

Mireia Urpi-Sarda

List of Publications by Citations

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101
papers

5,819
citations

47
h-index

75
g-index

107
ext. papers

6,575
ext. citations

5.6
avg, IF

5.39
L-index

#	Paper	IF	Citations
101	Insights into the metabolism and microbial biotransformation of dietary flavan-3-ols and the bioactivity of their metabolites. <i>Food and Function</i> , 2010 , 1, 233-53	6.1	436
100	Epicatechin, procyanidins, and phenolic microbial metabolites after cocoa intake in humans and rats. <i>Analytical and Bioanalytical Chemistry</i> , 2009 , 394, 1545-56	4.4	176
99	Evaluation and comparison of bioinformatic tools for the enrichment analysis of metabolomics data. <i>BMC Bioinformatics</i> , 2018 , 19, 1	3.6	170
98	Effect of cocoa powder on the modulation of inflammatory biomarkers in patients at high risk of cardiovascular disease. <i>American Journal of Clinical Nutrition</i> , 2009 , 90, 1144-50	7	163
97	Flavanol and flavonol contents of cocoa powder products: influence of the manufacturing process. <i>Journal of Agricultural and Food Chemistry</i> , 2008 , 56, 3111-7	5.7	154
96	The effects of the mediterranean diet on biomarkers of vascular wall inflammation and plaque vulnerability in subjects with high risk for cardiovascular disease. A randomized trial. <i>PLoS ONE</i> , 2014 , 9, e100084	3.7	152
95	Virgin olive oil and nuts as key foods of the Mediterranean diet effects on inflammatory biomarkers related to atherosclerosis. <i>Pharmacological Research</i> , 2012 , 65, 577-83	10.2	151
94	Databases on food phytochemicals and their health-promoting effects. <i>Journal of Agricultural and Food Chemistry</i> , 2011 , 59, 4331-48	5.7	151
93	Targeted metabolic profiling of phenolics in urine and plasma after regular consumption of cocoa by liquid chromatography-tandem mass spectrometry. <i>Journal of Chromatography A</i> , 2009 , 1216, 7258-67	4.5	142
92	Effects of red wine polyphenols and alcohol on glucose metabolism and the lipid profile: a randomized clinical trial. <i>Clinical Nutrition</i> , 2013 , 32, 200-6	5.9	135
91	Elevated circulating levels of succinate in human obesity are linked to specific gut microbiota. <i>ISME Journal</i> , 2018 , 12, 1642-1657	11.9	132
90	An LC-MS-based metabolomics approach for exploring urinary metabolome modifications after cocoa consumption. <i>Journal of Proteome Research</i> , 2009 , 8, 5060-8	5.6	129
89	Differential effects of polyphenols and alcohol of red wine on the expression of adhesion molecules and inflammatory cytokines related to atherosclerosis: a randomized clinical trial. <i>American Journal of Clinical Nutrition</i> , 2012 , 95, 326-34	7	126
88	Pharmacokinetics of resveratrol metabolic profile in healthy humans after moderate consumption of red wine and grape extract tablets. <i>Pharmacological Research</i> , 2012 , 66, 375-82	10.2	124
87	Uptake of diet resveratrol into the human low-density lipoprotein. Identification and quantification of resveratrol metabolites by liquid chromatography coupled with tandem mass spectrometry. <i>Analytical Chemistry</i> , 2005 , 77, 3149-55	7.8	117
86	Resveratrol levels and all-cause mortality in older community-dwelling adults. <i>JAMA Internal Medicine</i> , 2014 , 174, 1077-84	11.5	110
85	Dihydroxylated phenolic acids derived from microbial metabolism reduce lipopolysaccharide-stimulated cytokine secretion by human peripheral blood mononuclear cells. <i>British Journal of Nutrition</i> , 2009 , 102, 201-6	3.6	107

