

# Maria-Teresa Garcia-Conesa

## List of Publications by Year in Descending Order

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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.

82  
papers

7,240  
citations

47  
h-index

85  
g-index

85  
ext. papers

8,072  
ext. citations

5.5  
avg, IF

5.8  
L-index

#	Paper	IF	Citations
82	A Systematic Review of the Cardiometabolic Benefits of Plant Products Containing Mixed Phenolics and Polyphenols in Postmenopausal Women: Insufficient Evidence for Recommendations to This Specific Population.. <i>Nutrients</i> , <b>2021</b> , 13,	6.7	1
81	Persistent Moderate-to-Weak Mediterranean Diet Adherence and Low Scoring for Plant-Based Foods across Several Southern European Countries: Are We Overlooking the Mediterranean Diet Recommendations?. <i>Nutrients</i> , <b>2021</b> , 13,	6.7	8
80	Mediterranean Diet Adherence and Subjective Well-Being in a Sample of Portuguese Adults. <i>Nutrients</i> , <b>2020</b> , 12,	6.7	9
79	Combined effect of interventions with pure or enriched mixtures of (poly)phenols and anti-diabetic medication in type 2 diabetes management: a meta-analysis of randomized controlled human trials. <i>European Journal of Nutrition</i> , <b>2020</b> , 59, 1329-1343	5.2	21
78	Why interindividual variation in response to consumption of plant food bioactives matters for future personalised nutrition. <i>Proceedings of the Nutrition Society</i> , <b>2020</b> , 79, 225-235	2.9	16
77	Exploring the Validity of the 14-Item Mediterranean Diet Adherence Screener (MEDAS): A Cross-National Study in Seven European Countries around the Mediterranean Region. <i>Nutrients</i> , <b>2020</b> , 12,	6.7	28
76	Chokeberry Juice Containing Polyphenols Does Not Affect Cholesterol or Blood Pressure but Modifies the Composition of Plasma Phospholipids Fatty Acids in Individuals at Cardiovascular Risk. <i>Nutrients</i> , <b>2019</b> , 11,	6.7	16
75	Targeting the delivery of dietary plant bioactives to those who would benefit most: from science to practical applications. <i>European Journal of Nutrition</i> , <b>2019</b> , 58, 65-73	5.2	6
74	The inhibitory effect of flavonoids and their gut-derived metabolites on the replication of <i>Chlamydia abortus</i> in the AH-1 ovine trophoblast cell line. <i>Research in Veterinary Science</i> , <b>2019</b> , 126, 199-206	2.5	1
73	Meta-Analysis of the Effects of Foods and Derived Products Containing Ellagitannins and Anthocyanins on Cardiometabolic Biomarkers: Analysis of Factors Influencing Variability of the Individual Responses. <i>International Journal of Molecular Sciences</i> , <b>2018</b> , 19,	6.3	77
72	Critical Evaluation of Gene Expression Changes in Human Tissues in Response to Supplementation with Dietary Bioactive Compounds: Moving Towards Better-Quality Studies. <i>Nutrients</i> , <b>2018</b> , 10,	6.7	10
71	An Exploratory Search for Potential Molecular Targets Responsive to the Probiotic PS2 in Women With Mastitis: Gene Expression Profiling vs. Interindividual Variability. <i>Frontiers in Microbiology</i> , <b>2018</b> , 9, 2166	5.7	11
70	Urolithins, the rescue of "old" metabolites to understand a "new" concept: Metabotypes as a nexus among phenolic metabolism, microbiota dysbiosis, and host health status. <i>Molecular Nutrition and Food Research</i> , <b>2017</b> , 61, 1500901	5.9	221
69	Gene expression changes in colon tissues from colorectal cancer patients following the intake of an ellagitannin-containing pomegranate extract: a randomized clinical trial. <i>Journal of Nutritional Biochemistry</i> , <b>2017</b> , 42, 126-133	6.3	56
68	Dietary polyphenols against metabolic disorders: How far have we progressed in the understanding of the molecular mechanisms of action of these compounds?. <i>Critical Reviews in Food Science and Nutrition</i> , <b>2017</b> , 57, 1769-1786	11.5	26
67	Addressing the inter-individual variation in response to consumption of plant food bioactives: Towards a better understanding of their role in healthy aging and cardiometabolic risk reduction. <i>Molecular Nutrition and Food Research</i> , <b>2017</b> , 61, 1600557	5.9	127
66	A Systematic Review and Meta-Analysis of the Effects of Flavanol-Containing Tea, Cocoa and Apple Products on Body Composition and Blood Lipids: Exploring the Factors Responsible for Variability in Their Efficacy. <i>Nutrients</i> , <b>2017</b> , 9, 746	6.7	39

