

# Fred Brouns

## List of Publications by Citations

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59  
papers

3,378  
citations

34  
h-index

58  
g-index

62  
ext. papers

3,796  
ext. citations

6.2  
avg, IF

5.36  
L-index

#	Paper	IF	Citations
59	The capacity of nondigestible carbohydrates to stimulate fecal bifidobacteria in healthy humans: a double-blind, randomized, placebo-controlled, parallel-group, dose-response relation study. <i>American Journal of Clinical Nutrition</i> , <b>2004</b> , 80, 1658-64	7	301
58	Resistant starch and the butyrate revolution <i>Trends in Food Science and Technology</i> , <b>2002</b> , 13, 251-261	15.3	185
57	Effect of caffeinated drinks on substrate metabolism, caffeine excretion, and performance. <i>Journal of Applied Physiology</i> , <b>1998</b> , 85, 709-15	3.7	183
56	Wheat aleurone: separation, composition, health aspects, and potential food use. <i>Critical Reviews in Food Science and Nutrition</i> , <b>2012</b> , 52, 553-68	11.5	157
55	Beneficial effects of vitamins D and K on the elastic properties of the vessel wall in postmenopausal women: a follow-up study. <i>Thrombosis and Haemostasis</i> , <b>2004</b> , 91, 373-80	7	143
54	Analysis of advanced glycation endproducts in selected food items by ultra-performance liquid chromatography tandem mass spectrometry: Presentation of a dietary AGE database. <i>Food Chemistry</i> , <b>2016</b> , 190, 1145-1150	8.5	135
53	Advances in dietary fibre characterisation. 1. Definition of dietary fibre, physiological relevance, health benefits and analytical aspects. <i>Nutrition Research Reviews</i> , <b>2003</b> , 16, 71-82	7	127
52	Effect of short-chain fructooligosaccharides on intestinal calcium absorption and calcium status in postmenopausal women: a stable-isotope study. <i>American Journal of Clinical Nutrition</i> , <b>2003</b> , 77, 449-57	7	115
51	Glucose kinetics during prolonged exercise in highly trained human subjects: effect of glucose ingestion. <i>Journal of Physiology</i> , <b>1999</b> , 515 ( Pt 2), 579-89	3.9	115
50	Effects on the human serum lipoprotein profile of beta-glucan, soy protein and isoflavones, plant sterols and stanols, garlic and tocotrienols. <i>Journal of Nutrition</i> , <b>2002</b> , 132, 2494-505	4.1	111
49	Soya isoflavones: a new and promising ingredient for the health foods sector. <i>Food Research International</i> , <b>2002</b> , 35, 187-193	7	111
48	Is the gut an athletic organ? Digestion, absorption and exercise. <i>Sports Medicine</i> , <b>1993</b> , 15, 242-57	10.6	105
47	Advances in dietary fibre characterisation. 2. Consumption, chemistry, physiology and measurement of resistant starch; implications for health and food labelling. <i>Nutrition Research Reviews</i> , <b>2003</b> , 16, 143-61	7	94
46	Overweight and diabetes prevention: is a low-carbohydrate-high-fat diet recommendable?. <i>European Journal of Nutrition</i> , <b>2018</b> , 57, 1301-1312	5.2	84
45	Five-week intake of short-chain fructo-oligosaccharides increases intestinal absorption and status of magnesium in postmenopausal women. <i>Journal of Bone and Mineral Research</i> , <b>2001</b> , 16, 2152-60	6.3	83
44	Carbohydrate ingestion can completely suppress endogenous glucose production during exercise. <i>American Journal of Physiology - Endocrinology and Metabolism</i> , <b>1999</b> , 276, E672-83	6	80
43	Gastrointestinal profile of symptomatic athletes at rest and during physical exercise. <i>European Journal of Applied Physiology</i> , <b>2004</b> , 91, 429-34	3.4	79

