

Begoña Olmedilla-Alonso

List of Publications by Year in descending order

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109
papers

6,252
citations

81743

39
h-index

71532

76
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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. <i>Progress in Lipid Research</i> , 2018, 70, 62-93.	5.3	634
2	Carotenoids: Actual knowledge on food sources, intakes, stability and bioavailability and their protective role in humans. <i>Molecular Nutrition and Food Research</i> , 2009, 53, S194-218.	1.5	575
3	A European carotenoid database to assess carotenoid intakes and its use in a five-country comparative study. <i>British Journal of Nutrition</i> , 2001, 85, 499-507.	1.2	325
4	Nutritional and clinical relevance of lutein in human health. <i>British Journal of Nutrition</i> , 2003, 90, 487-502.	1.2	292
5	Lutein, but not α -tocopherol, supplementation improves visual function in patients with age-related cataracts: a 2-y double-blind, placebo-controlled pilot study. <i>Nutrition</i> , 2003, 19, 21-24.	1.1	210
6	Serum concentrations of carotenoids and vitamins A, E, and C in control subjects from five European countries. <i>British Journal of Nutrition</i> , 2001, 85, 227-238.	1.2	208
7	Carotenoid composition in raw and cooked Spanish vegetables. <i>Journal of Agricultural and Food Chemistry</i> , 1992, 40, 2135-2140.	2.4	203
8	Development and assessment of healthy properties of meat and meat products designed as functional foods. <i>Meat Science</i> , 2013, 95, 919-930.	2.7	179
9	Oxidative DNA damage measured in human lymphocytes: large differences between sexes and between countries, and correlations with heart disease mortality rates. <i>FASEB Journal</i> , 1998, 12, 1397-1400.	0.2	144
10	Serum carotenoids and oxidative DNA damage in human lymphocytes. <i>Carcinogenesis</i> , 1998, 19, 2159-2162.	1.3	137
11	A comprehensive review on carotenoids in foods and feeds: <i>status quo</i> , applications, patents, and research needs. <i>Critical Reviews in Food Science and Nutrition</i> , 2022, 62, 1999-2049.	5.4	132
12	In vitro bioaccessibility of carotenoids and tocopherols from fruits and vegetables. <i>Food Chemistry</i> , 2007, 102, 641-648.	4.2	124
13	Effect of orange juice intake on vitamin C concentrations and biomarkers of antioxidant status in humans. <i>American Journal of Clinical Nutrition</i> , 2003, 78, 454-460.	2.2	121
14	Lutein in patients with cataracts and age-related macular degeneration: a long-term supplementation study. <i>Journal of the Science of Food and Agriculture</i> , 2001, 81, 904-909.	1.7	119
15	From carotenoid intake to carotenoid blood and tissue concentrations – implications for dietary intake recommendations. <i>Nutrition Reviews</i> , 2021, 79, 544-573.	2.6	113
16	No Significant Effects of Lutein, Lycopene or β -Carotene Supplementation on Biological Markers of Oxidative Stress and LDL Oxidizability in Healthy Adult Subjects. <i>Journal of the American College of Nutrition</i> , 2001, 20, 232-238.	1.1	109
17	Comparative in Vitro Bioaccessibility of Carotenoids from Relevant Contributors to Carotenoid Intake. <i>Journal of Agricultural and Food Chemistry</i> , 2007, 55, 6387-6394.	2.4	99
18	Lutein ester in serum after lutein supplementation in human subjects. <i>British Journal of Nutrition</i> , 1998, 80, 445-449.	1.2	91