84	Phenol-Explorer 2.0: a major update of the Phenol-Explorer database integrating data on polyphenol metabolism and pharmacokinetics in humans and experimental animals. <i>Database: the Journal of Biological Databases and Curation</i> , 2012 , 2012, bas031	5	105
83	Comparative analysis of sample preparation methods to handle the complexity of the blood fluid metabolome: when less is more. <i>Analytical Chemistry</i> , 2013 , 85, 341-8	7.8	104
82	Long-Term Immunomodulatory Effects of a Mediterranean Diet in Adults at High Risk of Cardiovascular Disease in the PREvenci3 con Dieta MEDiterr3nea (PREDIMED) Randomized Controlled Trial. <i>Journal of Nutrition</i> , 2016 , 146, 1684-93	4.1	99
81	Dealcoholized red wine decreases systolic and diastolic blood pressure and increases plasma nitric oxide: short communication. <i>Circulation Research</i> , 2012 , 111, 1065-8	15.7	98
80	Metabolomics study of human urinary metabolome modifications after intake of almond (<i>Prunus dulcis</i> (Mill.) D.A. Webb) skin polyphenols. <i>Journal of Proteome Research</i> , 2010 , 9, 5859-67	5.6	94
79	High levels of Bifidobacteria are associated with increased levels of anthocyanin microbial metabolites: a randomized clinical trial. <i>Food and Function</i> , 2014 , 5, 1932-8	6.1	88
78	Regular consumption of cocoa powder with milk increases HDL cholesterol and reduces oxidized LDL levels in subjects at high-risk of cardiovascular disease. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2012 , 22, 1046-53	4.5	86
77	HPLC-tandem mass spectrometric method to characterize resveratrol metabolism in humans. <i>Clinical Chemistry</i> , 2007 , 53, 292-9	5.5	86
76	Metabolomic insights into the intricate gut microbial-host interaction in the development of obesity and type 2 diabetes. <i>Frontiers in Microbiology</i> , 2015 , 6, 1151	5.7	85
75	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
74	Cocoa polyphenols and inflammatory markers of cardiovascular disease. <i>Nutrients</i> , 2014 , 6, 844-80	6.7	82
73	Metabolomic pattern analysis after mediterranean diet intervention in a nondiabetic population: a 1- and 3-year follow-up in the PREDIMED study. <i>Journal of Proteome Research</i> , 2015 , 14, 531-40	5.6	76
72	Disposition of soy isoflavones in normal human breast tissue. <i>American Journal of Clinical Nutrition</i> , 2010 , 91, 976-84	7	74
71	Profile of plasma and urine metabolites after the intake of almond [<i>Prunus dulcis</i> (Mill.) D.A. Webb] polyphenols in humans. <i>Journal of Agricultural and Food Chemistry</i> , 2009 , 57, 10134-42	5.7	73
70	Diagnostic performance of urinary resveratrol metabolites as a biomarker of moderate wine consumption. <i>Clinical Chemistry</i> , 2006 , 52, 1373-80	5.5	73
69	The Mediterranean diet pattern and its main components are associated with lower plasma concentrations of tumor necrosis factor receptor 60 in patients at high risk for cardiovascular disease. <i>Journal of Nutrition</i> , 2012 , 142, 1019-25	4.1	72
68	Distribution of resveratrol metabolites in liver, adipose tissue, and skeletal muscle in rats fed different doses of this polyphenol. <i>Journal of Agricultural and Food Chemistry</i> , 2012 , 60, 4833-40	5.7	67
67	Cocoa-enriched diet enhances antioxidant enzyme activity and modulates lymphocyte composition in thymus from young rats. <i>Journal of Agricultural and Food Chemistry</i> , 2007 , 55, 6431-8	5.7	66

