

Miguel A Martinez-Gonzalez

List of Publications by Year in Descending Order

Source: <https://exaly.com/author-pdf/4271539/miguel-a-martinez-gonzalez-publications-by-year.pdf>

Version: 2024-04-25

This document has been generated based on the publications and citations recorded by exaly.com. For the latest version of this publication list, visit the link given above.

The third column is the impact factor (IF) of the journal, and the fourth column is the number of citations of the article.

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	Reply - Letter to the editor - Association between olive oil consumption and the risk of cardiovascular disease and stroke YCLNU-D-21-02208.. <i>Clinical Nutrition</i> , 2022 ,	5.9	
409	Physicians' characteristics and practices associated with the provision of cancer screening advice to their patients: the Spanish SUN cohort study.. <i>BMJ Open</i> , 2022 , 12, e048498	3	0
408	Integrative development of a short screening questionnaire of highly processed food consumption (sQ-HPF).. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2022 , 19, 6	8.4	
407	Consumption of Olive Oil and Risk of Total and Cause-Specific Mortality Among U.S. Adults.. <i>Journal of the American College of Cardiology</i> , 2022 , 79, 101-112	15.1	8
406	Parental perception of child's weight, their attitudes towards child's dietary habits and the risk of obesity.. <i>World Journal of Pediatrics</i> , 2022 , 1	4.6	0
405	Control of SARS-CoV-2 Infection Rates at a Spanish University With In-Person Class Attendance.. <i>American Journal of Public Health</i> , 2022 , 112, 570-573	5.1	0
404	Contribution of cardio-vascular risk factors to depressive status in the PREDIMED-PLUS Trial. A cross-sectional and a 2-year longitudinal study.. <i>PLoS ONE</i> , 2022 , 17, e0265079	3.7	0
403	Dairy product consumption and changes in cognitive performance: Two-year analysis of the PREDIMED-Plus cohort.. <i>Molecular Nutrition and Food Research</i> , 2022 , e2101058	5.9	
402	Changes in plasma total saturated fatty acids and palmitic acid are related to pro-inflammatory molecule IL-6 concentrations after nutritional intervention for one year.. <i>Biomedicine and Pharmacotherapy</i> , 2022 , 150, 113028	7.5	0
401	Association between pre-conceptional carbohydrate quality index and the incidence of gestational diabetes: the SUN cohort study.. <i>British Journal of Nutrition</i> , 2022 , 1-30	3.6	
400	Association between ankle-brachial index and cognitive function in participants in the PREDIMED-Plus study: cross-sectional assessment. <i>Revista Espanola De Cardiologia (English Ed)</i> , 2021 , 74, 846-853	0.7	0
399	Components of the Mediterranean Diet and Risk of COVID-19.. <i>Frontiers in Nutrition</i> , 2021 , 8, 805533	6.2	0
398	A score appraising Paleolithic diet and the risk of cardiovascular disease in a Mediterranean prospective cohort. <i>European Journal of Nutrition</i> , 2021 , 1	5.2	0
397	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> , 2021 , 2021, 1-10		
396	Olive oil consumption is associated with a lower risk of cardiovascular disease and stroke. <i>Clinical Nutrition</i> , 2021 , 41, 122-130	5.9	4
395	Factors associated with successful dietary changes in an energy-reduced Mediterranean diet intervention: a longitudinal analysis in the PREDIMED-Plus trial. <i>European Journal of Nutrition</i> , 2021 , 1	5.2	0
394	Healthy diet, depression and quality of life: A narrative review of biological mechanisms and primary prevention opportunities. <i>World Journal of Psychiatry</i> , 2021 , 11, 997-1016	3	3

393	The impact of Mediterranean diet on coronary plaque vulnerability, microvascular function, inflammation and microbiome after an acute coronary syndrome: study protocol for the MEDIMACS randomized, controlled, mechanistic clinical trial. <i>Trials</i> , 2021 , 22, 795	2.8	0
392	Intervention for promoting intake of fruits and vegetables in Brazilians: a randomised controlled trial. <i>Public Health Nutrition</i> , 2021 , 1-13	3.3	
391	Tricarboxylic acid cycle related-metabolites and risk of atrial fibrillation and heart failure. <i>Metabolism: Clinical and Experimental</i> , 2021 , 125, 154915	12.7	0
390	The influence of alcohol intake in myopia development or progression: The SUN cohort study. <i>Drug and Alcohol Dependence</i> , 2021 , 229, 109149	4.9	0
389	Egg consumption and cardiovascular risk: a dose-response meta-analysis of prospective cohort studies 2021 , 60, 1833		1
388	Walnut Consumption, Plasma Metabolomics, and Risk of Type 2 Diabetes and Cardiovascular Disease. <i>Journal of Nutrition</i> , 2021 , 151, 303-311	4.1	6
387	Deep dive to the secrets of the PREDIMED trial. <i>Current Opinion in Lipidology</i> , 2021 , 32, 62-69	4.4	2
386	Adherence to Mediterranean diet is inversely associated with the consumption of ultra-processed foods among Spanish children: the SENDO project. <i>Public Health Nutrition</i> , 2021 , 24, 3294-3303	3.3	12
385	Renal tubule Cpt1a overexpression protects from kidney fibrosis by restoring mitochondrial homeostasis. <i>Journal of Clinical Investigation</i> , 2021 , 131,	15.9	42
384	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> , 2021 , 151, 1234-1240 ⁶	4.1	6
383	High Fruit and Vegetable Consumption and Moderate Fat Intake Are Associated with Higher Carotenoid Concentration in Human Plasma. <i>Antioxidants</i> , 2021 , 10,	7.1	2
382	Dietary calcium, vitamin D, and breast cancer risk in women: findings from the SUN cohort. <i>European Journal of Nutrition</i> , 2021 , 60, 3783-3797	5.2	0
381	Heterogeneity of Associations between Total and Types of Fish Intake and the Incidence of Type 2 Diabetes: Federated Meta-Analysis of 28 Prospective Studies Including 956,122 Participants. <i>Nutrients</i> , 2021 , 13,	6.7	2
380	Mediterranean diet and the risk of COVID-19 in the Seguimiento Universidad de Navarra Cohort. <i>Clinical Nutrition</i> , 2021 ,	5.9	16
379	Variety in fruits and vegetables, diet quality and lifestyle in an older adult mediterranean population. <i>Clinical Nutrition</i> , 2021 , 40, 1510-1518	5.9	10
378	The Mediterranean lifestyle (MEDLIFE) index and metabolic syndrome in a non-Mediterranean working population. <i>Clinical Nutrition</i> , 2021 , 40, 2494-2503	5.9	5
377	Longitudinal changes in adherence to the portfolio and DASH dietary patterns and cardiometabolic risk factors in the PREDIMED-Plus study. <i>Clinical Nutrition</i> , 2021 , 40, 2825-2836	5.9	3
376	Ultra-processed foods and type-2 diabetes risk in the SUN project: A prospective cohort study. <i>Clinical Nutrition</i> , 2021 , 40, 2817-2824	5.9	9

375	Analysis of Media Outlets on Women's Health: Thematic and Quantitative Analyses Using Twitter. <i>Frontiers in Public Health</i> , 2021 , 9, 644284	6	3
374	Glycolysis Metabolites and Risk of Atrial Fibrillation and Heart Failure in the PREDIMED Trial. <i>Metabolites</i> , 2021 , 11,	5.6	2
373	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> , 2021 ,	0.7	1
372	Alcohol and early mortality (before 65 years) in the Seguimiento Universidad de Navarra (SUN) cohort: does any level reduce mortality?. <i>British Journal of Nutrition</i> , 2021 , 1-11	3.6	1
371	Consumption of Total Olive Oil and Risk of Total and Cause-Specific Mortality in US Adults. <i>Current Developments in Nutrition</i> , 2021 , 5, 1036-1036	0.4	78
370	Contribution of ultra-processed foods in visceral fat deposition and other adiposity indicators: Prospective analysis nested in the PREDIMED-Plus trial. <i>Clinical Nutrition</i> , 2021 , 40, 4290-4300	5.9	12
369	Fruit consumption and cardiometabolic risk in the PREDIMED-plus study: A cross-sectional analysis. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2021 , 31, 1702-1713	4.5	6
368	Association Between an Oxidative Balance Score and Mortality: A Prospective Analysis in the SUN Cohort. <i>Current Developments in Nutrition</i> , 2021 , 5, 1030-1030	0.4	2
367	The Mediterranean Lifestyle (MEDLIFE) Index and Metabolic Syndrome in a US Working Population. <i>Current Developments in Nutrition</i> , 2021 , 5, 1041-1041	0.4	78
366	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> , 2021 , 5, 259-259	0.4	78
365	Urea Cycle Metabolites and Atrial Fibrillation or Heart Failure Risk: Two Case-Control Studies in the PREDIMED Trial. <i>Current Developments in Nutrition</i> , 2021 , 5, 18-18	0.4	78
364	Host and gut microbial tryptophan metabolism and type 2 diabetes: an integrative analysis of host genetics, diet, gut microbiome and circulating metabolites in cohort studies. <i>Gut</i> , 2021 ,	19.2	16
363	Mediterranean Diet and White Blood Cell Count-A Randomized Controlled Trial. <i>Foods</i> , 2021 , 10,	4.9	4
362	A Mediterranean lifestyle reduces the risk of cardiovascular disease in the "Seguimiento Universidad de Navarra" (SUN) cohort. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2021 , 31, 1728-1737	4.5	2
361	Personalised, population and planetary nutrition for precision health. <i>BMJ Nutrition, Prevention and Health</i> , 2021 , 4, 355-358	6.7	2
360	Pre-Gestational Consumption of Ultra-Processed Foods and Risk of Gestational Diabetes in a Mediterranean Cohort. The SUN Project. <i>Nutrients</i> , 2021 , 13,	6.7	2
359	Use of Different Food Classification Systems to Assess the Association between Ultra-Processed Food Consumption and Cardiometabolic Health in an Elderly Population with Metabolic Syndrome (PREDIMED-Plus Cohort). <i>Nutrients</i> , 2021 , 13,	6.7	9
358	Front of package labels and olive oil: a call for caution. <i>European Journal of Clinical Nutrition</i> , 2021 ,	5.2	3