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19	High-Pressurized Orange Juice Consumption Affects Plasma Vitamin C, Antioxidative Status and Inflammatory Markers in Healthy Humans. <i>Journal of Nutrition</i> , 2003, 133, 2204-2209.	1.3	79
20	Mediterranean vegetable soup consumption increases plasma vitamin C and decreases F2-isoprostanes, prostaglandin E2 and monocyte chemotactic protein-1 in healthy humans. <i>Journal of Nutritional Biochemistry</i> , 2006, 17, 183-189.	1.9	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. <i>Journal of Agricultural and Food Chemistry</i> , 2018, 66, 5055-5107.	2.4	76
22	A Fast, Reliable and Low-cost Saponification Protocol for Analysis of Carotenoids in Vegetables. <i>Journal of Food Composition and Analysis</i> , 2001, 14, 479-489.	1.9	74
23	Simultaneous measurement of retinol, $\hat{\alpha}$ -tocopherol and six carotenoids in human plasma by using an isocratic reversed-phase HPLC method. <i>Journal of Chromatography B: Analytical Technologies in the Biomedical and Life Sciences</i> , 2008, 867, 226-232.	1.2	72
24	Effect of total replacement of pork backfat with walnut on the nutritional profile of frankfurters. <i>Meat Science</i> , 2007, 77, 173-181.	2.7	71
25	Consumption of High-Pressurized Vegetable Soup Increases Plasma Vitamin C and Decreases Oxidative Stress and Inflammatory Biomarkers in Healthy Humans. <i>Journal of Nutrition</i> , 2004, 134, 3021-3025.	1.3	70
26	Bioavailability of Carotenoids and Tocopherols from Broccoli: In Vivo and in Vitro Assessment. <i>Experimental Biology and Medicine</i> , 2006, 231, 1733-1738.	1.1	66
27	Design and development of meat-based functional foods with walnut: Technological, nutritional and health impact. <i>Food Chemistry</i> , 2010, 123, 959-967.	4.2	64
28	Nutritional profile of restructured beef steak with added walnuts. <i>Meat Science</i> , 2005, 70, 647-654.	2.7	63
29	Pulsed electric fieldsâ€œprocessed orange juice consumption increases plasma vitamin C and decreases F2-isoprostanes in healthy humans. <i>Journal of Nutritional Biochemistry</i> , 2004, 15, 601-607.	1.9	62
30	Effects of industrial canning on the proximate composition, bioactive compounds contents and nutritional profile of two Spanish common dry beans (<i>Phaseolus vulgaris</i> L.). <i>Food Chemistry</i> , 2015, 166, 68-75.	4.2	58
31	Bioaccessibility of provitamin A carotenoids from fruits: application of a standardised static in vitro digestion method. <i>Food and Function</i> , 2016, 7, 1354-1366.	2.1	53
32	Effect of pre-treatment on physicochemical and structural properties, and the bioaccessibility of $\hat{\beta}$ -carotene in sweet potato flour. <i>Food Chemistry</i> , 2016, 200, 199-205.	4.2	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. <i>Journal of Liquid Chromatography and Related Technologies</i> , 1990, 13, 1455-1483.	0.9	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. <i>Journal of the American College of Nutrition</i> , 2008, 27, 342-348.	1.1	45
35	Plasma status of retinol, $\hat{\alpha}$ - and $\hat{\beta}$ -tocopherols, and main carotenoids to first myocardial infarction: case control and follow-up study. <i>Nutrition</i> , 2002, 18, 26-31.	1.1	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. <i>Nutrition Journal</i> , 2014, 13, 52.	1.5	44