66	Cardioprotective effects of cocoa: clinical evidence from randomized clinical intervention trials in humans. <i>Molecular Nutrition and Food Research</i> , 2013 , 57, 936-47	5.9	65
65	High concentrations of a urinary biomarker of polyphenol intake are associated with decreased mortality in older adults. <i>Journal of Nutrition</i> , 2013 , 143, 1445-50	4.1	61
64	Urolithins are the main urinary microbial-derived phenolic metabolites discriminating a moderate consumption of nuts in free-living subjects with diagnosed metabolic syndrome. <i>Journal of Agricultural and Food Chemistry</i> , 2012 , 60, 8930-40	5.7	58
63	Total polyphenol excretion and blood pressure in subjects at high cardiovascular risk. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2011 , 21, 323-31	4.5	56
62	Comparison of 24-h volume and creatinine-corrected total urinary polyphenol as a biomarker of total dietary polyphenols in the Invecchiare InCHIANTI study. <i>Analytica Chimica Acta</i> , 2011 , 704, 110-5	6.6	54
61	Anti-Inflammatory Effects of the Mediterranean Diet in the Early and Late Stages of Atheroma Plaque Development. <i>Mediators of Inflammation</i> , 2017 , 2017, 3674390	4.3	53
60	Systematic analysis of the polyphenol metabolome using the Phenol-Explorer database. <i>Molecular Nutrition and Food Research</i> , 2016 , 60, 203-11	5.9	53
59	Effect of milk on the urinary excretion of microbial phenolic acids after cocoa powder consumption in humans. <i>Journal of Agricultural and Food Chemistry</i> , 2010 , 58, 4706-11	5.7	53
58	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
57	Cocoa consumption reduces NF- κ B activation in peripheral blood mononuclear cells in humans. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2013 , 23, 257-63	4.5	47
56	Gut and microbial resveratrol metabolite profiling after moderate long-term consumption of red wine versus dealcoholized red wine in humans by an optimized ultra-high-pressure liquid chromatography tandem mass spectrometry method. <i>Journal of Chromatography A</i> , 2012 , 1265, 105-13	4.5	47
55	Methodological aspects for metabolome visualization and characterization: a metabolomic evaluation of the 24 h evolution of human urine after cocoa powder consumption. <i>Journal of Pharmaceutical and Biomedical Analysis</i> , 2010 , 51, 373-81	3.5	47
54	Low Levels of a Urinary Biomarker of Dietary Polyphenol Are Associated with Substantial Cognitive Decline over a 3-Year Period in Older Adults: The Invecchiare in Chianti Study. <i>Journal of the American Geriatrics Society</i> , 2015 , 63, 938-46	5.6	45
53	Novel multimetabolite prediction of walnut consumption by a urinary biomarker model in a free-living population: the PREDIMED study. <i>Journal of Proteome Research</i> , 2014 , 13, 3476-83	5.6	44
52	Metabolomic fingerprint in patients at high risk of cardiovascular disease by cocoa intervention. <i>Molecular Nutrition and Food Research</i> , 2013 , 57, 962-73	5.9	43
51	Molecular mechanism of hesperetin-7-O-glucuronide, the main circulating metabolite of hesperidin, involved in osteoblast differentiation. <i>Journal of Agricultural and Food Chemistry</i> , 2010 , 58, 668-75	5.7	42
50	A metabolomics-driven approach to predict cocoa product consumption by designing a multimetabolite biomarker model in free-living subjects from the PREDIMED study. <i>Molecular Nutrition and Food Research</i> , 2015 , 59, 212-20	5.9	41
49	Tomato Sauce Enriched with Olive Oil Exerts Greater Effects on Cardiovascular Disease Risk Factors than Raw Tomato and Tomato Sauce: A Randomized Trial. <i>Nutrients</i> , 2016 , 8, 170	6.7	40