357	Fruit and Vegetable Consumption is Inversely Associated with Plasma Saturated Fatty Acids at Baseline in Predimed Plus Trial. <i>Molecular Nutrition and Food Research</i> , 2021 , 65, e2100363	5.9	1
356	Low serum iron levels and risk of cardiovascular disease in high risk elderly population: Nested case-control study in the PREvenci3 con Dieta MEDiterr3ea (PREDIMED) trial. <i>Clinical Nutrition</i> , 2021 , 40, 496-504	5.9	4
355	Mediterranean diet, alcohol-drinking pattern and their combined effect on all-cause mortality: the Seguimiento Universidad de Navarra (SUN) cohort. <i>European Journal of Nutrition</i> , 2021 , 60, 1489-1498	5.2	5
354	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> , 2021 , 40, 1085-1094	5.9	8
353	Promoting exercise, reducing sedentarism or both for diabetes prevention: The "Seguimiento Universidad De Navarra" (SUN) cohort. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2021 , 31, 411-419	4.5	3
352	Lipid Profiles and Heart Failure Risk: Results From Two Prospective Studies. <i>Circulation Research</i> , 2021 , 128, 309-320	15.7	5
351	Plasma Metabolomic Profiles of Glycemic Index, Glycemic Load, and Carbohydrate Quality Index in the PREDIMED Study. <i>Journal of Nutrition</i> , 2021 , 151, 50-58	4.1	2
350	Polyphenol intake and cognitive decline in the Seguimiento Universidad de Navarra (SUN) Project. <i>British Journal of Nutrition</i> , 2021 , 126, 43-52	3.6	6
349	Association of carbohydrate quality and all-cause mortality in the SUN Project: A prospective cohort study. <i>Clinical Nutrition</i> , 2021 , 40, 2364-2372	5.9	3
348	Dietary folate intake and metabolic syndrome in participants of PREDIMED-Plus study: a cross-sectional study. <i>European Journal of Nutrition</i> , 2021 , 60, 1125-1136	5.2	3
347	Egg consumption and cardiovascular risk: a dose-response meta-analysis of prospective cohort studies. <i>European Journal of Nutrition</i> , 2021 , 60, 1833-1862	5.2	13
346	Parent-reported birth information: birth weight, birth length and gestational age. Validation study in the SENDO project. <i>Gaceta Sanitaria</i> , 2021 , 35, 224-229	2.2	3
345	Association between the Mediterranean lifestyle, metabolic syndrome and mortality: a whole-country cohort in Spain. <i>Cardiovascular Diabetology</i> , 2021 , 20, 5	8.7	7
344	Carbohydrate quality index and breast cancer risk in a Mediterranean cohort: The SUN project. <i>Clinical Nutrition</i> , 2021 , 40, 137-145	5.9	11
343	Gut Microbiota Profile and Changes in Body Weight in Elderly Subjects with Overweight/Obesity and Metabolic Syndrome. <i>Microorganisms</i> , 2021 , 9,	4.9	3
342	The association between self-perceived walking pace with the incidence of hypertension: the Seguimiento Universidad de Navarra Cohort. <i>Journal of Hypertension</i> , 2021 , 39, 1188-1194	1.9	0
341	Dietary Antioxidant Vitamins and Minerals and Breast Cancer Risk: Prospective Results from the SUN Cohort. <i>Antioxidants</i> , 2021 , 10,	7.1	7
340	An Active Lifestyle Is Associated with Better Cognitive Function Over Time in APOE e4 Non-Carriers. <i>Journal of Alzheimer's Disease</i> , 2021 , 79, 1257-1268	4.3	2

339	Anthropometric Variables as Mediators of the Association of Changes in Diet and Physical Activity With Inflammatory Profile. <i>Journals of Gerontology - Series A Biological Sciences and Medical Sciences</i> , 2021 , 76, 2021-2029	6.4	
338	Dairy consumption, plasma metabolites, and risk of type 2 diabetes. <i>American Journal of Clinical Nutrition</i> , 2021 , 114, 163-174	7	9
337	Food-based dietary guidelines in Spain: an assessment of their methodological quality. <i>European Journal of Clinical Nutrition</i> , 2021 ,	5.2	1
336	Metabolomics of the tryptophan-kynurenine degradation pathway and risk of atrial fibrillation and heart failure: potential modification effect of Mediterranean diet. <i>American Journal of Clinical Nutrition</i> , 2021 , 114, 1646-1654	7	6
335	Urinary Tartaric Acid, a Biomarker of Wine Intake, Correlates with Lower Total and LDL Cholesterol. <i>Nutrients</i> , 2021 , 13,	6.7	3
334	Validity of the energy-restricted Mediterranean Diet Adherence Screener. <i>Clinical Nutrition</i> , 2021 , 40, 4971-4979	5.9	12
333	The Mediterranean diet and physical activity: better together than apart for the prevention of premature mortality. <i>British Journal of Nutrition</i> , 2021 , 1-12	3.6	2
332	Pro-vegetarian food patterns and cardiometabolic risk in the PREDIMED-Plus study: a cross-sectional baseline analysis. <i>European Journal of Nutrition</i> , 2021 , 1	5.2	1
331	Physical activity and metabolic syndrome severity among older adults at cardiovascular risk: 1-Year trends. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2021 , 31, 2870-2886	4.5	1
330	A lifestyle intervention with an energy-restricted Mediterranean diet and physical activity enhances HDL function: a substudy of the PREDIMED-Plus randomized controlled trial. <i>American Journal of Clinical Nutrition</i> , 2021 , 114, 1666-1674	7	2
329	Interplay between cognition and weight reduction in individuals following a Mediterranean Diet: Three-year follow-up of the PREDIMED-Plus trial. <i>Clinical Nutrition</i> , 2021 , 40, 5221-5237	5.9	4
328	Simple sugar intake and cancer incidence, cancer mortality and all-cause mortality: A cohort study from the PREDIMED trial. <i>Clinical Nutrition</i> , 2021 , 40, 5269-5277	5.9	0
327	Diet Quality Indices in the SUN Cohort: Observed Changes and Predictors of Changes in Scores Over a 10-Year Period. <i>Journal of the Academy of Nutrition and Dietetics</i> , 2021 , 121, 1948-1960.e7	3.9	2
326	Metabolomic Effects of Hormone Therapy and Associations With Coronary Heart Disease Among Postmenopausal Women. <i>Circulation Genomic and Precision Medicine</i> , 2020 , 13, e002977	5.2	2
325	Lifestyle-Related Factors and Total Mortality in a Mediterranean Prospective Cohort. <i>American Journal of Preventive Medicine</i> , 2020 , 59, e59-e67	6.1	7
324	Lifestyle behavior and the risk of type 2 diabetes in the Seguimiento Universidad de Navarra (SUN) cohort. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2020 , 30, 1355-1364	4.5	2
323	Healthful and unhealthful provegetarian food patterns and the incidence of breast cancer: Results from a Mediterranean cohort. <i>Nutrition</i> , 2020 , 79-80, 110884	4.8	3
322	Mediterranean diet, Dietary Approaches to Stop Hypertension, and Pro-vegetarian dietary pattern in relation to the risk of basal cell carcinoma: a nested case-control study within the Seguimiento Universidad de Navarra (SUN) cohort. <i>American Journal of Clinical Nutrition</i> , 2020 , 112, 364-372	7	3