65	In vivo relevant mixed urolithins and ellagic acid inhibit phenotypic and molecular colon cancer stem cell features: A new potentiality for ellagitannin metabolites against cancer. <i>Food and Chemical Toxicology</i> , <b>2016</b> , 92, 8-16	4.7	48
64	Comprehensive characterization of the effects of ellagic acid and urolithins on colorectal cancer and key-associated molecular hallmarks: MicroRNA cell specific induction of CDKN1A (p21) as a common mechanism involved. <i>Molecular Nutrition and Food Research</i> , <b>2016</b> , 60, 701-16	5.9	59
63	Dietary phenolics against colorectal cancer--From promising preclinical results to poor translation into clinical trials: Pitfalls and future needs. <i>Molecular Nutrition and Food Research</i> , <b>2015</b> , 59, 1274-91	5.9	65
62	MicroRNAs expression in normal and malignant colon tissues as biomarkers of colorectal cancer and in response to pomegranate extracts consumption: Critical issues to discern between modulatory effects and potential artefacts. <i>Molecular Nutrition and Food Research</i> , <b>2015</b> , 59, 1973-86	5.9	45
61	Targeted and Untargeted Metabolomics to Explore the Bioavailability of the Secoiridoids from a Seed/Fruit Extract ( <i>Fraxinus angustifolia</i> Vahl) in Human Healthy Volunteers: A Preliminary Study. <i>Molecules</i> , <b>2015</b> , 20, 22202-19	4.8	13
60	Hepatic molecular responses to <i>Bifidobacterium pseudocatenulatum</i> CECT 7765 in a mouse model of diet-induced obesity. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , <b>2014</b> , 24, 57-64	4.5	26
59	Phase-II metabolism limits the antiproliferative activity of urolithins in human colon cancer cells. <i>European Journal of Nutrition</i> , <b>2014</b> , 53, 853-64	5.2	84
58	A rosemary extract enriched in carnosic acid improves circulating adipocytokines and modulates key metabolic sensors in lean Zucker rats: Critical and contrasting differences in the obese genotype. <i>Molecular Nutrition and Food Research</i> , <b>2014</b> , 58, 942-53	5.9	20
57	A rosemary extract rich in carnosic acid selectively modulates caecum microbiota and inhibits $\alpha$ -glucosidase activity, altering fiber and short chain fatty acids fecal excretion in lean and obese female rats. <i>PLoS ONE</i> , <b>2014</b> , 9, e94687	3.7	46
56	Nutraceuticals for older people: facts, fictions and gaps in knowledge. <i>Maturitas</i> , <b>2013</b> , 75, 313-34	5	37
55	Resveratrol in primary and secondary prevention of cardiovascular disease: a dietary and clinical perspective. <i>Annals of the New York Academy of Sciences</i> , <b>2013</b> , 1290, 37-51	6.5	65
54	Grape resveratrol increases serum adiponectin and downregulates inflammatory genes in peripheral blood mononuclear cells: a triple-blind, placebo-controlled, one-year clinical trial in patients with stable coronary artery disease. <i>Cardiovascular Drugs and Therapy</i> , <b>2013</b> , 27, 37-48	3.9	159
53	One-year supplementation with a grape extract containing resveratrol modulates inflammatory-related microRNAs and cytokines expression in peripheral blood mononuclear cells of type 2 diabetes and hypertensive patients with coronary artery disease. <i>Pharmacological Research</i> , <b>2013</b> , 72, 69-82	10.2	259
52	Bioavailability of the major bioactive diterpenoids in a rosemary extract: metabolic profile in the intestine, liver, plasma, and brain of Zucker rats. <i>Molecular Nutrition and Food Research</i> , <b>2013</b> , 57, 1834-48	5.9	62
51	Biological significance of urolithins, the gut microbial ellagic Acid-derived metabolites: the evidence so far. <i>Evidence-based Complementary and Alternative Medicine</i> , <b>2013</b> , 2013, 270418	2.3	297
50	Resveratrol and clinical trials: the crossroad from in vitro studies to human evidence. <i>Current Pharmaceutical Design</i> , <b>2013</b> , 19, 6064-93	3.3	321
49	Effects of long-term consumption of low doses of resveratrol on diet-induced mild hypercholesterolemia in pigs: a transcriptomic approach to disease prevention. <i>Journal of Nutritional Biochemistry</i> , <b>2012</b> , 23, 829-37	6.3	37
48	Alternative method for gas chromatography-mass spectrometry analysis of short-chain fatty acids in faecal samples. <i>Journal of Separation Science</i> , <b>2012</b> , 35, 1906-13	3.4	156

