

# Miguel A Martinez-Gonzalez

## List of Publications by Citations

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410  
papers

25,501  
citations

77  
h-index

151  
g-index

464  
ext. papers

32,037  
ext. citations

5.7  
avg, IF

7.13  
L-index

#	Paper	IF	Citations
410	Primary prevention of cardiovascular disease with a Mediterranean diet. <i>New England Journal of Medicine</i> , <b>2013</b> , 368, 1279-90	59.2	3041
409	Primary Prevention of Cardiovascular Disease with a Mediterranean Diet Supplemented with Extra-Virgin Olive Oil or Nuts. <i>New England Journal of Medicine</i> , <b>2018</b> , 378, e34	59.2	1232
408	Effects of a Mediterranean-style diet on cardiovascular risk factors: a randomized trial. <i>Annals of Internal Medicine</i> , <b>2006</b> , 145, 1-11	8	1195
407	A short screener is valid for assessing Mediterranean diet adherence among older Spanish men and women. <i>Journal of Nutrition</i> , <b>2011</b> , 141, 1140-5	4.1	649
406	Reduction in the incidence of type 2 diabetes with the Mediterranean diet: results of the PREDIMED-Reus nutrition intervention randomized trial. <i>Diabetes Care</i> , <b>2011</b> , 34, 14-9	14.6	576
405	Relative validity of a semi-quantitative food-frequency questionnaire in an elderly Mediterranean population of Spain. <i>British Journal of Nutrition</i> , <b>2010</b> , 103, 1808-16	3.6	508
404	Mediterranean Diet and Age-Related Cognitive Decline: A Randomized Clinical Trial. <i>JAMA Internal Medicine</i> , <b>2015</b> , 175, 1094-1103	11.5	479
403	A 14-item Mediterranean diet assessment tool and obesity indexes among high-risk subjects: the PREDIMED trial. <i>PLoS ONE</i> , <b>2012</b> , 7, e43134	3.7	449
402	Metabolomics in Prediabetes and Diabetes: A Systematic Review and Meta-analysis. <i>Diabetes Care</i> , <b>2016</b> , 39, 833-46	14.6	418
401	Prevention of diabetes with Mediterranean diets: a subgroup analysis of a randomized trial. <i>Annals of Internal Medicine</i> , <b>2014</b> , 160, 1-10	8	415
400	Mediterranean diet improves cognition: the PREDIMED-NAVARRA randomised trial. <i>Journal of Neurology, Neurosurgery and Psychiatry</i> , <b>2013</b> , 84, 1318-25	5.5	414
399	Association of the Mediterranean dietary pattern with the incidence of depression: the Seguimiento Universidad de Navarra/University of Navarra follow-up (SUN) cohort. <i>Archives of General Psychiatry</i> , <b>2009</b> , 66, 1090-8		409
398	Benefits of the Mediterranean Diet: Insights From the PREDIMED Study. <i>Progress in Cardiovascular Diseases</i> , <b>2015</b> , 58, 50-60	8.5	385
397	Cohort profile: design and methods of the PREDIMED study. <i>International Journal of Epidemiology</i> , <b>2012</b> , 41, 377-85	7.8	369
396	Validation of the Spanish version of the physical activity questionnaire used in the NursesHealth Study and the Health ProfessionalsFollow-up Study. <i>Public Health Nutrition</i> , <b>2005</b> , 8, 920-7	3.3	365
395	Definitions and potential health benefits of the Mediterranean diet: views from experts around the world. <i>BMC Medicine</i> , <b>2014</b> , 12, 112	11.4	284
394	Mediterranean Diet and Invasive Breast Cancer Risk Among Women at High Cardiovascular Risk in the PREDIMED Trial: A Randomized Clinical Trial. <i>JAMA Internal Medicine</i> , <b>2015</b> , 175, 1752-1760	11.5	276