48	Determination of resveratrol and piceid in beer matrices by solid-phase extraction and liquid chromatography-tandem mass spectrometry. <i>Journal of Chromatography A</i> , 2011 , 1218, 698-705	4.5	39
47	Microbial metabolomic fingerprinting in urine after regular dealcoholized red wine consumption in humans. <i>Journal of Agricultural and Food Chemistry</i> , 2013 , 61, 9166-75	5.7	36
46	Almond (<i>Prunus dulcis</i> (Mill.) D.A. Webb) polyphenols: from chemical characterization to targeted analysis of phenolic metabolites in humans. <i>Archives of Biochemistry and Biophysics</i> , 2010 , 501, 124-33	4.1	36
45	Nutrimetabolomics fingerprinting to identify biomarkers of bread exposure in a free-living population from the PREDIMED study cohort. <i>Metabolomics</i> , 2015 , 11, 155-165	4.7	33
44	Non-targeted metabolomic biomarkers and metabolotypes of type 2 diabetes: A cross-sectional study of PREDIMED trial participants. <i>Diabetes and Metabolism</i> , 2019 , 45, 167-174	5.4	33
43	Association of habitual dietary resveratrol exposure with the development of frailty in older age: the Invecchiare in Chianti study. <i>American Journal of Clinical Nutrition</i> , 2015 , 102, 1534-42	7	32
42	Tissue distribution of isoflavones in ewes after consumption of red clover silage. <i>Archives of Biochemistry and Biophysics</i> , 2008 , 476, 205-10	4.1	32
41	Distribution of epicatechin metabolites in lymphoid tissues and testes of young rats with a cocoa-enriched diet. <i>British Journal of Nutrition</i> , 2010 , 103, 1393-7	3.6	29
40	Comparative metabolite fingerprinting of legumes using LC-MS-based untargeted metabolomics. <i>Food Research International</i> , 2019 , 126, 108666	7	23
39	Phenolic and microbial-targeted metabolomics to discovering and evaluating wine intake biomarkers in human urine and plasma. <i>Electrophoresis</i> , 2015 , 36, 2259-2268	3.6	23
38	The Relationship Between Urinary Total Polyphenols and the Frailty Phenotype in a Community-Dwelling Older Population: The InCHIANTI Study. <i>Journals of Gerontology - Series A Biological Sciences and Medical Sciences</i> , 2015 , 70, 1141-7	6.4	22
37	Metabolic fingerprint after acute and under sustained consumption of a functional beverage based on grape skin extract in healthy human subjects. <i>Food and Function</i> , 2015 , 6, 1288-98	6.1	22
36	Prediction of the wine polyphenol metabolic space: an application of the Phenol-Explorer database. <i>Molecular Nutrition and Food Research</i> , 2014 , 58, 466-77	5.9	22
35	Quantitative Dietary Fingerprinting (QDF)-A Novel Tool for Comprehensive Dietary Assessment Based on Urinary Nutrimetabolomics. <i>Journal of Agricultural and Food Chemistry</i> , 2020 , 68, 1851-1861	5.7	22
34	Dietary Epicatechin Is Available to Breastfed Infants through Human Breast Milk in the Form of Host and Microbial Metabolites. <i>Journal of Agricultural and Food Chemistry</i> , 2016 , 64, 5354-60	5.7	21
33	An NMR metabolomics approach reveals a combined-biomarkers model in a wine interventional trial with validation in free-living individuals of the PREDIMED study. <i>Metabolomics</i> , 2015 , 11, 797-806	4.7	21
32	Diet-Related Metabolites Associated with Cognitive Decline Revealed by Untargeted Metabolomics in a Prospective Cohort. <i>Molecular Nutrition and Food Research</i> , 2019 , 63, e1900177	5.9	20
31	Targeted analysis of conjugated and microbial-derived phenolic metabolites in human urine after consumption of an almond skin phenolic extract. <i>Journal of Nutrition</i> , 2010 , 140, 1799-807	4.1	20

