

# Antonios Zampelas

## List of Publications by Year in descending order

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Version: 2024-02-01

80  
papers

3,655  
citations

218677

26  
h-index

133252

59  
g-index

80  
all docs

80  
docs citations

80  
times ranked

5181  
citing authors

#	ARTICLE	IF	CITATIONS
1	Labelling Assessment of Greek "Quality Label" Prepacked Cheeses as the Basis for a Branded Food Composition Database. <i>Nutrients</i> , 2022, 14, 230.	4.1	5
2	Nutritional Habits and Recommendations in the COVID-19 Era. <i>Nutrients</i> , 2022, 14, 693.	4.1	2
3	Dietary nitrate and nitrite and human health: a narrative review by intake source. <i>Nutrition Reviews</i> , 2022, 80, 762-773.	5.8	24
4	Prevalence and factors associated with smoking in a nationally representative sample of Greek adults: The Hellenic National Nutrition and Health Survey (HNNHS). <i>Hellenic Journal of Cardiology</i> , 2022, 67, 19-27.	1.0	3
5	Assessment of eating habits and lifestyle during the coronavirus 2019 pandemic in the Middle East and North Africa region: a cross-sectional study. <i>British Journal of Nutrition</i> , 2021, 126, 757-766.	2.3	75
6	The recalibrated HellenicSCORE based on newly derived risk factors from the Hellenic National Nutrition and Health Survey (HNNHS); the HellenicSCORE II. <i>Hellenic Journal of Cardiology</i> , 2021, 62, 285-290.	1.0	3
7	Sociodemographic and lifestyle determinants of depressive symptoms in a nationally representative sample of Greek adults: The Hellenic National Nutrition and Health Survey (HNNHS). <i>Journal of Affective Disorders</i> , 2021, 281, 192-198.	4.1	9
8	Dietary Intake Assessment of Pre-Packed Graviera Cheese in Greece and Nutritional Characterization Using the Nutri-Score Front of Pack Label Scheme. <i>Nutrients</i> , 2021, 13, 295.	4.1	14
9	Effects of Three Different Family-Based Interventions in Overweight and Obese Children: The "4 Your Family" Randomized Controlled Trial. <i>Nutrients</i> , 2021, 13, 341.	4.1	11
10	Micronutrient dietary intakes and their food sources in adults: the Hellenic National Nutrition and Health Survey (HNNHS). <i>Journal of Human Nutrition and Dietetics</i> , 2021, 34, 616-628.	2.5	9
11	Dietary Sugar Intake and Its Association with Obesity in Children and Adolescents. <i>Children</i> , 2021, 8, 676.	1.5	38
12	Prevalence of type 2 diabetes mellitus in a representative sample of Greek adults and its association with modifiable risk factors: results from the Hellenic National Nutrition and Health Survey. <i>Public Health</i> , 2021, 197, 75-82.	2.9	2
13	The Impact of Nutritional and Lifestyle Changes on Body Weight, Body Composition and Cardiometabolic Risk Factors in Children and Adolescents during the Pandemic of COVID-19: A Systematic Review. <i>Children</i> , 2021, 8, 1130.	1.5	24
14	Novel Nutrition Education Approaches for Health Promotion: From Investigating Problems to Finding Solutions. <i>Nutrients</i> , 2021, 13, 4423.	4.1	3
15	Dietary patterns and cardiovascular disease in Greek adults: The Hellenic National Nutrition and Health Survey (HNNHS). <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2020, 30, 201-213.	2.6	5
16	Dietary patterns and risk of cardiovascular diseases: a review of the evidence. <i>Proceedings of the Nutrition Society</i> , 2020, 79, 68-75.	1.0	43
17	Intake and contribution of food groups to vitamin D intake in a representative sample of adult Greek population. <i>Nutrition</i> , 2020, 72, 110641.	2.4	13
18	Hypertension prevalence in a representative sample of Greek adults: The Hellenic National Nutrition and Health Survey (HNNHS). <i>Hellenic Journal of Cardiology</i> , 2020, 61, 217-218.	1.0	6

