Penny M Kris-Etherton

List of Publications by Citations

357 papers	36,302 citations	89 h-index	185 g-index
373 ext. papers	41,206 ext. citations	6 avg, IF	7.2 L-index

#	Paper	IF	Citations
357	Fish consumption, fish oil, omega-3 fatty acids, and cardiovascular disease. *Circulation*, **2002**, 106, 2747-57	16.7	2629
356	Diet and lifestyle recommendations revision 2006: a scientific statement from the American Heart Association Nutrition Committee. *Circulation*, **2006**, 114, 82-96	16.7	2018
355	Bioactive compounds in foods: their role in the prevention of cardiovascular disease and cancer. *American Journal of Medicine*, **2002**, 113 Suppl 9B, 71S-88S	2.4	1565
354	Triglycerides and cardiovascular disease: a scientific statement from the American Heart Association. *Circulation*, **2011**, 123, 2292-333	16.7	1222
353	AHA Dietary Guidelines: revision 2000: A statement for healthcare professionals from the Nutrition Committee of the American Heart Association. *Circulation*, **2000**, 102, 2284-99	16.7	1204
352	Effectiveness-based guidelines for the prevention of cardiovascular disease in women--2011 update: a guideline from the american heart association. *Circulation*, **2011**, 123, 1243-62	16.7	1065
351	Polyunsaturated fatty acids in the food chain in the United States. *American Journal of Clinical Nutrition*, **2000**, 71, 179S-88S	7	708
350	n-3 fatty acid dietary recommendations and food sources to achieve essentiality and cardiovascular benefits. *American Journal of Clinical Nutrition*, **2006**, 83, 1526S-1535S	7	642
349	Interventions to promote physical activity and dietary lifestyle changes for cardiovascular risk factor reduction in adults: a scientific statement from the American Heart Association. *Circulation*, **2010**, 122, 406-41	16.7	598
348	Dietary Fats and Cardiovascular Disease: A Presidential Advisory From the American Heart Association. *Circulation*, **2017**, 136, e1-e23	16.7	587
347	Effectiveness-based guidelines for the prevention of cardiovascular disease in women--2011 update: a guideline from the American Heart Association. *Journal of the American College of Cardiology*, **2011**, 57, 1404-23	15.1	552
346	Omega-6 fatty acids and risk for cardiovascular disease: a science advisory from the American Heart Association Nutrition Subcommittee of the Council on Nutrition, Physical Activity, and Metabolism; Council on Cardiovascular Nursing; and Council on Epidemiology and Prevention. *Circulation*, **2009**, 119, 902-7	16.7	540
345	Soy protein, isoflavones, and cardiovascular health: an American Heart Association Science Advisory for professionals from the Nutrition Committee. *Circulation*, **2006**, 113, 1034-44	16.7	500
344	Effects of the National Cholesterol Education Program's Step I and Step II dietary intervention programs on cardiovascular disease risk factors: a meta-analysis. *American Journal of Clinical Nutrition*, **1999**, 69, 632-46	7	453
343	Omega-3 fatty acids and cardiovascular disease: new recommendations from the American Heart Association. *Arteriosclerosis, Thrombosis, and Vascular Biology*, **2003**, 23, 151-2	9.4	447
342	High-monounsaturated fatty acid diets lower both plasma cholesterol and triacylglycerol concentrations. *American Journal of Clinical Nutrition*, **1999**, 70, 1009-15	7	434
341	Primary prevention of coronary heart disease: guidance from Framingham: a statement for healthcare professionals from the AHA Task Force on Risk Reduction. American Heart Association. *Circulation*, **1998**, 97, 1876-87	16.7	432