30	Effect of COVID-19 Lockdown on Dietary Habits and Lifestyle of Food Science Students and Professionals from Spain. <i>Nutrients</i> , 2021 , 13,	6.7	19
29	Orally administered isoflavones are present as glucuronides in the human prostate. <i>Nutrition and Cancer</i> , 2008 , 60, 461-8	2.8	18
28	Microbial metabolites are associated with a high adherence to a Mediterranean dietary pattern using a H-NMR-based untargeted metabolomics approach. <i>Journal of Nutritional Biochemistry</i> , 2017 , 48, 36-43	6.3	17
27	Metabolomics for Biomarkers of Type 2 Diabetes Mellitus: Advances and Nutritional Intervention Trends. <i>Current Cardiovascular Risk Reports</i> , 2015 , 9, 1	0.9	17
26	Biomarkers of food intake for cocoa and liquorice (products): a systematic review. <i>Genes and Nutrition</i> , 2018 , 13, 22	4.3	17
25	Impact of Foods and Dietary Supplements Containing Hydroxycinnamic Acids on Cardiometabolic Biomarkers: A Systematic Review to Explore Inter-Individual Variability. <i>Nutrients</i> , 2019 , 11,	6.7	17
24	Association between Both Total Baseline Urinary and Dietary Polyphenols and Substantial Physical Performance Decline Risk in Older Adults: A 9-year Follow-up of the InCHIANTI Study. <i>Journal of Nutrition, Health and Aging</i> , 2016 , 20, 478-85	5.2	17
23	Urinary H Nuclear Magnetic Resonance Metabolomic Fingerprinting Reveals Biomarkers of Pulse Consumption Related to Energy-Metabolism Modulation in a Subcohort from the PREDIMED study. <i>Journal of Proteome Research</i> , 2017 , 16, 1483-1491	5.6	12
22	The combination of resveratrol and conjugated linoleic acid attenuates the individual effects of these molecules on triacylglycerol metabolism in adipose tissue. <i>European Journal of Nutrition</i> , 2014 , 53, 575-82	5.2	12
21	Dealcoholised beers reduce atherosclerosis and expression of adhesion molecules in apoE-deficient mice. <i>British Journal of Nutrition</i> , 2011 , 105, 721-30	3.6	12
20	Bioavailability and Metabolism of Resveratrol	265-297	10
19	Discovery of Intake Biomarkers of Lentils, Chickpeas, and White Beans by Untargeted LC-MS Metabolomics in Serum and Urine. <i>Molecular Nutrition and Food Research</i> , 2020 , 64, e1901137	5.9	9
18	Resveratrol metabolic fingerprinting after acute and chronic intakes of a functional beverage in humans. <i>Electrophoresis</i> , 2014 , 35, 1637-43	3.6	9
17	Resveratrol metabolite profiling in clinical nutrition research—from diet to uncovering disease risk biomarkers: epidemiological evidence. <i>Annals of the New York Academy of Sciences</i> , 2015 , 1348, 107-15	6.5	8
16	Improving the reporting quality of intervention trials addressing the inter-individual variability in response to the consumption of plant bioactives: quality index and recommendations. <i>European Journal of Nutrition</i> , 2019 , 58, 49-64	5.2	7
15	Resveratrol administration or SIRT1 overexpression does not increase LXR signaling and macrophage-to-feces reverse cholesterol transport in vivo. <i>Translational Research</i> , 2013 , 161, 110-7	11	7
14	Phenolic Compounds: Chemistry and Occurrence in Fruits and Vegetables	53-88	6
13	Phytochemicals in Legumes: A Qualitative Reviewed Analysis. <i>Journal of Agricultural and Food Chemistry</i> , 2020 , 68, 13486-13496	5.7	6

12	Bioavailability of Flavanones. <i>Oxidative Stress and Disease</i> , 2012 ,		5
11	Food and Microbiota Metabolites Associate with Cognitive Decline in Older Subjects: A 12-Year Prospective Study. <i>Molecular Nutrition and Food Research</i> , 2021 , 65, e2100606	5.9	4
10	Apolipoprotein E and sex modulate fatty acid metabolism in a prospective observational study of cognitive decline.. <i>Alzheimer's Research and Therapy</i> , 2022 , 14, 1	9	3
9	Caffeine Compromises Proliferation of Human Hippocampal Progenitor Cells. <i>Frontiers in Cell and Developmental Biology</i> , 2020 , 8, 806	5.7	3
8	The 3-Year Effect of the Mediterranean Diet Intervention on Inflammatory Biomarkers Related to Cardiovascular Disease. <i>Biomedicines</i> , 2021 , 9,	4.8	3
7	Contribution of Bioactive Foods and Their Emerging Role in Immunomodulation, Inflammation, and Arthritis 2013 , 43-65		2
6	Resveratrol and Bioactive Flavonoids in Immune Function 2010 , 397-420		2
5	Early signature in the blood lipidome associated with subsequent cognitive decline in the elderly: A case-control analysis nested within the Three-City cohort study. <i>EBioMedicine</i> , 2021 , 64, 103216	8.8	2
4	Reply to X Yang and Y Zhao. <i>American Journal of Clinical Nutrition</i> , 2012 , 95, 1497-1498	7	1
3	Metabolomic Approaches in the Study of Wine Benefits in Human Health 2016 , 293-317		0
2	Macronutrient and fibre intake of young Spanish children with reference to their in utero growth status: Are they eating a healthy diet?. <i>Journal of Paediatrics and Child Health</i> , 2018 , 54, 563-571	1.3	
1	Emerging Applications of Metabolomics to Polyphenols and CVD Biomarker Discovery 2014 , 1025-1044		