

# Marjukka Kolehmainen

## List of Publications by Year in descending order

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87  
papers

4,433  
citations

109137

35  
h-index

110170

64  
g-index

92  
all docs

92  
docs citations

92  
times ranked

6755  
citing authors

#	ARTICLE	IF	CITATIONS
1	Impact of Dietary Polyphenols on Carbohydrate Metabolism. <i>International Journal of Molecular Sciences</i> , 2010, 11, 1365-1402.	1.8	873
2	Effects of an isocaloric healthy Nordic diet on insulin sensitivity, lipid profile and inflammation markers in metabolic syndrome – a randomized study (SYSDIET). <i>Journal of Internal Medicine</i> , 2013, 274, 52-66.	2.7	213
3	A diet high in fatty fish, bilberries and wholegrain products improves markers of endothelial function and inflammation in individuals with impaired glucose metabolism in a randomised controlled trial: The Sysdimet study. <i>Diabetologia</i> , 2011, 54, 2755-2767.	2.9	158
4	Bilberries reduce low-grade inflammation in individuals with features of metabolic syndrome. <i>Molecular Nutrition and Food Research</i> , 2012, 56, 1501-1510.	1.5	151
5	Nontargeted Metabolite Profiling Discriminates Diet-Specific Biomarkers for Consumption of Whole Grains, Fatty Fish, and Bilberries in a Randomized Controlled Trial. <i>Journal of Nutrition</i> , 2015, 145, 7-17.	1.3	129
6	Dietary carbohydrate modification induces alterations in gene expression in abdominal subcutaneous adipose tissue in persons with the metabolic syndrome: the FUNGENUT Study. <i>American Journal of Clinical Nutrition</i> , 2007, 85, 1417-1427.	2.2	121
7	Random forest-based imputation outperforms other methods for imputing LC-MS metabolomics data: a comparative study. <i>BMC Bioinformatics</i> , 2019, 20, 492.	1.2	114
8	Berries Reduce Postprandial Insulin Responses to Wheat and Rye Breads in Healthy Women. <i>Journal of Nutrition</i> , 2013, 143, 430-436.	1.3	94
9	Effects of ellagitannin-rich berries on blood lipids, gut microbiota, and urolithin production in human subjects with symptoms of metabolic syndrome. <i>Molecular Nutrition and Food Research</i> , 2013, 57, 2258-2263.	1.5	93
10	Combining traditional dietary assessment methods with novel metabolomics techniques: present efforts by the Food Biomarker Alliance. <i>Proceedings of the Nutrition Society</i> , 2017, 76, 619-627.	0.4	93
11	Inflammation markers are modulated by responses to diets differing in postprandial insulin responses in individuals with the metabolic syndrome. <i>American Journal of Clinical Nutrition</i> , 2008, 87, 1497-1503.	2.2	91
12	Postprandial differences in the plasma metabolome of healthy Finnish subjects after intake of a sourdough fermented endosperm rye bread versus white wheat bread. <i>Nutrition Journal</i> , 2011, 10, 116.	1.5	83
13	Whole Grain Products, Fish and Bilberries Alter Glucose and Lipid Metabolism in a Randomized, Controlled Trial: The Sysdimet Study. <i>PLoS ONE</i> , 2011, 6, e22646.	1.1	83
14	Postprandial glucose, insulin, and free fatty acid responses to sucrose consumed with blackcurrants and lingonberries in healthy women. <i>American Journal of Clinical Nutrition</i> , 2012, 96, 527-533.	2.2	81
15	Sourdough fermentation of wholemeal wheat bread increases solubility of arabinoxylan and protein and decreases postprandial glucose and insulin responses. <i>Journal of Cereal Science</i> , 2010, 51, 152-158.	1.8	79
16	A scheme for a flexible classification of dietary and health biomarkers. <i>Genes and Nutrition</i> , 2017, 12, 34.	1.2	76
17	High perceived stress is associated with unfavorable eating behavior in overweight and obese Finns of working age. <i>Appetite</i> , 2016, 103, 249-258.	1.8	75
18	Protein Supplements and Their Relation with Nutrition, Microbiota Composition and Health: Is More Protein Always Better for Sportspeople?. <i>Nutrients</i> , 2019, 11, 829.	1.7	69

