

Nerea Becerra-Toms

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.

67 papers	1,398 citations	21 h-index	35 g-index
68 ext. papers	2,096 ext. citations	6 avg, IF	4.63 L-index

#	Paper	IF	Citations
67	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
66	Consumption of Yogurt, Low-Fat Milk, and Other Low-Fat Dairy Products Is Associated with Lower Risk of Metabolic Syndrome Incidence in an Elderly Mediterranean Population. <i>Journal of Nutrition</i> , 2015 , 145, 2308-16	4.1	92
65	Mediterranean diet, cardiovascular disease and mortality in diabetes: A systematic review and meta-analysis of prospective cohort studies and randomized clinical trials. <i>Critical Reviews in Food Science and Nutrition</i> , 2020 , 60, 1207-1227	11.5	86
64	Mediterranean Diet and Cardiovascular Disease Prevention: What Do We Know?. <i>Progress in Cardiovascular Diseases</i> , 2018 , 61, 62-67	8.5	78
63	Legume consumption is inversely associated with type 2 diabetes incidence in adults: A prospective assessment from the PREDIMED study. <i>Clinical Nutrition</i> , 2018 , 37, 906-913	5.9	71
62	Total and subtypes of dietary fat intake and risk of type 2 diabetes mellitus in the Prevención con Dieta Mediterránea (PREDIMED) study. <i>American Journal of Clinical Nutrition</i> , 2017 , 105, 723-735	7	62
61	Adherence to the Mediterranean Diet in Relation to All-Cause Mortality: A Systematic Review and Dose-Response Meta-Analysis of Prospective Cohort Studies. <i>Advances in Nutrition</i> , 2019 , 10, 1029-1039 ¹⁰		58
60	Associations between serum uric acid concentrations and metabolic syndrome and its components in the PREDIMED study. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2015 , 25, 173-80	4.5	53
59	The Effect of Nutrients and Dietary Supplements on Sperm Quality Parameters: A Systematic Review and Meta-Analysis of Randomized Clinical Trials. <i>Advances in Nutrition</i> , 2018 , 9, 833-848	10	52
58	Increased serum calcium levels and risk of type 2 diabetes in individuals at high cardiovascular risk. <i>Diabetes Care</i> , 2014 , 37, 3084-91	14.6	50
57	Nut consumption and incidence of cardiovascular diseases and cardiovascular disease mortality: a meta-analysis of prospective cohort studies. <i>Nutrition Reviews</i> , 2019 , 77, 691-709	6.4	49
56	Legume consumption and risk of all-cause, cardiovascular, and cancer mortality in the PREDIMED study. <i>Clinical Nutrition</i> , 2019 , 38, 348-356	5.9	49
55	Replacing red meat and processed red meat for white meat, fish, legumes or eggs is associated with lower risk of incidence of metabolic syndrome. <i>Clinical Nutrition</i> , 2016 , 35, 1442-1449	5.9	37
54	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
53	Total and Subtypes of Dietary Fat Intake and Its Association with Components of the Metabolic Syndrome in a Mediterranean Population at High Cardiovascular Risk. <i>Nutrients</i> , 2019 , 11,	6.7	30
52	Association Between Dairy Product Consumption and Colorectal Cancer Risk in Adults: A Systematic Review and Meta-Analysis of Epidemiologic Studies. <i>Advances in Nutrition</i> , 2019 , 10, S190-S211 ¹⁰		29
51	Mediterranean Diet and Telomere Length: A Systematic Review and Meta-Analysis. <i>Advances in Nutrition</i> , 2020 , 11, 1544-1554	10	27