393	Food Consumption and its Impact on Cardiovascular Disease: Importance of Solutions Focused on the Globalized Food System: A Report From the Workshop Convened by the World Heart Federation. <i>Journal of the American College of Cardiology</i> , <b>2015</b> , 66, 1590-1614	15.1	255
392	Ultraprocessed food consumption and risk of overweight and obesity: the University of Navarra Follow-Up (SUN) cohort study. <i>American Journal of Clinical Nutrition</i> , <b>2016</b> , 104, 1433-1440	7	252
391	Reproducibility of an FFQ validated in Spain. <i>Public Health Nutrition</i> , <b>2010</b> , 13, 1364-72	3.3	241
390	Diet quality and depression risk: A systematic review and dose-response meta-analysis of prospective studies. <i>Journal of Affective Disorders</i> , <b>2018</b> , 226, 346-354	6.6	240
389	The Mediterranean Diet and Cardiovascular Health. <i>Circulation Research</i> , <b>2019</b> , 124, 779-798	15.7	211
388	Mediterranean diet and cardiovascular health: Teachings of the PREDIMED study. <i>Advances in Nutrition</i> , <b>2014</b> , 5, 330S-6S	10	209
387	Olive oil intake and risk of cardiovascular disease and mortality in the PREDIMED Study. <i>BMC Medicine</i> , <b>2014</b> , 12, 78	11.4	198
386	Mediterranean diets and metabolic syndrome status in the PREDIMED randomized trial. <i>Cmaj</i> , <b>2014</b> , 186, E649-57	3.5	184
385	Association between consumption of ultra-processed foods and all cause mortality: SUN prospective cohort study. <i>BMJ, The</i> , <b>2019</b> , 365, l1949	5.9	180
384	Effect of the Mediterranean diet on blood pressure in the PREDIMED trial: results from a randomized controlled trial. <i>BMC Medicine</i> , <b>2013</b> , 11, 207	11.4	180
383	Dietary patterns, Mediterranean diet, and cardiovascular disease. <i>Current Opinion in Lipidology</i> , <b>2014</b> , 25, 20-6	4.4	178
382	Cohort profile: the Seguimiento Universidad de Navarra(SUN) study. <i>International Journal of Epidemiology</i> , <b>2006</b> , 35, 1417-22	7.8	170
381	Financial conflicts of interest and reporting bias regarding the association between sugar-sweetened beverages and weight gain: a systematic review of systematic reviews. <i>PLoS Medicine</i> , <b>2013</b> , 10, e1001578; discussion e1001578	11.6	169
380	Clinical features, ventilatory management, and outcome of ARDS caused by COVID-19 are similar to other causes of ARDS. <i>Intensive Care Medicine</i> , <b>2020</b> , 46, 2200-2211	14.5	166
379	Ultra-Processed Food Consumption and the Incidence of Hypertension in a Mediterranean Cohort: The Seguimiento Universidad de Navarra Project. <i>American Journal of Hypertension</i> , <b>2017</b> , 30, 358-366	2.3	163
378	Plasma Ceramides, Mediterranean Diet, and Incident Cardiovascular Disease in the PREDIMED Trial (Prevenci3n con Dieta Mediterr3nea). <i>Circulation</i> , <b>2017</b> , 135, 2028-2040	16.7	161
377	Dietary fat intake and risk of cardiovascular disease and all-cause mortality in a population at high risk of cardiovascular disease. <i>American Journal of Clinical Nutrition</i> , <b>2015</b> , 102, 1563-73	7	159
376	Validity of a self-reported diagnosis of depression among participants in a cohort study using the Structured Clinical Interview for DSM-IV (SCID-I). <i>BMC Psychiatry</i> , <b>2008</b> , 8, 43	4.2	158

