BegoÃ±a Olmedilla-Alonso

List of Publications by Year
in descending order

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110 papers	6,252 citations	81900 39 h-index	71685 76 g-index
117 all docs	117 docs citations	117 times ranked	6198 citing authors

#	Article	IF	Citations
1	A global perspective on carotenoids: Metabolism, biotechnology, and benefits for nutrition and health. Progress in Lipid Research, 2018, 70, 62-93.	11.6	634
2	Carotenoids: Actual knowledge on food sources, intakes, stability and bioavailability and their protective role in humans. Molecular Nutrition and Food Research, 2009, 53, S194-218.	3.3	575
3	A European carotenoid database to assess carotenoid intakes and its use in a five-country comparative study. British Journal of Nutrition, 2001, 85, 499-507.	2.3	325
4	Nutritional and clinical relevance of lutein in human health. British Journal of Nutrition, 2003, 90, 487-502.	2.3	292
5	Lutein, but not Î±-tocopherol, supplementation improves visual function in patients with age-related cataracts: a 2-y double-blind, placebo-controlled pilot study. Nutrition, 2003, 19, 21-24.	2.4	210
6	Serum concentrations of carotenoids and vitamins A, E, and C in control subjects from five European countries. British Journal of Nutrition, 2001, 85, 227-238.	2.3	208
7	Carotenoid composition in raw and cooked Spanish vegetables. Journal of Agricultural and Food Chemistry, 1992, 40, 2135-2140.	5.2	203
8	Development and assessment of healthy properties of meat and meat products designed as functional foods. Meat Science, 2013, 95, 919-930.	5.5	179
9	Oxidative DNA damage measured in human lymphocytes: large differences between sexes and between countries, and correlations with heart disease mortality rates. FASEB Journal, 1998, 12, 1397-1400.	0.5	144
10	Serum carotenoids and oxidative DNA damage in human lymphocytes. Carcinogenesis, 1998, 19, 2159-2162.	2.8	137
11	A comprehensive review on carotenoids in foods and feeds: status quo, applications, patents, and research needs. Critical Reviews in Food Science and Nutrition, 2022, 62, 1999-2049.	10.3	132
12	In vitro bioaccessibility of carotenoids and tocopherols from fruits and vegetables. Food Chemistry, 2007, 102, 641-648.	8.2	124
13	Effect of orange juice intake on vitamin C concentrations and biomarkers of antioxidant status in humans. American Journal of Clinical Nutrition, 2003, 78, 454-460.	4.7	121
14	Lutein in patients with cataracts and age-related macular degeneration: a long-term supplementation study. Journal of the Science of Food and Agriculture, 2001, 81, 904-909.	3.5	119
15	From carotenoid intake to carotenoid blood and tissue concentrations â€“ implications for dietary intake recommendations. Nutrition Reviews, 2021, 79, 544-573.	5.8	113
16	No Significant Effects of Lutein, Lycopene or Î²-Carotene Supplementation on Biological Markers of Oxidative Stress and LDL Oxidizability in Healthy Adult Subjects. Journal of the American College of Nutrition, 2001, 20, 232-238.	1.8	109
17	Comparative in Vitro Bioaccessibility of Carotenoids from Relevant Contributors to Carotenoid Intake. Journal of Agricultural and Food Chemistry, 2007, 55, 6387-6394.	5.2	99
18	Lutein ester in serum after lutein supplementation in human subjects. British Journal of Nutrition, 1998, 80, 445-449.	2.3	91

