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 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
2	Greater bioavailability of xanthophylls compared to carotenes from orange juice (high-pressure) Tj ETQq0 0 0 rgBT /Overlock 10 Tf 50 70 crossover study in healthy individuals. Food Chemistry, 2022, 371, 130821.	8.2	9
3	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
4	From carotenoid intake to carotenoid blood and tissue concentrations â€“ implications for dietary intake recommendations. Nutrition Reviews, 2021, 79, 544-573.	5.8	113
5	An engineered extraplastidial pathway for carotenoid biofortification of leaves. Plant Biotechnology Journal, 2021, 19, 1008-1021.	8.3	23
6	A Randomized Study of Nutritional Supplementation in Patients with Unilateral Wet Age-Related Macular Degeneration. Nutrients, 2021, 13, 1253.	4.1	20
7	European Database of Carotenoid Levels in Foods. Factors Affecting Carotenoid Content. Foods, 2021, 10, 912.	4.3	30
8	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
9	Evaluation of the potential of total proanthocyanidin content in feces as an intake biomarker. Food Research International, 2021, 145, 110390.	6.2	4
10	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
11	Assessment of Food Sources and the Intake of the Colourless Carotenoids Phytoene and Phytofluene in Spain. Nutrients, 2021, 13, 4436.	4.1	15
12	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
13	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
14	Extraction and Analysis by HPLC-DAD of Carotenoids in Human Faeces from Spanish Adults. Antioxidants, 2020, 9, 484.	5.1	7
15	Intervention Studies in Humans. Methods in Molecular Biology, 2020, 2083, 363-373.	0.9	1
16	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
17	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
18	Fruit and Vegetable Intake and the Macular Pigment Optical Density. , 2019, , 529-549.		0

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19	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
20	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
21	A global perspective on carotenoids: Metabolism, biotechnology, and benefits for nutrition and health. Progress in Lipid Research, 2018, 70, 62-93.	11.6	634
22	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
23	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
24	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
25	Assessment of individual carotenoid and vitamin A dietary intake in overweight and obese Dominican subjects. Nutricion Hospitalaria, 2017, 34, 407.	0.3	11
26	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
27	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
28	In vitro and in vivo effects of lutein against cisplatin-induced ototoxicity. Experimental and Toxicologic Pathology, 2016, 68, 197-204.	2.1	15
29	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
30	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
31	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
32	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
33	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
34	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
35	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
36	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

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37	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
38	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
39	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
40	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
41	Development and assessment of healthy properties of meat and meat products designed as functional foods. Meat Science, 2013, 95, 919-930.	5.5	179
42	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
43	Carotenoid content of wild edible young shoots traditionally consumed in Spain (Asparagus) Tj ETQq1 1 0.784314 rgBT /Overlock	3.5	30
44	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
45	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
46	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
47	Design and development of meat-based functional foods with walnut: Technological, nutritional and health impact. Food Chemistry, 2010, 123, 959-967.	8.2	64
48	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
49	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
50	Hypocarotenemia After Bariatric Surgery: A Preliminary Study. Obesity Surgery, 2009, 19, 879-882.	2.1	12
51	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
52	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
53	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
54	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

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55	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
56	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
57	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
58	Effect of total replacement of pork backfat with walnut on the nutritional profile of frankfurters. Meat Science, 2007, 77, 173-181.	5.5	71
59	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
60	In vitro bioaccessibility of carotenoids and tocopherols from fruits and vegetables. Food Chemistry, 2007, 102, 641-648.	8.2	124
61	Risk assessment of lutein and lycopene. Regulatory Toxicology and Pharmacology, 2007, 47, 327-328.	2.7	0
62	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
63	Bioavailability of Carotenoids and Tocopherols from Broccoli: In Vivo and in Vitro Assessment. Experimental Biology and Medicine, 2006, 231, 1733-1738.	2.4	66
64	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
65	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
66	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
67	Simultaneous determination of vitamins A, E and 25-OH-vitamin D: Application in clinical assessments. Clinical Biochemistry, 2006, 39, 180-182.	1.9	23
68	QUANTITATION OF PROVITAMIN-A AND NON-PROVITAMIN-A CAROTENOIDS IN THE FRUITS MOST COMMONLY CONSUMED IN SPAIN. , 2005, , 141-145.		6
69	Carotenoids, retinol and tocopherols in blood: Comparability between serum and plasma (Li-heparin) values. Clinical Biochemistry, 2005, 38, 444-449.	1.9	19
70	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
71	Nutritional profile of restructured beef steak with added walnuts. Meat Science, 2005, 70, 647-654.	5.5	63
72	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

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73	Dietary Antioxidant Intake and Risk of Type 2 Diabetes: Response to Montonen et al.. Diabetes Care, 2004, 27, 1845-1845.	8.6	11
74	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
75	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
76	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
77	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
78	Retinol and Î±-tocopherol in serum of type 1 diabetic patients with intensive insulin therapy. Nutrition, 2003, 19, 128-132.	2.4	10
79	Nutritional and clinical relevance of lutein in human health. British Journal of Nutrition, 2003, 90, 487-502.	2.3	292
80	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
81	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
82	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
83	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
84	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
85	Serum depletion and bioavailability of lutein in Type I diabetic patients. European Journal of Nutrition, 2002, 41, 47-53.	3.9	17
86	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
87	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
88	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
89	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
90	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

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91	Carotenoids and retinol-equivalents in food composition tables from European countries (EPIC) Tj ETQq1 1 0.784314 rgBT /Overlock	2.9	2
92	Growth and micronutrient needs of adolescents. European Journal of Clinical Nutrition, 2000, 54, S11-S15.	2.9	27
93	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
94	FENS Program for Nutrition Education in Medical Schools. Annals of Nutrition and Metabolism, 1999, 43, 66-68.	1.9	2
95	Oxidative stress and antioxidant supplementation in type I diabetes. Diabetes Care, 1999, 22, 870-873.	8.6	3
96	Serum carotenoids and oxidative DNA damage in human lymphocytes. Carcinogenesis, 1998, 19, 2159-2162.	2.8	137
97	Lutein ester in serum after lutein supplementation in human subjects. British Journal of Nutrition, 1998, 80, 445-449.	2.3	91
98	Carotenoids, Retinol and Tocopherols in Patients with Insulin-Dependent Diabetes Mellitus and Their Immediate Relatives. Clinical Science, 1998, 94, 189-195.	4.3	37
99	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
100	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
101	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
102	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
103	Carotenoid composition in raw and cooked Spanish vegetables. Journal of Agricultural and Food Chemistry, 1992, 40, 2135-2140.	5.2	203
104	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
105	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
106	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
107	Î±â€Adrenoceptor involvement in catecholamineâ€induced hyperglycaemia in conscious fasted rabbits. British Journal of Pharmacology, 1986, 89, 55-66.	5.4	11
108	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

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109	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
110	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