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19	Heart failure in Greece: The Hellenic National Nutrition and Health Survey (HNNHS). Hellenic Journal of Cardiology, 2020, 62, 315-317.	1.0	2
20	Mediterranean diet in children and adolescents. , 2020, , 25-39.		0
21	Presence of Hypertension Is Reduced by Mediterranean Diet Adherence in All Individuals with a More Pronounced Effect in the Obese: The Hellenic National Nutrition and Health Survey (HNNHS). Nutrients, 2020, 12, 853.	4.1	19
22	Nutritional Characteristics of Prepacked Feta PDO Cheese Products in Greece: Assessment of Dietary Intakes and Nutritional Profiles. Foods, 2020, 9, 253.	4.3	8
23	Validation of a Food Propensity Questionnaire for the Hellenic National Nutrition and Health Survey (HNNHS) and Results on This Population's Adherence to Key Food-Group Nutritional Guidelines. Nutrients, 2020, 12, 1808.	4.1	7
24	Micronutrient intakes and their food sources among Greek children and adolescents. Public Health Nutrition, 2020, 23, 2314-2326.	2.2	13
25	New Insights into Cholesterol Functions: A Friend or an Enemy?. Nutrients, 2019, 11, 1645.	4.1	38
26	Prevalence of hyperlipidaemia in adults and its relation to the Mediterranean diet: the Hellenic National Nutrition and Health Survey (HNNHS). European Journal of Preventive Cardiology, 2019, 26, 1957-1967.	1.8	22
27	The Effects of Soy and its Components on Risk Factors and End Points of Cardiovascular Diseases. Nutrients, 2019, 11, 2621.	4.1	3
28	Association of serum vitamin D status with dietary intake and sun exposure in adults. Clinical Nutrition ESPEN, 2019, 34, 23-31.	1.2	28
29	Consumption of Raw Orange, 100% Fresh Orange Juice, and Nectar- Sweetened Orange Juice"Effects on Blood Glucose and Insulin Levels on Healthy Subjects. Nutrients, 2019, 11, 2171.	4.1	13
30	Frequency and Quantity of Egg Intake Is Not Associated with Dyslipidemia: The Hellenic National Nutrition and Health Survey (HNNHS). Nutrients, 2019, 11, 1105.	4.1	7
31	Effectiveness and easiness of adherence to behavioural guidelines for diet and lifestyle changes for cholesterol-lowering: the Increasing Adherence of Consumers to Diet & Lifestyle Changes to Lower ( ) TJ ETQq1 1 0.784314 2.5 2gBT /Ov 32, 607-618.		
32	Dietary patterns and lifestyle characteristics in adults: results from the Hellenic National Nutrition and Health Survey (HNNHS). Public Health, 2019, 171, 76-88.	2.9	20
33	Association of meal and snack patterns with micronutrient intakes among Greek children and adolescents: data from the Hellenic National Nutrition and Health Survey. Journal of Human Nutrition and Dietetics, 2019, 32, 455-467.	2.5	8
34	Aims, design and preliminary findings of the Hellenic National Nutrition and Health Survey (HNNHS). BMC Medical Research Methodology, 2019, 19, 37.	3.1	33
35	Mutaba"Mother and Child Health Study: protocol for a prospective cohort study investigating the maternal and early life determinants of infant, child, adolescent and maternal health in the United Arab Emirates. BMJ Open, 2019, 9, e030937.	1.9	18
36	Validation of a Self-reported Food Frequency for Overweight and Obese Children, Using Parental 3-Day Food Records. Nutrition Today, 2019, 54, 151-158.	1.0	3

