

# Maxine Bonham

## List of Publications by Year in descending order

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Version: 2024-02-01

115  
papers

4,018  
citations

126858

33  
h-index

123376

61  
g-index

121  
all docs

121  
docs citations

121  
times ranked

5102  
citing authors

#	ARTICLE	IF	CITATIONS
1	Red meat consumption: An overview of the risks and benefits. <i>Meat Science</i> , 2010, 84, 1-13.	2.7	564
2	The immune system as a physiological indicator of marginal copper status?. <i>British Journal of Nutrition</i> , 2002, 87, 393-403.	1.2	224
3	Estimation of the dietary requirement for vitamin D in healthy adults. <i>American Journal of Clinical Nutrition</i> , 2008, 88, 1535-1542.	2.2	221
4	Associations of maternal long-chain polyunsaturated fatty acids, methyl mercury, and infant development in the Seychelles Child Development Nutrition Study. <i>NeuroToxicology</i> , 2008, 29, 776-782.	1.4	204
5	Neurodevelopmental effects of maternal nutritional status and exposure to methylmercury from eating fish during pregnancy. <i>NeuroToxicology</i> , 2008, 29, 767-775.	1.4	183
6	Estimation of the dietary requirement for vitamin D in free-living adults $\geq 64$ y of age. <i>American Journal of Clinical Nutrition</i> , 2009, 89, 1366-1374.	2.2	152
7	Comparison of the effects of four commercially available weight-loss programmes on lipid-based cardiovascular risk factors. <i>Public Health Nutrition</i> , 2009, 12, 799-807.	1.1	105
8	Energy intake of shift workers compared to fixed day workers: A systematic review and meta-analysis. <i>Chronobiology International</i> , 2016, 33, 1086-1100.	0.9	104
9	Influences on Dietary Choices during Day versus Night Shift in Shift Workers: A Mixed Methods Study. <i>Nutrients</i> , 2017, 9, 193.	1.7	93
10	Weight loss from lifestyle interventions and severity of sleep apnoea: a systematic review and meta-analysis. <i>Sleep Medicine</i> , 2014, 15, 1173-1183.	0.8	90
11	Effect of meal timing on postprandial glucose responses to a low glycemic index meal: A crossover trial in healthy volunteers. <i>Clinical Nutrition</i> , 2019, 38, 465-471.	2.3	79
12	The immune system as a physiological indicator of marginal copper status?. <i>British Journal of Nutrition</i> , 2002, 87, 393-403.	1.2	71
13	Red meat from animals offered a grass diet increases plasma and platelet $\omega$ -3 PUFA in healthy consumers. <i>British Journal of Nutrition</i> , 2011, 105, 80-89.	1.2	67
14	An emerging trend in functional foods for the prevention of cardiovascular disease and diabetes: Marine algal polyphenols. <i>Critical Reviews in Food Science and Nutrition</i> , 2018, 58, 1342-1358.	5.4	65
15	Supplementation with Calcium and Short-Chain Fructo-Oligosaccharides Affects Markers of Bone Turnover but Not Bone Mineral Density in Postmenopausal Women. <i>Journal of Nutrition</i> , 2014, 144, 297-304.	1.3	61
16	Maternal PUFA Status but Not Prenatal Methylmercury Exposure Is Associated with Children's Language Functions at Age Five Years in the Seychelles. <i>Journal of Nutrition</i> , 2012, 142, 1943-1949.	1.3	60
17	A longitudinal analysis of prenatal exposure to methylmercury and fatty acids in the Seychelles. <i>Neurotoxicology and Teratology</i> , 2011, 33, 325-328.	1.2	57
18	Postprandial Plasma Phospholipids in Men Are Influenced by the Source of Dietary Fat. <i>Journal of Nutrition</i> , 2015, 145, 2012-2018.	1.3	54

