

M Zulet

List of Publications by Citations

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

150
papers

4,646
citations

40
h-index

62
g-index

162
ext. papers

5,588
ext. citations

4.7
avg, IF

5.51
L-index

| # | Paper | IF | Citations |
|-----|---|------|-----------|
| 150 | 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, 214-31 | 6.4 | 222 |
| 149 | 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, 1378-89 | 0.9 | 175 |
| 148 | Obesity and metabolic syndrome: potential benefit from specific nutritional components. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2011 , 21 Suppl 2, B1-15 | 4.5 | 149 |
| 147 | A legume-based hypocaloric diet reduces proinflammatory status and improves metabolic features in overweight/obese subjects. <i>European Journal of Nutrition</i> , 2011 , 50, 61-9 | 5.2 | 144 |
| 146 | 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 |
| 145 | Dietary total antioxidant capacity is negatively associated with some metabolic syndrome features in healthy young adults. <i>Nutrition</i> , 2010 , 26, 534-41 | 4.8 | 121 |
| 144 | Reactive species and diabetes: counteracting oxidative stress to improve health. <i>Current Opinion in Pharmacology</i> , 2009 , 9, 771-9 | 5.1 | 113 |
| 143 | Nutritional Status and Nutritional Treatment Are Related to Outcomes and Mortality in Older Adults with Hip Fracture. <i>Nutrients</i> , 2018 , 10, | 6.7 | 104 |
| 142 | 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 | 2 | 100 |
| 141 | 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 | 2.7 | 93 |
| 140 | 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 | 4.6 | 91 |
| 139 | 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 | 4.6 | 89 |
| 138 | Dietary Strategies Implicated in the Prevention and Treatment of Metabolic Syndrome. <i>International Journal of Molecular Sciences</i> , 2016 , 17, | 6.3 | 88 |
| 137 | Cohort Profile: Design and methods of the PREDIMED-Plus randomized trial. <i>International Journal of Epidemiology</i> , 2019 , 48, 387-388o | 7.8 | 87 |
| 136 | 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, 648-56 | 3.5 | 86 |
| 135 | Oxidation process affecting fatty acids and cholesterol in fried and roasted salmon. <i>Journal of Agricultural and Food Chemistry</i> , 2001 , 49, 5662-7 | 5.7 | 83 |
| 134 | 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, 520-31 | 12.7 | 81 |

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|-----|---|-----|----|
| 133 | Central adiposity rather than total adiposity measurements are specifically involved in the inflammatory status from healthy young adults. <i>Inflammation</i> , 2011 , 34, 161-70 | 5.1 | 79 |
| 132 | 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, 445-51 | 4 | 74 |
| 131 | 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, 607-14 | 3.6 | 72 |
| 130 | TNF-alpha promoter methylation in peripheral white blood cells: relationship with circulating TNF α truncal fat and n-6 PUFA intake in young women. <i>Cytokine</i> , 2013 , 64, 265-71 | 4 | 67 |
| 129 | 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 | 1 | 64 |
| 128 | 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, 1119-27 | 3.6 | 60 |
| 127 | DNA Methylation and Hydroxymethylation Levels in Relation to Two Weight Loss Strategies: Energy-Restricted Diet or Bariatric Surgery. <i>Obesity Surgery</i> , 2016 , 26, 603-11 | 3.7 | 56 |
| 126 | Expression of inflammation-related miRNAs in white blood cells from subjects with metabolic syndrome after 8 wk of following a Mediterranean diet-based weight loss program. <i>Nutrition</i> , 2016 , 32, 48-55 | 4.8 | 56 |
| 125 | Effectiveness of nutritional supplementation on sarcopenia and recovery in hip fracture patients. A multi-centre randomized trial. <i>Maturitas</i> , 2017 , 101, 42-50 | 5 | 53 |
| 124 | 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 | 4.6 | 53 |
| 123 | Different dietary strategies for weight loss in obesity: role of energy and macronutrient content. <i>Nutrition Research Reviews</i> , 2006 , 19, 5-17 | 7 | 53 |
| 122 | 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 | 4.7 | 50 |
| 121 | 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, 416-22 | 4.5 | 49 |
| 120 | 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, 643-52 | 3.6 | 49 |
| 119 | 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 | 3.8 | 45 |
| 118 | Vitamin A intake is inversely related with adiposity in healthy young adults. <i>Journal of Nutritional Science and Vitaminology</i> , 2008 , 54, 347-52 | 1.1 | 45 |
| 117 | The protein type within a hypocaloric diet affects obesity-related inflammation: the RESMENA project. <i>Nutrition</i> , 2014 , 30, 424-9 | 4.8 | 44 |
| 116 | Plasma irisin depletion under energy restriction is associated with improvements in lipid profile in metabolic syndrome patients. <i>Clinical Endocrinology</i> , 2014 , 81, 306-11 | 3.4 | 44 |

