

Christopher N Blesso

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.

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	Gut Microbiome-Derived Glycine Lipids Are Diet-Dependent Modulators of Hepatic Injury and Atherosclerosis.. <i>Journal of Lipid Research</i> , 2022 , 100192	6.3	1
42	Interplay Between Diet, the Gut Microbiome, and Atherosclerosis: Role of Dysbiosis and Microbial Metabolites on Inflammation and Disordered Lipid Metabolism.. <i>Journal of Nutritional Biochemistry</i> , 2022 , 108991	6.3	3
41	Comparison between Egg Intake versus Choline Supplementation on Gut Microbiota and Plasma Carotenoids in Subjects with Metabolic Syndrome.. <i>Nutrients</i> , 2022 , 14,	6.7	2
40	Improvements in antioxidant status after agraz consumption was associated to reductions in cardiovascular risk factors in women with metabolic syndrome. <i>CYTA - Journal of Food</i> , 2021 , 19, 238-246 ^{2,3}	2.3	0
39	Antioxidant properties of anthocyanins and their mechanism of action in atherosclerosis. <i>Free Radical Biology and Medicine</i> , 2021 , 172, 152-166	7.8	17
38	Cardiometabolic health benefits of dairy-milk polar lipids. <i>Nutrition Reviews</i> , 2021 , 79, 16-35	6.4	2
37	Dairy Foods and Dairy Fats: New Perspectives on Pathways Implicated in Cardiometabolic Health. <i>Advances in Nutrition</i> , 2020 , 11, 266-279	10	10
36	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. <i>Journal of Nutritional Biochemistry</i> , 2020 , 79, 108351	6.3	14
35	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. <i>Nutrients</i> , 2020 , 12,	6.7	5
34	Milk Polar Lipids: Underappreciated Lipids with Emerging Health Benefits. <i>Nutrients</i> , 2020 , 12,	6.7	24
33	Protective properties of milk sphingomyelin against dysfunctional lipid metabolism, gut dysbiosis, and inflammation. <i>Journal of Nutritional Biochemistry</i> , 2019 , 73, 108224	6.3	30
32	Dietary Egg Sphingomyelin Prevents Aortic Root Plaque Accumulation in Apolipoprotein-E Knockout Mice. <i>Nutrients</i> , 2019 , 11,	6.7	11
31	Macrophage plasticity, polarization and function in response to curcumin, a diet-derived polyphenol, as an immunomodulatory agent. <i>Journal of Nutritional Biochemistry</i> , 2019 , 66, 1-16	6.3	49
30	Medicinal plants and bioactive natural compounds in the treatment of non-alcoholic fatty liver disease: A clinical review. <i>Pharmacological Research</i> , 2018 , 130, 213-240	10.2	97
29	Compared to an Oatmeal Breakfast, Two Eggs/Day Increased Plasma Carotenoids and Choline without Increasing Trimethyl Amine N-Oxide Concentrations. <i>Journal of the American College of Nutrition</i> , 2018 , 37, 140-148	3.5	27
28	Intake of 3 Eggs per Day When Compared to a Choline Bitartrate Supplement, Downregulates Cholesterol Synthesis without Changing the LDL/HDL Ratio. <i>Nutrients</i> , 2018 , 10,	6.7	27
27	Dietary Cholesterol, Serum Lipids, and Heart Disease: Are Eggs Working for or Against You?. <i>Nutrients</i> , 2018 , 10,	6.7	46