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37	Composition of two Spanish common dry beans (<i>Phaseolus vulgaris</i> , "Almonga"™ and "Curruquilla"™, and their postprandial effect in type 2 diabetics. <i>Journal of the Science of Food and Agriculture</i> , 2013, 93, 1076-1082.	1.7	42
38	Assessment of dietary vitamin A intake (retinol, β -carotene, γ -carotene, β -cryptoxanthin) and its sources in the National Survey of Dietary Intake in Spain (2009–2010). <i>International Journal of Food Sciences and Nutrition</i> , 2015, 66, 706-712.	1.3	42
39	Intake of Mediterranean vegetable soup treated by pulsed electric fields affects plasma vitamin C and antioxidant biomarkers in humans. <i>International Journal of Food Sciences and Nutrition</i> , 2005, 56, 115-124.	1.3	41
40	Determination of nine carotenoids, retinol, retinyl palmitate and α -tocopherol in control human serum using two internal standards. <i>Food Chemistry</i> , 1992, 45, 205-213.	4.2	40
41	Lutein bioavailability from lutein ester-fortified fermented milk: in vivo and in vitro study. <i>Journal of Nutritional Biochemistry</i> , 2010, 21, 133-139.	1.9	40
42	Carotenoids, Retinol and Tocopherols in Patients with Insulin-Dependent Diabetes Mellitus and Their Immediate Relatives. <i>Clinical Science</i> , 1998, 94, 189-195.	1.8	37
43	Nutritional Approach for Designing Meat-based Functional Food Products with Nuts. <i>Critical Reviews in Food Science and Nutrition</i> , 2006, 46, 537-542.	5.4	33
44	Fruits and vegetables in the Brazilian Household Budget Survey (2008–2009): carotenoid content and assessment of individual carotenoid intake. <i>Journal of Food Composition and Analysis</i> , 2016, 50, 88-96.	1.9	33
45	Bioavailability of carotenoids and α -tocopherol from fruit juices in the presence of absorption modifiers: in vitro and in vivo assessment. <i>British Journal of Nutrition</i> , 2009, 101, 576-582.	1.2	32
46	Variability in the intercomparison of food carotenoid content data: A user's point of view. <i>Critical Reviews in Food Science and Nutrition</i> , 1997, 37, 621-633.	5.4	31
47	Assessment of dietary lutein, zeaxanthin and lycopene intakes and sources in the Spanish survey of dietary intake (2009–2010). <i>International Journal of Food Sciences and Nutrition</i> , 2016, 67, 305-313.	1.3	31
48	Carotenoid content of wild edible young shoots traditionally consumed in Spain (<i>Asparagus</i>) <i>Tj ETQqO O O rgBT /Overlock 10 Tf 50 30</i>	1.7	30
49	European Database of Carotenoid Levels in Foods. Factors Affecting Carotenoid Content. <i>Foods</i> , 2021, 10, 912.	1.9	30
50	A European multicentre, placebo-controlled supplementation study with α -tocopherol, carotene-rich palm oil, lutein or lycopene: analysis of serum responses. <i>Clinical Science</i> , 2002, 102, 447.	1.8	28
51	Growth and micronutrient needs of adolescents. <i>European Journal of Clinical Nutrition</i> , 2000, 54, S11-S15.	1.3	27
52	Anthocyanin profile of red fruits and black carrot juices, purees and concentrates by HPLC-ESI/MS-QTOF. <i>International Journal of Food Science and Technology</i> , 2016, 51, 2290-2300.	1.3	24
53	Supplementation with lutein (4 months) and α -tocopherol (2 months), in separate or combined oral doses, in control men. <i>Cancer Letters</i> , 1997, 114, 179-181.	3.2	23
54	Simultaneous determination of vitamins A, E and 25-OH-vitamin D: Application in clinical assessments. <i>Clinical Biochemistry</i> , 2006, 39, 180-182.	0.8	23