321	The Mediterranean diet, plasma metabolome, and cardiovascular disease risk. <i>European Heart Journal</i> , 2020 , 41, 2645-2656	9.5	54
320	A three-dimensional dietary index (nutritional quality, environment and price) and reduced mortality: The "Seguimiento Universidad de Navarra" cohort. <i>Preventive Medicine</i> , 2020 , 137, 106124	4.3	2
319	Validation of the Telephone-Administered Version of the Mediterranean Diet Adherence Screener (MEDAS) Questionnaire. <i>Nutrients</i> , 2020 , 12,	6.7	13
318	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> , 2020 , 2047487320925625	3.9	6
317	High fat diets for weight loss among subjects with elevated fasting glucose levels: The PREDIMED study. <i>Obesity Medicine</i> , 2020 , 18, 100210	2.6	1
316	Contribution of macronutrients to obesity: implications for precision nutrition. <i>Nature Reviews Endocrinology</i> , 2020 , 16, 305-320	15.2	45
315	Olive Oil Consumption and Cardiovascular Risk in U.S. Adults. <i>Journal of the American College of Cardiology</i> , 2020 , 75, 1729-1739	15.1	40
314	Dimensions of leisure-time physical activity and risk of depression in the "Seguimiento Universidad de Navarra" (SUN) prospective cohort. <i>BMC Psychiatry</i> , 2020 , 20, 98	4.2	5
313	Nutritional Determinants of Quality of Life in a Mediterranean Cohort: The SUN Study. <i>International Journal of Environmental Research and Public Health</i> , 2020 , 17,	4.6	5
312	Hypertension and changes in cognitive function in a Mediterranean population. <i>Nutritional Neuroscience</i> , 2020 , 1-9	3.6	
311	Association Between Lifestyle and Hypertriglyceridemic Waist Phenotype in the PREDIMED-Plus Study. <i>Obesity</i> , 2020 , 28, 537-543	8	10
310	Physical fitness and physical activity association with cognitive function and quality of life: baseline cross-sectional analysis of the PREDIMED-Plus trial. <i>Scientific Reports</i> , 2020 , 10, 3472	4.9	16
309	Glycolysis/gluconeogenesis- and tricarboxylic acid cycle-related metabolites, Mediterranean diet, and type 2 diabetes. <i>American Journal of Clinical Nutrition</i> , 2020 , 111, 835-844	7	19
308	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> , 2020 , 30, 466-472	2.1	7
307	Phenolic Acid Subclasses, Individual Compounds, and Breast Cancer Risk in a Mediterranean Cohort: The SUN Project. <i>Journal of the Academy of Nutrition and Dietetics</i> , 2020 , 120, 1002-1015.e5	3.9	13
306	Dysfunctional High-Density Lipoproteins Are Associated With a Greater Incidence of Acute Coronary Syndrome in a Population at High Cardiovascular Risk: A Nested Case-Control Study. <i>Circulation</i> , 2020 , 141, 444-453	16.7	28
305	Coffee consumption and breast cancer risk in the SUN project. <i>European Journal of Nutrition</i> , 2020 , 59, 3461-3471	5.2	16
304	Effect of a lifestyle intervention program with energy-restricted Mediterranean diet and exercise on the serum polyamine metabolome in individuals at high cardiovascular disease risk: a randomized clinical trial. <i>American Journal of Clinical Nutrition</i> , 2020 , 111, 975-982	7	2

303	Ultra-processed food consumption and the risk of short telomeres in an elderly population of the Seguimiento Universidad de Navarra (SUN) Project. <i>American Journal of Clinical Nutrition</i> , 2020 , 111, 1259-1266 ¹⁵	7	15
302	Validity and reproducibility of a semi-quantitative food frequency questionnaire in Spanish preschoolers - The SENDO project. <i>Nutricion Hospitalaria</i> , 2020 , 37, 672-684	1	3
301	The Effect of Physical Activity and High Body Mass Index on Health-Related Quality of Life in Individuals with Metabolic Syndrome. <i>International Journal of Environmental Research and Public Health</i> , 2020 , 17,	4.6	5
300	A Remote Nutritional Intervention to Change the Dietary Habits of Patients Undergoing Ablation of Atrial Fibrillation: Randomized Controlled Trial. <i>Journal of Medical Internet Research</i> , 2020 , 22, e21436 ^{7.6}	7.6	0
299	Cured ham consumption and incidence of hypertension: The "Seguimiento Universidad de Navarra" (SUN) cohort. <i>Medicina Clínica</i> , 2020 , 155, 9-17	1	3
298	Impacto de Life'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> , 2020 , 73, 205-211	1.5	6
297	Metabolic Syndrome Features and Excess Weight Were Inversely Associated with Nut Consumption after 1-Year Follow-Up in the PREDIMED-Plus Study. <i>Journal of Nutrition</i> , 2020 , 150, 3161-3170	4.1	7
296	Association between dairy product consumption and hyperuricemia in an elderly population with metabolic syndrome. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2020 , 30, 214-222	4.5	6
295	Influence of lifestyle factors and staple foods from the Mediterranean diet on non-alcoholic fatty liver disease among older individuals with metabolic syndrome features. <i>Nutrition</i> , 2020 , 71, 110620	4.8	15
294	Carbohydrate quality changes and concurrent changes in cardiovascular risk factors: a longitudinal analysis in the PREDIMED-Plus randomized trial. <i>American Journal of Clinical Nutrition</i> , 2020 , 111, 291-306 ⁷	7	22
293	Association between diet quality indexes and the risk of short telomeres in an elderly population of the SUN project. <i>Clinical Nutrition</i> , 2020 , 39, 2487-2494	5.9	13
292	Mediterranean Diet and Atherothrombosis Biomarkers: A Randomized Controlled Trial. <i>Molecular Nutrition and Food Research</i> , 2020 , 64, e2000350	5.9	6
291	Body shape trajectories and mortality in the Seguimiento universidad de Navarra (SUN) cohort. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2020 , 30, 1742-1750	4.5	
290	Anthocyanin Intake and Physical Activity: Associations with the Lipid Profile of a US Working Population. <i>Molecules</i> , 2020 , 25,	4.8	4
289	Dietary Quality Changes According to the Preceding Maximum Weight: A Longitudinal Analysis in the PREDIMED-Plus Randomized Trial. <i>Nutrients</i> , 2020 , 12,	6.7	1
288	Relationship between olive oil consumption and ankle-brachial pressure index in a population at high cardiovascular risk. <i>Atherosclerosis</i> , 2020 , 314, 48-57	3.1	1
287	Adherence to the 2018 World Cancer Research Fund/American Institute for Cancer Research Recommendations and Breast Cancer in the SUN Project. <i>Nutrients</i> , 2020 , 12,	6.7	3
286	Remnant Cholesterol, Not LDL Cholesterol, Is Associated With Incident Cardiovascular Disease. <i>Journal of the American College of Cardiology</i> , 2020 , 76, 2712-2724	15.1	58

285	The Association Between the Mediterranean Lifestyle Index and All-Cause Mortality in the Seguimiento Universidad de Navarra Cohort. <i>American Journal of Preventive Medicine</i> , 2020 , 59, e239-e248	6.1	3
284	Translation and cross-cultural adaptation of 14-item Mediterranean Diet Adherence Screener and low-fat diet adherence questionnaire. <i>Clinical Nutrition ESPEN</i> , 2020 , 39, 180-189	1.3	5
283	Clinical features, ventilatory management, and outcome of ARDS caused by COVID-19 are similar to other causes of ARDS. <i>Intensive Care Medicine</i> , 2020 , 46, 2200-2211	14.5	166
282	Nutritional Quality and Health Effects of Low Environmental Impact Diets: The "Seguimiento Universidad de Navarra" (SUN) Cohort. <i>Nutrients</i> , 2020 , 12,	6.7	3
281	High Plasma Glutamate and a Low Glutamine-to-Glutamate Ratio Are Associated with Increased Risk of Heart Failure but Not Atrial Fibrillation in the Prevenció con Dieta Mediterránea (PREDIMED) Study. <i>Journal of Nutrition</i> , 2020 , 150, 2882-2889	4.1	3
280	Mediterranean Diet Decreases the Initiation of Use of Vitamin K Epoxide Reductase Inhibitors and Their Associated Cardiovascular Risk: A Randomized Controlled Trial. <i>Nutrients</i> , 2020 , 12,	6.7	3
279	Sugar-sweetened and artificially-sweetened beverages and changes in cognitive function in the SUN project. <i>Nutritional Neuroscience</i> , 2020 , 23, 946-954	3.6	8
278	Diet quality and nutrient density in subjects with metabolic syndrome: Influence of socioeconomic status and lifestyle factors. A cross-sectional assessment in the PREDIMED-Plus study. <i>Clinical Nutrition</i> , 2020 , 39, 1161-1173	5.9	17
277	Adherence to a priori dietary indexes and baseline prevalence of cardiovascular risk factors in the PREDIMED-Plus randomised trial. <i>European Journal of Nutrition</i> , 2020 , 59, 1219-1232	5.2	12
276	High sleep variability predicts a blunted weight loss response and short sleep duration a reduced decrease in waist circumference in the PREDIMED-Plus Trial. <i>International Journal of Obesity</i> , 2020 , 44, 330-339	5.5	10
275	Ultra-processed food consumption and the incidence of depression in a Mediterranean cohort: the SUN Project. <i>European Journal of Nutrition</i> , 2020 , 59, 1093-1103	5.2	66
274	Nutrient adequacy and diet quality in a Mediterranean population with metabolic syndrome: A cross-sectional study. <i>Clinical Nutrition</i> , 2020 , 39, 853-861	5.9	2
273	Effect of changes in adherence to Mediterranean diet on nutrient density after 1-year of follow-up: results from the PREDIMED-Plus Study. <i>European Journal of Nutrition</i> , 2020 , 59, 2395-2409	5.2	4
272	Impact of Life@ Simple 7 on the incidence of major cardiovascular events in high-risk Spanish adults in the PREDIMED study cohort. <i>Revista Espanola De Cardiologia (English Ed)</i> , 2020 , 73, 205-211	0.7	2
271	"A priori" Dietary Patterns and Cognitive Function in the SUN Project. <i>Neuroepidemiology</i> , 2020 , 54, 45-53.4	3.4	11
270	Cross-sectional association between non-soy legume consumption, serum uric acid and hyperuricemia: the PREDIMED-Plus study. <i>European Journal of Nutrition</i> , 2020 , 59, 2195-2206	5.2	5
269	Oral contraceptives use and development of obesity in a Mediterranean cohort: the SUN (Seguimiento Universidad de Navarra) Project. <i>International Journal of Obesity</i> , 2020 , 44, 320-329	5.5	3
268	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> , 2019 , 11,	6.7	59