47	Intestinal ellagitannin metabolites ameliorate cytokine-induced inflammation and associated molecular markers in human colon fibroblasts. <i>Journal of Agricultural and Food Chemistry</i> , <b>2012</b> , 60, 8866-76	5-7	75
46	A dietary resveratrol-rich grape extract prevents the developing of atherosclerotic lesions in the aorta of pigs fed an atherogenic diet. <i>Journal of Agricultural and Food Chemistry</i> , <b>2012</b> , 60, 5609-20	5-7	20
45	Inhibition of quorum sensing (QS) in <i>Yersinia enterocolitica</i> by an orange extract rich in glycosylated flavanones. <i>Journal of Agricultural and Food Chemistry</i> , <b>2012</b> , 60, 8885-94	5-7	97
44	One-year consumption of a grape nutraceutical containing resveratrol improves the inflammatory and fibrinolytic status of patients in primary prevention of cardiovascular disease. <i>American Journal of Cardiology</i> , <b>2012</b> , 110, 356-63	3	190
43	Evaluation of <i>Pseudomonas aeruginosa</i> (PAO1) adhesion to human alveolar epithelial cells A549 using SYTO 9 dye. <i>Molecular and Cellular Probes</i> , <b>2012</b> , 26, 121-6	3-3	12
42	Strawberry processing does not affect the production and urinary excretion of urolithins, ellagic acid metabolites, in humans. <i>Journal of Agricultural and Food Chemistry</i> , <b>2012</b> , 60, 5749-54	5-7	73
41	Inhibition of gastric lipase as a mechanism for body weight and plasma lipids reduction in Zucker rats fed a rosemary extract rich in carnolic acid. <i>PLoS ONE</i> , <b>2012</b> , 7, e39773	3-7	61
40	Consumption of a grape extract supplement containing resveratrol decreases oxidized LDL and ApoB in patients undergoing primary prevention of cardiovascular disease: a triple-blind, 6-month follow-up, placebo-controlled, randomized trial. <i>Molecular Nutrition and Food Research</i> , <b>2012</b> , 56, 810-21	5-9	141
39	Ellagitannin metabolites, urolithin A glucuronide and its aglycone urolithin A, ameliorate TNF- $\alpha$ -induced inflammation and associated molecular markers in human aortic endothelial cells. <i>Molecular Nutrition and Food Research</i> , <b>2012</b> , 56, 784-96	5-9	120
38	Urolithins, ellagitannin metabolites produced by colon microbiota, inhibit Quorum Sensing in <i>Yersinia enterocolitica</i> : Phenotypic response and associated molecular changes. <i>Food Chemistry</i> , <b>2012</b> , 132, 1465-1474	8-5	47
37	Lack of effect of oral administration of resveratrol in LPS-induced systemic inflammation. <i>European Journal of Nutrition</i> , <b>2011</b> , 50, 673-80	5-2	28
36	Metabolites and tissue distribution of resveratrol in the pig. <i>Molecular Nutrition and Food Research</i> , <b>2011</b> , 55, 1154-68	5-9	103
35	Ellagitannins, ellagic acid and vascular health. <i>Molecular Aspects of Medicine</i> , <b>2010</b> , 31, 513-39	16-7	260
34	Concentration and solubility of flavanones in orange beverages affect their bioavailability in humans. <i>Journal of Agricultural and Food Chemistry</i> , <b>2010</b> , 58, 6516-24	5-7	116
33	Pharmacokinetic study of trans-resveratrol in adult pigs. <i>Journal of Agricultural and Food Chemistry</i> , <b>2010</b> , 58, 11165-71	5-7	31
32	Preventive oral treatment with resveratrol pro-prodrugs drastically reduce colon inflammation in rodents. <i>Journal of Medicinal Chemistry</i> , <b>2010</b> , 53, 7365-76	8-3	59
31	Occurrence of urolithins, gut microbiota ellagic acid metabolites and proliferation markers expression response in the human prostate gland upon consumption of walnuts and pomegranate juice. <i>Molecular Nutrition and Food Research</i> , <b>2010</b> , 54, 311-22	5-9	145
30	Bioavailability and Metabolism of Ellagic Acid and Ellagitannins <b>2009</b> , 273-297		12

