

Rosa M Valls

List of Publications by Year in descending order

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Version: 2024-02-01

61
papers

1,855
citations

279798

23
h-index

276875

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). JMIR MHealth and UHealth, 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. PLoS ONE, 2012, 7, e31103.	2.5	37
21	Cardiovascular Benefits of Phenolâ€Enriched Virgin Olive Oils: New Insights from the Virgin Olive Oil and HDL Functionality (VOHF) Study. Molecular Nutrition and Food Research, 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. Analytical and Bioanalytical Chemistry, 2013, 405, 9179-9192.	3.7	29
23	Study of the Catabolism of Thyme Phenols Combining in Vitro Fermentation and Human Intervention. Journal of Agricultural and Food Chemistry, 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. Food Chemistry, 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. Nutrients, 2019, 11, 686.	4.1	27
26	Polyphenolâ€Rich foods exhibit <scp>DNA</scp> antioxidative properties and protect the glutathione system in healthy subjects. Molecular Nutrition and Food Research, 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. Journal of Functional Foods, 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. Molecular BioSystems, 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 inÂvivo animal studies. Clinical Nutrition, 2021, 40, 1719-1732.	5.0	22
30	In vitro Metabolomic Approaches to Investigating the Potential Biological Effects of Phenolic Compounds: An Update. Genomics, Proteomics and Bioinformatics, 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. Environmental Research, 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. PLoS ONE, 2016, 11, e0150785.	2.5	21
33	Impact of Phenolâ€Enriched Virgin Olive Oils on the Postprandial Levels of Circulating microRNAs Related to Cardiovascular Disease. Molecular Nutrition and Food Research, 2020, 64, e2000049.	3.3	20
34	Fermented dairy foods rich in probiotics and cardiometabolic risk factors: a narrative review from prospective cohort studies. Critical Reviews in Food Science and Nutrition, 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. Molecular Nutrition and Food Research, 2017, 61, 1700445.	3.3	19
36	The health benefits of anthocyanins: an umbrella review of systematic reviews and meta-analysesof observational studies and controlled clinical trials. Nutrition Reviews, 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	Phenolâ€enriched olive oils modify paraoxonaseâ€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 Redâ€Fleshed Apple in Hypercholesterolemic Rats: A Comparative Study with Common Whiteâ€Fleshed Apple. <i>The AppleCOR Study</i> . <i>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 1	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</i> . <i>Food Chemistry</i> , 2022, 384, 132612.	8.2	4
52	Hesperidin Bioavailability Is Increased by the Presence of 2S-Diastereoisomer and Micronizationâ€”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