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37	The relationship between behavioral factors, weight status and a dietary pattern in primary school aged children: The GRECO study. <i>Clinical Nutrition</i> , 2019, 38, 310-316.	5.0	26
38	Structured advice provided by a dietitian increases adherence of consumers to diet and lifestyle changes and lowers blood low-density lipoprotein (LDL) cholesterol: the Increasing Adherence of Consumers to Diet & Lifestyle Changes to Lower (LDL) Cholesterol (ACT) randomised controlled trial. <i>Journal of Human Nutrition and Dietetics</i> , 2018, 31, 197-208.	2.5	21
39	Short-term effects of Mediterranean-type diet intervention on soluble cellular adhesion molecules in subjects with abdominal obesity. <i>Clinical Nutrition ESPEN</i> , 2017, 17, 38-43.	1.2	14
40	Type 2 diabetes and its correlates in a first nationwide study among Cypriot adults. <i>Primary Care Diabetes</i> , 2017, 11, 112-118.	1.8	4
41	Maternal smoking and risk of obesity in school children: Investigating early life theory from the GRECO study. <i>Preventive Medicine Reports</i> , 2017, 8, 177-182.	1.8	19
42	Food sources of free sugars in children's diet and identification of lifestyle patterns associated with free sugars intake: the GRECO (Greek Childhood Obesity) study. <i>Public Health Nutrition</i> , 2016, 19, 2326-2335.	2.2	14
43	Effect of meal frequency on glucose and insulin levels in women with polycystic ovary syndrome: a randomised trial. <i>European Journal of Clinical Nutrition</i> , 2016, 70, 588-594.	2.9	22
44	HEAL for Heart Diseases. , 2016, , 115-140.		0
45	Evaluation of Drinks Contribution to Energy Intake in Summer and Winter. <i>Nutrients</i> , 2015, 7, 3724-3738.	4.1	16
46	Acute effects of coffee consumption on self-reported gastrointestinal symptoms, blood pressure and stress indices in healthy individuals. <i>Nutrition Journal</i> , 2015, 15, 26.	3.4	32
47	Mediterranean Diet and Cardiovascular Disease. , 2015, , 91-104.		0
48	Anthropometric, lifestyle and parental characteristics associated with the prevalence of energy intake misreporting in children: the GRECO (Greek Childhood Obesity) study. <i>British Journal of Nutrition</i> , 2015, 113, 1120-1128.	2.3	7
49	Newly derived children-based food index. An index that may detect childhood overweight and obesity. <i>International Journal of Food Sciences and Nutrition</i> , 2015, 66, 623-632.	2.8	7
50	Effect of green tea on postprandial antioxidant capacity, serum lipids, C-reactive protein and glucose levels in patients with coronary artery disease. <i>European Journal of Nutrition</i> , 2014, 53, 479-486.	3.9	39
51	Dietary fats and cardiovascular disease: Putting together the pieces of a complicated puzzle. <i>Atherosclerosis</i> , 2014, 234, 320-328.	0.8	158
52	Hierarchical analysis of dietary, lifestyle and family environment risk factors for childhood obesity: the GRECO study. <i>European Journal of Clinical Nutrition</i> , 2014, 68, 1107-1112.	2.9	38
53	From the Maastricht meeting to the European Atherosclerosis Society Consensus on phytosterols/phytosteranols: What is new of an old story?. <i>Atherosclerosis</i> , 2014, 233, 357-358.	0.8	8
54	Moderators of the Effectiveness of a Web-Based Tailored Intervention Promoting Physical Activity in Adolescents: The HELENA Activometer. <i>Journal of School Health</i> , 2014, 84, 256-266.	1.6	15