375	Sugar-sweetened beverages and risk of hypertension and CVD: a dose-response meta-analysis. <i>British Journal of Nutrition</i> , <b>2015</b> , 113, 709-17	3.6	154
374	A large randomized individual and group intervention conducted by registered dietitians increased adherence to Mediterranean-type diets: the PREDIMED study. <i>Journal of the American Dietetic Association</i> , <b>2008</b> , 108, 1134-44; discussion 1145		151
373	Polyphenol intake from a Mediterranean diet decreases inflammatory biomarkers related to atherosclerosis: a substudy of the PREDIMED trial. <i>British Journal of Clinical Pharmacology</i> , <b>2017</b> , 83, 114-128	3.8	142
372	Extravirgin olive oil consumption reduces risk of atrial fibrillation: the PREDIMED (Prevenci3n con Dieta Mediterr3nea) trial. <i>Circulation</i> , <b>2014</b> , 130, 18-26	16.7	141
371	The emerging role of Mediterranean diets in cardiovascular epidemiology: monounsaturated fats, olive oil, red wine or the whole pattern?. <i>European Journal of Epidemiology</i> , <b>2004</b> , 19, 9-13	12.1	135
370	The Mediterranean diet improves the systemic lipid and DNA oxidative damage in metabolic syndrome individuals. A randomized, controlled, trial. <i>Clinical Nutrition</i> , <b>2013</b> , 32, 172-8	5.9	133
369	Mediterranean Diet Improves High-Density Lipoprotein Function in High-Cardiovascular-Risk Individuals: A Randomized Controlled Trial. <i>Circulation</i> , <b>2017</b> , 135, 633-643	16.7	129
368	Plasma Branched-Chain Amino Acids and Incident Cardiovascular Disease in the PREDIMED Trial. <i>Clinical Chemistry</i> , <b>2016</b> , 62, 582-92	5.5	129
367	Mediterranean food pattern and the primary prevention of chronic disease: recent developments. <i>Nutrition Reviews</i> , <b>2009</b> , 67 Suppl 1, S111-6	6.4	127
366	A provegetarian food pattern and reduction in total mortality in the Prevenci3n con Dieta Mediterr3nea (PREDIMED) study. <i>American Journal of Clinical Nutrition</i> , <b>2014</b> , 100 Suppl 1, 320S-8S	7	123
365	Effect of a Lifestyle Intervention Program With Energy-Restricted Mediterranean Diet and Exercise on Weight Loss and Cardiovascular Risk Factors: One-Year Results of the PREDIMED-Plus Trial. <i>Diabetes Care</i> , <b>2019</b> , 42, 777-788	14.6	123
364	Transferability of the Mediterranean Diet to Non-Mediterranean Countries. What Is and What Is Not the Mediterranean Diet. <i>Nutrients</i> , <b>2017</b> , 9,	6.7	122
363	Association of Mediterranean diet with peripheral artery disease: the PREDIMED randomized trial. <i>JAMA - Journal of the American Medical Association</i> , <b>2014</b> , 311, 415-417	27.4	122
362	Validation of self reported diagnosis of hypertension in a cohort of university graduates in Spain. <i>BMC Public Health</i> , <b>2005</b> , 5, 94	4.1	122
361	Mediterranean Diet and Health Outcomes in the SUN Cohort. <i>Nutrients</i> , <b>2018</b> , 10,	6.7	118
360	Frequency of nut consumption and mortality risk in the PREDIMED nutrition intervention trial. <i>BMC Medicine</i> , <b>2013</b> , 11, 164	11.4	107
359	Diet, a new target to prevent depression?. <i>BMC Medicine</i> , <b>2013</b> , 11, 3	11.4	106
358	Fruit and vegetable consumption is inversely associated with blood pressure in a Mediterranean population with a high vegetable-fat intake: the Seguimiento Universidad de Navarra (SUN) Study. <i>British Journal of Nutrition</i> , <b>2004</b> , 92, 311-9	3.6	106