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55	An engineered extraplastidial pathway for carotenoid biofortification of leaves. <i>Plant Biotechnology Journal</i> , 2021, 19, 1008-1021.	4.1	23
56	An improved HPLC Method for the Separation of Fourteen Carotenoids, Including 15-/13- and 9-CIS-Î²-Carotene Isomers, Phytoene and Phytofluene. <i>Journal of Liquid Chromatography and Related Technologies</i> , 1991, 14, 2457-2475.	0.9	22
57	Bioavailability of vitamins A and E from whole and vitamin-fortified milks in control subjects. <i>European Journal of Nutrition</i> , 2006, 45, 391-398.	1.8	22
58	Changes in carotenoid intake from fruit and vegetables in the Spanish population over the period 1964â€“2004. <i>Public Health Nutrition</i> , 2007, 10, 1018-1023.	1.1	22
59	Applicability of an in vitro model to assess the bioaccessibility of vitamins A and E from fortified commercial milk. <i>International Dairy Journal</i> , 2009, 19, 64-67.	1.5	22
60	Assessment of carotenoid concentrations in red peppers (<i>Capsicum annum</i>) under domestic refrigeration for three weeks as determined by HPLC-DAD. <i>Food Chemistry: X</i> , 2020, 6, 100092.	1.8	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. <i>British Journal of Nutrition</i> , 2002, 87, 21-29.	1.2	20
62	Assessment of carotenoid status and the relation to glycaemic control in type I diabetics: a follow-up study. <i>European Journal of Clinical Nutrition</i> , 2006, 60, 1000-1008.	1.3	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. <i>Journal of the American College of Nutrition</i> , 2012, 31, 194-205.	1.1	20
64	A Randomized Study of Nutritional Supplementation in Patients with Unilateral Wet Age-Related Macular Degeneration. <i>Nutrients</i> , 2021, 13, 1253.	1.7	20
65	Carotenoids, retinol and tocopherols in blood: Comparability between serum and plasma (Li-heparin) values. <i>Clinical Biochemistry</i> , 2005, 38, 444-449.	0.8	19
66	Serum depletion and bioavailability of lutein in Type I diabetic patients. <i>European Journal of Nutrition</i> , 2002, 41, 47-53.	1.8	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. <i>European Journal of Nutrition</i> , 2014, 53, 83-93.	1.8	15
68	In vitro and in vivo effects of lutein against cisplatin-induced ototoxicity. <i>Experimental and Toxicologic Pathology</i> , 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. <i>Nutrients</i> , 2020, 12, 2639.	1.7	15
70	Assessment of Food Sources and the Intake of the Colourless Carotenoids Phytoene and Phytofluene in Spain. <i>Nutrients</i> , 2021, 13, 4436.	1.7	15
71	Software application for the calculation of dietary intake of individual carotenoids and of its contribution to vitamin A intake. <i>Nutricion Hospitalaria</i> , 2013, 28, 823-9.	0.2	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. <i>European Journal of Nutrition</i> , 2019, 58, 1113-1124.	1.8	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. <i>Nutrition Research</i> , 2016, 36, 1210-1221.	1.3	13
74	Modified-atmosphere packaging (MAP) does not affect the bioavailability of tocopherols and carotenoids from broccoli in humans: A cross-over study. <i>Food Chemistry</i> , 2008, 106, 1070-1076.	4.2	12
75	Hypocarotenemia After Bariatric Surgery: A Preliminary Study. <i>Obesity Surgery</i> , 2009, 19, 879-882.	1.1	12
76	Effect of Long-Term Xanthophyll and Anthocyanin Supplementation on Lutein and Zeaxanthin Serum Concentrations and Macular Pigment Optical Density in Postmenopausal Women. <i>Nutrients</i> , 2018, 10, 959.	1.7	12
77	Lack of a Synergistic Effect on Cardiometabolic and Redox Markers in a Dietary Supplementation with Anthocyanins and Xanthophylls in Postmenopausal Women. <i>Nutrients</i> , 2019, 11, 1533.	1.7	12
78	Adrenoceptor involvement in catecholamine-induced hyperglycaemia in conscious fasted rabbits. <i>British Journal of Pharmacology</i> , 1986, 89, 55-66.	2.7	11
79	Evaluation of Retinol, Tocopherol, and Carotenoids in Serum of Men With Cancer of the Larynx Before and After Commercial Enteral Formula Feeding. <i>Journal of Parenteral and Enteral Nutrition</i> , 1996, 20, 145-149.	1.3	11
80	Dietary Antioxidant Intake and Risk of Type 2 Diabetes: Response to Montonen et al.. <i>Diabetes Care</i> , 2004, 27, 1845-1845.	4.3	11
81	Seasonal variation of serum α - and β -cryptoxanthin and 25-OH-vitamin D3 in women with osteoporosis. <i>Osteoporosis International</i> , 2008, 19, 717-720.	1.3	11
82	Assessment of individual carotenoid and vitamin A dietary intake in overweight and obese Dominican subjects. <i>Nutricion Hospitalaria</i> , 2017, 34, 407.	0.2	11
83	Retinol and α -tocopherol in serum of type 1 diabetic patients with intensive insulin therapy. <i>Nutrition</i> , 2003, 19, 128-132.	1.1	10
84	Carotenoid Depletion in Serum of Young Type-1 Diabetics Fed Low-Carotenoid Diets. <i>Annals of Nutrition and Metabolism</i> , 2004, 48, 251-258.	1.0	10
85	Antioxidant effect of α -tocopherol supplied by propofol preparations (Diprivan) during ischemia-reperfusion in experimental lung transplantation. <i>Transplant International</i> , 2004, 17, 71-77.	0.8	10
86	Greater bioavailability of xanthophylls compared to carotenes from orange juice (high-pressure) crossover study in healthy individuals. <i>Food Chemistry</i> , 2022, 371, 130821.	4.2	9
87	High Performance Liquid Chromatographic Systems to Separate and Quantify a Mixture of Nine Sugars and Four Polyols. <i>Journal of Liquid Chromatography and Related Technologies</i> , 1985, 8, 75-94.	0.9	8
88	Extraction and Analysis by HPLC-DAD of Carotenoids in Human Faeces from Spanish Adults. <i>Antioxidants</i> , 2020, 9, 484.	2.2	7
89	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. <i>Nutrients</i> , 2021, 13, 3614.	1.7	7
90	Improved Separation of Polyols and Carbohydrates by High Performance Liquid Chromatography. <i>Journal of Liquid Chromatography and Related Technologies</i> , 1982, 5, 1941-1946.	0.9	6