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19	Assessment of 25-hydroxyvitamin D and 1,25-dihydroxyvitamin D3 concentrations in male and female multiple sclerosis patients and control volunteers. <i>Multiple Sclerosis Journal</i> , 2007, 13, 670-672.	1.4	53
20	Falls, fractures, and areal bone mineral density in older adults with sarcopenic obesity: A systematic review and meta-analysis. <i>Obesity Reviews</i> , 2021, 22, e13187.	3.1	49
21	Effect of adiposity on vitamin D status and the 25-hydroxycholecalciferol response to supplementation in healthy young and older Irish adults. <i>British Journal of Nutrition</i> , 2012, 107, 126-134.	1.2	48
22	The Impact of a Single Dose of a Polyphenol-Rich Seaweed Extract on Postprandial Glycaemic Control in Healthy Adults: A Randomised Cross-Over Trial. <i>Nutrients</i> , 2018, 10, 270.	1.7	48
23	Response of putative indices of copper status to copper supplementation in human subjects. <i>British Journal of Nutrition</i> , 2000, 84, 151-156.	1.2	47
24	Effect of vitamin D supplementation on vitamin D status and bone turnover markers in young adults. <i>European Journal of Clinical Nutrition</i> , 2006, 60, 727-733.	1.3	47
25	Varying coefficient function models to explore interactions between maternal nutritional status and prenatal methylmercury toxicity in the Seychelles Child Development Nutrition Study. <i>Environmental Research</i> , 2011, 111, 75-80.	3.7	46
26	The effect of copper supplementation on red blood cell oxidizability and plasma antioxidants in middle-aged healthy volunteers. <i>Free Radical Biology and Medicine</i> , 2000, 28, 324-329.	1.3	45
27	Effect of Zinc Supplementation on the Immune Status of Healthy Older Individuals Aged 55-70 Years: The ZENITH Study. <i>Journals of Gerontology - Series A Biological Sciences and Medical Sciences</i> , 2007, 62, 598-608.	1.7	43
28	Homocysteine concentration, related B vitamins, and betaine in pregnant women recruited to the Seychelles Child Development Study. <i>American Journal of Clinical Nutrition</i> , 2008, 87, 391-397.	2.2	42
29	Maintenance of Wintertime Vitamin D Status with Cholecalciferol Supplementation Is Not Associated with Alterations in Serum Cytokine Concentrations among Apparently Healthy Younger or Older Adults. <i>Journal of Nutrition</i> , 2011, 141, 476-481.	1.3	42
30	Temporal pattern of eating in night shift workers. <i>Chronobiology International</i> , 2019, 36, 1613-1625.	0.9	38
31	No effect of copper supplementation on biochemical markers of bone metabolism in healthy adults. <i>British Journal of Nutrition</i> , 1999, 82, 283-290.	1.2	37
32	Do marine algal polyphenols have antidiabetic, antihyperlipidemic or anti-inflammatory effects in humans? A systematic review. <i>Critical Reviews in Food Science and Nutrition</i> , 2018, 58, 2039-2054.	5.4	37
33	Time of day difference in postprandial glucose and insulin responses: Systematic review and meta-analysis of acute postprandial studies. <i>Chronobiology International</i> , 2020, 37, 311-326.	0.9	35
34	No effect of copper supplementation on biochemical markers of bone metabolism in healthy young adult females despite apparently improved copper status. <i>European Journal of Clinical Nutrition</i> , 2001, 55, 525-531.	1.3	34
35	Zinc supplementation has no effect on circulating levels of peripheral blood leucocytes and lymphocyte subsets in healthy adult men. <i>British Journal of Nutrition</i> , 2003, 89, 695-703.	1.2	33
36	Habitual fish consumption does not prevent a decrease in LCPUFA status in pregnant women (the Tj ETQqO O O rgBT /Overlock 10 Tf 50 2008, 78, 343-350.	1.0	33