357	Metabolic Predictors of Incident Coronary Heart Disease in Women. <i>Circulation</i> , <b>2018</b> , 137, 841-853	16.7	105
356	Dietary Inflammatory Index and Incidence of Cardiovascular Disease in the SUN Cohort. <i>PLoS ONE</i> , <b>2015</b> , 10, e0135221	3.7	103
355	The Mediterranean diet and incidence of hypertension: the Seguimiento Universidad de Navarra (SUN) Study. <i>American Journal of Epidemiology</i> , <b>2009</b> , 169, 339-46	3.8	98
354	Mediterranean diet and life expectancy; beyond olive oil, fruits, and vegetables. <i>Current Opinion in Clinical Nutrition and Metabolic Care</i> , <b>2016</b> , 19, 401-407	3.8	97
353	Mediterranean diet, physical activity and their combined effect on all-cause mortality: The Seguimiento Universidad de Navarra (SUN) cohort. <i>Preventive Medicine</i> , <b>2018</b> , 106, 45-52	4.3	95
352	Coffee consumption and risk of all-cause, cardiovascular, and cancer mortality in smokers and non-smokers: a dose-response meta-analysis. <i>European Journal of Epidemiology</i> , <b>2016</b> , 31, 1191-1205	12.1	95
351	Dairy product consumption and risk of type 2 diabetes in an elderly Spanish Mediterranean population at high cardiovascular risk. <i>European Journal of Nutrition</i> , <b>2016</b> , 55, 349-60	5.2	94
350	Dietary patterns and nutritional adequacy in a Mediterranean country. <i>British Journal of Nutrition</i> , <b>2009</b> , 101 Suppl 2, S21-8	3.6	93
349	Consumption of Yogurt, Low-Fat Milk, and Other Low-Fat Dairy Products Is Associated with Lower Risk of Metabolic Syndrome Incidence in an Elderly Mediterranean Population. <i>Journal of Nutrition</i> , <b>2015</b> , 145, 2308-16	4.1	92
348	Plasma fatty acid composition, estimated desaturase activities, and their relation with the metabolic syndrome in a population at high risk of cardiovascular disease. <i>Clinical Nutrition</i> , <b>2014</b> , 33, 90-7	5.9	92
347	Cohort Profile: Design and methods of the PREDIMED-Plus randomized trial. <i>International Journal of Epidemiology</i> , <b>2019</b> , 48, 387-388o	7.8	87
346	Resveratrol metabolites in urine as a biomarker of wine intake in free-living subjects: The PREDIMED Study. <i>Free Radical Biology and Medicine</i> , <b>2009</b> , 46, 1562-6	7.8	83
345	Dietary inflammatory index and telomere length in subjects with a high cardiovascular disease risk from the PREDIMED-NAVARRA study: cross-sectional and longitudinal analyses over 5 y. <i>American Journal of Clinical Nutrition</i> , <b>2015</b> , 102, 897-904	7	82
344	The Role of Dietary Inflammatory Index in Cardiovascular Disease, Metabolic Syndrome and Mortality. <i>International Journal of Molecular Sciences</i> , <b>2016</b> , 17,	6.3	81
343	Olive oil consumption and risk of CHD and/or stroke: a meta-analysis of case-control, cohort and intervention studies. <i>British Journal of Nutrition</i> , <b>2014</b> , 112, 248-59	3.6	79
342	Effective Dietary Behavior Change Using an Online Nutrition Intervention with a Mediterranean Diet Plus Extra-virgin Olive Oil for the Prevention of Recurrent Arrhythmia (P12-006-19). <i>Current Developments in Nutrition</i> , <b>2019</b> , 3,	0.4	78
341	Mediterranean Diet, Retinopathy, Nephropathy, and Microvascular Diabetes Complications: A Post Hoc Analysis of a Randomized Trial. <i>Diabetes Care</i> , <b>2015</b> , 38, 2134-41	14.6	78
340	Cross-sectional assessment of nut consumption and obesity, metabolic syndrome and other cardiometabolic risk factors: the PREDIMED study. <i>PLoS ONE</i> , <b>2013</b> , 8, e57367	3.7	78

339	Consumption of Total Olive Oil and Risk of Total and Cause-Specific Mortality in US Adults. <i>Current Developments in Nutrition</i> , <b>2021</b> , 5, 1036-1036	0.4	78
338	The Mediterranean Lifestyle (MEDLIFE) Index and Metabolic Syndrome in a US Working Population. <i>Current Developments in Nutrition</i> , <b>2021</b> , 5, 1041-1041	0.4	78
337	Associations Between an Overall, Healthful and Unhealthful Low-Fat Dietary Patterns and Breast Cancer Risk in a Mediterranean Cohort: The SUN Project. <i>Current Developments in Nutrition</i> , <b>2021</b> , 5, 259-259	0.4	78
336	Urea Cycle Metabolites and Atrial Fibrillation or Heart Failure Risk: Two Case-Control Studies in the PREDIMED Trial. <i>Current Developments in Nutrition</i> , <b>2021</b> , 5, 18-18	0.4	78
335	Plasma Lipidomic Profiling and Risk of Type 2 Diabetes in the PREDIMED Trial. <i>Diabetes Care</i> , <b>2018</b> , 41, 2617-2624	14.6	78
334	Parental factors, mass media influences, and the onset of eating disorders in a prospective population-based cohort. <i>Pediatrics</i> , <b>2003</b> , 111, 315-20	7.4	75
333	Dietary indexes, food patterns and incidence of metabolic syndrome in a Mediterranean cohort: The SUN project. <i>Clinical Nutrition</i> , <b>2015</b> , 34, 508-14	5.9	72
332	Comprehensive Metabolomic Profiling and Incident Cardiovascular Disease: A Systematic Review. <i>Journal of the American Heart Association</i> , <b>2017</b> , 6,	6	70
331	FTO genotype and weight loss: systematic review and meta-analysis of 9563 individual participant data from eight randomised controlled trials. <i>BMJ, The</i> , <b>2016</b> , 354, i4707	5.9	70
330	Obesity risk is associated with carbohydrate intake in women carrying the Gln27Glu beta2-adrenoceptor polymorphism. <i>Journal of Nutrition</i> , <b>2003</b> , 133, 2549-54	4.1	68
329	Olive oil consumption and risk of type 2 diabetes in US women. <i>American Journal of Clinical Nutrition</i> , <b>2015</b> , 102, 479-86	7	67
328	Lifestyles and risk factors associated with adherence to the Mediterranean diet: a baseline assessment of the PREDIMED trial. <i>PLoS ONE</i> , <b>2013</b> , 8, e60166	3.7	66
327	Ultra-processed food consumption and the incidence of depression in a Mediterranean cohort: the SUN Project. <i>European Journal of Nutrition</i> , <b>2020</b> , 59, 1093-1103	5.2	66
326	Mediterranean diet and quality of life: Baseline cross-sectional analysis of the PREDIMED-PLUS trial. <i>PLoS ONE</i> , <b>2018</b> , 13, e0198974	3.7	65
325	Validation of the English Version of the 14-Item Mediterranean Diet Adherence Screener of the PREDIMED Study, in People at High Cardiovascular Risk in the UK. <i>Nutrients</i> , <b>2018</b> , 10,	6.7	63
324	Dietary total antioxidant capacity is associated with leukocyte telomere length in a children and adolescent population. <i>Clinical Nutrition</i> , <b>2015</b> , 34, 694-9	5.9	62
323	Intake of Total Polyphenols and Some Classes of Polyphenols Is Inversely Associated with Diabetes in Elderly People at High Cardiovascular Disease Risk. <i>Journal of Nutrition</i> , <b>2015</b> , 146, 767-777	4.1	62
322	Prospective study of changes in sugar-sweetened beverage consumption and the incidence of the metabolic syndrome and its components: the SUN cohort. <i>British Journal of Nutrition</i> , <b>2013</b> , 110, 1722-31	3.6	62