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19	High-Pressurized Orange Juice Consumption Affects Plasma Vitamin C, Antioxidative Status and Inflammatory Markers in Healthy Humans. Journal of Nutrition, 2003, 133, 2204-2209.	2.9	79
20	Mediterranean vegetable soup consumption increases plasma vitamin C and decreases F2-isoprostanes, prostaglandin E2 and monocyte chemotactic protein-1 in healthy humans. Journal of Nutritional Biochemistry, 2006, 17, 183-189.	4.2	78
21	Comprehensive Database of Carotenoid Contents in Ibero-American Foods. A Valuable Tool in the Context of Functional Foods and the Establishment of Recommended Intakes of Bioactives. Journal of Agricultural and Food Chemistry, 2018, 66, 5055-5107.	5.2	76
22	A Fast, Reliable and Low-cost Saponification Protocol for Analysis of Carotenoids in Vegetables. Journal of Food Composition and Analysis, 2001, 14, 479-489.	3.9	74
23	Simultaneous measurement of retinol, Î±-tocopherol and six carotenoids in human plasma by using an isocratic reversed-phase HPLC method. Journal of Chromatography B: Analytical Technologies in the Biomedical and Life Sciences, 2008, 867, 226-232.	2.3	72
24	Effect of total replacement of pork backfat with walnut on the nutritional profile of frankfurters. Meat Science, 2007, 77, 173-181.	5.5	71
25	Consumption of High-Pressurized Vegetable Soup Increases Plasma Vitamin C and Decreases Oxidative Stress and Inflammatory Biomarkers in Healthy Humans. Journal of Nutrition, 2004, 134, 3021-3025.	2.9	70
26	Bioavailability of Carotenoids and Tocopherols from Broccoli: In Vivo and in Vitro Assessment. Experimental Biology and Medicine, 2006, 231, 1733-1738.	2.4	66
27	Design and development of meat-based functional foods with walnut: Technological, nutritional and health impact. Food Chemistry, 2010, 123, 959-967.	8.2	64
28	Nutritional profile of restructured beef steak with added walnuts. Meat Science, 2005, 70, 647-654.	5.5	63
29	Pulsed electric fieldsâ€“processed orange juice consumption increases plasma vitamin C and decreases F2-isoprostanes in healthy humans. Journal of Nutritional Biochemistry, 2004, 15, 601-607.	4.2	62
30	Effects of industrial canning on the proximate composition, bioactive compounds contents and nutritional profile of two Spanish common dry beans (Phaseolus vulgaris L.). Food Chemistry, 2015, 166, 68-75.	8.2	58
31	Bioaccessibility of provitamin A carotenoids from fruits: application of a standardised static in vitro digestion method. Food and Function, 2016, 7, 1354-1366.	4.6	53
32	Effect of pre-treatment on physicochemical and structural properties, and the bioaccessibility of Î²-carotene in sweet potato flour. Food Chemistry, 2016, 200, 199-205.	8.2	52
33	A Rapid Separation of Ten Carotenoids, Three Retinoids, Alpha-Tocopherol and d-Alpha-Tocopherol Acetate by High Performance Liquid Chromatography and its Application to Serum and Vegetable Samples. Journal of Liquid Chromatography and Related Technologies, 1990, 13, 1455-1483.	1.0	45
34	Consumption of Restructured Meat Products with Added Walnuts Has a Cholesterol-Lowering Effect in Subjects at High Cardiovascular Risk: A Randomised, Crossover, Placebo-Controlled Study. Journal of the American College of Nutrition, 2008, 27, 342-348.	1.8	45
35	Plasma status of retinol, Î±- and Î³-tocopherols, and main carotenoids to first myocardial infarction: case control and follow-up study. Nutrition, 2002, 18, 26-31.	2.4	44
36	Markers of lutein and zeaxanthin status in two age groups of men and women: dietary intake, serum concentrations, lipid profile and macular pigment optical density. Nutrition Journal, 2014, 13, 52.	3.4	44