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37	Systematic Review and Meta-Analysis: The Impact of Multicomponent Weight Management Interventions on Self-Esteem in Overweight and Obese Adolescents. <i>Journal of Pediatric Psychology</i> , 2017, 42, 379-394.	1.1	33
38	Contribution of fish to intakes of micronutrients important for fetal development: a dietary survey of pregnant women in the Republic of Seychelles. <i>Public Health Nutrition</i> , 2009, 12, 1312-1320.	1.1	32
39	Cholecalciferol Supplementation throughout Winter Does Not Affect Markers of Bone Turnover in Healthy Young and Elderly Adults. <i>Journal of Nutrition</i> , 2010, 140, 454-460.	1.3	32
40	Incremental Cholecalciferol Supplementation up to 15 µg/d Throughout Winter at 51°-55° N Has No Effect on Biomarkers of Cardiovascular Risk in Healthy Young and Older Adults. <i>Journal of Nutrition</i> , 2012, 142, 1519-1525.	1.3	30
41	Lipidomic Profiling of Chylomicron Triacylglycerols in Response to High Fat Meals. <i>Lipids</i> , 2013, 48, 39-50.	0.7	28
42	The Impact of Time of Day on Energy Expenditure: Implications for Long-Term Energy Balance. <i>Nutrients</i> , 2019, 11, 2383.	1.7	28
43	Effect of copper supplementation on indices of copper status and certain CVD risk markers in young healthy women. <i>British Journal of Nutrition</i> , 2005, 94, 231-236.	1.2	27
44	Choline supplementation and measures of choline and betaine status: a randomised, controlled trial in postmenopausal women. <i>British Journal of Nutrition</i> , 2012, 108, 1264-1271.	1.2	27
45	Neurodevelopmental outcomes at 5 years in children exposed prenatally to maternal dental amalgam: The Seychelles Child Development Nutrition Study. <i>Neurotoxicology and Teratology</i> , 2013, 39, 57-62.	1.2	27
46	Zinc Supplementation Has No Effect on Lipoprotein Metabolism, Hemostasis, and Putative Indices of Copper Status in Healthy Men. <i>Biological Trace Element Research</i> , 2003, 93, 75-86.	1.9	26
47	Copper supplementation in humans does not affect the susceptibility of low density lipoprotein to in vitro induced oxidation (FOODCUE project). <i>Free Radical Biology and Medicine</i> , 2000, 29, 1129-1134.	1.3	25
48	Choline status and neurodevelopmental outcomes at 5 years of age in the Seychelles Child Development Nutrition Study. <i>British Journal of Nutrition</i> , 2013, 110, 330-336.	1.2	25
49	Effect of Night Time Eating on Postprandial Triglyceride Metabolism in Healthy Adults: A Systematic Literature Review. <i>Journal of Biological Rhythms</i> , 2019, 34, 119-130.	1.4	25
50	Prenatal exposure to dental amalgam in the Seychelles Child Development Nutrition Study: Associations with neurodevelopmental outcomes at 9 and 30 months. <i>NeuroToxicology</i> , 2012, 33, 1511-1517.	1.4	23
51	Reliability of Compartmental Body Composition Measures in Weight-Stable Adults Using GE iDXA: Implications for Research and Practice. <i>Nutrients</i> , 2018, 10, 1484.	1.7	20
52	Glycaemic response at night is improved after eating a high protein meal compared with a standard meal: A cross-over study. <i>Clinical Nutrition</i> , 2020, 39, 1510-1516.	2.3	20
53	A scoping review of chronotype and temporal patterns of eating of adults: tools used, findings, and future directions. <i>Nutrition Research Reviews</i> , 2022, 35, 112-135.	2.1	19
54	The Impact of Meal Timing on Risk of Weight Gain and Development of Obesity: a Review of the Current Evidence and Opportunities for Dietary Intervention. <i>Current Diabetes Reports</i> , 2022, 22, 147-155.	1.7	19