321	White blood cell counts as risk markers of developing metabolic syndrome and its components in the PREDIMED study. <i>PLoS ONE</i> , <b>2013</b> , 8, e58354	3.7	61
320	Dietary Marine $\omega$ 3 Fatty Acids and Incident Sight-Threatening Retinopathy in Middle-Aged and Older Individuals With Type 2 Diabetes: Prospective Investigation From the PREDIMED Trial. <i>JAMA Ophthalmology</i> , <b>2016</b> , 134, 1142-1149	3.9	60
319	Virgin Olive Oil and Health: Summary of the III International Conference on Virgin Olive Oil and Health Consensus Report, JAEN (Spain) 2018. <i>Nutrients</i> , <b>2019</b> , 11,	6.7	59
318	Plasma Metabolites From Choline Pathway and Risk of Cardiovascular Disease in the PREDIMED (Prevention With Mediterranean Diet) Study. <i>Journal of the American Heart Association</i> , <b>2017</b> , 6,	6	58
317	Impact of Consuming Extra-Virgin Olive Oil or Nuts within a Mediterranean Diet on DNA Methylation in Peripheral White Blood Cells within the PREDIMED-Navarra Randomized Controlled Trial: A Role for Dietary Lipids. <i>Nutrients</i> , <b>2017</b> , 10,	6.7	58
316	Remnant Cholesterol, Not LDL Cholesterol, Is Associated With Incident Cardiovascular Disease. <i>Journal of the American College of Cardiology</i> , <b>2020</b> , 76, 2712-2724	15.1	58
315	Inflammatory potential of diet, weight gain, and incidence of overweight/obesity: The SUN cohort. <i>Obesity</i> , <b>2017</b> , 25, 997-1005	8	57
314	The major European dietary patterns and metabolic syndrome. <i>Reviews in Endocrine and Metabolic Disorders</i> , <b>2013</b> , 14, 265-71	10.5	56
313	The Mediterranean diet is associated with a reduction in premature mortality among middle-aged adults. <i>Journal of Nutrition</i> , <b>2012</b> , 142, 1672-8	4.1	56
312	Dietary inflammatory index and all-cause mortality in large cohorts: The SUN and PREDIMED studies. <i>Clinical Nutrition</i> , <b>2019</b> , 38, 1221-1231	5.9	55
311	Mediterranean alcohol-drinking pattern and mortality in the SUN (Seguimiento Universidad de Navarra) Project: a prospective cohort study. <i>British Journal of Nutrition</i> , <b>2014</b> , 111, 1871-80	3.6	55
310	Mediterranean diet and telomere length in high cardiovascular risk subjects from the PREDIMED-NAVARRA study. <i>Clinical Nutrition</i> , <b>2016</b> , 35, 1399-1405	5.9	55
309	Food patterns and the prevention of depression. <i>Proceedings of the Nutrition Society</i> , <b>2016</b> , 75, 139-46	2.9	55
308	The Mediterranean diet, plasma metabolome, and cardiovascular disease risk. <i>European Heart Journal</i> , <b>2020</b> , 41, 2645-2656	9.5	54
307	Plasma branched chain/aromatic amino acids, enriched Mediterranean diet and risk of type 2 diabetes: case-cohort study within the PREDIMED Trial. <i>Diabetologia</i> , <b>2018</b> , 61, 1560-1571	10.3	53
306	Telomere length as a biomarker for adiposity changes after a multidisciplinary intervention in overweight/obese adolescents: the EVASYON study. <i>PLoS ONE</i> , <b>2014</b> , 9, e89828	3.7	53
305	The SUN cohort study (Seguimiento University of Navarra). <i>Public Health Nutrition</i> , <b>2006</b> , 9, 127-31	3.3	52
304	Association between Body Mass Index, Waist-to-Height Ratio and Adiposity in Children: A Systematic Review and Meta-Analysis. <i>Nutrients</i> , <b>2016</b> , 8,	6.7	52