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37	Composition of two Spanish common dry beans (Phaseolus vulgaris), â€˜Almongaâ€™ and â€˜Curruquillaâ€™, and their postprandial effect in type 2 diabetics. Journal of the Science of Food and Agriculture, 2013, 93, 1076-1082.	3.5	42
38	Assessment of dietary vitamin A intake (retinol,Î±-carotene,Î²-carotene,Î²-cryptoxanthin) and its sources in the National Survey of Dietary Intake in Spain (2009â€“2010). International Journal of Food Sciences and Nutrition, 2015, 66, 706-712.	2.8	42
39	Intake of Mediterranean vegetable soup treated by pulsed electric fields affects plasma vitamin C and antioxidant biomarkers in humans. International Journal of Food Sciences and Nutrition, 2005, 56, 115-124.	2.8	41
40	Determination of nine carotenoids, retinol, retinyl palmitate and Î±-tocopherol in control human serum using two internal standards. Food Chemistry, 1992, 45, 205-213.	8.2	40
41	Lutein bioavailability from lutein ester-fortified fermented milk: in vivo and in vitro studyâ˜†â˜†â˜†. Journal of Nutritional Biochemistry, 2010, 21, 133-139.	4.2	40
42	Carotenoids, Retinol and Tocopherols in Patients with Insulin-Dependent Diabetes Mellitus and Their Immediate Relatives. Clinical Science, 1998, 94, 189-195.	4.3	37
43	Nutritional Approach for Designing Meat-based Functional Food Products with Nuts. Critical Reviews in Food Science and Nutrition, 2006, 46, 537-542.	10.3	33
44	Fruits and vegetables in the Brazilian Household Budget Survey (2008â€“2009): carotenoid content and assessment of individual carotenoid intake. Journal of Food Composition and Analysis, 2016, 50, 88-96.	3.9	33
45	Bioavailability of carotenoids and Î±-tocopherol from fruit juices in the presence of absorption modifiers:in vitroandin vivoassessment. British Journal of Nutrition, 2009, 101, 576-582.	2.3	32
46	Variability in the intercomparison of food carotenoid content data: A user's point of view. Critical Reviews in Food Science and Nutrition, 1997, 37, 621-633.	10.3	31
47	Assessment of dietary lutein, zeaxanthin and lycopene intakes and sources in the Spanish survey of dietary intake (2009â€“2010). International Journal of Food Sciences and Nutrition, 2016, 67, 305-313.	2.8	31
48	Carotenoid content of wild edible young shoots traditionally consumed in Spain (Asparagus) Tj ETQq0 0 0 rgBT /Overlock 10 Tf 50 30	3.5	30
49	European Database of Carotenoid Levels in Foods. Factors Affecting Carotenoid Content. Foods, 2021, 10, 912.	4.3	30
50	A European multicentre, placebo-controlled supplementation study with Î±-tocopherol, carotene-rich palm oil, lutein or lycopene: analysis of serum responses. Clinical Science, 2002, 102, 447.	4.3	28
51	Growth and micronutrient needs of adolescents. European Journal of Clinical Nutrition, 2000, 54, S11-S15.	2.9	27
52	Anthocyanin profile of red fruits and black carrot juices, purees and concentrates by HPLCâ€ĐADâ€ESI/MSâ€QTOF. International Journal of Food Science and Technology, 2016, 51, 2290-2300.	2.7	24
53	Supplementation with lutein (4 months) and Î±-tocopherol (2 months), in separate or combined oral doses, in control men. Cancer Letters, 1997, 114, 179-181.	7.2	23
54	Simultaneous determination of vitamins A, E and 25-OH-vitamin D: Application in clinical assessments. Clinical Biochemistry, 2006, 39, 180-182.	1.9	23

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55	An engineered extraplastidial pathway for carotenoid biofortification of leaves. Plant Biotechnology Journal, 2021, 19, 1008-1021.	8.3	23
56	An improved HPLC Method for the Separation of Fourteen Carotenoids, Including 15-/13- and 9-CIS-Î²-Carotene Isomers, Phytoene and Phytofluene. Journal of Liquid Chromatography and Related Technologies, 1991, 14, 2457-2475.	1.0	22
57	Bioavailability of vitamins A and E from whole and vitamin-fortified milks in control subjects. European Journal of Nutrition, 2006, 45, 391-398.	3.9	22
58	Changes in carotenoid intake from fruit and vegetables in the Spanish population over the period 1964â€“2004. Public Health Nutrition, 2007, 10, 1018-1023.	2.2	22
59	Applicability of an in vitro model to assess the bioaccessibility of vitamins A and E from fortified commercial milk. International Dairy Journal, 2009, 19, 64-67.	3.0	22
60	Assessment of carotenoid concentrations in red peppers (Capsicum annuum) under domestic refrigeration for three weeks as determined by HPLC-DAD. Food Chemistry: X, 2020, 6, 100092.	4.3	22
61	Comparison of LDL fatty acid and carotenoid concentrations and oxidative resistance of LDL in volunteers from countries with different rates of cardiovascular disease. British Journal of Nutrition, 2002, 87, 21-29.	2.3	20
62	Assessment of carotenoid status and the relation to glycaemic control in type I diabetics: a follow-up study. European Journal of Clinical Nutrition, 2006, 60, 1000-1008.	2.9	20
63	The Antioxidant Status Response to Low-Fat and Walnut Pasteâ€“Enriched Meat Differs in Volunteers at High Cardiovascular Risk Carrying Different PON-1 Polymorphisms. Journal of the American College of Nutrition, 2012, 31, 194-205.	1.8	20
64	A Randomized Study of Nutritional Supplementation in Patients with Unilateral Wet Age-Related Macular Degeneration. Nutrients, 2021, 13, 1253.	4.1	20
65	Carotenoids, retinol and tocopherols in blood: Comparability between serum and plasma (Li-heparin) values. Clinical Biochemistry, 2005, 38, 444-449.	1.9	19
66	Serum depletion and bioavailability of lutein in Type I diabetic patients. European Journal of Nutrition, 2002, 41, 47-53.	3.9	17
67	Effects of improved fat content of frankfurters and pÃ¢tÃ©s on lipid and lipoprotein profile of volunteers at increased cardiovascular risk: a placebo-controlled study. European Journal of Nutrition, 2014, 53, 83-93.	3.9	15
68	In vitro and in vivo effects of lutein against cisplatin-induced ototoxicity. Experimental and Toxicologic Pathology, 2016, 68, 197-204.	2.1	15
69	Dietary Î²-Cryptoxanthin and Î±-Carotene Have Greater Apparent Bioavailability Than Î²-Carotene in Subjects from Countries with Different Dietary Patterns. Nutrients, 2020, 12, 2639.	4.1	15
70	Assessment of Food Sources and the Intake of the Colourless Carotenoids Phytoene and Phytofluene in Spain. Nutrients, 2021, 13, 4436.	4.1	15
71	Software application for the calculation of dietary intake of individual carotenoids and of its contribution to vitamin A intake. Nutricion Hospitalaria, 2013, 28, 823-9.	0.3	15
72	Effects of eweâ€™s milk yogurt (whole and semi-skimmed) and cowâ€™s milk yogurt on inflammation markers and gut microbiota of subjects with borderline-high plasma cholesterol levels: a crossover study. European Journal of Nutrition, 2019, 58, 1113-1124.	3.9	14