267	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> , 2019 , 247, 161-167	6.6	6
266	Healthful and Unhealthful Provegetarian Food Patterns and the Incidence of Overweight/obesity in the Seguimiento Universidad De Navarra (SUN) Cohort (OR33-05-19). <i>Current Developments in Nutrition</i> , 2019 , 3,	0.4	1
265	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> , 2019 , 3,	0.4	78
264	Association between consumption of ultra-processed foods and all cause mortality: SUN prospective cohort study. <i>BMJ, The</i> , 2019 , 365, l1949	5.9	180
263	Effects of a Mediterranean Eating Plan on the Need for Glucose-Lowering Medications in Participants With Type 2 Diabetes: A Subgroup Analysis of the PREDIMED Trial. <i>Diabetes Care</i> , 2019 , 42, 1390-1397	14.6	25
262	Plasma Metabolites Associated with Coffee Consumption: A Metabolomic Approach within the PREDIMED Study. <i>Nutrients</i> , 2019 , 11,	6.7	11
261	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,the</i> , 2019 , 7, e6-e17	18.1	47
260	Dietary Diversity and Nutritional Adequacy among an Older Spanish Population with Metabolic Syndrome in the PREDIMED-Plus Study: A Cross-Sectional Analysis. <i>Nutrients</i> , 2019 , 11,	6.7	14
259	Fatty Acids Composition of Blood Cell Membranes and Peripheral Inflammation in the PREDIMED Study: A Cross-Sectional Analysis. <i>Nutrients</i> , 2019 , 11,	6.7	10
258	Dietary Patterns 2019 , 283-291		
257	The Mediterranean Diet and Cardiovascular Health. <i>Circulation Research</i> , 2019 , 124, 779-798	15.7	211
256	Adherence to the Mediterranean diet and risk of stroke and stroke subtypes. <i>European Journal of Epidemiology</i> , 2019 , 34, 337-349	12.1	21
255	The role of lifestyle behaviour on the risk of hypertension in the SUN cohort: The hypertension preventive score. <i>Preventive Medicine</i> , 2019 , 123, 171-178	4.3	11
254	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> , 2019 , 11,	6.7	6
253	Nut Consumptions as a Marker of Higher Diet Quality in a Mediterranean Population at High Cardiovascular Risk. <i>Nutrients</i> , 2019 , 11,	6.7	9
252	Global sustainability (health, environment and monetary costs) of three dietary patterns: results from a Spanish cohort (the SUN project). <i>BMJ Open</i> , 2019 , 9, e021541	3	33
251	Dietary inflammatory index and all-cause mortality in large cohorts: The SUN and PREDIMED studies. <i>Clinical Nutrition</i> , 2019 , 38, 1221-1231	5.9	55
250	Changes in arginine are inversely associated with type 2 diabetes: A case-cohort study in the PREDIMED trial. <i>Diabetes, Obesity and Metabolism</i> , 2019 , 21, 397-401	6.7	10

249	High plasma glutamate and low glutamine-to-glutamate ratio are associated with type 2 diabetes: Case-cohort study within the PREDIMED trial. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2019 , 29, 1040-1049	4.5	26
248	A Provegetarian Food Pattern Emphasizing Preference for Healthy Plant-Derived Foods Reduces the Risk of Overweight/Obesity in the SUN Cohort. <i>Nutrients</i> , 2019 , 11,	6.7	29
247	Association of the Dietary-Based Diabetes-Risk Score (DDS) with the risk of gestational diabetes mellitus in the Seguimiento Universidad de Navarra (SUN) project. <i>British Journal of Nutrition</i> , 2019 , 122, 800-807	3.6	5
246	Long Daytime Napping Is Associated with Increased Adiposity and Type 2 Diabetes in an Elderly Population with Metabolic Syndrome. <i>Journal of Clinical Medicine</i> , 2019 , 8,	5.1	9
245	Association of Adherence to The Mediterranean Diet with Urinary Factors Favoring Renal Lithiasis: Cross-Sectional Study of Overweight Individuals with Metabolic Syndrome. <i>Nutrients</i> , 2019 , 11,	6.7	1
244	Lifestyles and the risk of depression in the "Seguimiento Universidad de Navarra" cohort. <i>European Psychiatry</i> , 2019 , 61, 33-40	6	12
243	Total and Subtypes of Dietary Fat Intake and Its Association with Components of the Metabolic Syndrome in a Mediterranean Population at High Cardiovascular Risk. <i>Nutrients</i> , 2019 , 11,	6.7	30
242	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> , 2019 , 322, 1486-1499	27.4	38
241	Lysine pathway metabolites and the risk of type 2 diabetes and cardiovascular disease in the PREDIMED study: results from two case-cohort studies. <i>Cardiovascular Diabetology</i> , 2019 , 18, 151	8.7	13
240	Plant-Based Dietary Patterns and Incidence of Type 2 Diabetes. <i>JAMA Internal Medicine</i> , 2019 , 179, 1604-11.5		
239	Paper-Based Versus Web-Based Versions of Self-Administered Questionnaires, Including Food-Frequency Questionnaires: Prospective Cohort Study. <i>JMIR Public Health and Surveillance</i> , 2019 , 5, e11997	11.4	7
238	Adherence to dietary guidelines for the Spanish population and risk of overweight/obesity in the SUN cohort. <i>PLoS ONE</i> , 2019 , 14, e0226565	3.7	3
237	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> , 2019 , 16, 137	8.4	7
236	Adherence to the 2015 Dietary Guidelines for Americans and mortality risk in a Mediterranean cohort: The SUN project. <i>Preventive Medicine</i> , 2019 , 118, 317-324	4.3	8
235	MetProc: Separating Measurement Artifacts from True Metabolites in an Untargeted Metabolomics Experiment. <i>Journal of Proteome Research</i> , 2019 , 18, 1446-1450	5.6	6
234	Total polyphenol intake and breast cancer risk in the Seguimiento Universidad de Navarra (SUN) cohort. <i>British Journal of Nutrition</i> , 2019 , 122, 542-551	3.6	14
233	Cohort Profile: Design and methods of the PREDIMED-Plus randomized trial. <i>International Journal of Epidemiology</i> , 2019 , 48, 387-388o	7.8	87
232	Plasma Acylcarnitines and Risk of Type 2 Diabetes in a Mediterranean Population at High Cardiovascular Risk. <i>Journal of Clinical Endocrinology and Metabolism</i> , 2019 , 104, 1508-1519	5.6	31

231	Trends of obesity prevalence among Spanish adults with diabetes, 1987-2012. <i>Medicina Clínica</i> , 2019 , 152, 181-184	1	3
230	Validation study of a Spanish version of the modified Telephone Interview for Cognitive Status (STICS-m). <i>Gaceta Sanitaria</i> , 2019 , 33, 415-420	2.2	8
229	Adherence to an Energy-restricted Mediterranean Diet Score and Prevalence of Cardiovascular Risk Factors in the PREDIMED-Plus: A Cross-sectional Study. <i>Revista Espanola De Cardiologia (English Ed)</i> , 2019 , 72, 925-934	0.7	11
228	Dairy products intake and the risk of incident cataracts surgery in an elderly Mediterranean population: results from the PREDIMED study. <i>European Journal of Nutrition</i> , 2019 , 58, 619-627	5.2	2
227	Legume consumption and risk of all-cause, cardiovascular, and cancer mortality in the PREDIMED study. <i>Clinical Nutrition</i> , 2019 , 38, 348-356	5.9	49
226	Multiple approaches to associations of physical activity and adherence to the Mediterranean diet with all-cause mortality in older adults: the PREvenci3n con Dieta MEDiterr3nea study. <i>European Journal of Nutrition</i> , 2019 , 58, 1569-1578	5.2	12
225	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> , 2019 , 42, 777-788	14.6	123
224	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> , 2018 , 61, 1560-1571	10.3	53
223	Adherence to the Mediterranean dietary pattern and incidence of anorexia and bulimia nervosa in women: The SUN cohort. <i>Nutrition</i> , 2018 , 54, 19-25	4.8	3
222	Use of an Electronic Medical Record to Track Adherence to the Mediterranean Diet in a US Neurology Clinical Practice. <i>Mayo Clinic Proceedings Innovations, Quality & Outcomes</i> , 2018 , 2, 49-59	3.1	5
221	Metabolic Predictors of Incident Coronary Heart Disease in Women. <i>Circulation</i> , 2018 , 137, 841-853	16.7	105
220	Relaci3n entre un 3ndice de estilo de vida saludable y el riesgo de enfermedad cardiovascular en la cohorte SUN. <i>Revista Espanola De Cardiologia</i> , 2018 , 71, 1001-1009	1.5	31
219	Added sugars and sugar-sweetened beverage consumption, dietary carbohydrate index and depression risk in the Seguimiento Universidad de Navarra (SUN) Project. <i>British Journal of Nutrition</i> , 2018 , 119, 211-221	3.6	30
218	Association Between a Healthy Lifestyle Score and the Risk of Cardiovascular Disease in the SUN Cohort. <i>Revista Espanola De Cardiologia (English Ed)</i> , 2018 , 71, 1001-1009	0.7	13
217	Plasma lipidome patterns associated with cardiovascular risk in the PREDIMED trial: A case-cohort study. <i>International Journal of Cardiology</i> , 2018 , 253, 126-132	3.2	30
216	Soft drink consumption and gestational diabetes risk in the SUN project. <i>Clinical Nutrition</i> , 2018 , 37, 638-645	5.45	19
215	Association between pre-pregnancy consumption of meat, iron intake, and the risk of gestational diabetes: the SUN project. <i>European Journal of Nutrition</i> , 2018 , 57, 939-949	5.2	22
214	Should we recommend reductions in saturated fat intake or in red/processed meat consumption? The SUN prospective cohort study. <i>Clinical Nutrition</i> , 2018 , 37, 1389-1398	5.9	10

