Christopher N Blesso

List of Publications by Citations

43 papers	1,702 citations	25 h-index	41 g-index
45 ext. papers	2,188 ext. citations	5.8 avg, IF	5.52 L-index

#	Paper	IF	Citations
43	Effects of curcumin on HDL functionality. *Pharmacological Research*, **2017**, 119, 208-218	10.2	120
42	Grape polyphenols reduce blood pressure and increase flow-mediated vasodilation in men with metabolic syndrome. *Journal of Nutrition*, **2012**, 142, 1626-32	4.1	107
41	Medicinal plants and bioactive natural compounds in the treatment of non-alcoholic fatty liver disease: A clinical review. *Pharmacological Research*, **2018**, 130, 213-240	10.2	97
40	Whole egg consumption improves lipoprotein profiles and insulin sensitivity to a greater extent than yolk-free egg substitute in individuals with metabolic syndrome. *Metabolism: Clinical and Experimental*, **2013**, 62, 400-10	12.7	95
39	Milk sphingomyelin improves lipid metabolism and alters gut microbiota in high fat diet-fed mice. *Journal of Nutritional Biochemistry*, **2016**, 30, 93-101	6.3	94
38	Effects of Dietary Flavonoids on Reverse Cholesterol Transport, HDL Metabolism, and HDL Function. *Advances in Nutrition*, **2017**, 8, 226-239	10	84
37	Egg phospholipids and cardiovascular health. *Nutrients*, **2015**, 7, 2731-47	6.7	82
36	Dietary and Endogenous Sphingolipid Metabolism in Chronic Inflammation. *Nutrients*, **2017**, 9,	6.7	73
35	Egg consumption modulates HDL lipid composition and increases the cholesterol-accepting capacity of serum in metabolic syndrome. *Lipids*, **2013**, 48, 557-67	1.6	68
34	Dietary sphingomyelin attenuates hepatic steatosis and adipose tissue inflammation in high-fat-diet-induced obese mice. *Journal of Nutritional Biochemistry*, **2017**, 40, 36-43	6.3	64
33	Egg intake improves carotenoid status by increasing plasma HDL cholesterol in adults with metabolic syndrome. *Food and Function*, **2013**, 4, 213-21	6.1	58
32	Intake of up to 3 Eggs/Day Increases HDL Cholesterol and Plasma Choline While Plasma Trimethylamine-N-oxide is Unchanged in a Healthy Population. *Lipids*, **2017**, 52, 255-263	1.6	57
31	Effects of carbohydrate restriction and dietary cholesterol provided by eggs on clinical risk factors in metabolic syndrome. *Journal of Clinical Lipidology*, **2013**, 7, 463-71	4.9	54
30	Anthocyanin-rich black elderberry extract improves markers of HDL function and reduces aortic cholesterol in hyperlipidemic mice. *Food and Function*, **2015**, 6, 1278-87	6.1	53
29	Macrophage plasticity, polarization and function in response to curcumin, a diet-derived polyphenol, as an immunomodulatory agent. *Journal of Nutritional Biochemistry*, **2019**, 66, 1-16	6.3	49
28	Dietary Cholesterol, Serum Lipids, and Heart Disease: Are Eggs Working for or Against You?. *Nutrients*, **2018**, 10,	6.7	46
27	Black elderberry extract attenuates inflammation and metabolic dysfunction in diet-induced obese mice. *British Journal of Nutrition*, **2015**, 114, 1123-31	3.6	42