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|-----|---|------|----|
| 115 | 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, 858-64 | 5.2 | 43 |
| 114 | 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, 711-28 | 5.9 | 42 |
| 113 | Fruit Fiber Consumption Specifically Improves Liver Health Status in Obese Subjects under Energy Restriction. <i>Nutrients</i> , 2017 , 9, | 6.7 | 41 |
| 112 | Bioactive compounds with effects on inflammation markers in humans. <i>International Journal of Food Sciences and Nutrition</i> , 2012 , 63, 749-65 | 3.7 | 41 |
| 111 | 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 | 5.1 | 40 |
| 110 | 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 |
| 109 | Dietary total antioxidant capacity and obesity in children and adolescents. <i>International Journal of Food Sciences and Nutrition</i> , 2010 , 61, 713-21 | 3.7 | 38 |
| 108 | Association of retinol-binding protein-4 with dietary selenium intake and other lifestyle features in young healthy women. <i>Nutrition</i> , 2009 , 25, 392-9 | 4.8 | 38 |
| 107 | Dietary selenium intake is negatively associated with serum sialic acid and metabolic syndrome features in healthy young adults. <i>Nutrition Research</i> , 2009 , 29, 41-8 | 4 | 38 |
| 106 | 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 | 5 | 37 |
| 105 | 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, 403-10 | 5.5 | 36 |
| 104 | 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 | 3.7 | 36 |
| 103 | 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, 338-49 | 3.3 | 36 |
| 102 | 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, 1061-7 | 5.9 | 34 |
| 101 | Differential DNA Methylation in Relation to Age and Health Risks of Obesity. <i>International Journal of Molecular Sciences</i> , 2015 , 16, 16816-32 | 6.3 | 34 |
| 100 | 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, | 6.7 | 33 |
| 99 | 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, 6903-19 | 6.3 | 32 |
| 98 | 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 | 3.6 | 31 |

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| 97 | Dietary Inflammatory Index and liver status in subjects with different adiposity levels within the PREDIMED trial. <i>Clinical Nutrition</i> , 2018 , 37, 1736-1743 | 5.9 | 28 |
| 96 | Corrective role of chickpea intake on a dietary-induced model of hypercholesterolemia. <i>Plant Foods for Human Nutrition</i> , 1995 , 48, 269-77 | 3.9 | 28 |
| 95 | 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, | 6.7 | 26 |
| 94 | 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, 139-44 | 3.1 | 26 |
| 93 | 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, | 6.7 | 24 |
| 92 | 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 | 5.9 | 24 |
| 91 | 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 |
| 90 | 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 | 10.3 | 21 |
| 89 | SH2B1 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 | 4.5 | 21 |
| 88 | Conjugated linoleic acids promote human fat cell apoptosis. <i>Hormone and Metabolic Research</i> , 2007 , 39, 186-91 | 3.1 | 20 |
| 87 | 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, | 6.3 | 20 |
| 86 | Body adiposity indicators and cardiometabolic risk: Cross-sectional analysis in participants from the PREDIMED-Plus trial. <i>Clinical Nutrition</i> , 2019 , 38, 1883-1891 | 5.9 | 19 |
| 85 | A Fraxinus excelsior 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, 1162-9 | 6.5 | 19 |
| 84 | 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> , 2015 , 146, 897S-904S | 4.1 | 19 |
| 83 | 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, 611-8 | 3.8 | 19 |
| 82 | 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 | 4.4 | 19 |
| 81 | 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, | 6.7 | 18 |
| 80 | 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, 2387-403 | 6.7 | 18 |

