

# M Zulet

## List of Publications by Year in descending order

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Version: 2024-02-01

159  
papers

6,513  
citations

50170

46  
h-index

82410

72  
g-index

163  
all docs

163  
docs citations

163  
times ranked

9328  
citing authors

#	ARTICLE	IF	CITATIONS
1	Obesity and the metabolic syndrome: role of different dietary macronutrient distribution patterns and specific nutritional components on weight loss and maintenance. <i>Nutrition Reviews</i> , 2010, 68, 214-231.	2.6	254
2	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.	4.3	239
3	A dual epigenomic approach for the search of obesity biomarkers: DNA methylation in relation to diet-induced weight loss. <i>FASEB Journal</i> , 2011, 25, 1378-1389.	0.2	199
4	Nutritional Status and Nutritional Treatment Are Related to Outcomes and Mortality in Older Adults with Hip Fracture. <i>Nutrients</i> , 2018, 10, 555.	1.7	186
5	Cohort Profile: Design and methods of the PREDIMED-Plus randomized trial. <i>International Journal of Epidemiology</i> , 2019, 48, 387-388o.	0.9	179
6	A legume-based hypocaloric diet reduces proinflammatory status and improves metabolic features in overweight/obese subjects. <i>European Journal of Nutrition</i> , 2011, 50, 61-69.	1.8	170
7	Obesity and metabolic syndrome: Potential benefit from specific nutritional components. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2011, 21, B1-B15.	1.1	168
8	Dietary total antioxidant capacity is negatively associated with some metabolic syndrome features in healthy young adults. <i>Nutrition</i> , 2010, 26, 534-541.	1.1	143
9	Guide and Position of the International Society of Nutrigenetics/Nutrigenomics on Personalised Nutrition: Part 1 - Fields of Precision Nutrition. <i>Lifestyle Genomics</i> , 2016, 9, 12-27.	0.6	133
10	Reactive species and diabetes: counteracting oxidative stress to improve health. <i>Current Opinion in Pharmacology</i> , 2009, 9, 771-779.	1.7	132
11	Dietary Strategies Implicated in the Prevention and Treatment of Metabolic Syndrome. <i>International Journal of Molecular Sciences</i> , 2016, 17, 1877.	1.8	126
12	Dietary total antioxidant capacity is inversely related to central adiposity as well as to metabolic and oxidative stress markers in healthy young adults. <i>Nutrition and Metabolism</i> , 2011, 8, 59.	1.3	119
13	Longitudinal variation of circulating irisin after an energy restriction-induced weight loss and following weight regain in obese men and women. <i>American Journal of Human Biology</i> , 2014, 26, 198-207.	0.8	117
14	Fruit and vegetable consumption and proinflammatory gene expression from peripheral blood mononuclear cells in young adults: a translational study. <i>Nutrition and Metabolism</i> , 2010, 7, 42.	1.3	111
15	Association between circulating irisin levels and the promotion of insulin resistance during the weight maintenance period after a dietary weight-lowering program in obese patients. <i>Metabolism: Clinical and Experimental</i> , 2014, 63, 520-531.	1.5	111
16	Dietary Total Antioxidant Capacity: A Novel Indicator of Diet Quality in Healthy Young Adults. <i>Journal of the American College of Nutrition</i> , 2009, 28, 648-656.	1.1	108
17	Effect of a Nutritional and Behavioral Intervention on Energy-Reduced Mediterranean Diet Adherence Among Patients With Metabolic Syndrome. <i>JAMA - Journal of the American Medical Association</i> , 2019, 322, 1486.	3.8	100
18	Oxidation Process Affecting Fatty Acids and Cholesterol in Fried and Roasted Salmon. <i>Journal of Agricultural and Food Chemistry</i> , 2001, 49, 5662-5667.	2.4	98