303	Mediterranean diet and risk of heart failure: results from the PREDIMED randomized controlled trial. <i>European Journal of Heart Failure</i> , <b>2017</b> , 19, 1179-1185	12.3	50
302	Effects of Polyphenol, Measured by a Biomarker of Total Polyphenols in Urine, on Cardiovascular Risk Factors After a Long-Term Follow-Up in the PREDIMED Study. <i>Oxidative Medicine and Cellular Longevity</i> , <b>2016</b> , 2016, 2572606	6.7	50
301	Plasma lipidomic profiles and cardiovascular events in a randomized intervention trial with the Mediterranean diet. <i>American Journal of Clinical Nutrition</i> , <b>2017</b> , 106, 973-983	7	49
300	High urinary levels of resveratrol metabolites are associated with a reduction in the prevalence of cardiovascular risk factors in high-risk patients. <i>Pharmacological Research</i> , <b>2012</b> , 65, 615-20	10.2	49
299	Legume consumption and risk of all-cause, cardiovascular, and cancer mortality in the PREDIMED study. <i>Clinical Nutrition</i> , <b>2019</b> , 38, 348-356	5.9	49
298	Dietary $\omega$ -linolenic Acid, Marine $\omega$ 3 Fatty Acids, and Mortality in a Population With High Fish Consumption: Findings From the PREvenci3 con Dieta MEDiterr3nea (PREDIMED) Study. <i>Journal of the American Heart Association</i> , <b>2016</b> , 5,	6	48
297	Effect of a high-fat Mediterranean diet on bodyweight and waist circumference: a prespecified secondary outcomes analysis of the PREDIMED randomised controlled trial. <i>Lancet Diabetes and Endocrinology</i> , <b>2019</b> , 7, e6-e17	18.1	47
296	Effects of 1-year intervention with a Mediterranean diet on plasma fatty acid composition and metabolic syndrome in a population at high cardiovascular risk. <i>PLoS ONE</i> , <b>2014</b> , 9, e85202	3.7	47
295	Association between dietary carbohydrate intake quality and micronutrient intake adequacy in a Mediterranean cohort: the SUN (Seguimiento Universidad de Navarra) Project. <i>British Journal of Nutrition</i> , <b>2014</b> , 111, 2000-9	3.6	46
294	Contribution of macronutrients to obesity: implications for precision nutrition. <i>Nature Reviews Endocrinology</i> , <b>2020</b> , 16, 305-320	15.2	45
293	Genotype patterns at CLU, CR1, PICALM and APOE, cognition and Mediterranean diet: the PREDIMED-NAVARRA trial. <i>Genes and Nutrition</i> , <b>2014</b> , 9, 393	4.3	45
292	Association between sleeping hours and siesta and the risk of obesity: the SUN Mediterranean Cohort. <i>Obesity Facts</i> , <b>2013</b> , 6, 337-47	5.1	45
291	Television viewing, computer use, time driving and all-cause mortality: the SUN cohort. <i>Journal of the American Heart Association</i> , <b>2014</b> , 3, e000864	6	44
290	Metabolites of Glutamate Metabolism Are Associated With Incident Cardiovascular Events in the PREDIMED PREvenci3 con Dieta MEDiterr3nea (PREDIMED) Trial. <i>Journal of the American Heart Association</i> , <b>2016</b> , 5,	6	44
289	Long-Term Coffee Consumption Is Associated with Decreased Incidence of New-Onset Hypertension: A Dose-Response Meta-Analysis. <i>Nutrients</i> , <b>2017</b> , 9,	6.7	43
288	Association between yogurt consumption and the risk of metabolic syndrome over 6 years in the SUN study. <i>BMC Public Health</i> , <b>2015</b> , 15, 170	4.1	42
287	Association of Tryptophan Metabolites with Incident Type 2 Diabetes in the PREDIMED Trial: A Case-Cohort Study. <i>Clinical Chemistry</i> , <b>2018</b> , 64, 1211-1220	5.5	42
286	Renal tubule Cpt1a overexpression protects from kidney fibrosis by restoring mitochondrial homeostasis. <i>Journal of Clinical Investigation</i> , <b>2021</b> , 131,	15.9	42