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| 79 | 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 | 2.4 | 18 |
| 78 | 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, 1010-7 | 5.9 | 17 |
| 77 | 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, 1924-31 | 6.1 | 17 |
| 76 | 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, 884-91 | 3.9 | 17 |
| 75 | 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 | 4.5 | 17 |
| 74 | Efeitos antioxidantes do selênio e seu elo com a inflamação e síndrome metabólica. <i>Revista De Nutricao</i> , 2010 , 23, 581-590 | 1.8 | 17 |
| 73 | 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, 1483-8 | 12.7 | 17 |
| 72 | Responses to dietary macronutrient distribution of overweight rats under restricted feeding. <i>Annals of Nutrition and Metabolism</i> , 2002 , 46, 24-31 | 4.5 | 17 |
| 71 | 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 | 3.7 | 16 |
| 70 | 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, 139-46 | 2.8 | 16 |
| 69 | Effect of dietary restriction on peripheral monoamines and anxiety symptoms in obese subjects with metabolic syndrome. <i>Psychoneuroendocrinology</i> , 2014 , 47, 98-106 | 5 | 15 |
| 68 | Contribution of gender and body fat distribution to inflammatory marker concentrations in apparently healthy young adults. <i>Inflammation Research</i> , 2012 , 61, 427-35 | 7.2 | 15 |
| 67 | 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 |
| 66 | 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 | 5.2 | 14 |
| 65 | Effects of trecaidine, a beta 3-adrenergic agonist, on intestinal absorption of D-galactose and disaccharidase activities in three physiopathological models. <i>Journal of Pharmacy and Pharmacology</i> , 1997 , 49, 873-7 | 4.8 | 14 |
| 64 | 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 | 3.7 | 13 |
| 63 | Oxidative Stress and Pro-Inflammatory Status in Patients with Non-Alcoholic Fatty Liver Disease. <i>Antioxidants</i> , 2020 , 9, | 7.1 | 13 |
| 62 | 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, 137-44 | 3.6 | 12 |

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|----|--|------|----|
| 61 | 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 | 4 | 12 |
| 60 | Changes in lysophospholipids and liver status after weight loss: the RESMENA study. <i>Nutrition and Metabolism</i> , 2018 , 15, 51 | 4.6 | 12 |
| 59 | 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, | 6.7 | 12 |
| 58 | 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, | 6.7 | 11 |
| 57 | 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 | 4.3 | 11 |
| 56 | Higher Fruit Intake Is Related to TNF- α Hypomethylation and Better Glucose Tolerance in Healthy Subjects. <i>Journal of Nutrigenetics and Nutrigenomics</i> , 2016 , 9, 95-105 | | 11 |
| 55 | Associations between olfactory pathway gene methylation marks, obesity features and dietary intakes. <i>Genes and Nutrition</i> , 2019 , 14, 11 | 4.3 | 10 |
| 54 | 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 | 5.2 | 10 |
| 53 | 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 |
| 52 | 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 | 3.1 | 10 |
| 51 | Leisure-Time Physical Activity, Sedentary Behaviour and Diet Quality are Associated with Metabolic Syndrome Severity: The PREDIMED-Plus Study. <i>Nutrients</i> , 2020 , 12, | 6.7 | 10 |
| 50 | 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 |
| 49 | Low energy and carbohydrate intake associated with higher total antioxidant capacity in apparently healthy adults. <i>Nutrition</i> , 2014 , 30, 1349-54 | 4.8 | 9 |
| 48 | 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, 201-10 | 5.2 | 9 |
| 47 | Nail antioxidant trace elements are inversely associated with inflammatory markers in healthy young adults. <i>Biological Trace Element Research</i> , 2010 , 133, 304-12 | 4.5 | 9 |
| 46 | Effect of diet on the low-grade and chronic inflammation associated with obesity and metabolic syndrome. <i>Endocrinologia Y Nutricion: Organo De La Sociedad Espanola De Endocrinologia Y Nutricion</i> , 2008 , 55, 409-19 | | 9 |
| 45 | Lifestyle factors and visceral adipose tissue: Results from the PREDIMED-PLUS study. <i>PLoS ONE</i> , 2019 , 14, e0210726 | 3.7 | 8 |
| 44 | 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, 301-8 | 12.7 | 8 |