213	Diet quality and depression risk: A systematic review and dose-response meta-analysis of prospective studies. <i>Journal of Affective Disorders</i> , 2018 , 226, 346-354	6.6	240
212	Mediterranean diet, physical activity and their combined effect on all-cause mortality: The Seguimiento Universidad de Navarra (SUN) cohort. <i>Preventive Medicine</i> , 2018 , 106, 45-52	4.3	95
211	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> , 2018 , 10,	6.7	63
210	Mediterranean Diet and Health Outcomes in the SUN Cohort. <i>Nutrients</i> , 2018 , 10,	6.7	118
209	Higher dietary glycemic index and glycemic load values increase the risk of osteoporotic fracture in the PREvenci3 con Dieta MEDiterr3nea (PREDIMED)-Reus trial. <i>American Journal of Clinical Nutrition</i> , 2018 , 107, 1035-1042	7	11
208	Risk of peripheral artery disease according to a healthy lifestyle score: The PREDIMED study. <i>Atherosclerosis</i> , 2018 , 275, 133-140	3.1	12
207	Magnesium and mood disorders: systematic review and meta-analysis. <i>BJPsych Open</i> , 2018 , 4, 167-179	5	15
206	Association of Tryptophan Metabolites with Incident Type 2 Diabetes in the PREDIMED Trial: A Case-Cohort Study. <i>Clinical Chemistry</i> , 2018 , 64, 1211-1220	5.5	42
205	Primary Prevention of Cardiovascular Disease with a Mediterranean Diet Supplemented with Extra-Virgin Olive Oil or Nuts. <i>New England Journal of Medicine</i> , 2018 , 378, e34	59.2	1232
204	Mediterranean diet and quality of life: Baseline cross-sectional analysis of the PREDIMED-PLUS trial. <i>PLoS ONE</i> , 2018 , 13, e0198974	3.7	65
203	Egg consumption and dyslipidemia in a Mediterranean cohort. <i>Nutricion Hospitalaria</i> , 2018 , 35, 153-161	1	4
202	Healthy Lifestyle and Incidence of Metabolic Syndrome in the SUN Cohort. <i>Nutrients</i> , 2018 , 11,	6.7	33
201	Dietary Intake in Population with Metabolic Syndrome: Is the Prevalence of Inadequate Intake Influenced by Geographical Area? Cross-Sectional Analysis from PREDIMED-Plus Study. <i>Nutrients</i> , 2018 , 10,	6.7	6
200	Coffee consumption and total mortality in a Mediterranean prospective cohort. <i>American Journal of Clinical Nutrition</i> , 2018 , 108, 1113-1120	7	12
199	Effectiveness of the physical activity intervention program in the PREDIMED-Plus study: a randomized controlled trial. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2018 , 15, 110	8.4	18
198	Lipid metabolic networks, Mediterranean diet and cardiovascular disease in the PREDIMED trial. <i>International Journal of Epidemiology</i> , 2018 , 47, 1830-1845	7.8	13
197	Protocol Deviations, Reanalyses, and Corrections to Derivative Studies of the PREDIMED Trial. <i>JAMA Internal Medicine</i> , 2018 , 178, 1730-1731	11.5	2
196	Quality of Dietary Fat Intake and Body Weight and Obesity in a Mediterranean Population: Secondary Analyses within the PREDIMED Trial. <i>Nutrients</i> , 2018 , 10,	6.7	26

195	Cross-sectional associations of objectively-measured sleep characteristics with obesity and type 2 diabetes in the PREDIMED-Plus trial. <i>Sleep</i> , 2018 , 41,	1.1	22
194	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> , 2018 , 15,	4.6	8
193	Coffee Consumption and the Risk of Depression in a Middle-Aged Cohort: The SUN Project. <i>Nutrients</i> , 2018 , 10,	6.7	14
192	Controversy and debate: Memory-Based Methods Paper 4. <i>Journal of Clinical Epidemiology</i> , 2018 , 104, 136-139	5.7	6
191	Plasma Lipidomic Profiling and Risk of Type 2 Diabetes in the PREDIMED Trial. <i>Diabetes Care</i> , 2018 , 41, 2617-2624	14.6	78
190	Controversy and debate: Memory-Based Dietary Assessment Methods Paper 2. <i>Journal of Clinical Epidemiology</i> , 2018 , 104, 125-129	5.7	15
189	Physical Activity Intensity and Cardiovascular Disease Prevention-From the Seguimiento Universidad de Navarra Study. <i>American Journal of Cardiology</i> , 2018 , 122, 1871-1878	3	4
188	Self-perceived level of competitiveness, tension and dependency and depression risk in the SUN cohort. <i>BMC Psychiatry</i> , 2018 , 18, 241	4.2	7
187	The AUStralian MEDiterranean Diet Heart Trial (AUSMED Heart Trial): A randomized clinical trial in secondary prevention of coronary heart disease in a multiethnic Australian population: Study protocol. <i>American Heart Journal</i> , 2018 , 203, 4-11	4.9	17
186	Strong inverse associations of Mediterranean diet, physical activity and their combination with cardiovascular disease: The Seguimiento Universidad de Navarra (SUN) cohort. <i>European Journal of Preventive Cardiology</i> , 2018 , 25, 1186-1197	3.9	26
185	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> , 2017 , 83, 114-128	3.8	142
184	Associations between Yogurt Consumption and Weight Gain and Risk of Obesity and Metabolic Syndrome: A Systematic Review. <i>Advances in Nutrition</i> , 2017 , 8, 146S-154S	10	38
183	Mediterranean diet and risk of heart failure: results from the PREDIMED randomized controlled trial. <i>European Journal of Heart Failure</i> , 2017 , 19, 1179-1185	12.3	50
182	Exercise Intensity and Incidence of Metabolic Syndrome: The SUN Project. <i>American Journal of Preventive Medicine</i> , 2017 , 52, e95-e101	6.1	20
181	Prevalence of obesity and diabetes in Spanish adults 1987-2012. <i>Medicina Clínica</i> , 2017 , 148, 250-256	1	41
180	Mercury exposure and risk of cardiovascular disease: a nested case-control study in the PREDIMED (PREvention with MEDiterranean Diet) study. <i>BMC Cardiovascular Disorders</i> , 2017 , 17, 9	2.3	19
179	Plasma Ceramides, Mediterranean Diet, and Incident Cardiovascular Disease in the PREDIMED Trial (Prevención con Dieta Mediterránea). <i>Circulation</i> , 2017 , 135, 2028-2040	16.7	161
178	Dietary energy density and body weight changes after 3 years in the PREDIMED study. <i>International Journal of Food Sciences and Nutrition</i> , 2017 , 68, 865-872	3.7	11

177	Mediterranean Diet Improves High-Density Lipoprotein Function in High-Cardiovascular-Risk Individuals: A Randomized Controlled Trial. <i>Circulation</i> , 2017 , 135, 633-643	16.7	129
176	Cardiovascular risk and incidence of depression in young and older adults: evidence from the SUN cohort study. <i>World Psychiatry</i> , 2017 , 16, 111	14.4	12
175	Plasma Arginine/Asymmetric Dimethylarginine Ratio and Incidence of Cardiovascular Events: A Case-Cohort Study. <i>Journal of Clinical Endocrinology and Metabolism</i> , 2017 , 102, 1879-1888	5.6	12
174	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> , 2017 , 117, 1478-1485	3.6	7
173	Inflammatory potential of diet, weight gain, and incidence of overweight/obesity: The SUN cohort. <i>Obesity</i> , 2017 , 25, 997-1005	8	57
172	The Mediterranean Diet decreases LDL atherogenicity in high cardiovascular risk individuals: a randomized controlled trial. <i>Molecular Nutrition and Food Research</i> , 2017 , 61, 1601015	5.9	39
171	Reply to JM Cullin and CI Fernandez. <i>American Journal of Clinical Nutrition</i> , 2017 , 105, 1013-1014	7	1
170	Prediction of Cardiovascular Disease by the Framingham-REGICOR Equation in the High-Risk PREDIMED Cohort: Impact of the Mediterranean Diet Across Different Risk Strata. <i>Journal of the American Heart Association</i> , 2017 , 6,	6	11
169	Male condom use, multiple sexual partners and HIV: a prospective case-control study in Kinshasa (DRC). <i>AIDS Care - Psychological and Socio-Medical Aspects of AIDS/HIV</i> , 2017 , 29, 772-781	2.2	11
168	Healthy-eating attitudes and the incidence of cardiovascular disease: the SUN cohort. <i>International Journal of Food Sciences and Nutrition</i> , 2017 , 68, 595-604	3.7	6
167	Relationship between adherence to Dietary Approaches to Stop Hypertension (DASH) diet indices and incidence of depression during up to 8 years of follow-up. <i>Public Health Nutrition</i> , 2017 , 20, 2383-2392	3.3	22
166	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> , 2017 , 6,	6	58
165	Comprehensive Metabolomic Profiling and Incident Cardiovascular Disease: A Systematic Review. <i>Journal of the American Heart Association</i> , 2017 , 6,	6	70
164	Pre-pregnancy adherences to empirically derived dietary patterns and gestational diabetes risk in a Mediterranean cohort: the Seguimiento Universidad de Navarra (SUN) project. <i>British Journal of Nutrition</i> , 2017 , 118, 715-721	3.6	20
163	Potato Consumption Does Not Increase Blood Pressure or Incident Hypertension in 2 Cohorts of Spanish Adults. <i>Journal of Nutrition</i> , 2017 , 147, 2272-2281	4.1	11
162	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> , 2017 , 10,	6.7	58
161	Adherence to the Mediterranean Dietary Pattern and Incidence of Nephrolithiasis in the Seguimiento Universidad de Navarra Follow-up (SUN) Cohort. <i>American Journal of Kidney Diseases</i> , 2017 , 70, 778-786	7.4	22
160	Fruits, vegetables, and legumes: sound prevention tools. <i>Lancet, The</i> , 2017 , 390, 2017-2018	4.0	4