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73	Lutein and zeaxanthin supplied by red/orange foods and fruits are more closely associated with macular pigment optical density than those from green vegetables in Spanish subjects. Nutrition Research, 2016, 36, 1210-1221.	2.9	13
74	Modified-atmosphere packaging (MAP) does not affect the bioavailability of tocopherols and carotenoids from broccoli in humans: A cross-over study. Food Chemistry, 2008, 106, 1070-1076.	8.2	12
75	Hypocarotenemia After Bariatric Surgery: A Preliminary Study. Obesity Surgery, 2009, 19, 879-882.	2.1	12
76	Effect of Long-Term Xanthophyll and Anthocyanin Supplementation on Lutein and Zeaxanthin Serum Concentrations and Macular Pigment Optical Density in Postmenopausal Women. Nutrients, 2018, 10, 959.	4.1	12
77	Lack of a Synergistic Effect on Cardiometabolic and Redox Markers in a Dietary Supplementation with Anthocyanins and Xanthophylls in Postmenopausal Women. Nutrients, 2019, 11, 1533.	4.1	12
78	Î±â€Adrenoceptor involvement in catecholamineâ€induced hyperglycaemia in conscious fasted rabbits. British Journal of Pharmacology, 1986, 89, 55-66.	5.4	11
79	Evaluation of Retinol, Î±â€Tocopherol, and Carotenoids in Serum of Men With Cancer of the Larynx Before and After Commercial Enteral Formula Feeding. Journal of Parenteral and Enteral Nutrition, 1996, 20, 145-149.	2.6	11
80	Dietary Antioxidant Intake and Risk of Type 2 Diabetes: Response to Montonen et al.. Diabetes Care, 2004, 27, 1845-1845.	8.6	11
81	Seasonal variation of serum Î±- and Î²-cryptoxanthin and 25-OH-vitamin D3 in women with osteoporosis. Osteoporosis International, 2008, 19, 717-720.	3.1	11
82	Assessment of individual carotenoid and vitamin A dietary intake in overweight and obese Dominican subjects. Nutricion Hospitalaria, 2017, 34, 407.	0.3	11
83	Retinol and Î±-tocopherol in serum of type 1 diabetic patients with intensive insulin therapy. Nutrition, 2003, 19, 128-132.	2.4	10
84	Carotenoid Depletion in Serum of Young Type-1 Diabetics Fed Low-Carotenoid Diets. Annals of Nutrition and Metabolism, 2004, 48, 251-258.	1.9	10
85	Antioxidant effect of ?-tocopherol supplied by propofol preparations (Diprivan) during ischemia?reperfusion in experimental lung transplantation. Transplant International, 2004, 17, 71-77.	1.6	10
86	Greater bioavailability of xanthophylls compared to carotenes from orange juice (high-pressure) Tj ETQq0 0 0 rgBT /Overlock 10 Tf 50 22 crossover study in healthy individuals. Food Chemistry, 2022, 371, 130821.	8.2	9
87	High Performance Liquid Chromato-Graphic Systems to Separate and Quantify a Mixture of Nine Sugars and Four Polyols. Journal of Liquid Chromatography and Related Technologies, 1985, 8, 75-94.	1.0	8
88	Extraction and Analysis by HPLC-DAD of Carotenoids in Human Faeces from Spanish Adults. Antioxidants, 2020, 9, 484.	5.1	7
89	The potential for the improvement of carotenoid levels in foods and the likely systemic effects. Journal of the Science of Food and Agriculture, 2000, 80, 880-912.	3.5	7
90	Changes in Lutein Status Markers (Serum and Faecal Concentrations, Macular Pigment) in Response to a Lutein-Rich Fruit or Vegetable (Three Pieces/Day) Dietary Intervention in Normolipemic Subjects. Nutrients, 2021, 13, 3614.	4.1	7