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91	QUANTITATION OF PROVITAMIN-A AND NON-PROVITAMIN-A CAROTENOIDS IN THE FRUITS MOST COMMONLY CONSUMED IN SPAIN. , 2005, , 141-145.		6
92	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.	1.3	6
93	Effect of ewe's (semi-skimmed and whole) and cow's milk yogurt consumption on the lipid profile of control subjects: a crossover study. Food and Nutrition Research, 2017, 61, 1391669.	1.2	6
94	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.	0.9	4
95	Evaluation of the potential of total proanthocyanidin content in feces as an intake biomarker. Food Research International, 2021, 145, 110390.	2.9	4
96	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.	0.2	4
97	Oxidative stress and antioxidant supplementation in type I diabetes. Diabetes Care, 1999, 22, 870-873.	4.3	3
98	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.	1.3	3
99	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.	1.7	3
100	FENS Program for Nutrition Education in Medical Schools. Annals of Nutrition and Metabolism, 1999, 43, 66-68.	1.0	2
101	Carotenoids and retinol-equivalents in food composition tables from European countries (EPIC) Tj ETQq1 1 0.784314 rgBT /Overlock 10	1.3	2
102	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.	1.1	2
103	Predictors of macular pigment and contrast threshold in Spanish healthy normolipemic subjects (45-65 years) with habitual food intake. PLoS ONE, 2021, 16, e0251324.	1.1	2
104	Suitability of 3-point versus 7-point postprandial retinyl palmitate AUC in human bioavailability studies. European Journal of Nutrition, 2008, 47, 55-58.	1.8	1
105	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.	0.1	1
106	Intervention Studies in Humans. Methods in Molecular Biology, 2020, 2083, 363-373.	0.4	1
107	Risk assessment of lutein and lycopene. Regulatory Toxicology and Pharmacology, 2007, 47, 327-328.	1.3	0
108	Omega-3 enriched frankfurters and p'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.	0.4	0

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109	Fruit and Vegetable Intake and the Macular Pigment Optical Density. , 2019, , 529-549.		0