159	Nut consumption in relation to all-cause and cause-specific mortality: a meta-analysis 18 prospective studies. <i>Food and Function</i> , 2017 , 8, 3893-3905	6.1	36
158	Smoking and incidence of glaucoma: The SUN Cohort. <i>Medicine (United States)</i> , 2017 , 96, e5761	1.8	18
157	Plasma lipidomic profiles and cardiovascular events in a randomized intervention trial with the Mediterranean diet. <i>American Journal of Clinical Nutrition</i> , 2017 , 106, 973-983	7	49
156	Reply to T Bhurosy et al. <i>American Journal of Clinical Nutrition</i> , 2017 , 105, 1012-1013	7	1
155	Consumption of Fruit or Fiber-Fruit Decreases the Risk of Cardiovascular Disease in a Mediterranean Young Cohort. <i>Nutrients</i> , 2017 , 9,	6.7	15
154	Polyphenol Levels Are Inversely Correlated with Body Weight and Obesity in an Elderly Population after 5 Years of Follow Up (The Randomised PREDIMED Study). <i>Nutrients</i> , 2017 , 9,	6.7	34
153	The Effect of a Mediterranean Diet on the Incidence of Cataract Surgery. <i>Nutrients</i> , 2017 , 9,	6.7	10
152	Long-Term Coffee Consumption Is Associated with Decreased Incidence of New-Onset Hypertension: A Dose-Response Meta-Analysis. <i>Nutrients</i> , 2017 , 9,	6.7	43
151	Vitamin C Intake is Inversely Associated with Cardiovascular Mortality in a Cohort of Spanish Graduates: the SUN Project. <i>Nutrients</i> , 2017 , 9,	6.7	25
150	Transferability of the Mediterranean Diet to Non-Mediterranean Countries. What Is and What Is Not the Mediterranean Diet. <i>Nutrients</i> , 2017 , 9,	6.7	122
149	Leisure-time physical activity, sedentary behaviors, sleep, and cardiometabolic risk factors at baseline in the PREDIMED-PLUS intervention trial: A cross-sectional analysis. <i>PLoS ONE</i> , 2017 , 12, e0172253	2.7	35
148	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> , 2017 , 30, 358-366	2.3	163
147	Dietary Marine n-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> , 2016 , 134, 1142-1149	3.9	60
146	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> , 2016 , 104, 1433-1440	7	252
145	Beneficial changes in food consumption and nutrient intake after 10 years of follow-up in a Mediterranean cohort: the SUN project. <i>BMC Public Health</i> , 2016 , 16, 203	4.1	14
144	The association between long working hours and metabolic syndrome remains elusive. <i>European Journal of Public Health</i> , 2016 , 26, 377	2.1	
143	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> , 2016 , 55, 349-60	5.2	94
142	Nutritional adequacy according to carbohydrates and fat quality. <i>European Journal of Nutrition</i> , 2016 , 55, 93-106	5.2	37

141	Dietary Ω -linolenic Acid, Marine Ω 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> , 2016 , 5,	6	48
140	Plasma Branched-Chain Amino Acids and Incident Cardiovascular Disease in the PREDIMED Trial. <i>Clinical Chemistry</i> , 2016 , 62, 582-92	5.5	129
139	Magnesium intake and depression: the SUN cohort. <i>Magnesium Research</i> , 2016 , 29, 102-111	1.7	8
138	Substitution Models of Water for Other Beverages, and the Incidence of Obesity and Weight Gain in the SUN Cohort. <i>Nutrients</i> , 2016 , 8,	6.7	22
137	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> , 2016 , 2016, 2572606	6.7	50
136	Association between Body Mass Index, Waist-to-Height Ratio and Adiposity in Children: A Systematic Review and Meta-Analysis. <i>Nutrients</i> , 2016 , 8,	6.7	52
135	The Role of Dietary Inflammatory Index in Cardiovascular Disease, Metabolic Syndrome and Mortality. <i>International Journal of Molecular Sciences</i> , 2016 , 17,	6.3	81
134	Polymorphism of the Transcription Factor 7-Like 2 Gene (TCF7L2) Interacts with Obesity on Type-2 Diabetes in the PREDIMED Study Emphasizing the Heterogeneity of Genetic Variants in Type-2 Diabetes Risk Prediction: Time for Obesity-Specific Genetic Risk Scores. <i>Nutrients</i> , 2016 , 8,	6.7	24
133	Living at Higher Altitude and Incidence of Overweight/Obesity: Prospective Analysis of the SUN Cohort. <i>PLoS ONE</i> , 2016 , 11, e0164483	3.7	26
132	Impact of sugars and sugar taxation on body weight control: A comprehensive literature review. <i>Obesity</i> , 2016 , 24, 1410-26	8	35
131	Mediterranean diet and life expectancy; beyond olive oil, fruits, and vegetables. <i>Current Opinion in Clinical Nutrition and Metabolic Care</i> , 2016 , 19, 401-407	3.8	97
130	Replacing red meat and processed red meat for white meat, fish, legumes or eggs is associated with lower risk of incidence of metabolic syndrome. <i>Clinical Nutrition</i> , 2016 , 35, 1442-1449	5.9	37
129	Snacking between main meals is associated with a higher risk of metabolic syndrome in a Mediterranean cohort: the SUN Project (Seguimiento Universidad de Navarra). <i>Public Health Nutrition</i> , 2016 , 19, 658-66	3.3	8
128	Mediterranean diet and telomere length in high cardiovascular risk subjects from the PREDIMED-NAVARRA study. <i>Clinical Nutrition</i> , 2016 , 35, 1399-1405	5.9	55
127	Metabolomics in Prediabetes and Diabetes: A Systematic Review and Meta-analysis. <i>Diabetes Care</i> , 2016 , 39, 833-46	14.6	418
126	Food patterns and the prevention of depression. <i>Proceedings of the Nutrition Society</i> , 2016 , 75, 139-46	2.9	55
125	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> , 2016 , 5,	6	44
124	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> , 2016 , 31, 1191-1205	12.1	95

123	FTO genotype and weight loss: systematic review and meta-analysis of 9563 individual participant data from eight randomised controlled trials. <i>BMJ, The</i> , 2016 , 354, i4707	5.9	70
122	The Association Between the Mediterranean Lifestyle and Depression. <i>Clinical Psychological Science</i> , 2016 , 4, 1085-1093	6	28
121	Intake of High-Fat Yogurt, but Not of Low-Fat Yogurt or Prebiotics, Is Related to Lower Risk of Depression in Women of the SUN Cohort Study. <i>Journal of Nutrition</i> , 2016 , 146, 1731-9	4.1	21
120	Dietary total antioxidant capacity is associated with leukocyte telomere length in a children and adolescent population. <i>Clinical Nutrition</i> , 2015 , 34, 694-9	5.9	62
119	Working hours and incidence of metabolic syndrome and its components in a Mediterranean cohort: the SUN project. <i>European Journal of Public Health</i> , 2015 , 25, 683-8	2.1	18
118	Olive oil consumption and risk of type 2 diabetes in US women. <i>American Journal of Clinical Nutrition</i> , 2015 , 102, 479-86	7	67
117	Benefits of the Mediterranean Diet: Insights From the PREDIMED Study. <i>Progress in Cardiovascular Diseases</i> , 2015 , 58, 50-60	8.5	385
116	Association between yogurt consumption and the risk of metabolic syndrome over 6 years in the SUN study. <i>BMC Public Health</i> , 2015 , 15, 170	4.1	42
115	Mediterranean Diet and Age-Related Cognitive Decline: A Randomized Clinical Trial. <i>JAMA Internal Medicine</i> , 2015 , 175, 1094-1103	11.5	479
114	Mediterranean Diet, Retinopathy, Nephropathy, and Microvascular Diabetes Complications: A Post Hoc Analysis of a Randomized Trial. <i>Diabetes Care</i> , 2015 , 38, 2134-41	14.6	78
113	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> , 2015 , 66, 1590-1614	15.1	255
112	Misconceptions about HIV infection in Kinshasa (Democratic Republic of Congo): a case-control study on knowledge, attitudes and practices. <i>Sexually Transmitted Infections</i> , 2015 , 91, 334-7	2.8	14
111	Empirically-derived food patterns and the risk of total mortality and cardiovascular events in the PREDIMED study. <i>Clinical Nutrition</i> , 2015 , 34, 859-67	5.9	27
110	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> , 2015 , 145, 2308-16	4.1	92
109	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> , 2015 , 102, 897-904	7	82
108	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> , 2015 , 175, 1752-1760	11.5	276
107	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> , 2015 , 102, 1563-73	7	159
106	Baseline consumption and changes in sugar-sweetened beverage consumption and the incidence of hypertension: The SUN project. <i>Clinical Nutrition</i> , 2015 , 34, 1133-40	5.9	17

