Matthew B Cooke

List of Publications by Year in descending order

42 papers	1,315 citations	393982 19 h-index	360668 35 g-index
43 all docs	43 docs citations	43 times ranked	2362 citing authors

#	Article	IF	Citations
1	Higher habitual dietary flavonoid intake associates with lower central blood pressure and arterial stiffness in healthy older adults. British Journal of Nutrition, 2022, 128, 279-289.	1.2	5
2	Intermittent fasting and continuous energy restriction result in similar changes in body composition and muscle strength when combined with a 12Âweek resistance training program. European Journal of Nutrition, 2022, 61, 2183-2199.	1.8	7
3	Dietary Assessment Tools and Metabolic Syndrome: Is It Time to Change the Focus?. Nutrients, 2022, 14, 1557.	1.7	5
4	Heat Acclimation with or without Normobaric Hypoxia Exposure Leads to Similar Improvements in Endurance Performance in the Heat. Sports, 2022, 10, 69.	0.7	2
5	Effects of Intermittent Energy Restriction Alone and in Combination with Sprint Interval Training on Body Composition and Cardiometabolic Biomarkers in Individuals with Overweight and Obesity. International Journal of Environmental Research and Public Health, 2022, 19, 7969.	1.2	5
6	The Effects of Intermittent Fasting Combined with Resistance Training on Lean Body Mass: A Systematic Review of Human Studies. Nutrients, 2020, 12, 2349.	1.7	21
7	High intensity exercise downregulates FTO mRNA expression during the early stages of recovery in young males and females. Nutrition and Metabolism, 2020, 17, 68.	1.3	6
8	Intermittent Fasting and High-Intensity Exercise Elicit Sexual-Dimorphic and Tissue-Specific Adaptations in Diet-Induced Obese Mice. Nutrients, 2020, 12, 1764.	1.7	9
9	Gut Microbiota Is Linked to Physical Health Improvements Resulting from Energy-Restricted Diet and Exercise: A Randomized Controlled Trial in Healthy Adults. , 2020, 61, .		1
10	Similarities in Metabolic Flexibility and Hunger Hormone Ghrelin Exist between FTO Gene Variants in Response to an Acute Dietary Challenge. Nutrients, 2019, 11, 2518.	1.7	7
11	CoQ10 and Cognition a Review and Study Protocol for a 90-Day Randomized Controlled Trial Investigating the Cognitive Effects of Ubiquinol in the Healthy Elderly. Frontiers in Aging Neuroscience, 2019, 11, 103.	1.7	14
12	No Differences Between Alter G-Trainer and Active and Passive Recovery Strategies on Isokinetic Strength, Systemic Oxidative Stress and Perceived Muscle Soreness After Exercise-Induced Muscle Damage. Journal of Strength and Conditioning Research, 2018, 32, 736-747.	1.0	7
13	Myoprotective Potential of Creatine Is Greater than Whey Protein after Chemically-Induced Damage in Rat Skeletal Muscle. Nutrients, 2018, 10, 553.	1.7	3
14	Intermittent Fasting with or without Exercise Prevents Weight Gain and Improves Lipids in Diet-Induced Obese Mice. Nutrients, 2018, 10, 346.	1.7	37
15	Effects of Adherence to a Higher Protein Diet on Weight Loss, Markers of Health, and Functional Capacity in Older Women Participating in a Resistance-Based Exercise Program. Nutrients, 2018, 10, 1070.	1.7	30
16	High fat diet and associated changes in the expression of microâ€RNA<scp>s</scp> in tissue: Lessons learned from animal studies. Molecular Nutrition and Food Research, 2017, 61, 1600943.	1.5	13
17	The use of metabolomics to monitor simultaneous changes in metabolic variables following supramaximal low volume high intensity exercise. Metabolomics, 2016, 12, 1.	1.4	19
18	Metabogenic and Nutriceutical Approaches to Address Energy Dysregulation and Skeletal Muscle Wasting in Duchenne Muscular Dystrophy. Nutrients, 2015, 7, 9734-9767.	1.7	20