50	Quality of Dietary Fat Intake and Body Weight and Obesity in a Mediterranean Population: Secondary Analyses within the PREDIMED Trial. <i>Nutrients</i> , 2018 , 10,	6.7	26
49	Yogurt consumption and abdominal obesity reversion in the PREDIMED study. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2016 , 26, 468-75	4.5	25
48	Effects of Two Preoperative Weight Loss Diets on Hepatic Volume, Metabolic Parameters, and Surgical Complications in Morbid Obese Bariatric Surgery Candidates: a Randomized Clinical Trial. <i>Obesity Surgery</i> , 2018 , 28, 3756-3768	3.7	22
47	Carbohydrate quality changes and concurrent changes in cardiovascular risk factors: a longitudinal analysis in the PREDIMED-Plus randomized trial. <i>American Journal of Clinical Nutrition</i> , 2020 , 111, 291-306	7	22
46	Dairy Product Consumption in the Prevention of Metabolic Syndrome: A Systematic Review and Meta-Analysis of Prospective Cohort Studies. <i>Advances in Nutrition</i> , 2019 , 10, S144-S153	10	21
45	Clinical implications of sperm DNA damage in IVF and ICSI: updated systematic review and meta-analysis. <i>Biological Reviews</i> , 2021 , 96, 1284-1300	13.5	21
44	Male adiposity, sperm parameters and reproductive hormones: An updated systematic review and collaborative meta-analysis. <i>Obesity Reviews</i> , 2021 , 22, e13082	10.6	18
43	Serum calcium and incident diabetes: an observational study and meta-analysis. <i>Osteoporosis International</i> , 2016 , 27, 1747-54	5.3	17
42	Associations between Dietary Polyphenols and Type 2 Diabetes in a Cross-Sectional Analysis of the PREDIMED-Plus Trial: Role of Body Mass Index and Sex. <i>Antioxidants</i> , 2019 , 8,	7.1	17
41	Dietary Patterns Emphasizing the Consumption of Plant Foods in the Management of Type 2 Diabetes: A Narrative Review. <i>Advances in Nutrition</i> , 2019 , 10, S320-S331	10	17
40	Mediterranean alcohol-drinking pattern, low to moderate alcohol intake and risk of atrial fibrillation in the PREDIMED study. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2019 , 29, 676-683	4.5	16
39	Legume Consumption and Cardiometabolic Health. <i>Advances in Nutrition</i> , 2019 , 10, S437-S450	10	12
38	Adherence to an Energy-restricted Mediterranean Diet Score and Prevalence of Cardiovascular Risk Factors in the PREDIMED-Plus: A Cross-sectional Study. <i>Revista Espanola De Cardiologia (English Ed)</i> , 2019 , 72, 925-934	0.7	11
37	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
36	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
35	Long Daytime Napping Is Associated with Increased Adiposity and Type 2 Diabetes in an Elderly Population with Metabolic Syndrome. <i>Journal of Clinical Medicine</i> , 2019 , 8,	5.1	9
34	Effect of Functional Bread Rich in Potassium, β -Aminobutyric Acid and Angiotensin-Converting Enzyme Inhibitors on Blood Pressure, Glucose Metabolism and Endothelial Function: A Double-blind Randomized Crossover Clinical Trial. <i>Medicine (United States)</i> , 2015 , 94, e1807	1.8	9
33	Use of Different Food Classification Systems to Assess the Association between Ultra-Processed Food Consumption and Cardiometabolic Health in an Elderly Population with Metabolic Syndrome (PREDIMED-Plus Cohort). <i>Nutrients</i> , 2021 , 13,	6.7	9