105	Prebiotic consumption and the incidence of overweight in a Mediterranean cohort: the Seguimiento Universidad de Navarra Project. <i>American Journal of Clinical Nutrition</i> , 2015 , 102, 1554-62	7	5
104	Pro12Ala polymorphism of the PPAR α gene interacts with a mediterranean diet to prevent telomere shortening in the PREDIMED-NAVARRA randomized trial. <i>Circulation: Cardiovascular Genetics</i> , 2015 , 8, 91-9		32
103	Dietary indexes, food patterns and incidence of metabolic syndrome in a Mediterranean cohort: The SUN project. <i>Clinical Nutrition</i> , 2015 , 34, 508-14	5.9	72
102	Adherence to the Mediterranean diet is inversely related to binge eating disorder in patients seeking a weight loss program. <i>Clinical Nutrition</i> , 2015 , 34, 107-14	5.9	18
101	Does cooking with vegetable oils increase the risk of chronic diseases?: a systematic review. <i>British Journal of Nutrition</i> , 2015 , 113 Suppl 2, S36-48	3.6	27
100	Adherence to the Mediterranean diet is inversely associated with visceral abdominal tissue in Caucasian subjects. <i>Clinical Nutrition</i> , 2015 , 34, 1266-72	5.9	39
99	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> , 2015 , 146, 767-777	4.1	62
98	Adherence to Mediterranean dietary pattern and menopausal symptoms in relation to overweight/obesity in Spanish perimenopausal and postmenopausal women. <i>Menopause</i> , 2015 , 22, 750-757	7.5	26
97	Alcohol and Difficulty Conceiving in the SUN Cohort: A Nested Case-Control Study. <i>Nutrients</i> , 2015 , 7, 6167-78	6.7	7
96	Mediterranean Alcohol-Drinking Pattern and the Incidence of Cardiovascular Disease and Cardiovascular Mortality: The SUN Project. <i>Nutrients</i> , 2015 , 7, 9116-26	6.7	26
95	Better Adherence to the Mediterranean Diet Could Mitigate the Adverse Consequences of Obesity on Cardiovascular Disease: The SUN Prospective Cohort. <i>Nutrients</i> , 2015 , 7, 9154-62	6.7	21
94	Association of a Dietary Score with Incident Type 2 Diabetes: The Dietary-Based Diabetes-Risk Score (DDS). <i>PLoS ONE</i> , 2015 , 10, e0141760	3.7	15
93	Dietary Inflammatory Index and Incidence of Cardiovascular Disease in the SUN Cohort. <i>PLoS ONE</i> , 2015 , 10, e0135221	3.7	103
92	Sugar-sweetened beverages and risk of hypertension and CVD: a dose-response meta-analysis. <i>British Journal of Nutrition</i> , 2015 , 113, 709-17	3.6	154
91	Intervention Trials with the Mediterranean Diet in Cardiovascular Prevention: Understanding Potential Mechanisms through Metabolomic Profiling. <i>Journal of Nutrition</i> , 2015 , 146, 913S-919S	4.1	31
90	Response to Letter Regarding Article, "Extravirgin Olive Oil Consumption Reduces Risk of Atrial Fibrillation: The PREDIMED (Prevenci3n con Dieta Mediterr3nea) Trial". <i>Circulation</i> , 2015 , 132, e140-2	16.7	
89	The impact of computer use in myopia progression: a cohort study in Spain. <i>Preventive Medicine</i> , 2015 , 71, 67-71	4.3	28
88	Association between dietary intake of polychlorinated biphenyls and the incidence of hypertension in a Spanish cohort: the Seguimiento Universidad de Navarra project. <i>Hypertension</i> , 2015 , 65, 714-21	8.5	17

87	Are some diets "mass murder"? Evidence in support of the Mediterranean diet is strong. <i>BMJ, The</i> , 2015 , 350, h610	5.9	0
86	Is complying with the recommendations of sodium intake beneficial for health in individuals at high cardiovascular risk? Findings from the PREDIMED study. <i>American Journal of Clinical Nutrition</i> , 2015 , 101, 440-8	7	19
85	Omega 3:6 ratio intake and incidence of glaucoma: the SUN cohort. <i>Clinical Nutrition</i> , 2014 , 33, 1041-5	5.9	17
84	MicroRNA-410 regulated lipoprotein lipase variant rs13702 is associated with stroke incidence and modulated by diet in the randomized controlled PREDIMED trial. <i>American Journal of Clinical Nutrition</i> , 2014 , 100, 719-31	7	29
83	Mediterranean diet and cardiovascular health: Teachings of the PREDIMED study. <i>Advances in Nutrition</i> , 2014 , 5, 330S-6S	10	209
82	Geographical and climatic factors and depression risk in the SUN project. <i>European Journal of Public Health</i> , 2014 , 24, 626-31	2.1	15
81	Genotype patterns at CLU, CR1, PICALM and APOE, cognition and Mediterranean diet: the PREDIMED-NAVARRA trial. <i>Genes and Nutrition</i> , 2014 , 9, 393	4.3	45
80	A decline in inflammation is associated with less depressive symptoms after a dietary intervention in metabolic syndrome patients: a longitudinal study. <i>Nutrition Journal</i> , 2014 , 13, 36	4.3	24
79	Olive oil intake and risk of cardiovascular disease and mortality in the PREDIMED Study. <i>BMC Medicine</i> , 2014 , 12, 78	11.4	198
78	Extravirgin olive oil consumption reduces risk of atrial fibrillation: the PREDIMED (Prevención con Dieta Mediterránea) trial. <i>Circulation</i> , 2014 , 130, 18-26	16.7	141
77	A provegetarian food pattern and reduction in total mortality in the Prevención con Dieta Mediterránea (PREDIMED) study. <i>American Journal of Clinical Nutrition</i> , 2014 , 100 Suppl 1, 320S-8S	7	123
76	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> , 2014 , 33, 90-7	5.9	92
75	Prevention of diabetes with Mediterranean diets: a subgroup analysis of a randomized trial. <i>Annals of Internal Medicine</i> , 2014 , 160, 1-10	8	415
74	Obesity indexes and total mortality among elderly subjects at high cardiovascular risk: the PREDIMED study. <i>PLoS ONE</i> , 2014 , 9, e103246	3.7	20
73	A high dietary glycemic index increases total mortality in a Mediterranean population at high cardiovascular risk. <i>PLoS ONE</i> , 2014 , 9, e107968	3.7	11
72	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> , 2014 , 111, 2000-9	3.6	46
71	The use of expensive technologies instead of simple, sound and effective lifestyle interventions: a perpetual delusion. <i>Journal of Epidemiology and Community Health</i> , 2014 , 68, 897-904	5.1	12
70	Mediterranean diets and metabolic syndrome status in the PREDIMED randomized trial. <i>Cmaj</i> , 2014 , 186, E649-57	3.5	184

69	Association of Mediterranean diet with peripheral artery disease: the PREDIMED randomized trial. <i>JAMA - Journal of the American Medical Association</i> , 2014 , 311, 415-417	27.4	122
68	Definitions and potential health benefits of the Mediterranean diet: views from experts around the world. <i>BMC Medicine</i> , 2014 , 12, 112	11.4	284
67	Television viewing, computer use, time driving and all-cause mortality: the SUN cohort. <i>Journal of the American Heart Association</i> , 2014 , 3, e000864	6	44
66	Dietary patterns, Mediterranean diet, and cardiovascular disease. <i>Current Opinion in Lipidology</i> , 2014 , 25, 20-6	4.4	178
65	Baseline adherence to the Mediterranean diet and major cardiovascular events: Prevenci3n con Dieta Mediterr3nea trial. <i>JAMA Internal Medicine</i> , 2014 , 174, 1690-2	11.5	15
64	Mediterranean alcohol-drinking pattern and mortality in the SUN (Seguimiento Universidad de Navarra) Project: a prospective cohort study. <i>British Journal of Nutrition</i> , 2014 , 111, 1871-80	3.6	55
63	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> , 2014 , 112, 248-59	3.6	79
62	Reported fried food consumption and the incidence of hypertension in a Mediterranean cohort: the SUN (Seguimiento Universidad de Navarra) project. <i>British Journal of Nutrition</i> , 2014 , 112, 984-91	3.6	14
61	Excess body iron and the risk of type 2 diabetes mellitus: a nested case-control in the PREDIMED (PREvention with MEDiterranean Diet) study. <i>British Journal of Nutrition</i> , 2014 , 112, 1896-904	3.6	24
60	Effect of a Mediterranean Diet Intervention on Dietary Glycemic Load and Dietary Glycemic Index: The PREDIMED Study. <i>Journal of Nutrition and Metabolism</i> , 2014 , 2014, 985373	2.7	36
59	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> , 2014 , 9, e85202	3.7	47
58	Telomere length as a biomarker for adiposity changes after a multidisciplinary intervention in overweight/obese adolescents: the EVASYON study. <i>PLoS ONE</i> , 2014 , 9, e89828	3.7	53
57	Fast food consumption and gestational diabetes incidence in the SUN project. <i>PLoS ONE</i> , 2014 , 9, e106637	3.7	28
56	Lifestyle factors modify obesity risk linked to PPARG2 and FTO variants in an elderly population: a cross-sectional analysis in the SUN Project. <i>Genes and Nutrition</i> , 2013 , 8, 61-7	4.3	21
55	Frequency of nut consumption and mortality risk in the PREDIMED nutrition intervention trial. <i>BMC Medicine</i> , 2013 , 11, 164	11.4	107
54	Diet, a new target to prevent depression?. <i>BMC Medicine</i> , 2013 , 11, 3	11.4	106
53	Association between sleeping hours and siesta and the risk of obesity: the SUN Mediterranean Cohort. <i>Obesity Facts</i> , 2013 , 6, 337-47	5.1	45
52	The major European dietary patterns and metabolic syndrome. <i>Reviews in Endocrine and Metabolic Disorders</i> , 2013 , 14, 265-71	10.5	56