29	Oligomeric procyanidins inhibit cell migration and modulate the expression of migration and proliferation associated genes in human umbilical vascular endothelial cells. <i>Molecular Nutrition and Food Research</i> , <b>2009</b> , 53, 266-76	5.9	59
28	Gene expression, cell cycle arrest and MAPK signalling regulation in Caco-2 cells exposed to ellagic acid and its metabolites, urolithins. <i>Molecular Nutrition and Food Research</i> , <b>2009</b> , 53, 686-98	5.9	103
27	Dissimilar in vitro and in vivo effects of ellagic acid and its microbiota-derived metabolites, urolithins, on the cytochrome P450 1A1. <i>Journal of Agricultural and Food Chemistry</i> , <b>2009</b> , 57, 5623-32	5.7	63
26	A citrus extract containing flavanones represses plasminogen activator inhibitor-1 (PAI-1) expression and regulates multiple inflammatory, tissue repair, and fibrosis genes in human colon fibroblasts. <i>Journal of Agricultural and Food Chemistry</i> , <b>2009</b> , 57, 9305-15	5.7	26
25	Stability of polyphenols in chokeberry ( <i>Aronia melanocarpa</i> ) subjected to in vitro gastric and pancreatic digestion. <i>Food Chemistry</i> , <b>2007</b> , 102, 865-874	8.5	366
24	Nutraceuticals: facts and fiction. <i>Phytochemistry</i> , <b>2007</b> , 68, 2986-3008	4	581
23	Up-regulation of tumor suppressor carcinoembryonic antigen-related cell adhesion molecule 1 in human colon cancer Caco-2 cells following repetitive exposure to dietary levels of a polyphenol-rich chokeberry juice. <i>Journal of Nutritional Biochemistry</i> , <b>2007</b> , 18, 259-71	6.3	66
22	Transcriptional changes in human Caco-2 colon cancer cells following exposure to a recurrent non-toxic dose of polyphenol-rich chokeberry juice. <i>Genes and Nutrition</i> , <b>2007</b> , 2, 111-3	4.3	22
21	Urolithins, ellagic acid-derived metabolites produced by human colonic microflora, exhibit estrogenic and antiestrogenic activities. <i>Journal of Agricultural and Food Chemistry</i> , <b>2006</b> , 54, 1611-20	5.7	204
20	Hydroxycinnamic acid composition and in vitro antioxidant activity of selected grain fractions. <i>Food Chemistry</i> , <b>2006</b> , 99, 455-463	8.5	145
19	The feruloyl esterase system of <i>Talaromyces stipitatus</i> : production of three discrete feruloyl esterases, including a novel enzyme, TsFaeC, with a broad substrate specificity. <i>Journal of Biotechnology</i> , <b>2004</b> , 108, 227-41	3.7	68
18	Absorption of hydroxycinnamates in humans after high-bran cereal consumption. <i>Journal of Agricultural and Food Chemistry</i> , <b>2003</b> , 51, 6050-5	5.7	175
17	Characterization of metabolites of hydroxycinnamates in the in vitro model of human small intestinal epithelium caco-2 cells. <i>Journal of Agricultural and Food Chemistry</i> , <b>2003</b> , 51, 7884-91	5.7	125
16	Superoxide scavenging by polyphenols: effect of conjugation and dimerization. <i>Redox Report</i> , <b>2002</b> , 7, 379-83	5.9	30
15	Hydrolysis of diethyl diferulates by a tannase from <i>Aspergillus oryzae</i> . <i>Carbohydrate Polymers</i> , <b>2001</b> , 44, 319-324	10.3	65
14	Intestinal release and uptake of phenolic antioxidant diferulic acids. <i>Free Radical Biology and Medicine</i> , <b>2001</b> , 31, 304-14	7.8	211
13	Esterase activity able to hydrolyze dietary antioxidant hydroxycinnamates is distributed along the intestine of mammals. <i>Journal of Agricultural and Food Chemistry</i> , <b>2001</b> , 49, 5679-84	5.7	248
12	A cinnamoyl esterase from <i>Aspergillus niger</i> can break plant cell wall cross-links without release of free diferulic acids. <i>FEBS Journal</i> , <b>1999</b> , 266, 644-52		27