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19	Central Adiposity Rather Than Total Adiposity Measurements Are Specifically Involved in the Inflammatory Status from Healthy Young Adults. <i>Inflammation</i> , 2011, 34, 161-170.	1.7	97
20	Effects of the whole seed and a protein isolate of faba bean ( <i>Vicia faba</i> ) on the cholesterol metabolism of hypercholesterolaemic rats. <i>British Journal of Nutrition</i> , 2001, 85, 607-614.	1.2	92
21	Effectiveness of nutritional supplementation on sarcopenia and recovery in hip fracture patients. A multi-centre randomized trial. <i>Maturitas</i> , 2017, 101, 42-50.	1.0	92
22	The influence of Mediterranean, carbohydrate and high protein diets on gut microbiota composition in the treatment of obesity and associated inflammatory state. <i>Asia Pacific Journal of Clinical Nutrition</i> , 2014, 23, 360-8.	0.3	90
23	Discriminated benefits of a Mediterranean dietary pattern within a hypocaloric diet program on plasma RBP4 concentrations and other inflammatory markers in obese subjects. <i>Endocrine</i> , 2009, 36, 445-451.	1.1	79
24	TNF-alpha promoter methylation in peripheral white blood cells: Relationship with circulating TNF $\alpha$ , truncal fat and n-6 PUFA intake in young women. <i>Cytokine</i> , 2013, 64, 265-271.	1.4	78
25	DNA Methylation and Hydroxymethylation Levels in Relation to Two Weight Loss Strategies: Energy-Restricted Diet or Bariatric Surgery. <i>Obesity Surgery</i> , 2016, 26, 603-611.	1.1	71
26	Vitamin C and fibre consumption from fruits and vegetables improves oxidative stress markers in healthy young adults. <i>British Journal of Nutrition</i> , 2012, 107, 1119-1127.	1.2	69
27	Expression of inflammation-related miRNAs in white blood cells from subjects with metabolic syndrome after 8 weeks of following a Mediterranean diet-based weight loss program. <i>Nutrition</i> , 2016, 32, 48-55.	1.1	67
28	Food consumption by degree of processing and cardiometabolic risk: a systematic review. <i>International Journal of Food Sciences and Nutrition</i> , 2020, 71, 678-692.	1.3	67
29	A new dietary strategy for long-term treatment of the metabolic syndrome is compared with the American Heart Association (AHA) guidelines: the METabolic Syndrome REDuction in NAVarra (RESMENA) project. <i>British Journal of Nutrition</i> , 2014, 111, 643-652.	1.2	65
30	Different dietary strategies for weight loss in obesity: role of energy and macronutrient content. <i>Nutrition Research Reviews</i> , 2006, 19, 5-17.	2.1	63
31	Short-term role of the dietary total antioxidant capacity in two hypocaloric regimes on obese with metabolic syndrome symptoms: the RESMENA randomized controlled trial. <i>Nutrition and Metabolism</i> , 2013, 10, 22.	1.3	60
32	Vitamin A Intake Is Inversely Related with Adiposity in Healthy Young Adults. <i>Journal of Nutritional Science and Vitaminology</i> , 2008, 54, 347-352.	0.2	59
33	The protein type within a hypocaloric diet affects obesity-related inflammation: The RESMENA project. <i>Nutrition</i> , 2014, 30, 424-429.	1.1	59
34	Dietary Inflammatory Index and liver status in subjects with different adiposity levels within the PREDIMED trial. <i>Clinical Nutrition</i> , 2018, 37, 1736-1743.	2.3	59
35	Dietary Polyphenol Intake is Associated with HDL-Cholesterol and A Better Profile of other Components of the Metabolic Syndrome: A PREDIMED-Plus Sub-Study. <i>Nutrients</i> , 2020, 12, 689.	1.7	59
36	Higher baseline irisin concentrations are associated with greater reductions in glycemia and insulinemia after weight loss in obese subjects. <i>Nutrition and Diabetes</i> , 2014, 4, e110-e110.	1.5	57