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55	Whole Blood Analysis of Phagocytosis, Apoptosis, Cytokine Production, and Leukocyte Subsets in Healthy Older Men and Women: The ZENITH Study. <i>Journals of Gerontology - Series A Biological Sciences and Medical Sciences</i> , 2006, 61, 907-917.	1.7	18
56	Predictors of taste acuity in healthy older Europeans. <i>Appetite</i> , 2012, 58, 188-195.	1.8	15
57	Muscle p70S6K phosphorylation in response to soy and dairy rich meals in middle aged men with metabolic syndrome: a randomised crossover trial. <i>Nutrition and Metabolism</i> , 2014, 11, 46.	1.3	15
58	Incidence and predictors of fractures in older adults with and without obesity defined by body mass index versus body fat percentage. <i>Bone</i> , 2020, 140, 115546.	1.4	15
59	Copper Supplementation Has No Effect on Markers of DNA Damage and Liver Function in Healthy Adults (FOODCUE Project). <i>Annals of Nutrition and Metabolism</i> , 2003, 47, 201-206.	1.0	14
60	Intakes and adequacy of potentially important nutrients for cognitive development among 5-year-old children in the Seychelles Child Development and Nutrition Study. <i>Public Health Nutrition</i> , 2012, 15, 1670-1677.	1.1	14
61	The health and well-being of paramedics - a professional priority. <i>Occupational Medicine</i> , 2020, 70, 149-151.	0.8	13
62	The impact of multicomponent weight management interventions on quality of life in adolescents affected by overweight or obesity: a meta-analysis of randomized controlled trials. <i>Obesity Reviews</i> , 2019, 20, 278-289.	3.1	12
63	Indices of adiposity as predictors of cardiometabolic risk and inflammation in young adults. <i>Journal of Human Nutrition and Dietetics</i> , 2016, 29, 26-37.	1.3	11
64	Evaluation of a Commercially Delivered Weight Management Program for Adolescents. <i>Journal of Pediatrics</i> , 2017, 185, 73-80.e3.	0.9	11
65	A Single-Dose of a Polyphenol-Rich <i>Fucus Vesiculosus</i> Extract is Insufficient to Blunt the Elevated Postprandial Blood Glucose Responses Exhibited by Healthy Adults in the Evening: A Randomised Crossover Trial. <i>Antioxidants</i> , 2019, 8, 49.	2.2	11
66	Effect of Macronutrient Composition on Appetite Hormone Responses in Adolescents with Obesity. <i>Nutrients</i> , 2019, 11, 340.	1.7	11
67	Systematic review and meta-analysis of the effect of meal intake on postprandial appetite-related gastrointestinal hormones in obese children. <i>International Journal of Obesity</i> , 2016, 40, 555-563.	1.6	10
68	Does modifying the timing of meal intake improve cardiovascular risk factors? Protocol of an Australian pilot intervention in night shift workers with abdominal obesity. <i>BMJ Open</i> , 2018, 8, e020396.	0.8	9
69	Study protocol for a double-blind randomised controlled trial investigating the impact of 12 weeks supplementation with a <i>Fucus vesiculosus</i> extract on cholesterol levels in adults with elevated fasting LDL cholesterol who are overweight or have obesity. <i>BMJ Open</i> , 2018, 8, e022195.	0.8	9
70	Does rearranging meal times at night improve cardiovascular risk factors? An Australian pilot randomised trial in night shift workers. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2021, 31, 1890-1902.	1.1	9
71	Can fortified, nutrient-dense and enriched foods and drink-based nutrition interventions increase energy and protein intake in residential aged care residents? A systematic review with meta-analyses. <i>International Journal of Nursing Studies</i> , 2021, 124, 104088.	2.5	9
72	Twelve weeks' treatment with a polyphenol-rich seaweed extract increased HDL cholesterol with no change in other biomarkers of chronic disease risk in overweight adults: A placebo-controlled randomized trial. <i>Journal of Nutritional Biochemistry</i> , 2021, 96, 108777.	1.9	9