11	Isolation and structural determination of two 5,5?-diferuloyl oligosaccharides indicate that maize heteroxylans are covalently cross-linked by oxidatively coupled ferulates. <i>Carbohydrate Research</i> , <b>1999</b> , 320, 82-92	2.9	158
10	Antioxidant properties of 4,4?-dihydroxy-3,3?-dimethoxy- $\beta$ -bicycinnamic acid (8-8-diferulic acid, non-cyclic form). <i>Journal of the Science of Food and Agriculture</i> , <b>1999</b> , 79, 379-384	4.3	64
9	Release of ferulic acid dehydrodimers from plant cell walls by feruloyl esterases. <i>Journal of the Science of Food and Agriculture</i> , <b>1999</b> , 79, 428-434	4.3	99
8	A novel class of protein from wheat which inhibits xylanases1. <i>Biochemical Journal</i> , <b>1999</b> , 338, 441	3.8	73
7	Characterisation of the cell walls of loquat ( <i>Eriobotrya japonica</i> L.) fruit tissues. <i>Carbohydrate Polymers</i> , <b>1998</b> , 35, 169-177	10.3	37
6	Enzymic hydrolysis of diferulates from wheat bran cell walls. <i>Biochemical Society Transactions</i> , <b>1998</b> , 26, S168	5.1	1
5	Ferulic acid dehydrodimers from wheat bran: isolation, purification and antioxidant properties of 8-O-4-diferulic acid. <i>Redox Report</i> , <b>1997</b> , 3, 319-23	5.9	78
4	Antioxidant properties of ferulic acid dimers. <i>Redox Report</i> , <b>1997</b> , 3, 239-44	5.9	40
3	Process for the isolation of preparative quantities of [2-O-(trans-feruloyl)- $\beta$ -arabinofuranosyl]-(1-n 5)-l-arabinofuranose from sugarbeet. <i>Carbohydrate Research</i> , <b>1997</b> , 300, 351-354	2.9	14
2	Release of the bioactive compound, ferulic acid, from malt extracts. <i>Biochemical Society Transactions</i> , <b>1996</b> , 24, 379S	5.1	21
1	Bioavailability, Metabolism, and Bioactivity of Food Ellagic Acid and Related Polyphenols263-277		4