340	Population approaches to improve diet, physical activity, and smoking habits: a scientific statement from the American Heart Association. *Circulation*, **2012**, 126, 1514-63	16.7	395
339	Omega-3 Polyunsaturated Fatty Acid (Fish Oil) Supplementation and the Prevention of Clinical Cardiovascular Disease: A Science Advisory From the American Heart Association. *Circulation*, **2017**, 135, e867-e884	16.7	371
338	Dietary alpha-linolenic acid reduces inflammatory and lipid cardiovascular risk factors in hypercholesterolemic men and women. *Journal of Nutrition*, **2004**, 134, 2991-7	4.1	371
337	Fish consumption, fish oil, omega-3 fatty acids, and cardiovascular disease. *Arteriosclerosis, Thrombosis, and Vascular Biology*, **2003**, 23, e20-30	9.4	333
336	Cardiovascular disease risk of dietary stearic acid compared with trans, other saturated, and unsaturated fatty acids: a systematic review. *American Journal of Clinical Nutrition*, **2010**, 91, 46-63	7	320
335	Antioxidant vitamin supplements and cardiovascular disease. *Circulation*, **2004**, 110, 637-41	16.7	308
334	AHA Science Advisory: Lyon Diet Heart Study. Benefits of a Mediterranean-style, National Cholesterol Education Program/American Heart Association Step I Dietary Pattern on Cardiovascular Disease. *Circulation*, **2001**, 103, 1823-5	16.7	299
333	National Lipid Association Recommendations for Patient-Centered Management of Dyslipidemia: Part 2. *Journal of Clinical Lipidology*, **2015**, 9, S1-122.e1	4.9	293
332	Meal Timing and Frequency: Implications for Cardiovascular Disease Prevention: A Scientific Statement From the American Heart Association. *Circulation*, **2017**, 135, e96-e121	16.7	290
331	The role of tree nuts and peanuts in the prevention of coronary heart disease: multiple potential mechanisms. *Journal of Nutrition*, **2008**, 138, 1746S-1751S	4.1	270
330	Effects of cocoa powder and dark chocolate on LDL oxidative susceptibility and prostaglandin concentrations in humans. *American Journal of Clinical Nutrition*, **2001**, 74, 596-602	7	263
329	Evidence that the antioxidant flavonoids in tea and cocoa are beneficial for cardiovascular health. *Current Opinion in Lipidology*, **2002**, 13, 41-9	4.4	262
328	AHA Science Advisory. Monounsaturated fatty acids and risk of cardiovascular disease. American Heart Association. Nutrition Committee. *Circulation*, **1999**, 100, 1253-8	16.7	254
327	Dietary reference intakes for DHA and EPA. *Prostaglandins Leukotrienes and Essential Fatty Acids*, **2009**, 81, 99-104	2.8	253
326	Obesity, adiposity, and dyslipidemia: a consensus statement from the National Lipid Association. *Journal of Clinical Lipidology*, **2013**, 7, 304-83	4.9	241
325	Dietary alpha-linolenic acid inhibits proinflammatory cytokine production by peripheral blood mononuclear cells in hypercholesterolemic subjects. *American Journal of Clinical Nutrition*, **2007**, 85, 385-91	7	233
324	Anti-inflammatory effects of polyunsaturated fatty acids in THP-1 cells. *Biochemical and Biophysical Research Communications*, **2005**, 336, 909-17	3.4	233
323	The evidence for dietary prevention and treatment of cardiovascular disease. *Journal of the American Dietetic Association*, **2008**, 108, 287-331		230