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19	A Healthy Nordic Diet Alters the Plasma Lipidomic Profile in Adults with Features of Metabolic Syndrome in a Multicenter Randomized Dietary Intervention. <i>Journal of Nutrition</i> , 2016, 146, 662-672.	1.3	68
20	Grains – a major source of sustainable protein for health. <i>Nutrition Reviews</i> , 2022, 80, 1648-1663.	2.6	67
21	Associations of physical activity, fitness, and body composition with heart rate variability–based indicators of stress and recovery on workdays: a cross-sectional study. <i>Journal of Occupational Medicine and Toxicology</i> , 2014, 9, 16.	0.9	66
22	Rye and health - Where do we stand and where do we go?. <i>Trends in Food Science and Technology</i> , 2018, 79, 78-87.	7.8	66
23	Usage and Dose Response of a Mobile Acceptance and Commitment Therapy App: Secondary Analysis of the Intervention Arm of a Randomized Controlled Trial. <i>JMIR MHealth and UHealth</i> , 2016, 4, e90.	1.8	62
24	Betaine supplementation causes increase in carnitine metabolites in the muscle and liver of mice fed a high-fat diet as studied by nontargeted LC-MS metabolomics approach. <i>Molecular Nutrition and Food Research</i> , 2013, 57, 1959-1968.	1.5	60
25	Effects of rye and whole wheat versus refined cereal foods on metabolic risk factors: A randomised controlled two-centre intervention study. <i>Clinical Nutrition</i> , 2013, 32, 941-949.	2.3	60
26	Effects of Whole Grain, Fish and Bilberries on Serum Metabolic Profile and Lipid Transfer Protein Activities: A Randomized Trial (Sysdimet). <i>PLoS ONE</i> , 2014, 9, e90352.	1.1	60
27	Fasting serum hippuric acid is elevated after bilberry ( <i>Vaccinium myrtillus</i> ) consumption and associates with improvement of fasting glucose levels and insulin secretion in persons at high risk of developing type 2 diabetes. <i>Molecular Nutrition and Food Research</i> , 2017, 61, 1700019.	1.5	60
28	The effects of acceptance and commitment therapy on eating behavior and diet delivered through face-to-face contact and a mobile app: a randomized controlled trial. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2018, 15, 22.	2.0	53
29	Dietary carbohydrate modification alters serum metabolic profiles in individuals with the metabolic syndrome. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2010, 20, 249-257.	1.1	50
30	Subjective stress, objective heart rate variability-based stress, and recovery on workdays among overweight and psychologically distressed individuals: a cross-sectional study. <i>Journal of Occupational Medicine and Toxicology</i> , 2015, 10, 39.	0.9	49
31	Healthy Nordic diet downregulates the expression of genes involved in inflammation in subcutaneous adipose tissue in individuals with features of the metabolic syndrome. <i>American Journal of Clinical Nutrition</i> , 2015, 101, 228-239.	2.2	48
32	Harnessing Microbes for Sustainable Development: Food Fermentation as a Tool for Improving the Nutritional Quality of Alternative Protein Sources. <i>Nutrients</i> , 2020, 12, 1020.	1.7	48
33	The effect of fatty or lean fish intake on inflammatory gene expression in peripheral blood mononuclear cells of patients with coronary heart disease. <i>European Journal of Nutrition</i> , 2009, 48, 447-455.	1.8	47
34	Diets rich in whole grains increase betainized compounds associated with glucose metabolism. <i>American Journal of Clinical Nutrition</i> , 2018, 108, 971-979.	2.2	47
35	Biomarkers of cereal food intake. <i>Genes and Nutrition</i> , 2019, 14, 28.	1.2	43
36	A Dietary Biomarker Approach Captures Compliance and Cardiometabolic Effects of a Healthy Nordic Diet in Individuals with Metabolic Syndrome. <i>Journal of Nutrition</i> , 2014, 144, 1642-1649.	1.3	39