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37	Oxidised LDL levels decreases after the consumption of ready-to-eat meals supplemented with cocoa extract within a hypocaloric diet. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2014, 24, 416-422.	1.1	57
38	Effects of short- and long-term Mediterranean-based dietary treatment on plasma LC-QTOF/MS metabolic profiling of subjects with metabolic syndrome features: The Metabolic Syndrome Reduction in Navarra (RESMENA) randomized controlled trial. <i>Molecular Nutrition and Food Research</i> , 2015, 59, 711-728.	1.5	54
39	Fruit Fiber Consumption Specifically Improves Liver Health Status in Obese Subjects under Energy Restriction. <i>Nutrients</i> , 2017, 9, 667.	1.7	54
40	Plasma irisin depletion under energy restriction is associated with improvements in lipid profile in metabolic syndrome patients. <i>Clinical Endocrinology</i> , 2014, 81, 306-311.	1.2	53
41	The Metabolic and Hepatic Impact of Two Personalized Dietary Strategies in Subjects with Obesity and Nonalcoholic Fatty Liver Disease: The Fatty Liver in Obesity (FLiO) Randomized Controlled Trial. <i>Nutrients</i> , 2019, 11, 2543.	1.7	51
42	Dietary total antioxidant capacity and obesity in children and adolescents. <i>International Journal of Food Sciences and Nutrition</i> , 2010, 61, 713-721.	1.3	50
43	Bioactive compounds with effects on inflammation markers in humans. <i>International Journal of Food Sciences and Nutrition</i> , 2012, 63, 749-765.	1.3	49
44	Metabolomics identifies changes in fatty acid and amino acid profiles in serum of overweight older adults following a weight loss intervention. <i>Journal of Physiology and Biochemistry</i> , 2014, 70, 593-602.	1.3	49
45	Leisure-Time Physical Activity, Sedentary Behaviour and Diet Quality are Associated with Metabolic Syndrome Severity: The PREDIMED-Plus Study. <i>Nutrients</i> , 2020, 12, 1013.	1.7	48
46	Association of Body Fat Distribution with Proinflammatory Gene Expression in Peripheral Blood Mononuclear Cells from Young Adult Subjects. <i>OMICS A Journal of Integrative Biology</i> , 2010, 14, 297-307.	1.0	47
47	Interplay of atherogenic factors, protein intake and betatrophin levels in obese metabolic syndrome patients treated with hypocaloric diets. <i>International Journal of Obesity</i> , 2016, 40, 403-410.	1.6	47
48	Selenium intake reduces serum C3, an early marker of metabolic syndrome manifestations, in healthy young adults. <i>European Journal of Clinical Nutrition</i> , 2009, 63, 858-864.	1.3	46
49	Dietary selenium intake is negatively associated with serum sialic acid and metabolic syndrome features in healthy young adults. <i>Nutrition Research</i> , 2009, 29, 41-48.	1.3	46
50	A regular lycopene enriched tomato sauce consumption influences antioxidant status of healthy young-subjects: A crossover study. <i>Journal of Functional Foods</i> , 2013, 5, 28-35.	1.6	46
51	Association of retinol-binding protein-4 with dietary selenium intake and other lifestyle features in young healthy women. <i>Nutrition</i> , 2009, 25, 392-399.	1.1	44
52	Oxidative Stress and Pro-Inflammatory Status in Patients with Non-Alcoholic Fatty Liver Disease. <i>Antioxidants</i> , 2020, 9, 759.	2.2	44
53	Differential DNA Methylation in Relation to Age and Health Risks of Obesity. <i>International Journal of Molecular Sciences</i> , 2015, 16, 16816-16832.	1.8	43
54	Hypothesis-oriented food patterns and incidence of hypertension: 6-year follow-up of the SUN (Seguimiento Universidad de Navarra) prospective cohort. <i>Public Health Nutrition</i> , 2010, 13, 338-349.	1.1	41