285	Prevalence of obesity and diabetes in Spanish adults 1987-2012. <i>Medicina Clínica</i> , <b>2017</b> , 148, 250-256	1	41
284	Olive Oil Consumption and Cardiovascular Risk in U.S. Adults. <i>Journal of the American College of Cardiology</i> , <b>2020</b> , 75, 1729-1739	15.1	40
283	The Mediterranean Diet decreases LDL atherogenicity in high cardiovascular risk individuals: a randomized controlled trial. <i>Molecular Nutrition and Food Research</i> , <b>2017</b> , 61, 1601015	5.9	39
282	Adherence to the Mediterranean diet is inversely associated with visceral abdominal tissue in Caucasian subjects. <i>Clinical Nutrition</i> , <b>2015</b> , 34, 1266-72	5.9	39
281	Associations between Yogurt Consumption and Weight Gain and Risk of Obesity and Metabolic Syndrome: A Systematic Review. <i>Advances in Nutrition</i> , <b>2017</b> , 8, 146S-154S	10	38
280	Effect of a Nutritional and Behavioral Intervention on Energy-Reduced Mediterranean Diet Adherence Among Patients With Metabolic Syndrome: Interim Analysis of the PREDIMED-Plus Randomized Clinical Trial. <i>JAMA - Journal of the American Medical Association</i> , <b>2019</b> , 322, 1486-1499	27.4	38
279	Nutritional adequacy according to carbohydrates and fat quality. <i>European Journal of Nutrition</i> , <b>2016</b> , 55, 93-106	5.2	37
278	Nut consumption and incidence of metabolic syndrome after 6-year follow-up: the SUN (Seguimiento Universidad de Navarra, University of Navarra Follow-up) cohort. <i>Public Health Nutrition</i> , <b>2013</b> , 16, 2064-72	3.3	37
277	Low consumption of fruit and vegetables and risk of chronic disease: a review of the epidemiological evidence and temporal trends among Spanish graduates. <i>Public Health Nutrition</i> , <b>2011</b> , 14, 2309-15	3.3	37
276	Predictors of adherence to a Mediterranean-type diet in the PREDIMED trial. <i>European Journal of Nutrition</i> , <b>2010</b> , 49, 91-9	5.2	37
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140	Association between the nutrient profile system underpinning the Nutri-Score front-of-pack nutrition label and mortality in the SUN project: A prospective cohort study. <i>Clinical Nutrition</i> , <b>2021</b> , 40, 1085-1094	5.9	8
139	Determinants of Self-Rated Health Perception in a Sample of a Physically Active Population: PLENUFAR VI Study. <i>International Journal of Environmental Research and Public Health</i> , <b>2018</b> , 15,	4.6	8
138	May the Mediterranean diet attenuate the risk of type 2 diabetes associated with obesity: the Seguimiento Universidad de Navarra (SUN) cohort. <i>British Journal of Nutrition</i> , <b>2017</b> , 117, 1478-1485	3.6	7
137	Lifestyle-Related Factors and Total Mortality in a Mediterranean Prospective Cohort. <i>American Journal of Preventive Medicine</i> , <b>2020</b> , 59, e59-e67	6.1	7
136	Do healthy doctors deliver better messages of health promotion to their patients?: Data from the SUN cohort study. <i>European Journal of Public Health</i> , <b>2020</b> , 30, 466-472	2.1	7
135	Alcohol and Difficulty Conceiving in the SUN Cohort: A Nested Case-Control Study. <i>Nutrients</i> , <b>2015</b> , 7, 6167-78	6.7	7
134	The unparalleled benefits of fruit. <i>British Journal of Nutrition</i> , <b>2009</b> , 102, 947-8	3.6	7
133	Paper-Based Versus Web-Based Versions of Self-Administered Questionnaires, Including Food-Frequency Questionnaires: Prospective Cohort Study. <i>JMIR Public Health and Surveillance</i> , <b>2019</b> , 5, e11997	11.4	7
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131	Isotemporal substitution of inactive time with physical activity and time in bed: cross-sectional associations with cardiometabolic health in the PREDIMED-Plus study. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , <b>2019</b> , 16, 137	8.4	7
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128	Self-perceived level of competitiveness, tension and dependency and depression risk in the SUN cohort. <i>BMC Psychiatry</i> , <b>2018</b> , 18, 241	4.2	7
127	Healthy-eating attitudes and the incidence of cardiovascular disease: the SUN cohort. <i>International Journal of Food Sciences and Nutrition</i> , <b>2017</b> , 68, 595-604	3.7	6
126	Use of non-steroidal anti-inflammatory drugs, aspirin and the risk of depression: The "Seguimiento Universidad de Navarra (SUN)" cohort. <i>Journal of Affective Disorders</i> , <b>2019</b> , 247, 161-167	6.6	6
125	Sleep Duration is Inversely Associated with Serum Uric Acid Concentrations and Uric Acid to Creatinine Ratio in an Elderly Mediterranean Population at High Cardiovascular Risk. <i>Nutrients</i> , <b>2019</b> , 11,	6.7	6
124	Leisure time physical activity is associated with improved HDL functionality in high cardiovascular risk individuals: a cohort study. <i>European Journal of Preventive Cardiology</i> , <b>2020</b> , 2047487320925625	3.9	6