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37	Dietary Fiber from Oat and Rye Brans Ameliorate Western Diet-Induced Body Weight Gain and Hepatic Inflammation by the Modulation of Short-Chain Fatty Acids, Bile Acids, and Tryptophan Metabolism. <i>Molecular Nutrition and Food Research</i> , 2021, 65, e1900580.	1.5	39
38	Comparison of postprandial phenolic acid excretions and glucose responses after ingestion of breads with bioprocessed or native rye bran. <i>Food and Function</i> , 2013, 4, 972.	2.1	38
39	Postprandial glucose metabolism and SCFA after consuming wholegrain rye bread and wheat bread enriched with bioprocessed rye bran in individuals with mild gastrointestinal symptoms. <i>Nutrition Journal</i> , 2014, 13, 104.	1.5	38
40	Whole Grain Rye Intake, Reflected by a Biomarker, Is Associated with Favorable Blood Lipid Outcomes in Subjects with the Metabolic Syndrome – A Randomized Study. <i>PLoS ONE</i> , 2014, 9, e110827.	1.1	37
41	<i>MFAP5</i> is related to obesity-associated adipose tissue and extracellular matrix remodeling and inflammation. <i>Obesity</i> , 2015, 23, 1371-1378.	1.5	35
42	The effectiveness and applicability of different lifestyle interventions for enhancing wellbeing: the study design for a randomized controlled trial for persons with metabolic syndrome risk factors and psychological distress. <i>BMC Public Health</i> , 2014, 14, 310.	1.2	33
43	Psychological flexibility mediates change in intuitive eating regulation in acceptance and commitment therapy interventions. <i>Public Health Nutrition</i> , 2017, 20, 1681-1691.	1.1	33
44	High-Fat Diet, Betaine, and Polydextrose Induce Changes in Adipose Tissue Inflammation and Metabolism in C57BL/6J Mice. <i>Molecular Nutrition and Food Research</i> , 2018, 62, e1800455.	1.5	33
45	Plasma alkylresorcinols C17:0/C21:0 ratio, a biomarker of relative whole-grain rye intake, is associated to insulin sensitivity: a randomized study. <i>European Journal of Clinical Nutrition</i> , 2014, 68, 453-458.	1.3	29
46	CMPF Does Not Associate with Impaired Glucose Metabolism in Individuals with Features of Metabolic Syndrome. <i>PLoS ONE</i> , 2015, 10, e0124379.	1.1	27
47	Psychobehavioural Factors Are More Strongly Associated with Successful Weight Management Than Predetermined Satiety Effect or Other Characteristics of Diet. <i>Journal of Obesity</i> , 2012, 2012, 1-14.	1.1	25
48	Digitally supported program for type 2 diabetes risk identification and risk reduction in real-world setting: protocol for the StopDia model and randomized controlled trial. <i>BMC Public Health</i> , 2019, 19, 255.	1.2	24
49	Physical activity, heart rate variability-based stress and recovery, and subjective stress during a 9-month study period. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2017, 27, 612-621.	1.3	23
50	Quantitative assessment of betainized compounds and associations with dietary and metabolic biomarkers in the randomized study of the healthy Nordic diet (SYSDIET). <i>American Journal of Clinical Nutrition</i> , 2019, 110, 1108-1118.	2.2	23
51	Decreased plasma serotonin and other metabolite changes in healthy adults after consumption of wholegrain rye: an untargeted metabolomics study. <i>American Journal of Clinical Nutrition</i> , 2019, 109, 1630-1639.	2.2	23
52	Plasma Alkylresorcinols Reflect Important Whole-Grain Components of a Healthy Nordic Diet. <i>Journal of Nutrition</i> , 2013, 143, 1383-1390.	1.3	22
53	Intestinal Exposure to Food-Derived Protease Inhibitors: Digestion Physiology- and Gut Health-Related Effects. <i>Healthcare (Switzerland)</i> , 2021, 9, 1002.	1.0	22
54	Effects of a healthy Nordic diet on gene expression changes in peripheral blood mononuclear cells in response to an oral glucose tolerance test in subjects with metabolic syndrome: a SYSDIET sub-study. <i>Genes and Nutrition</i> , 2016, 11, 3.	1.2	20