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| 43 | 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 | 5.2 | 8 |
| 42 | miR-1185-1 and miR-548q Are Biomarkers of Response to Weight Loss and Regulate the Expression of. <i>Cells</i> , 2019 , 8, | 7.9 | 8 |
| 41 | DDAH2 mRNA Expression Is Inversely Associated with Some Cardiovascular Risk-Related Features in Healthy Young Adults. <i>Disease Markers</i> , 2009 , 27, 37-44 | 3.2 | 7 |
| 40 | 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 |
| 39 | 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 | 5.1 | 6 |
| 38 | 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, 2042018820958298 | 4.5 | 6 |
| 37 | Study protocol: High-protein nutritional intervention based on D-hydroxy-D-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, 123-8 | 5 | 6 |
| 36 | Scoping review of Paleolithic dietary patterns: a definition proposal. <i>Nutrition Research Reviews</i> , 2021 , 34, 78-106 | 7 | 6 |
| 35 | 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 | 5.2 | 6 |
| 34 | 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; author reply 1384-5 | 7 | 5 |
| 33 | 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 |
| 32 | 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 | 4.9 | 5 |
| 31 | 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 | 7.9 | 5 |
| 30 | Association of the rs7359397 Gene Polymorphism with Steatosis Severity in Subjects with Obesity and Non-Alcoholic Fatty Liver Disease. <i>Nutrients</i> , 2020 , 12, | 6.7 | 4 |
| 29 | 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 | 3.6 | 4 |
| 28 | DDAH2 mRNA expression is inversely associated with some cardiovascular risk-related features in healthy young adults. <i>Disease Markers</i> , 2009 , 27, 37-44 | 3.2 | 4 |
| 27 | Energy Expenditure Improved Risk Factors Associated with Renal Function Loss in NAFLD and MetS Patients. <i>Nutrients</i> , 2021 , 13, | 6.7 | 4 |
| 26 | Interleukin-6 is a better metabolic biomarker than interleukin-18 in young healthy adults. <i>Journal of Physiology and Biochemistry</i> , 2015 , 71, 527-35 | 5 | 3 |

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| 25 | Modulators of erythrocyte glutathione peroxidase activity in healthy adults: an observational study. <i>Redox Report</i> , 2014 , 19, 251-8 | 5.9 | 3 |
| 24 | Changes in miRNA expression with two weight-loss dietary strategies in a population with metabolic syndrome. <i>Nutrition</i> , 2021 , 83, 111085 | 4.8 | 3 |
| 23 | Non-Alcoholic Fatty Liver Disease Is Associated with Kidney Glomerular Hyperfiltration in Adults with Metabolic Syndrome. <i>Journal of Clinical Medicine</i> , 2021 , 10, | 5.1 | 3 |
| 22 | 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 |
| 21 | Design and evaluation of standard lipid prediction models based on 1H-NMR spectroscopy of human serum/plasma samples. <i>Metabolomics</i> , 2015 , 11, 1394-1404 | 4.7 | 2 |
| 20 | 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 |
| 19 | 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 | 5.9 | 2 |
| 18 | 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 |
| 17 | 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 | 6.7 | 2 |
| 16 | Dietary Determinants of Fat Mass and Body Composition 2017 , 319-382 | | 1 |
| 15 | A regular curd consumption improves gastrointestinal status assessed by a randomized controlled nutritional intervention. <i>International Journal of Food Sciences and Nutrition</i> , 2013 , 64, 674-81 | 3.7 | 1 |
| 14 | Hypolipidemic properties of a diphenyl-methylen-ethylamine derivative with affinity for beta 3-adrenoceptors in a model of hypercholesterolemia. <i>Il Farmaco</i> , 1999 , 54, 710-2 | | 1 |
| 13 | 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 |
| 12 | 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 |
| 11 | 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, | 3.8 | 1 |
| 10 | Depressive symptoms and liver fat in subjects with nonalcoholic fatty liver disease after 6-month weight loss intervention: The FLiO study. <i>Proceedings of the Nutrition Society</i> , 2020 , 79, | 2.9 | 1 |
| 9 | 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 |
| 8 | Both macronutrient food composition and fasting insulin resistance affect postprandial glycemic responses in senior subjects. <i>Food and Function</i> , 2021 , 12, 6540-6548 | 6.1 | 1 |

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| 7 | Fibroblast growth factor 21 levels and liver inflammatory biomarkers in obese subjects after weight loss.. <i>Archives of Medical Science</i> , 2022 , 18, 36-44 | 2.9 | 1 |
| 6 | 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 |
| 5 | 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 |
| 4 | Differential response to a 6-month energy-restricted treatment depending on SH2B1 rs7359397 variant in NAFLD subjects: Fatty Liver in Obesity (FLiO) Study. <i>European Journal of Nutrition</i> , 2021 , 60, 3043-3057 | 5.2 | 0 |
| 3 | 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 |
| 2 | 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 | |
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