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55	Effect of a Very-Low-Calorie Ketogenic Diet on Circulating Myokine Levels Compared with the Effect of Bariatric Surgery or a Low-Calorie Diet in Patients with Obesity. <i>Nutrients</i> , 2019, 11, 2368.	1.7	40
56	Association of lifestyle factors and inflammation with sarcopenic obesity: data from the PREDIMED-Plus trial. <i>Journal of Cachexia, Sarcopenia and Muscle</i> , 2019, 10, 974-984.	2.9	40
57	Obesity Susceptibility Loci on Body Mass Index and Weight Loss in Spanish Adolescents after a Lifestyle Intervention. <i>Journal of Pediatrics</i> , 2012, 161, 466-470.e2.	0.9	38
58	Beneficial Effects of the RESMENA Dietary Pattern on Oxidative Stress in Patients Suffering from Metabolic Syndrome with Hyperglycemia Are Associated to Dietary TAC and Fruit Consumption. <i>International Journal of Molecular Sciences</i> , 2013, 14, 6903-6919.	1.8	36
59	Longitudinal relationship of diet and oxidative stress with depressive symptoms in patients with metabolic syndrome after following a weight loss treatment: The RESMENA project. <i>Clinical Nutrition</i> , 2014, 33, 1061-1067.	2.3	36
60	SERPINE1, PAI-1 protein coding gene, methylation levels and epigenetic relationships with adiposity changes in obese subjects with metabolic syndrome features under dietary restriction. <i>Journal of Clinical Biochemistry and Nutrition</i> , 2013, 53, 139-144.	0.6	35
61	&lt;b&gt;&lt;i&gt;SH2B1&lt;/i&gt;&lt;/b&gt; CpG-SNP Is Associated with Body Weight Reduction in Obese Subjects Following a Dietary Restriction Program. <i>Annals of Nutrition and Metabolism</i> , 2015, 66, 1-9.	1.0	34
62	Body adiposity indicators and cardiometabolic risk: Cross-sectional analysis in participants from the PREDIMED-Plus trial. <i>Clinical Nutrition</i> , 2019, 38, 1883-1891.	2.3	34
63	Corrective role of chickpea intake on a dietary-induced model of hypercholesterolemia. <i>Plant Foods for Human Nutrition</i> , 1995, 48, 269-277.	1.4	32
64	Responses to Dietary Macronutrient Distribution of Overweight Rats under Restricted Feeding. <i>Annals of Nutrition and Metabolism</i> , 2002, 46, 24-31.	1.0	32
65	LINE-1 methylation levels, a biomarker of weight loss in obese subjects, are influenced by dietary antioxidant capacity. <i>Redox Report</i> , 2016, 21, 67-74.	1.4	32
66	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.	1.5	30
67	Interplay of Glycemic Index, Glycemic Load, and Dietary Antioxidant Capacity with Insulin Resistance in Subjects with a Cardiometabolic Risk Profile. <i>International Journal of Molecular Sciences</i> , 2018, 19, 3662.	1.8	30
68	Association between Sleep Disturbances and Liver Status in Obese Subjects with Nonalcoholic Fatty Liver Disease: A Comparison with Healthy Controls. <i>Nutrients</i> , 2019, 11, 322.	1.7	29
69	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.	1.1	28
70	Variety in fruits and vegetables, diet quality and lifestyle in an older adult mediterranean population. <i>Clinical Nutrition</i> , 2021, 40, 1510-1518.	2.3	27
71	Frequent Consumption of Selenium-Enriched Chicken Meat by Adults Causes Weight Loss and Maintains Their Antioxidant Status. <i>Biological Trace Element Research</i> , 2011, 143, 8-19.	1.9	26
72	Effects of two personalized dietary strategies during a 2-year intervention in subjects with nonalcoholic fatty liver disease: A randomized trial. <i>Liver International</i> , 2021, 41, 1532-1544.	1.9	26