32	Trend of salt intake measured by 24-hour urine collection samples among Iranian adults population between 1998 and 2013: The Isfahan salt study. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2019 , 29, 1323-1329	4.5	9
31	Lifestyle factors and visceral adipose tissue: Results from the PREDIMED-PLUS study. <i>PLoS ONE</i> , 2019 , 14, e0210726	3.7	8
30	Adherence to the Mediterranean Lifestyle and Desired Body Weight Loss in a Mediterranean Adult Population with Overweight: A PREDIMED-Plus Study. <i>Nutrients</i> , 2020 , 12,	6.7	8
29	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
28	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
27	Adherence to Mediterranean Diet or Physical Activity After Bariatric Surgery and Its Effects on Weight Loss, Quality of Life, and Food Tolerance. <i>Obesity Surgery</i> , 2020 , 30, 687-696	3.7	7
26	Isotemporal substitution of inactive time with physical activity and time in bed: cross-sectional associations with cardiometabolic health in the PREDIMED-Plus study. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2019 , 16, 137	8.4	7
25	Sleep Duration is Inversely Associated with Serum Uric Acid Concentrations and Uric Acid to Creatinine Ratio in an Elderly Mediterranean Population at High Cardiovascular Risk. <i>Nutrients</i> , 2019 , 11,	6.7	6
24	Association between dairy product consumption and hyperuricemia in an elderly population with metabolic syndrome. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2020 , 30, 214-222	4.5	6
23	Fruit consumption and cardiometabolic risk in the PREDIMED-plus study: A cross-sectional analysis. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2021 , 31, 1702-1713	4.5	6
22	Nut consumption and type 2 diabetes risk: a systematic review and meta-analysis of observational studies. <i>American Journal of Clinical Nutrition</i> , 2021 , 113, 960-971	7	6
21	Plasma Metabolomics Profiles are Associated with the Amount and Source of Protein Intake: A Metabolomics Approach within the PREDIMED Study. <i>Molecular Nutrition and Food Research</i> , 2020 , 64, e2000178	5.9	5
20	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
19	Cross-sectional association between non-soy legume consumption, serum uric acid and hyperuricemia: the PREDIMED-Plus study. <i>European Journal of Nutrition</i> , 2020 , 59, 2195-2206	5.2	5
18	Circulating vitamin D levels and colorectal cancer risk: A meta-analysis and systematic review of case-control and prospective cohort studies. <i>Critical Reviews in Food Science and Nutrition</i> , 2021 , 1-17	11.5	4
17	Effect of changes in adherence to Mediterranean diet on nutrient density after 1-year of follow-up: results from the PREDIMED-Plus Study. <i>European Journal of Nutrition</i> , 2020 , 59, 2395-2409	5.2	4
16	Effect of an Intensive Weight-Loss Lifestyle Intervention on Kidney Function: A Randomized Controlled Trial. <i>American Journal of Nephrology</i> , 2021 , 52, 45-58	4.6	4
15	Consumption of caffeinated beverages and kidney function decline in an elderly Mediterranean population with metabolic syndrome. <i>Scientific Reports</i> , 2021 , 11, 8719	4.9	3

14	Vitamin D Intake and the Risk of Colorectal Cancer: An Updated Meta-Analysis and Systematic Review of Case-Control and Prospective Cohort Studies. <i>Cancers</i> , 2021 , 13,	6.6	3
13	Fluid and total water intake in a senior mediterranean population at high cardiovascular risk: demographic and lifestyle determinants in the PREDIMED-Plus study. <i>European Journal of Nutrition</i> , 2020 , 59, 1595-1606	5.2	3
12	Glycolysis Metabolites and Risk of Atrial Fibrillation and Heart Failure in the PREDIMED Trial. <i>Metabolites</i> , 2021 , 11,	5.6	2
11	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
10	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
9	Plasma Metabolomic Profiles of Glycemic Index, Glycemic Load, and Carbohydrate Quality Index in the PREDIMED Study. <i>Journal of Nutrition</i> , 2021 , 151, 50-58	4.1	2
8	Total dairy consumption in relation to overweight and obesity in children and adolescents: A systematic review and meta-analysis. <i>Obesity Reviews</i> , 2021 , e13400	10.6	2
7	Glycemic Dysregulations Are Associated With Worsening Cognitive Function in Older Participants at High Risk of Cardiovascular Disease: Two-Year Follow-up in the PREDIMED-Plus Study. <i>Frontiers in Endocrinology</i> , 2021 , 12, 754347	5.7	1
6	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
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	Factors associated with successful dietary changes in an energy-reduced Mediterranean diet intervention: a longitudinal analysis in the PREDIMED-Plus trial. <i>European Journal of Nutrition</i> , 2021 , 1	5.2	0
3	Prospective associations between a priori dietary patterns adherence and kidney function in an elderly Mediterranean population at high cardiovascular risk.. <i>European Journal of Nutrition</i> , 2022 , 1	5.2	0
2	Mediterranean, DASH, and MIND Dietary Patterns and Cognitive Function: The 2-Year Longitudinal Changes in an Older Spanish Cohort.. <i>Frontiers in Aging Neuroscience</i> , 2021 , 13, 782067	5.3	0
1	Mediterranean diet and antihypertensive drug use: a randomized controlled trial. <i>Journal of Hypertension</i> , 2021 , 39, 1230-1237	1.9	