42	Erythritol is a sweet antioxidant. <i>Nutrition</i> , <b>2010</b> , 26, 449-58	4.8	73
41	Strategies to enhance fat utilisation during exercise. <i>Sports Medicine</i> , <b>1998</b> , 25, 241-57	10.6	72
40	Utilization of lipids during exercise in human subjects: metabolic and dietary constraints. <i>British Journal of Nutrition</i> , <b>1998</b> , 79, 117-28	3.6	66
39	Carbohydrate supplementation improves stroke performance in tennis. <i>Medicine and Science in Sports and Exercise</i> , <b>1998</b> , 30, 1289-95	1.2	62
38	Factors affecting bone loss in female endurance athletes: a two-year follow-up study. <i>American Journal of Sports Medicine</i> , <b>2003</b> , 31, 889-95	6.8	61
37	Human gut microbiota does not ferment erythritol. <i>British Journal of Nutrition</i> , <b>2005</b> , 94, 643-6	3.6	50
36	The effect of different dosages of guar gum on gastric emptying and small intestinal transit of a consumed semisolid meal. <i>Journal of the American College of Nutrition</i> , <b>2001</b> , 20, 87-91	3.5	49
35	Immune-stimulating and gut health-promoting properties of short-chain fructo-oligosaccharides. <i>Nutrition Reviews</i> , <b>2002</b> , 60, 326-34	6.4	48
34	The use of total antioxidant capacity as surrogate marker for food quality and its effect on health is to be discouraged. <i>Nutrition</i> , <b>2014</b> , 30, 791-3	4.8	47
33	Exogenous oxidation of isomaltulose is lower than that of sucrose during exercise in men. <i>Journal of Nutrition</i> , <b>2007</b> , 137, 1143-8	4.1	42
32	Functional food ingredients for reducing the risks of osteoporosis. <i>Trends in Food Science and Technology</i> , <b>2000</b> , 11, 22-33	15.3	42
31	Adverse Reactions to Wheat or Wheat Components. <i>Comprehensive Reviews in Food Science and Food Safety</i> , <b>2019</b> , 18, 1437-1452	16.4	40
30	Effects of carbohydrate (CHO) and fat supplementation on CHO metabolism during prolonged exercise. <i>Metabolism: Clinical and Experimental</i> , <b>1996</b> , 45, 915-21	12.7	40
29	Reduced glycaemic and insulinaemic responses following trehalose and isomaltulose ingestion: implications for postprandial substrate use in impaired glucose-tolerant subjects. <i>British Journal of Nutrition</i> , <b>2012</b> , 108, 1210-7	3.6	39
28	Short-chain fructo-oligosaccharides improve magnesium absorption in adolescent girls with a low calcium intake. <i>Nutrition Research</i> , <b>2009</b> , 29, 229-37	4	37
27	Eating dependence and weight gain; no human evidence for a 'sugar-addiction' model of overweight. <i>Appetite</i> , <b>2017</b> , 114, 64-72	4.5	34
26	Reduced glycaemic and insulinaemic responses following isomaltulose ingestion: implications for postprandial substrate use. <i>British Journal of Nutrition</i> , <b>2009</b> , 102, 1408-13	3.6	34
25	Effect of high and low rates of fluid intake on post-exercise rehydration. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , <b>2002</b> , 12, 14-23	4.4	34