26	Effects of Freeze-Dried Grape Powder on High-Density Lipoprotein Function in Adults with Metabolic Syndrome: A Randomized Controlled Pilot Study. <i>Metabolic Syndrome and Related Disorders</i> , 2018 , 16, 464-469	2.6	8
25	Effect of Agraz (Swartz) on High-Density Lipoprotein Function and Inflammation in Women with Metabolic Syndrome. <i>Antioxidants</i> , 2018 , 7,	7.1	9
24	Evaluation of Agraz Consumption on Adipocytokines, Inflammation, and Oxidative Stress Markers in Women with Metabolic Syndrome. <i>Nutrients</i> , 2018 , 10,	6.7	15
23	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. <i>Molecular Nutrition and Food Research</i> , 2018 , 62, e1800404	5.9	16
22	Intake of up to 3 Eggs per Day Is Associated with Changes in HDL Function and Increased Plasma Antioxidants in Healthy, Young Adults. <i>Journal of Nutrition</i> , 2017 , 147, 323-329	4.1	39
21	Intake of up to 3 Eggs/Day Increases HDL Cholesterol and Plasma Choline While Plasma Trimethylamine-N-oxide is Unchanged in a Healthy Population. <i>Lipids</i> , 2017 , 52, 255-263	1.6	57
20	Effects of curcumin on HDL functionality. <i>Pharmacological Research</i> , 2017 , 119, 208-218	10.2	120
19	Dietary sphingolipids: potential for management of dyslipidemia and nonalcoholic fatty liver disease. <i>Nutrition Reviews</i> , 2017 , 75, 274-285	6.4	22
18	Effects of Dietary Flavonoids on Reverse Cholesterol Transport, HDL Metabolism, and HDL Function. <i>Advances in Nutrition</i> , 2017 , 8, 226-239	10	84
17	Dietary sphingomyelin attenuates hepatic steatosis and adipose tissue inflammation in high-fat-diet-induced obese mice. <i>Journal of Nutritional Biochemistry</i> , 2017 , 40, 36-43	6.3	64
16	Dietary and Endogenous Sphingolipid Metabolism in Chronic Inflammation. <i>Nutrients</i> , 2017 , 9,	6.7	73
15	Dietary Milk Sphingomyelin Reduces Systemic Inflammation in Diet-Induced Obese Mice and Inhibits LPS Activity in Macrophages. <i>Beverages</i> , 2017 , 3, 37	3.4	21
14	Moringa Leaves Prevent Hepatic Lipid Accumulation and Inflammation in Guinea Pigs by Reducing the Expression of Genes Involved in Lipid Metabolism. <i>International Journal of Molecular Sciences</i> , 2017 , 18,	6.3	26
13	Milk sphingomyelin improves lipid metabolism and alters gut microbiota in high fat diet-fed mice. <i>Journal of Nutritional Biochemistry</i> , 2016 , 30, 93-101	6.3	94
12	Compared with Powdered Lutein, a Lutein Nanoemulsion Increases Plasma and Liver Lutein, Protects against Hepatic Steatosis, and Affects Lipoprotein Metabolism in Guinea Pigs. <i>Journal of Nutrition</i> , 2016 , 146, 1961-1969	4.1	26
11	Black elderberry extract attenuates inflammation and metabolic dysfunction in diet-induced obese mice. <i>British Journal of Nutrition</i> , 2015 , 114, 1123-31	3.6	42
10	Egg phospholipids and cardiovascular health. <i>Nutrients</i> , 2015 , 7, 2731-47	6.7	82
9	Anthocyanin-rich black elderberry extract improves markers of HDL function and reduces aortic cholesterol in hyperlipidemic mice. <i>Food and Function</i> , 2015 , 6, 1278-87	6.1	53

8	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. <i>Journal of Biological Chemistry</i> , 2015 , 290, 15496-15511	5.4	21
7	Egg intake during carbohydrate restriction alters peripheral blood mononuclear cell inflammation and cholesterol homeostasis in metabolic syndrome. <i>Nutrients</i> , 2014 , 6, 2650-67	6.7	21
6	Effects of carbohydrate restriction and dietary cholesterol provided by eggs on clinical risk factors in metabolic syndrome. <i>Journal of Clinical Lipidology</i> , 2013 , 7, 463-71	4.9	54
5	Egg intake improves carotenoid status by increasing plasma HDL cholesterol in adults with metabolic syndrome. <i>Food and Function</i> , 2013 , 4, 213-21	6.1	58
4	Whole egg consumption improves lipoprotein profiles and insulin sensitivity to a greater extent than yolk-free egg substitute in individuals with metabolic syndrome. <i>Metabolism: Clinical and Experimental</i> , 2013 , 62, 400-10	12.7	95
3	Egg consumption modulates HDL lipid composition and increases the cholesterol-accepting capacity of serum in metabolic syndrome. <i>Lipids</i> , 2013 , 48, 557-67	1.6	68
2	Grape polyphenols reduce blood pressure and increase flow-mediated vasodilation in men with metabolic syndrome. <i>Journal of Nutrition</i> , 2012 , 142, 1626-32	4.1	107
1	Grape consumption increases anti-inflammatory markers and upregulates peripheral nitric oxide synthase in the absence of dyslipidemias in men with metabolic syndrome. <i>Nutrients</i> , 2012 , 4, 1945-57	6.7	35