123	The Mediterranean Diet and Cardiovascular Epidemiology. <i>Nutrition Reviews</i> , <b>2006</b> , 64, S13-S19	6.4	6
122	Impacto de Life&#x27;s Simple 7 en la incidencia de eventos cardiovasculares mayores en adultos españoles con alto riesgo de la cohorte del estudio PREDIMED. <i>Revista Espanola De Cardiologia</i> , <b>2020</b> , 73, 205-211	1.5	6
121	Walnut Consumption, Plasma Metabolomics, and Risk of Type 2 Diabetes and Cardiovascular Disease. <i>Journal of Nutrition</i> , <b>2021</b> , 151, 303-311	4.1	6
120	Association between dairy product consumption and hyperuricemia in an elderly population with metabolic syndrome. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , <b>2020</b> , 30, 214-222	4.5	6
119	Mediterranean Diet and Atherothrombosis Biomarkers: A Randomized Controlled Trial. <i>Molecular Nutrition and Food Research</i> , <b>2020</b> , 64, e2000350	5.9	6
118	Associations of Total Legume, Pulse, and Soy Consumption with Incident Type 2 Diabetes: Federated Meta-Analysis of 27 Studies from Diverse World Regions. <i>Journal of Nutrition</i> , <b>2021</b> , 151, 1234-1240 <sup>6</sup>	4.1	6
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43	Reply to T Bhurosy et al. <i>American Journal of Clinical Nutrition</i> , <b>2017</b> , 105, 1012-1013	7	1
42	Egg consumption and cardiovascular risk: a dose-response meta-analysis of prospective cohort studies <b>2021</b> , 60, 1833		1
41	Dietary Quality Changes According to the Preceding Maximum Weight: A Longitudinal Analysis in the PREDIMED-Plus Randomized Trial. <i>Nutrients</i> , <b>2020</b> , 12,	6.7	1
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39	Association between ideal cardiovascular health and telomere length in participants older than 55 years old from the SUN cohort. <i>Revista Espanola De Cardiologia (English Ed)</i> , <b>2021</b> ,	0.7	1
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33	The cardioprotective benefits of monounsaturated fatty acid. <i>Alternative Therapies in Health and Medicine</i> , <b>2006</b> , 12, 24-30; quiz 31	2.5	1
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6	Interaction of Diet/Lifestyle Intervention and TCF7L2 Genotype on Glycemic Control and Adiposity among Overweight or Obese Adults: Big Data from Seven Randomized Controlled Trials Worldwide. <i>Health Data Science</i> , <b>2021</b> , 2021, 1-10		
5	Intervention for promoting intake of fruits and vegetables in Brazilians: a randomised controlled trial. <i>Public Health Nutrition</i> , <b>2021</b> , 1-13	3.3	
4	Body shape trajectories and mortality in the Seguimiento universidad de Navarra (SUN) cohort. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , <b>2020</b> , 30, 1742-1750	4.5	
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