322	Recommended Dietary Pattern to Achieve Adherence to the American Heart Association/American College of Cardiology (AHA/ACC) Guidelines: A Scientific Statement From the American Heart Association. *Circulation*, **2016**, 134, e505-e529	16.7	227
321	Nuts and their bioactive constituents: effects on serum lipids and other factors that affect disease risk. *American Journal of Clinical Nutrition*, **1999**, 70, 504S-511S	7	221
320	Seafood Long-Chain n-3 Polyunsaturated Fatty Acids and Cardiovascular Disease: A Science Advisory From the American Heart Association. *Circulation*, **2018**, 138, e35-e47	16.7	217
319	The effects of a whole grain-enriched hypocaloric diet on cardiovascular disease risk factors in men and women with metabolic syndrome. *American Journal of Clinical Nutrition*, **2008**, 87, 79-90	7	216
318	Dose-response effects of omega-3 fatty acids on triglycerides, inflammation, and endothelial function in healthy persons with moderate hypertriglyceridemia. *American Journal of Clinical Nutrition*, **2011**, 93, 243-52	7	215
317	The effects of nuts on coronary heart disease risk. *Nutrition Reviews*, **2001**, 59, 103-11	6.4	212
316	Effects of reducing dietary saturated fatty acids on plasma lipids and lipoproteins in healthy subjects: the DELTA Study, protocol 1. *Arteriosclerosis, Thrombosis, and Vascular Biology*, **1998**, 18, 441-9	9.4	212
315	Bioactive compounds in nutrition and health-research methodologies for establishing biological function: the antioxidant and anti-inflammatory effects of flavonoids on atherosclerosis. *Annual Review of Nutrition*, **2004**, 24, 511-38	9.9	195
314	Achieving optimal essential fatty acid status in vegetarians: current knowledge and practical implications. *American Journal of Clinical Nutrition*, **2003**, 78, 640S-646S	7	192
313	AHA Dietary Guidelines: revision 2000: A statement for healthcare professionals from the Nutrition Committee of the American Heart Association. *Stroke*, **2000**, 31, 2751-66	6.7	189
312	Accuracy of energy intake data estimated by a multiple-pass, 24-hour dietary recall technique. *Journal of the American Dietetic Association*, **2000**, 100, 303-8; quiz 309-11		189
311	Cranberries and their bioactive constituents in human health. *Advances in Nutrition*, **2013**, 4, 618-32	10	187
310	Worksite wellness programs for cardiovascular disease prevention: a policy statement from the American Heart Association. *Circulation*, **2009**, 120, 1725-41	16.7	179
309	Dietary omega-3 fatty acid intake and cardiovascular risk. *American Journal of Cardiology*, **2006**, 98, 3i-18i	3	176
308	A quantitative risk-benefit analysis of changes in population fish consumption. *American Journal of Preventive Medicine*, **2005**, 29, 325-34	6.1	172
307	Omega-3 Fatty Acids for the Management of Hypertriglyceridemia: A Science Advisory From the American Heart Association. *Circulation*, **2019**, 140, e673-e691	16.7	169
306	Fatty acids in cardiovascular health and disease: a comprehensive update. *Journal of Clinical Lipidology*, **2012**, 6, 216-34	4.9	164
305	Managing abnormal blood lipids: a collaborative approach. *Circulation*, **2005**, 112, 3184-209	16.7	164