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73	Gender-specific relationships between plasma oxidized low-density lipoprotein cholesterol, total antioxidant capacity, and central adiposity indicators. <i>European Journal of Preventive Cardiology</i> , 2014, 21, 884-891.	0.8	25
74	Conjugated Linoleic Acids Promote Human Fat Cell Apoptosis. <i>Hormone and Metabolic Research</i> , 2007, 39, 186-191.	0.7	24
75	Efeitos antioxidantes do selênio e seu elo com a inflamação e síndrome metabólica. <i>Revista De Nutricao</i> , 2010, 23, 581-590.	0.4	24
76	DNA Hypermethylation of the Serotonin Receptor Type-2A Gene Is Associated with a Worse Response to a Weight Loss Intervention in Subjects with Metabolic Syndrome. <i>Nutrients</i> , 2014, 6, 2387-2403.	1.7	24
77	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.	2.3	24
78	Relationship of oxidized low density lipoprotein with lipid profile and oxidative stress markers in healthy young adults: a translational study. <i>Lipids in Health and Disease</i> , 2011, 10, 61.	1.2	23
79	A <i>Fraxinus excelsior</i> L. seeds/fruits extract benefits glucose homeostasis and adiposity related markers in elderly overweight/obese subjects: A longitudinal, randomized, crossover, double-blind, placebo-controlled nutritional intervention study. <i>Phytomedicine</i> , 2014, 21, 1162-1169.	2.3	23
80	An Increase in Plasma Homovanillic Acid with Cocoa Extract Consumption Is Associated with the Alleviation of Depressive Symptoms in Overweight or Obese Adults on an Energy Restricted Diet in a Randomized Controlled Trial. <i>Journal of Nutrition</i> , 2016, 146, 897S-904S.	1.3	23
81	Changes in lysophospholipids and liver status after weight loss: the RESMENA study. <i>Nutrition and Metabolism</i> , 2018, 15, 51.	1.3	23
82	Associations between olfactory pathway gene methylation marks, obesity features and dietary intakes. <i>Genes and Nutrition</i> , 2019, 14, 11.	1.2	23
83	Association of low dietary folate intake with lower CAMKK2 gene methylation, adiposity, and insulin resistance in obese subjects. <i>Nutrition Research</i> , 2018, 50, 53-62.	1.3	22
84	Ultrasound/Elastography techniques, lipidomic and blood markers compared to Magnetic Resonance Imaging in non-alcoholic fatty liver disease adults. <i>International Journal of Medical Sciences</i> , 2019, 16, 75-83.	1.1	22
85	Association between coffee consumption and total dietary caffeine intake with cognitive functioning: cross-sectional assessment in an elderly Mediterranean population. <i>European Journal of Nutrition</i> , 2021, 60, 2381-2396.	1.8	22
86	Effect of Dietary and Lifestyle Interventions on the Amelioration of NAFLD in Patients with Metabolic Syndrome: The FLIPAN Study. <i>Nutrients</i> , 2022, 14, 2223.	1.7	22
87	Asymmetric dimethylarginine association with antioxidants intake in healthy young adults: a role as an indicator of metabolic syndrome features. <i>Metabolism: Clinical and Experimental</i> , 2009, 58, 1483-1488.	1.5	21
88	Nutri-Metabolomics: Subtle Serum Metabolic Differences in Healthy Subjects by NMR-Based Metabolomics after a Short-Term Nutritional Intervention with Two Tomato Sauces. <i>OMICS A Journal of Integrative Biology</i> , 2013, 17, 611-618.	1.0	21
89	Increases in plasma 25(OH)D levels are related to improvements in body composition and blood pressure in middle-aged subjects after a weight loss intervention: Longitudinal study. <i>Clinical Nutrition</i> , 2015, 34, 1010-1017.	2.3	21
90	The urinary metabolomic profile following the intake of meals supplemented with a cocoa extract in middle-aged obese subjects. <i>Food and Function</i> , 2016, 7, 1924-1931.	2.1	21