51	Effect of the Mediterranean diet on blood pressure in the PREDIMED trial: results from a randomized controlled trial. <i>BMC Medicine</i> , 2013 , 11, 207	11.4	180
50	The Mediterranean diet improves the systemic lipid and DNA oxidative damage in metabolic syndrome individuals. A randomized, controlled, trial. <i>Clinical Nutrition</i> , 2013 , 32, 172-8	5.9	133
49	Different types of alcoholic beverages and incidence of metabolic syndrome and its components in a Mediterranean cohort. <i>Clinical Nutrition</i> , 2013 , 32, 797-804	5.9	27
48	Primary prevention of cardiovascular disease with a Mediterranean diet. <i>New England Journal of Medicine</i> , 2013 , 368, 1279-90	59.2	3041
47	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> , 2013 , 110, 1722-31 ^{3.6}		62
46	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> , 2013 , 10, e1001578; discussion e1001578	11.6	169
45	Mediterranean diet improves cognition: the PREDIMED-NAVARRA randomised trial. <i>Journal of Neurology, Neurosurgery and Psychiatry</i> , 2013 , 84, 1318-25	5.5	414
44	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> , 2013 , 16, 2064-72	3.3	37
43	Empirically derived dietary patterns and health-related quality of life in the SUN project. <i>PLoS ONE</i> , 2013 , 8, e61490	3.7	32
42	Cross-sectional assessment of nut consumption and obesity, metabolic syndrome and other cardiometabolic risk factors: the PREDIMED study. <i>PLoS ONE</i> , 2013 , 8, e57367	3.7	78
41	Lifestyles and risk factors associated with adherence to the Mediterranean diet: a baseline assessment of the PREDIMED trial. <i>PLoS ONE</i> , 2013 , 8, e60166	3.7	66
40	White blood cell counts as risk markers of developing metabolic syndrome and its components in the PREDIMED study. <i>PLoS ONE</i> , 2013 , 8, e58354	3.7	61
39	Differential Association of Low-Fat and Whole-Fat Dairy Products with Blood Pressure and Incidence of Hypertension. <i>Current Nutrition Reports</i> , 2012 , 1, 197-204	6	
38	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> , 2012 , 65, 615-20	10.2	49
37	Cohort profile: design and methods of the PREDIMED study. <i>International Journal of Epidemiology</i> , 2012 , 41, 377-85	7.8	369
36	Mediterranean diet: the whole is more than the sum of its parts. <i>British Journal of Nutrition</i> , 2012 , 108, 577-8	3.6	15
35	The Mediterranean diet is associated with a reduction in premature mortality among middle-aged adults. <i>Journal of Nutrition</i> , 2012 , 142, 1672-8	4.1	56
34	A 14-item Mediterranean diet assessment tool and obesity indexes among high-risk subjects: the PREDIMED trial. <i>PLoS ONE</i> , 2012 , 7, e43134	3.7	449

33	Type of alcoholic beverage and incidence of overweight/obesity in a Mediterranean cohort: the SUN project. <i>Nutrition</i> , 2011 , 27, 802-8	4.8	32
32	Validation of metabolic syndrome using medical records in the SUN cohort. <i>BMC Public Health</i> , 2011 , 11, 867	4.1	27
31	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> , 2011 , 34, 14-9	14.6	576
30	A brief assessment of eating habits and weight gain in a Mediterranean cohort. <i>British Journal of Nutrition</i> , 2011 , 105, 765-75	3.6	18
29	A short screener is valid for assessing Mediterranean diet adherence among older Spanish men and women. <i>Journal of Nutrition</i> , 2011 , 141, 1140-5	4.1	649
28	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> , 2011 , 14, 2309-15	3.3	37
27	Adherence to the Mediterranean diet in patients with type 2 diabetes mellitus and HbA1c level. <i>Annals of Nutrition and Metabolism</i> , 2011 , 58, 74-8	4.5	25
26	Reproducibility of an FFQ validated in Spain. <i>Public Health Nutrition</i> , 2010 , 13, 1364-72	3.3	241
25	Relative validity of a semi-quantitative food-frequency questionnaire in an elderly Mediterranean population of Spain. <i>British Journal of Nutrition</i> , 2010 , 103, 1808-16	3.6	508
24	Predictors of adherence to a Mediterranean-type diet in the PREDIMED trial. <i>European Journal of Nutrition</i> , 2010 , 49, 91-9	5.2	37
23	Smoking status, changes in smoking status and health-related quality of life: findings from the SUN ("Seguimiento Universidad de Navarra") cohort. <i>International Journal of Environmental Research and Public Health</i> , 2009 , 6, 310-20	4.6	27
22	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> , 2009 , 66, 1090-8		409
21	Resveratrol metabolites in urine as a biomarker of wine intake in free-living subjects: The PREDIMED Study. <i>Free Radical Biology and Medicine</i> , 2009 , 46, 1562-6	7.8	83
20	Mediterranean food pattern and the primary prevention of chronic disease: recent developments. <i>Nutrition Reviews</i> , 2009 , 67 Suppl 1, S111-6	6.4	127
19	The unparalleled benefits of fruit. <i>British Journal of Nutrition</i> , 2009 , 102, 947-8	3.6	7
18	Dietary patterns and nutritional adequacy in a Mediterranean country. <i>British Journal of Nutrition</i> , 2009 , 101 Suppl 2, S21-8	3.6	93
17	The Mediterranean diet and incidence of hypertension: the Seguimiento Universidad de Navarra (SUN) Study. <i>American Journal of Epidemiology</i> , 2009 , 169, 339-46	3.8	98
16	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> , 2008 , 108, 1134-44; discussion 1145		151

15	Lifestyle factors associated with BMI in a Spanish graduate population: the SUN Study. <i>Obesity Facts</i> , 2008 , 1, 80-7	5.1	18
14	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> , 2008 , 8, 43	4.2	158
13	Cohort profile: the Seguimiento Universidad de Navarra (SUN) study. <i>International Journal of Epidemiology</i> , 2006 , 35, 1417-22	7.8	170
12	The SUN cohort study (Seguimiento University of Navarra). <i>Public Health Nutrition</i> , 2006 , 9, 127-31	3.3	52
11	Effects of a Mediterranean-style diet on cardiovascular risk factors: a randomized trial. <i>Annals of Internal Medicine</i> , 2006 , 145, 1-11	8	1195
10	The Mediterranean Diet and Cardiovascular Epidemiology. <i>Nutrition Reviews</i> , 2006 , 64, S13-S19	6.4	6
9	The cardioprotective benefits of monounsaturated fatty acid. <i>Alternative Therapies in Health and Medicine</i> , 2006 , 12, 24-30; quiz 31	2.5	1
8	Validation of self reported diagnosis of hypertension in a cohort of university graduates in Spain. <i>BMC Public Health</i> , 2005 , 5, 94	4.1	122
7	Validation of the Spanish version of the physical activity questionnaire used in the Nurses' Health Study and the Health Professionals Follow-up Study. <i>Public Health Nutrition</i> , 2005 , 8, 920-7	3.3	365
6	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> , 2004 , 19, 9-13	12.1	135
5	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> , 2004 , 92, 311-9	3.6	106
4	Obesity risk is associated with carbohydrate intake in women carrying the Gln27Glu beta2-adrenoceptor polymorphism. <i>Journal of Nutrition</i> , 2003 , 133, 2549-54	4.1	68
3	Parental factors, mass media influences, and the onset of eating disorders in a prospective population-based cohort. <i>Pediatrics</i> , 2003 , 111, 315-20	7.4	75
2	Perceived barriers of, and benefits to, healthy eating reported by a Spanish national sample. <i>Public Health Nutrition</i> , 1999 , 2, 209-15	3.3	32
1	Individual and family predictors of ultra-processed food consumption in Spanish children. The SENDO project. <i>Public Health Nutrition</i> , 1-22	3.3	1