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91	Improved Separation of Polyols and Carbohydrates by High Performance Liquid Chromatography. Journal of Liquid Chromatography and Related Technologies, 1982, 5, 1941-1946.	1.0	6
92	QUANTITATION OF PROVITAMIN-A AND NON-PROVITAMIN-A CAROTENOIDS IN THE FRUITS MOST COMMONLY CONSUMED IN SPAIN. , 2005, , 141-145.		6
93	Effects of improved fat meat products consumption on emergent cardiovascular disease markers of male volunteers at cardiovascular risk. Journal of Physiology and Biochemistry, 2016, 72, 669-678.	3.0	6
94	Effect of eweâ€™s (semi-skimmed and whole) and cowâ€™s milk yogurt consumption on the lipid profile of control subjects: a crossover study. Food and Nutrition Research, 2017, 61, 1391669.	2.6	6
95	Reliable Separation of Xylitol from Some Carbohydrates and Polyols by High Performance Liquid Chromatography. Journal of Liquid Chromatography and Related Technologies, 1984, 7, 2003-2010.	1.0	4
96	Evaluation of the potential of total proanthocyanidin content in feces as an intake biomarker. Food Research International, 2021, 145, 110390.	6.2	4
97	IMPACT OF IMPROVED FAT-MEAT PRODUCTS CONSUMPTION ON ANTHROPOMETRIC MARKERS AND NUTRIENT INTAKES OF MALE VOLUNTEERS AT INCREASED CARDIOVASCULAR RISK. Nutricion Hospitalaria, 2015, 32, 710-21.	0.3	4
98	Oxidative stress and antioxidant supplementation in type I diabetes. Diabetes Care, 1999, 22, 870-873.	8.6	3
99	Assessment of lutein and zeaxanthin status and dietary markers as predictors of the contrast threshold in 2 age groups of men and women. Nutrition Research, 2016, 36, 719-730.	2.9	3
100	Status and Dietary Intake of Phytoene and Phytofluene in Spanish Adults and the Effect of a Four-Week Dietary Intervention with Lutein-Rich Fruits or Vegetables. Nutrients, 2022, 14, 2922.	4.1	3
101	FENS Program for Nutrition Education in Medical Schools. Annals of Nutrition and Metabolism, 1999, 43, 66-68.	1.9	2
102	Carotenoids and retinol-equivalents in food composition tables from European countries (EPIC) Tj ETQq0 0 0 rgBT /Overlock 10 Tf 50 30	2.9	2
103	Coagulation, Thrombogenesis, and Insulin Resistance Markers in Increased-Cardiovascular-Risk Subjects Consuming Improved-Fat Meat Products. Journal of the American College of Nutrition, 2019, 38, 334-341.	1.8	2
104	Predictors of macular pigment and contrast threshold in Spanish healthy normolipemic subjects (45â€“65 years) with habitual food intake. PLoS ONE, 2021, 16, e0251324.	2.5	2
105	Suitability of 3-point versus 7-point postprandial retinyl palmitate AUC in human bioavailability studies. European Journal of Nutrition, 2008, 47, 55-58.	3.9	1
106	CHAPTER 12. Dietary Intake of Carotenoids: Nutritional Status Assessment and the Importance of Considering Free and Ester Forms in Foods. Food Chemistry, Function and Analysis, 2019, , 373-389.	0.2	1
107	Intervention Studies in Humans. Methods in Molecular Biology, 2020, 2083, 363-373.	0.9	1
108	Risk assessment of lutein and lycopene. Regulatory Toxicology and Pharmacology, 2007, 47, 327-328.	2.7	0

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109	Omega-3 enriched frankfurters and pÃ¢tÃ©s intake decrease txa2 level and n-6/n-3 in volunteers at increased cardiovascular risk: a placebo-controlled study. Atherosclerosis, 2014, 235, e146-e147.	0.8	0
110	Fruit and Vegetable Intake and the Macular Pigment Optical Density. , 2019, , 529-549.		0