24	Physiological and metabolic properties of a digestion-resistant maltodextrin, classified as type 3 retrograded resistant starch. <i>Journal of Agricultural and Food Chemistry</i> , <b>2007</b> , 55, 1574-81	5.7	31
23	Osmolarity does not affect the gastric emptying rate of oral rehydration solutions. <i>Journal of Parenteral and Enteral Nutrition</i> , <b>1995</b> , 19, 403-6	4.2	28
22	Wheat Seed Proteins: Factors Influencing Their Content, Composition, and Technological Properties, and Strategies to Reduce Adverse Reactions. <i>Comprehensive Reviews in Food Science and Food Safety</i> , <b>2019</b> , 18, 1751-1769	16.4	26
21	What is a normal red-blood cell mass for professional cyclists?. <i>Lancet, The</i> , <b>1998</b> , 352, 1758	4.0	26
20	Influence of short-chain fructo-oligosaccharides (sc-FOS) on absorption of Cu, Zn, and Se in healthy postmenopausal women. <i>Journal of the American College of Nutrition</i> , <b>2005</b> , 24, 30-7	3.5	26
19	Fructose as a Driver of Diabetes: An Incomplete View of the Evidence. <i>Mayo Clinic Proceedings</i> , <b>2015</b> , 90, 984-8	6.4	22
18	Associations between spontaneous meal initiations and blood glucose dynamics in overweight men in negative energy balance. <i>British Journal of Nutrition</i> , <b>2002</b> , 87, 39-45	3.6	20
17	Oxidation of maltose and trehalose during prolonged moderate-intensity exercise. <i>Medicine and Science in Sports and Exercise</i> , <b>2008</b> , 40, 1653-9	1.2	17
16	Wheat ATIs: Characteristics and Role in Human Disease. <i>Frontiers in Nutrition</i> , <b>2021</b> , 8, 667370	6.2	12
15	Seaweed enrichment of feed supplied to farm-raised Atlantic salmon ( <i>Salmo salar</i> ) is associated with higher total fatty acid and LC n-3 PUFA concentrations in fish flesh. <i>European Journal of Lipid Science and Technology</i> , <b>2015</b> , 117, 767-772	3	10
14	Saccharide Characteristics and Their Potential Health Effects in Perspective. <i>Frontiers in Nutrition</i> , <b>2020</b> , 7, 75	6.2	9
13	The Dietary FibersBODMAPs Controversy. <i>Cereal Foods World</i> , <b>2017</b> , 62, 98-103	2	8
12	Reduced glycaemic and insulinaemic responses following trehalose ingestion: implications for postprandial substrate use. <i>British Journal of Nutrition</i> , <b>2009</b> , 102, 1395-9	3.6	8
11	Human faecal microbiota develops the ability to degrade type 3 resistant starch during weaning. <i>Journal of Pediatric Gastroenterology and Nutrition</i> , <b>2006</b> , 43, 584-91	2.8	8
10	Food matrix and isoflavones bioavailability in early post menopausal women: a European clinical study. <i>Clinical Interventions in Aging</i> , <b>2008</b> , 3, 711-8	4	6
9	Phytic Acid and Whole Grains for Health Controversy.. <i>Nutrients</i> , <b>2021</b> , 14,	6.7	5
8	Comparative compositions of metabolites and dietary fibre components in doughs and breads produced from bread wheat, emmer and spelt and using yeast and sourdough processes. <i>Food Chemistry</i> , <b>2021</b> , 374, 131710	8.5	4
7	Wheat amylase/trypsin inhibitors (ATIs): occurrence, function and health aspects.. <i>European Journal of Nutrition</i> , <b>2022</b> , 1	5.2	3

6	Evaluation of sucromalt digestion in healthy children using breath hydrogen as a biomarker of carbohydrate malabsorption. <i>Food and Function</i> , <b>2012</b> , 3, 410-3	6.1	1
5	Effect of diet manipulation on substrate availability and metabolism in trained cyclists. <i>Biochemical Society Transactions</i> , <b>1991</b> , 19, 362-7	5.1	1
4	Do ancient wheats contain less gluten than modern bread wheat, in favour of better health?. <i>Nutrition Bulletin</i> ,	3.5	0
3	Do gluten peptides stimulate weight gain in humans?. <i>Nutrition Bulletin</i> ,	3.5	0
2	Can one teaspoon of trehalose a day mitigate metabolic syndrome and diabetes risks?. <i>Nutrition Journal</i> , <b>2021</b> , 20, 28	4.3	
1	Is bread bad for health?. <i>Journal of Cereal Science</i> , <b>2022</b> , 105, 103447	3.8	