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91	Factors Associated with Sarcopenia and 7-Year Mortality in Very Old Patients with Hip Fracture Admitted to Rehabilitation Units: A Pragmatic Study. <i>Nutrients</i> , 2019, 11, 2243.	1.7	21
92	Arylesterase activity is associated with antioxidant intake and paraoxonase-1 (PON1) gene methylation in metabolic syndrome patients following an energy restricted diet. <i>EXCLI Journal</i> , 2014, 13, 416-26.	0.5	21
93	Immunomodulatory effect of a very-low-calorie ketogenic diet compared with bariatric surgery and a low-calorie diet in patients with excessive body weight. <i>Clinical Nutrition</i> , 2022, 41, 1566-1577.	2.3	21
94	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.	1.3	19
95	Contribution of gender and body fat distribution to inflammatory marker concentrations in apparently healthy young adults. <i>Inflammation Research</i> , 2012, 61, 427-435.	1.6	18
96	Assessment of DNA damage using comet assay in middle-aged overweight/obese subjects after following a hypocaloric diet supplemented with cocoa extract. <i>Mutagenesis</i> , 2015, 30, 139-146.	1.0	18
97	Implication of miR-612 and miR-1976 in the regulation of TP53 and CD40 and their relationship in the response to specific weight-loss diets. <i>PLoS ONE</i> , 2018, 13, e0201217.	1.1	18
98	Effects of Trecadrine, a $\beta$ -Adrenergic Agonist, on Intestinal Absorption of d-Galactose and Disaccharidase Activities in Three Physiopathological Models. <i>Journal of Pharmacy and Pharmacology</i> , 2011, 49, 873-877.	1.2	17
99	Eating carbohydrate mostly at lunch and protein mostly at dinner within a covert hypocaloric diet influences morning glucose homeostasis in overweight/obese men. <i>European Journal of Nutrition</i> , 2014, 53, 49-60.	1.8	17
100	Relationship of visceral adipose tissue with surrogate insulin resistance and liver markers in individuals with metabolic syndrome chronic complications. <i>Therapeutic Advances in Endocrinology and Metabolism</i> , 2020, 11, 204201882095829.	1.4	17
101	Effect of dietary restriction on peripheral monoamines and anxiety symptoms in obese subjects with metabolic syndrome. <i>Psychoneuroendocrinology</i> , 2014, 47, 98-106.	1.3	16
102	Association between Different Animal Protein Sources and Liver Status in Obese Subjects with Non-Alcoholic Fatty Liver Disease: Fatty Liver in Obesity (FLiO) Study. <i>Nutrients</i> , 2019, 11, 2359.	1.7	16
103	Scoping review of Paleolithic dietary patterns: a definition proposal. <i>Nutrition Research Reviews</i> , 2021, 34, 78-106.	2.1	16
104	An integrated transcriptomic and epigenomic analysis identifies CD44 gene as a potential biomarker for weight loss within an energy-restricted program. <i>European Journal of Nutrition</i> , 2019, 58, 1971-1980.	1.8	15
105	Dietary intake of specific amino acids and liver status in subjects with nonalcoholic fatty liver disease: fatty liver in obesity (FLiO) study. <i>European Journal of Nutrition</i> , 2021, 60, 1769-1780.	1.8	15
106	Energy Expenditure Improved Risk Factors Associated with Renal Function Loss in NAFLD and MetS Patients. <i>Nutrients</i> , 2021, 13, 629.	1.7	15
107	Higher Fruit Intake Is Related to $\text{TNF-}\alpha$ ; Hypomethylation and Better Glucose Tolerance in Healthy Subjects. <i>Journal of Nutrigenetics and Nutrigenomics</i> , 2016, 9, 95-105.	1.8	14
108	Lifestyle factors and visceral adipose tissue: Results from the PREDIMED-PLUS study. <i>PLoS ONE</i> , 2019, 14, e0210726.	1.1	14

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109	Association between mood and diet quality in subjects with metabolic syndrome participating in a behavioural weight-loss programme: A cross-sectional assessment. <i>Nutritional Neuroscience</i> , 2015, 18, 137-144.	1.5	13
110	miR-1185-1 and miR-548q Are Biomarkers of Response to Weight Loss and Regulate the Expression of GSK3B. <i>Cells</i> , 2019, 8, 1548.	1.8	13
111	Changes in miRNA expression with two weight-loss dietary strategies in a population with metabolic syndrome. <i>Nutrition</i> , 2021, 83, 111085.	1.1	13
112	Pro-vegetarian food patterns and cardiometabolic risk in the PREDIMED-Plus study: a cross-sectional baseline analysis. <i>European Journal of Nutrition</i> , 2022, 61, 357-372.	1.8	13
113	Efecto de la dieta en la inflamaci3n cr3nica y de bajo grado relacionada con la obesidad y el s3ndrome metab3lico. <i>Endocrinolog3a Y Nutricion: Organo De La Sociedad Espanola De Endocrinolog3a Y Nutricion</i> , 2008, 55, 409-419.	0.8	12
114	Chronologically scheduled snacking with high-protein products within the habitual diet in type-2 diabetes patients leads to a fat mass loss: a longitudinal study. <i>Nutrition Journal</i> , 2011, 10, 74.	1.5	12
115	Different postprandial acute response in healthy subjects to three strawberry jams varying in carbohydrate and antioxidant content: a randomized, crossover trial. <i>European Journal of Nutrition</i> , 2014, 53, 201-210.	1.8	12
116	Cocoa extract intake for 4 weeks reduces postprandial systolic blood pressure response of obese subjects, even after following an energy-restricted diet. <i>Food and Nutrition Research</i> , 2016, 60, 30449.	1.2	11
117	Nut Consumptions as a Marker of Higher Diet Quality in a Mediterranean Population at High Cardiovascular Risk. <i>Nutrients</i> , 2019, 11, 754.	1.7	11
118	Association of the SH2B1 rs7359397 Gene Polymorphism with Steatosis Severity in Subjects with Obesity and Non-Alcoholic Fatty Liver Disease. <i>Nutrients</i> , 2020, 12, 1260.	1.7	11
119	Nail Antioxidant Trace Elements Are Inversely Associated with Inflammatory Markers in Healthy Young Adults. <i>Biological Trace Element Research</i> , 2010, 133, 304-312.	1.9	10
120	Non-Alcoholic Fatty Liver Disease Is Associated with Kidney Glomerular Hyperfiltration in Adults with Metabolic Syndrome. <i>Journal of Clinical Medicine</i> , 2021, 10, 1717.	1.0	10
121	Expression of retinoic acid, triiodothyronine, and glucocorticoid hormone nuclear receptors is decreased in the liver of rats fed a hypercholesterolemia-inducing diet. <i>Metabolism: Clinical and Experimental</i> , 1998, 47, 301-308.	1.5	9
122	DDAH2 mRNA Expression Is Inversely Associated with Some Cardiovascular Risk-Related Features in Healthy Young Adults. <i>Disease Markers</i> , 2009, 27, 37-44.	0.6	9
123	Low energy and carbohydrate intake associated with higher total antioxidant capacity in apparently healthy adults. <i>Nutrition</i> , 2014, 30, 1349-1354.	1.1	9
124	Association of lifestyle, inflammatory factors, and dietary patterns with the risk of suffering a stroke: A case-control study. <i>Nutritional Neuroscience</i> , 2018, 21, 70-78.	1.5	9
125	Study protocol: High-protein nutritional intervention based on 12-hydroxy-12-methylbutirate, vitamin D3 and calcium on obese and lean aged patients with hip fractures and sarcopenia. The HIPERPROT-GER study. <i>Maturitas</i> , 2013, 76, 123-128.	1.0	8
126	Three Different Genetic Risk Scores Based on Fatty Liver Index, Magnetic Resonance Imaging and Lipidomic for a Nutrigenetic Personalized Management of NAFLD: The Fatty Liver in Obesity Study. <i>Diagnostics</i> , 2021, 11, 1083.	1.3	8