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73	Iron status in pregnant women in the Republic of Seychelles. <i>Public Health Nutrition</i> , 2010, 13, 331-337.	1.1	8
74	Phlorotannins and Macroalgal Polyphenols: Potential As Functional Food Ingredients and Role in Health Promotion. , 2018, , 27-58.		8
75	Response of putative indices of copper status to copper supplementation in human subjects. <i>British Journal of Nutrition</i> , 2000, 84, 151-6.	1.2	8
76	Sleeping Well Trial: Increasing the effectiveness of treatment with continuous positive airway pressure using a weight management program in overweight adults with obstructive sleep apnoeaâ€”A stepped wedge randomised trial protocol. <i>Nutrition and Dietetics</i> , 2019, 76, 110-117.	0.9	7
77	Associations between socioeconomic status and obesity, sarcopenia, and sarcopenic obesity in community-dwelling older adults: The Tasmanian Older Adult Cohort Study. <i>Experimental Gerontology</i> , 2021, 156, 111627.	1.2	7
78	What makes a weight loss programme successful?. <i>BMJ: British Medical Journal</i> , 2011, 343, d6629-d6629.	2.4	6
79	Study protocol: evaluation of â€”JenMeâ€”™, a commercially-delivered weight management program for adolescents: a randomised controlled trial. <i>BMC Public Health</i> , 2015, 15, 563.	1.2	6
80	No effect of saturated fatty acid chain length on meal-induced thermogenesis in overweight men. <i>Nutrition Research</i> , 2018, 51, 102-110.	1.3	6
81	Does a High-Energy High-Protein Diet Reduce Unintentional Weight Loss in Residential Aged Care Residents?. <i>Journal of Nutrition in Gerontology and Geriatrics</i> , 2020, 39, 56-68.	0.4	6
82	Diurnal variation in gene expression of human peripheral blood mononuclear cells after eating a standard meal compared with a high protein meal: A cross-over study. <i>Clinical Nutrition</i> , 2021, 40, 4349-4359.	2.3	6
83	Sex Differences in Bone Health Among Indian Older Adults with Obesity, Sarcopenia, and Sarcopenic Obesity. <i>Calcified Tissue International</i> , 2022, 111, 152-161.	1.5	6
84	Effect of macronutrient composition on meal-induced thermogenesis in adolescents with obesity. <i>European Journal of Nutrition</i> , 2019, 58, 2327-2333.	1.8	5
85	Measuring Self-Esteem Changes in Children and Adolescents Affected by Overweight or Obesity: A Scoping Review of Instruments Currently Used in Multicomponent Weight-Management Interventions. <i>Childhood Obesity</i> , 2019, 15, 485-501.	0.8	5
86	Content Validation of a Chrononutrition Questionnaire for the General and Shift Work Populations: A Delphi Study. <i>Nutrients</i> , 2021, 13, 4087.	1.7	5
87	Age and sex differences in plasma homocysteine, choline and betaine status in Seychellois children and young adults. <i>Proceedings of the Nutrition Society</i> , 2010, 69, .	0.4	3
88	The effect of dietary interventions and nutritional supplementation on bone mineral density in otherwise healthy adults with osteopenia: A systematic review. <i>Nutrition Bulletin</i> , 2016, 41, 108-121.	0.8	3
89	Effects of macronutrient manipulation on postprandial metabolic responses in overweight males with high fasting lipids during simulated shift work: A randomized crossover trial. <i>Clinical Nutrition</i> , 2020, 39, 369-377.	2.3	3
90	Nutrition and neurodevelopment: the search for candidate nutrients in the Seychelles Child Development Nutrition Study. <i>NeuroToxicology</i> , 2020, 81, 300-306.	1.4	3