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55	An Isocaloric Nordic Diet Modulates RELA and TNFRSF1A Gene Expression in Peripheral Blood Mononuclear Cells in Individuals with Metabolic Syndrome—A SYSDIET Sub-Study. <i>Nutrients</i> , 2019, 11, 2932.	1.7	16
56	Dietary polyunsaturated fatty acids and the Pro12Ala polymorphisms of PPARC regulate serum lipids through divergent pathways: a randomized crossover clinical trial. <i>Genes and Nutrition</i> , 2015, 10, 43.	1.2	15
57	The Effects of Acceptance and Commitment Therapy (ACT) Intervention on Inflammation and Stress Biomarkers: a Randomized Controlled Trial. <i>International Journal of Behavioral Medicine</i> , 2020, 27, 539-555.	0.8	14
58	Plasma lipid profile associates with the improvement of psychological well-being in individuals with perceived stress symptoms. <i>Scientific Reports</i> , 2020, 10, 2143.	1.6	14
59	Adherence to the Nordic Nutrition Recommendations in a Nordic population with metabolic syndrome: high salt consumption and low dietary fibre intake (The SYSDIET study). <i>Food and Nutrition Research</i> , 2013, 57, 21391.	1.2	14
60	Eating Competence Is Associated with Lower Prevalence of Obesity and Better Insulin Sensitivity in Finnish Adults with Increased Risk for Type 2 Diabetes: The StopDia Study. <i>Nutrients</i> , 2020, 12, 104.	1.7	13
61	Regulation of alternative splicing in human obesity loci. <i>Obesity</i> , 2016, 24, 2033-2037.	1.5	11
62	Diet-derived changes by sourdough-fermented rye bread in exhaled breath aspiration ion mobility spectrometry profiles in individuals with mild gastrointestinal symptoms. <i>International Journal of Food Sciences and Nutrition</i> , 2017, 68, 987-996.	1.3	11
63	Do rye product structure, product perceptions and oral processing modulate satiety?. <i>Food Quality and Preference</i> , 2017, 60, 178-187.	2.3	11
64	Blackcurrant ( <i>Ribes nigrum</i> ) lowers sugar-induced postprandial glycaemia independently and in a product with fermented quinoa: a randomised crossover trial. <i>British Journal of Nutrition</i> , 2020, 126, 1-10.	1.2	11
65	Healthy Nordic Diet Modulates the Expression of Genes Related to Mitochondrial Function and Immune Response in Peripheral Blood Mononuclear Cells from Subjects with Metabolic Syndrome—A SYSDIET Sub-Study. <i>Molecular Nutrition and Food Research</i> , 2019, 63, e1801405.	1.5	10
66	Profiling of Endogenous and Gut Microbial Metabolites to Indicate Metabotype-Specific Dietary Responses: A Systematic Review. <i>Advances in Nutrition</i> , 2020, 11, 1237-1254.	2.9	10
67	Alkylresorcinols in adipose tissue biopsies as biomarkers of whole-grain intake: an exploratory study of responsiveness to advised intake over 12 weeks. <i>European Journal of Clinical Nutrition</i> , 2015, 69, 1244-1248.	1.3	9
68	Post-weight loss changes in fasting appetite- and energy balance-related hormone concentrations and the effect of the macronutrient content of a weight maintenance diet: a randomised controlled trial. <i>European Journal of Nutrition</i> , 2021, 60, 2603-2616.	1.8	9
69	Role of microbiota and related metabolites in gastrointestinal tract barrier function in NAFLD. <i>Tissue Barriers</i> , 2021, 9, 1879719.	1.6	9
70	Analysis of the SYSDIET Healthy Nordic Diet randomized trial based on metabolic profiling reveal beneficial effects on glucose metabolism and blood lipids. <i>Clinical Nutrition</i> , 2022, 41, 441-451.	2.3	8
71	Choice Architecture Cueing to Healthier Dietary Choices and Physical Activity at the Workplace: Implementation and Feasibility Evaluation. <i>Nutrients</i> , 2021, 13, 3592.	1.7	7
72	Predictors of increase in physical activity during a 6-month follow-up period among overweight and physically inactive healthy young adults. <i>Journal of Exercise Science and Fitness</i> , 2015, 13, 63-71.	0.8	6