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127	High Fruit and Vegetable Consumption and Moderate Fat Intake Are Associated with Higher Carotenoid Concentration in Human Plasma. <i>Antioxidants</i> , 2021, 10, 473.	2.2	7
128	Albuminuria Is Associated with Hepatic Iron Load in Patients with Non-Alcoholic Fatty Liver Disease and Metabolic Syndrome. <i>Journal of Clinical Medicine</i> , 2021, 10, 3187.	1.0	7
129	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, 3728.	1.2	7
130	The implication of unknown bioactive compounds and cooking techniques in relations between the variety in fruit and vegetable intake and inflammation. <i>American Journal of Clinical Nutrition</i> , 2011, 93, 1384.	2.2	6
131	Benefits on body fat composition of isocalorically controlled diets including functionally optimized meat products: Role of alpha-linolenic acid. <i>Journal of Functional Foods</i> , 2015, 12, 319-331.	1.6	6
132	Urinary Resveratrol Metabolites Output: Differential Associations with Cardiometabolic Markers and Liver Enzymes in House-Dwelling Subjects Featuring Metabolic Syndrome. <i>Molecules</i> , 2020, 25, 4340.	1.7	6
133	Effects of a 6-month dietary-induced weight loss on erythrocyte membrane omega-3 fatty acids and hepatic status of subjects with nonalcoholic fatty liver disease: The Fatty Liver in Obesity study. <i>Journal of Clinical Lipidology</i> , 2020, 14, 837-849.e2.	0.6	6
134	Relationship between olive oil consumption and ankle-brachial pressure index in a population at high cardiovascular risk. <i>Atherosclerosis</i> , 2020, 314, 48-57.	0.4	6
135	Animal Fat Intake Is Associated with Albuminuria in Patients with Non-Alcoholic Fatty Liver Disease and Metabolic Syndrome. <i>Nutrients</i> , 2021, 13, 1548.	1.7	6
136	Baseline drinking water consumption and changes in body weight and waist circumference at 2-years of follow-up in a senior Mediterranean population. <i>Clinical Nutrition</i> , 2021, 40, 3982-3991.	2.3	6
137	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.	1.1	6
138	Predictive Value of Serum Ferritin in Combination with Alanine Aminotransferase and Glucose Levels for Noninvasive Assessment of NAFLD: Fatty Liver in Obesity (FLiO) Study. <i>Diagnostics</i> , 2020, 10, 917.	1.3	5
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