26	Intake of up to 3 Eggs per Day Is Associated with Changes in HDL Function and Increased Plasma Antioxidants in Healthy, Young Adults. *Journal of Nutrition*, **2017**, 147, 323-329	4.1	39
25	Grape consumption increases anti-inflammatory markers and upregulates peripheral nitric oxide synthase in the absence of dyslipidemias in men with metabolic syndrome. *Nutrients*, **2012**, 4, 1945-57	6.7	35
24	Protective properties of milk sphingomyelin against dysfunctional lipid metabolism, gut dysbiosis, and inflammation. *Journal of Nutritional Biochemistry*, **2019**, 73, 108224	6.3	30
23	Compared to an Oatmeal Breakfast, Two Eggs/Day Increased Plasma Carotenoids and Choline without Increasing Trimethyl Amine N-Oxide Concentrations. *Journal of the American College of Nutrition*, **2018**, 37, 140-148	3.5	27
22	Intake of 3 Eggs per Day When Compared to a Choline Bitartrate Supplement, Downregulates Cholesterol Synthesis without Changing the LDL/HDL Ratio. *Nutrients*, **2018**, 10,	6.7	27
21	Moringa Leaves Prevent Hepatic Lipid Accumulation and Inflammation in Guinea Pigs by Reducing the Expression of Genes Involved in Lipid Metabolism. *International Journal of Molecular Sciences*, **2017**, 18,	6.3	26
20	Compared with Powdered Lutein, a Lutein Nanoemulsion Increases Plasma and Liver Lutein, Protects against Hepatic Steatosis, and Affects Lipoprotein Metabolism in Guinea Pigs. *Journal of Nutrition*, **2016**, 146, 1961-1969	4.1	26
19	Milk Polar Lipids: Underappreciated Lipids with Emerging Health Benefits. *Nutrients*, **2020**, 12,	6.7	24
18	Dietary sphingolipids: potential for management of dyslipidemia and nonalcoholic fatty liver disease. *Nutrition Reviews*, **2017**, 75, 274-285	6.4	22
17	Dietary Milk Sphingomyelin Reduces Systemic Inflammation in Diet-Induced Obese Mice and Inhibits LPS Activity in Macrophages. *Beverages*, **2017**, 3, 37	3.4	21
16	Procollagen C-endopeptidase Enhancer Protein 2 (PCPE2) Reduces Atherosclerosis in Mice by Enhancing Scavenger Receptor Class B1 (SR-BI)-mediated High-density Lipoprotein (HDL)-Cholesteryl Ester Uptake. *Journal of Biological Chemistry*, **2015**, 290, 15496-15511	5.4	21
15	Egg intake during carbohydrate restriction alters peripheral blood mononuclear cell inflammation and cholesterol homeostasis in metabolic syndrome. *Nutrients*, **2014**, 6, 2650-67	6.7	21
14	Antioxidant properties of anthocyanins and their mechanism of action in atherosclerosis. *Free Radical Biology and Medicine*, **2021**, 172, 152-166	7.8	17
13	Long-Term Supplementation of Black Elderberries Promotes Hyperlipidemia, but Reduces Liver Inflammation and Improves HDL Function and Atherosclerotic Plaque Stability in Apolipoprotein E-Knockout Mice. *Molecular Nutrition and Food Research*, **2018**, 62, e1800404	5.9	16
12	Evaluation of Agraz Consumption on Adipocytokines, Inflammation, and Oxidative Stress Markers in Women with Metabolic Syndrome. *Nutrients*, **2018**, 10,	6.7	15
11	Cow's milk polar lipids reduce atherogenic lipoprotein cholesterol, modulate gut microbiota and attenuate atherosclerosis development in LDL-receptor knockout mice fed a Western-type diet. *Journal of Nutritional Biochemistry*, **2020**, 79, 108351	6.3	14
10	Dietary Egg Sphingomyelin Prevents Aortic Root Plaque Accumulation in Apolipoprotein-E Knockout Mice. *Nutrients*, **2019**, 11,	6.7	11
9	Dairy Foods and Dairy Fats: New Perspectives on Pathways Implicated in Cardiometabolic Health. *Advances in Nutrition*, **2020**, 11, 266-279	10	10

8	Effect of Agraz (Swartz) on High-Density Lipoprotein Function and Inflammation in Women with Metabolic Syndrome. *Antioxidants*, **2018**, 7,	7.1	9
7	Effects of Freeze-Dried Grape Powder on High-Density Lipoprotein Function in Adults with Metabolic Syndrome: A Randomized Controlled Pilot Study. *Metabolic Syndrome and Related Disorders*, **2018**, 16, 464-469	2.6	8
6	Choline Intake as Supplement or as a Component of Eggs Increases Plasma Choline and Reduces Interleukin-6 without Modifying Plasma Cholesterol in Participants with Metabolic Syndrome. *Nutrients*, **2020**, 12,	6.7	5
5	Interplay Between Diet, the Gut Microbiome, and Atherosclerosis: Role of Dysbiosis and Microbial Metabolites on Inflammation and Disordered Lipid Metabolism.. *Journal of Nutritional Biochemistry*, **2022**, 108991	6.3	3
4	Cardiometabolic health benefits of dairy-milk polar lipids. *Nutrition Reviews*, **2021**, 79, 16-35	6.4	2
3	Comparison between Egg Intake versus Choline Supplementation on Gut Microbiota and Plasma Carotenoids in Subjects with Metabolic Syndrome.. *Nutrients*, **2022**, 14,	6.7	2
2	Gut Microbiome-Derived Glycine Lipids Are Diet-Dependent Modulators of Hepatic Injury and Atherosclerosis.. *Journal of Lipid Research*, **2022**, 100192	6.3	1
1	Improvements in antioxidant status after agraz consumption was associated to reductions in cardiovascular risk factors in women with metabolic syndrome. *CYTA - Journal of Food*, **2021**, 19, 238-246	2.3	0