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55	Metabolic Syndrome and Cardiometabolic Risk Factors. <i>Current Vascular Pharmacology</i> , 2014, 11, 858-879.	1.7	49
56	Adherence to Mediterranean diet and close dietetic supervision increase total dietary antioxidant intake and plasma antioxidant capacity in subjects with abdominal obesity. <i>European Journal of Nutrition</i> , 2013, 52, 37-48.	3.9	40
57	Evaluation of seasonality on total water intake, water loss and water balance in the general population in Greece. <i>Journal of Human Nutrition and Dietetics</i> , 2013, 26, 90-96.	2.5	49
58	Nuts and not olive oil decrease small and dense LDL: Results from the PREDIMED Study. <i>Atherosclerosis</i> , 2013, 231, 59-60.	0.8	2
59	Phytosterol supplementation does not affect plasma antioxidant capacity in patients with metabolic syndrome. <i>International Journal of Food Sciences and Nutrition</i> , 2013, 64, 21-27.	2.8	9
60	Socio-economic and demographic determinants of childhood obesity prevalence in Greece: the GRECO (Greek Childhood Obesity) study. <i>Public Health Nutrition</i> , 2013, 16, 240-247.	2.2	36
61	Employing the Water Balance Questionnaire for the evaluation of water balance in adults, pregnant women and elderly. <i>FASEB Journal</i> , 2013, 27, 230.8.	0.5	0
62	Still questioning the association between egg consumption and the risk of cardiovascular diseases. <i>Atherosclerosis</i> , 2012, 224, 318-319.	0.8	12
63	The water balance questionnaire: design, reliability and validity of a questionnaire to evaluate water balance in the general population. <i>International Journal of Food Sciences and Nutrition</i> , 2012, 63, 138-144.	2.8	36
64	Risk factors of obesity in a cohort of 1001 Cypriot adults: An epidemiological study. <i>Hippokratia</i> , 2012, 16, 256-60.	0.3	12
65	Very high childhood obesity prevalence and low adherence rates to the Mediterranean diet in Greek children: The GRECO study. <i>Atherosclerosis</i> , 2011, 217, 525-530.	0.8	152
66	Zinc supplementation: Another myth or we are heading towards a new era in the treatment of diabetes?. <i>Atherosclerosis</i> , 2011, 219, 22-23.	0.8	9
67	High sodium intake of children through "hidden" food sources and its association with the Mediterranean diet: the GRECO study. <i>Journal of Hypertension</i> , 2011, 29, 1069-1076.	0.5	64
68	Short-term effects of a snack including dried prunes on energy intake and satiety in normal-weight individuals. <i>Eating Behaviors</i> , 2010, 11, 201-203.	2.0	27
69	Eicosapentaenoic acid (EPA) from highly concentrated n-3 fatty acid ethyl esters is incorporated into advanced atherosclerotic plaques and higher plaque EPA is associated with decreased plaque inflammation and increased stability. <i>Atherosclerosis</i> , 2010, 212, 34-35.	0.8	9
70	Close adherence to a Mediterranean diet improves endothelial function in subjects with abdominal obesity. <i>American Journal of Clinical Nutrition</i> , 2009, 90, 263-268.	4.7	182
71	The effect of dietary protein intake on coronary heart disease risk. <i>Nutrition Bulletin</i> , 2008, 33, 287-297.	1.8	2
72	Postprandial Improvement of Endothelial Function by Red Wine and Olive Oil Antioxidants: A Synergistic Effect of Components of the Mediterranean Diet. <i>Journal of the American College of Nutrition</i> , 2008, 27, 448-453.	1.8	51

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73	The association between consumption of breakfast cereals and BMI in schoolchildren aged 12â€“17 years: The VYRONAS study. <i>Public Health Nutrition</i> , 2008, 11, 1015-1021.	2.2	35
74	Fourth Joint Task Force of the European Society of Cardiology and other Societies on Cardiovascular Disease Prevention in Clinical Practice (constituted by representatives of nine societies and by invited) <i>Tj ETQq0 0 0.8 BT /Over 10 T</i>	0.8	10
75	Fourth Joint Task Force of the European Society of Cardiology and Other Societies on Cardiovascular Disease Prevention in Clinical Practice (Constituted by representatives of nine societies and by invited) <i>Tj ETQq1 1 0.884314 3 BT /Over</i>	0.884314	3
76	Dietary Habits in a Greek Sample of Men and Women: The ATTICA Study. <i>Central European Journal of Public Health</i> , 2006, 14, 74-77.	1.1	34
77	Adherence to the Mediterranean diet is associated with total antioxidant capacity in healthy adults: the ATTICA study. <i>American Journal of Clinical Nutrition</i> , 2005, 82, 694-699.	4.7	198
78	Adherence to the Mediterranean diet is associated with total antioxidant capacity in healthy adults: the ATTICA study. <i>American Journal of Clinical Nutrition</i> , 2005, 82, 694-699.	4.7	211
79	Red Wine Acutely Induces Favorable Effects on Wave Reflections and Central Pressures in Coronary Artery Disease Patients. <i>American Journal of Hypertension</i> , 2005, 18, 1161-1167.	2.0	64
80	Constituents of red wine other than alcohol improve endothelial function in patients with coronary artery disease. <i>Coronary Artery Disease</i> , 2004, 15, 485-490.	0.7	75