2016, 64, 1879-1888.	5.2	18
38	Phenol-enriched olive oils modify paraoxonase-related variables: A randomized, crossover, controlled trial. <i>Molecular Nutrition and Food Research</i> , 2017, 61, 1600932.	3.3	17
39	Polymorphisms in LEP and NPY genes modify the response to soluble fibre <i>Plantago ovata</i> husk intake on cardiovascular risk biomarkers. <i>Genes and Nutrition</i> , 2013, 8, 127-136.	2.5	14
40	Virgin olive oil enriched with its own phenolic compounds or complemented with thyme improves endothelial function: The potential role of plasmatic fat-soluble vitamins. A double blind, randomized, controlled, cross-over clinical trial. <i>Journal of Functional Foods</i> , 2017, 28, 285-292.	3.4	12
41	Virgin Olive Oil Phenolic Compounds Modulate the HDL Lipidome in Hypercholesterolaemic Subjects: A Lipidomic Analysis of the VOHF Study. <i>Molecular Nutrition and Food Research</i> , 2021, 65, e2001192.	3.3	12
42	Interventions to Promote Healthy Meals in Full-Service Restaurants and Canteens: A Systematic Review and Meta-Analysis. <i>Nutrients</i> , 2021, 13, 1350.	4.1	12
43	Metabolic Fate and Cardiometabolic Effects of Phenolic Compounds from Red-fleshed Apple in Hypercholesterolemic Rats: A Comparative Study with Common White-fleshed Apple. <i>The AppleCOR Study. Molecular Nutrition and Food Research</i> , 2021, 65, e2001225.	3.3	10
44	Effect of the long-term regular intake of virgin olive oil on the phenolic metabolites in human fasting plasma. <i>Journal of Pharmaceutical and Biomedical Analysis</i> , 2010, 53, 68-74.	2.8	8
45	Effects of an Optimized Aged Garlic Extract on Cardiovascular Disease Risk Factors in Moderate Hypercholesterolemic Subjects: A Randomized, Crossover, Double-Blind, Sustained and Controlled Study. <i>Nutrients</i> , 2022, 14, 405.	4.1	8
46	A low-fat yoghurt supplemented with a rooster comb extract on muscle joint function in adults with mild knee pain: a randomized, double blind, parallel, placebo-controlled, clinical trial of efficacy. <i>Food and Function</i> , 2015, 6, 3531-3539.	4.6	6
47	Proteomic Analysis of Heart and Kidney Tissues in Healthy and Metabolic Syndrome Rats after Hesperidin Supplementation. <i>Molecular Nutrition and Food Research</i> , 2020, 64, 1901063.	3.3	6
48	Use of multivariate chemometric algorithms on 1H NMR data to assess a soluble fiber (<i>Plantago ovata</i>) Tj ETQq0 0 0 rgBT /Overlock 10 T	3.5	5
49	A clinical trial to evaluate the effect of the Mediterranean diet on smokers lung function. <i>Npj Primary Care Respiratory Medicine</i> , 2019, 29, 40.	2.6	4
50	Effect of the consumption of hesperidin in orange juice on the transcriptomic profile of subjects with elevated blood pressure and stage 1 hypertension: A randomized controlled trial (CITRUS study). <i>Clinical Nutrition</i> , 2021, 40, 5812-5822.	5.0	4
51	Phenol metabolic fingerprint and selection of intake biomarkers after acute and sustained consumption of red-fleshed apple versus common apple in humans. <i>The AppleCOR study. Food Chemistry</i> , 2022, 384, 132612.	8.2	4
52	Hesperidin Bioavailability Is Increased by the Presence of 2S-Diastereoisomer and Micronization A Randomized, Crossover and Double-Blind Clinical Trial. <i>Nutrients</i> , 2022, 14, 2481.	4.1	4
53	Effectiveness of a low-fat yoghurt supplemented with rooster comb extract on muscle strength in adults with mild knee pain and mechanisms of action on muscle regeneration. <i>Food and Function</i> , 2018, 9, 3244-3253.	4.6	3
54	Evaluating Mediterranean Diet-Adherent, Healthy and Allergen-Free Meals Offered in Tarragona Province Restaurants (Catalonia, Spain): A Cross-Sectional Study. <i>Nutrients</i> , 2021, 13, 2464.	4.1	3

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55	Serum lysophospholipidome of dietary origin as a suitable susceptibility/risk biomarker of human hypercholesterolemia: A cross-sectional study. <i>Clinical Nutrition</i> , 2022, 41, 489-499.	5.0	3
56	Impact of a Service Learning (SL) Experience on the Improvement of Knowledge in Healthy Eating Habits in Teenagers. <i>Procedia, Social and Behavioral Sciences</i> , 2016, 228, 202-208.	0.5	2
57	Effectiveness of a Motivational Nutritional Intervention through Social Networks 2.0 to Increase Adherence to the Mediterranean Diet and Improve Lung Function in Active Smokers: The DIET Study, a Randomized, Controlled and Parallel Clinical Trial in Primary Care. <i>Nutrients</i> , 2021, 13, 3597.	4.1	2
58	Effects of enriched seafood sticks (heat-inactivated <i>B. animalis</i> subsp. <i>lactis</i> CECT 8145, inulin, omega-3) on cardiometabolic risk factors and gut microbiota in abdominally obese subjects: randomized controlled trial. <i>European Journal of Nutrition</i> , 0, , .	3.9	2
59	Correction to Virgin Olive Oil Enriched with Its Own Phenolics or Complemented with Thyme Phenols Improves DNA Protection against Oxidation and Antioxidant Enzyme Activity in Hyperlipidemic Subjects. <i>Journal of Agricultural and Food Chemistry</i> , 2016, 64, 5137-5137.	5.2	1
60	The "Healthy Meals" web app for the assessment of nutritional content and food allergens in restaurant meals: Development, evaluation and validation. <i>Digital Health</i> , 2022, 8, 205520762210816.	1.8	1
61	A Paper in Health Sciences: The Student Mentor. <i>Procedia, Social and Behavioral Sciences</i> , 2015, 196, 171-176.	0.5	0