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19	Co-ingestion of carbohydrate with branched-chain amino acids or l-leucine does not preferentially increase serum IGF-1 and expression of myogenic-related genes in response to a single bout of resistance exercise. Amino Acids, 2015, 47, 1203-1213.	1.2	7
20	Effective Nutritional Supplement Combinations. , 2015, , 187-222.		0
21	Creatine supplementation post-exercise does not enhance training-induced adaptations in middle to older aged males. European Journal of Applied Physiology, 2014, 114, 1321-1332.	1.2	27
22	Optimizing the Benefits of Exercise on Physical Function in Older Adults. PM and R, 2014, 6, 528-543.	0.9	39
23	Periexercise coingestion of branched-chain amino acids and carbohydrate in men does not preferentially augment resistance exerciseâ€“induced increases in phosphatidylinositol 3 kinase/protein kinase Bâ€“mammalian target of rapamycin pathway markers indicative of muscle protein synthesis. Nutrition Research, 2014, 34, 191-198.	1.3	10
24	Defects in Mitochondrial ATP Synthesis in Dystrophin-Deficient Mdx Skeletal Muscles May Be Caused by Complex I Insufficiency. PLoS ONE, 2014, 9, e115763.	1.1	103
25	The Effects of Fish Oil Supplementation on Markers of Inflammation in Chronic Kidney Disease Patients. , 2012, 22, 572-577.		12
26	Differential gene expression of FoxO1, ID1, and ID3 between young and older men and associations with muscle mass and function. Aging Clinical and Experimental Research, 2011, 23, 170-174.	1.4	9
27	Strength and Conditioning Considerations for Mixed Martial Arts. Strength and Conditioning Journal, 2011, 33, 56-67.	0.7	59
28	A Structured Diet and Exercise Program Promotes Favorable Changes in Weight Loss, Body Composition, and Weight Maintenance. Journal of the American Dietetic Association, 2011, 111, 828-843.	1.3	38
29	Ingestion of 10 grams of whey protein prior to a single bout of resistance exercise does not augment Akt/mTOR pathway signaling compared to carbohydrate. Journal of the International Society of Sports Nutrition, 2011, 8, 18.	1.7	8
30	Whey protein isolate attenuates strength decline after eccentrically-induced muscle damage in healthy individuals. Journal of the International Society of Sports Nutrition, 2010, 7, 30.	1.7	66
31	Effects of Beta-Alanine on Muscle Carnosine and Exercise Performance: A Review of the Current Literature. Nutrients, 2010, 2, 75-98.	1.7	96
32	Soy and the exercise-induced inflammatory response in postmenopausal women. Applied Physiology, Nutrition and Metabolism, 2010, 35, 261-269.	0.9	25
33	Effects of Age and Sedentary Lifestyle on Skeletal Muscle NF-ÂB Signaling in Men. Journals of Gerontology - Series A Biological Sciences and Medical Sciences, 2010, 65A, 532-537.	1.7	72
34	Effects of transâ€resveratrol supplementation on mRNA expression of metabolically relevant proteins in response to an oral glucose tolerance test in obese females. FASEB Journal, 2010, 24, lb375.	0.2	0
35	Resistance exercise-induced changes of inflammatory gene expression within human skeletal muscle. European Journal of Applied Physiology, 2009, 107, 463-471.	1.2	91
36	Creatine supplementation enhances muscle force recovery after eccentrically-induced muscle damage in healthy individuals. Journal of the International Society of Sports Nutrition, 2009, 6, 13.	1.7	78

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37	Soymilk supplementation does not alter plasma markers of inflammation and oxidative stress in postmenopausal women. Nutrition Research, 2009, 29, 616-622.	1.3	48
38	Effects of eccentric treadmill exercise on inflammatory gene expression in human skeletalÂmuscle. Applied Physiology, Nutrition and Metabolism, 2009, 34, 745-753.	0.9	70
39	Protease Supplementation Improves Muscle Function after Eccentric Exercise. Medicine and Science in Sports and Exercise, 2009, 41, 1908-1914.	0.2	35
40	Effects of acute and 14-day coenzyme Q10 supplementation on exercise performance in both trained and untrained individuals. Journal of the International Society of Sports Nutrition, 2008, 5, 8.	1.7	103
41	The Effect of Ephedra and Caffeine on Maximal Strength and Power in Resistance-Trained Athletes. Journal of Strength and Conditioning Research, 2008, 22, 464-470.	1.0	71
42	Effects of arachidonic acid supplementation on training adaptations in resistance-trained males. Journal of the International Society of Sports Nutrition, 2007, 4, 21.	1.7	37