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91	An investigation of recommended serve food portions and attaining energy and protein requirements in older adults living in residential care. <i>Journal of Human Nutrition and Dietetics</i> , 2021, 34, 374-383.	1.3	3
92	Cardiometabolic, Dietary and Physical Health in Graduate Paramedics during the First 12-Months of Practice – A Longitudinal Study. <i>Prehospital Emergency Care</i> , 2022, 26, 524-536.	1.0	3
93	No effect of copper supplementation on biochemical markers of bone metabolism in healthy adults. <i>British Journal of Nutrition</i> , 1999, 82, 283-90.	1.2	3
94	Study protocol for the Shifting Weight using Intermittent Fasting in night shift workers (SWIFt) study: a three-arm randomised controlled trial comparing three weight loss strategies in night shift workers with obesity. <i>BMJ Open</i> , 2022, 12, e060520.	0.8	3
95	Vitamin D in public health nutrition. <i>Public Health Nutrition</i> , 2014, 17, 717-720.	1.1	2
96	Associations of Health-Related Quality of Life, Fear of Falling and Objective Measures of Physical Function with Bone Health in Postmenopausal Women with Low Bone Mass. <i>Journal of Clinical Medicine</i> , 2019, 8, 1370.	1.0	2
97	Development and implementation of a method to assess food and nutrient intakes in the Seychelles Child Development Nutrition Study. <i>NeuroToxicology</i> , 2020, 81, 323-330.	1.4	2
98	Blunted nutrient-response pathways in adipose tissue following high fat meals in men with metabolic syndrome: A randomized postprandial transcriptomic study. <i>Clinical Nutrition</i> , 2021, 40, 1355-1366.	2.3	2
99	Vitamin D: Status, Supplementation and Immunomodulation. <i>Current Nutrition and Food Science</i> , 2006, 2, 315-336.	0.3	1
100	Red meat from animals offered a grass diet increases platelet <i>n</i>â€“3 PUFA in healthy consumers. <i>Proceedings of the Nutrition Society</i> , 2010, 69, .	0.4	1
101	Assessment of Cardiometabolic Health, Diet and Physical Activity in Helicopter Rescue Paramedics. <i>Prehospital Emergency Care</i> , 2021, , 1-16.	1.0	1
102	Royal Academy of Medicine in Ireland Section of Biomedical Sciences. <i>Irish Journal of Medical Science</i> , 1997, 166, 157-194.	0.8	0
103	Effect of Copper in the Food Chain on Human Health (Foodcue: Fair CT95-0813). , 2002, , 937-942.		0
104	No effect of vitamin D supplementation on markers of immune function in apparently-healthy young adults. <i>Proceedings of the Nutrition Society</i> , 2009, 68, .	0.4	0
105	Plasma phospholipid fatty acid status of 5-year-old children in the Seychelles Child Development Nutrition Study. <i>Proceedings of the Nutrition Society</i> , 2010, 69, .	0.4	0
106	No effect of vitamin D supplementation on serum fibrinogen concentrations in adults aged â‰¥64 years. <i>Proceedings of the Nutrition Society</i> , 2010, 69, .	0.4	0
107	Corrigendum to ‘‘Habitual fish consumption does not prevent a decrease in LCPUFA status in pregnant women (The Seychelles Child Development Nutrition Study)’’ [Prostaglandins, Leukotrienes and Essential Fatty Acids 78 (2008) 343â€“350]. <i>Prostaglandins Leukotrienes and Essential Fatty Acids</i> , 2011, 85, 407.	1.0	0
108	Nutrient intakes and bone mineral density of post-menopausal women residing in Northern Ireland. <i>Proceedings of the Nutrition Society</i> , 2011, 70, .	0.4	0

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109	Impact of fat type (dairy or soy) on postprandial plasma and chylomicron responses with special emphasis on molecular level differences during the postprandial state. Proceedings of the Nutrition Society, 2011, 70, .	0.4	0
110	Determinants of bone mineral density in postmenopausal women in Northern Ireland. Proceedings of the Nutrition Society, 2012, 71, .	0.4	0
111	Diurnal differences in the transcriptome of peripheral blood mononuclear cells in response to a meal. Proceedings of the Nutrition Society, 2020, 79, .	0.4	0
112	Rearranging meal times during night shift work promotes weight change: a randomised crossover intervention in shift workers. Proceedings of the Nutrition Society, 2020, 79, .	0.4	0
113	High fat breakfasts affect antioxidant and oxidative biomarkers more in metabolic syndrome subjects compared with healthy controls. FASEB Journal, 2013, 27, 226.5.	0.2	0
114	Reply. Occupational Medicine, 2020, 70, 610-610.	0.8	0
115	Postprandial lipemia and the relationship to health. , 2022, , 193-209.		0