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73	Mobile Phone App for Self-Monitoring of Eating Rhythm: Field Experiment. JMIR MHealth and UHealth, 2019, 7, e11490.	1.8	6
74	LongITools: Dynamic longitudinal exposome trajectories in cardiovascular and metabolic noncommunicable diseases. Environmental Epidemiology, 2022, 6, e184.	1.4	6
75	Comparison of Communication Channels for Large-Scale Type 2 Diabetes Risk Screening and Intervention Recruitment: Empirical Study. JMIR Diabetes, 2021, 6, e21356.	0.9	5
76	Metabolic state as a modulator of neural event-related potentials for food stimuli in an implicit association test. Physiology and Behavior, 2019, 209, 112589.	1.0	4
77	Replacing Saturated Fat with Polyunsaturated Fat Modulates Peripheral Blood Mononuclear Cell Gene Expression and Pathways Related to Cardiovascular Disease Risk Using a Whole Transcriptome Approach. Molecular Nutrition and Food Research, 2021, 65, e2100633.	1.5	4
78	Associations between weight loss history and factors related to type 2 diabetes risk in the Stop Diabetes study. International Journal of Obesity, 2022, 46, 935-942.	1.6	4
79	Mastication-induced release of compounds from rye and wheat breads to saliva. Food Chemistry, 2019, 270, 502-508.	4.2	3
80	Potential of Probiotic Frozen Blackcurrant Products: Consumer Preference, Physicochemical Characterization, and Cell Viability. Foods, 2021, 10, 792.	1.9	3
81	Midâ€infrared spectroscopy and multivariate curve resolution for analyzing human adipose tissue triacylglycerols. European Journal of Lipid Science and Technology, 2010, 112, 1308-1314.	1.0	2
82	Sleep-time physiological recovery is associated with eating habits in distressed working-age Finns with overweight: secondary analysis of a randomised controlled trial. Journal of Occupational Medicine and Toxicology, 2021, 16, 23.	0.9	2
83	Effect of metabolic state on implicit and explicit responses to food in young healthy females. Appetite, 2020, 148, 104593.	1.8	1
84	Oxygen-18 and carbon-13 isotopes in eCO2 and erythrocytes carbonic anhydrase activity of Finnish prediabetic population. Journal of Breath Research, 2021, 15, 021001.	1.5	1
85	Enhanced Eating Competence Is Associated with Improved Diet Quality and Cardiometabolic Profile in Finnish Adults with Increased Risk of Type 2 Diabetes. Nutrients, 2021, 13, 4030.	1.7	1
86	Nudge interventions needed to promote healthy diet among employees with physical work and employees not eating in a staff restaurant. Proceedings of the Nutrition Society, 2020, 79, .	0.4	0
87	What Can the Blood Tell us About Food and Health?. Frontiers for Young Minds, 0, 10, .	0.8	0