304	American Heart Association Guide for Improving Cardiovascular Health at the Community Level, 2013 update: a scientific statement for public health practitioners, healthcare providers, and health policy makers. *Circulation*, **2013**, 127, 1730-53	16.7	163
303	Intakes of long-chain omega-3 fatty acid associated with reduced risk for death from coronary heart disease in healthy adults. *Current Atherosclerosis Reports*, **2008**, 10, 503-9	6	148
302	Position of the American Dietetic Association and Dietitians of Canada: dietary fatty acids. *Journal of the American Dietetic Association*, **2007**, 107, 1599-611		145
301	Determinants of erythrocyte omega-3 fatty acid content in response to fish oil supplementation: a dose-response randomized controlled trial. *Journal of the American Heart Association*, **2013**, 2, e000513	6	144
300	A randomized trial of improved weight loss with a prepared meal plan in overweight and obese patients: impact on cardiovascular risk reduction. *Archives of Internal Medicine*, **2000**, 160, 2150-8		143
299	A moderate-protein diet produces sustained weight loss and long-term changes in body composition and blood lipids in obese adults. *Journal of Nutrition*, **2009**, 139, 514-21	4.1	142
298	A quantitative analysis of fish consumption and coronary heart disease mortality. *American Journal of Preventive Medicine*, **2005**, 29, 335-46	6.1	140
297	Tree nuts and the lipid profile: a review of clinical studies. *British Journal of Nutrition*, **2006**, 96 Suppl 2, S68-78	3.6	137
296	Increasing referral and participation rates to outpatient cardiac rehabilitation: the valuable role of healthcare professionals in the inpatient and home health settings: a science advisory from the American Heart Association. *Circulation*, **2012**, 125, 1321-9	16.7	130
295	Plant protein and animal proteins: do they differentially affect cardiovascular disease risk?. *Advances in Nutrition*, **2015**, 6, 712-28	10	127
294	The need to advance nutrition education in the training of health care professionals and recommended research to evaluate implementation and effectiveness. *American Journal of Clinical Nutrition*, **2014**, 99, 1153S-66S	7	127
293	Design criteria for studies examining individual fatty acid effects on cardiovascular disease risk factors: human and animal studies. *American Journal of Clinical Nutrition*, **1997**, 65, 1590S-1596S	7	126
292	Randomized Controlled Trial of Preconception Interventions in Infertile Women With Polycystic Ovary Syndrome. *Journal of Clinical Endocrinology and Metabolism*, **2015**, 100, 4048-58	5.6	125
291	Saturated Fatty Acids and Cardiovascular Disease: Replacements for Saturated Fat to Reduce Cardiovascular Risk. *Healthcare (Switzerland)*, **2017**, 5,	3.4	124
290	Provision of foods differing in energy density affects long-term weight loss. *Obesity*, **2005**, 13, 1052-60		117
289	Soy protein reduces serum cholesterol by both intrinsic and food displacement mechanisms. *Journal of Nutrition*, **2010**, 140, 2302S-2311S	4.1	116
288	Guide to primary prevention of cardiovascular diseases. A statement for healthcare professionals from the Task Force on Risk Reduction. American Heart Association Science Advisory and Coordinating Committee. *Circulation*, **1997**, 95, 2329-31	16.7	116
287	Total fat intake modifies plasma fatty acid composition in humans. *Journal of Nutrition*, **2001**, 131, 231-4	4.1	112

286	Effect of dietary pulse intake on established therapeutic lipid targets for cardiovascular risk reduction: a systematic review and meta-analysis of randomized controlled trials. *Cmaj*, **2014**, 186, E252-62	3.5	111
285	Polyunsaturated fatty acids and cardiovascular health. *Nutrition Reviews*, **2004**, 62, 414-26	6.4	111
284	Impact of peanuts and tree nuts on body weight and healthy weight loss in adults. *Journal of Nutrition*, **2008**, 138, 1741S-1745S	4.1	110
283	Effects of moderate-fat (from monounsaturated fat) and low-fat weight-loss diets on the serum lipid profile in overweight and obese men and women. *American Journal of Clinical Nutrition*, **2004**, 79, 204-12	7	108
282	Omega-3 Fatty Acids and Cardiovascular Disease: Are There Benefits?. *Current Treatment Options in Cardiovascular Medicine*, **2016**, 18, 69	2.1	107
281	Comparison of monounsaturated fat with carbohydrates as a replacement for saturated fat in subjects with a high metabolic risk profile: studies in the fasting and postprandial states. *American Journal of Clinical Nutrition*, **2007**, 86, 1611-20	7	106
280	Effects of dietary pulse consumption on body weight: a systematic review and meta-analysis of randomized controlled trials. *American Journal of Clinical Nutrition*, **2016**, 103, 1213-23	7	106
279	Effect of dietary pulses on blood pressure: a systematic review and meta-analysis of controlled feeding trials. *American Journal of Hypertension*, **2014**, 27, 56-64	2.3	105
278	Review of current evidence and clinical recommendations on the effects of low-carbohydrate and very-low-carbohydrate (including ketogenic) diets for the management of body weight and other cardiometabolic risk factors: A scientific statement from the National Lipid Association Nutrition and Lifestyle Task Force. *Journal of Clinical Lipidology*, **2019**, 13, 689-711.e1	4.9	104
277	Effects of whole grains on coronary heart disease risk. *Current Atherosclerosis Reports*, **2010**, 12, 368-76	6	104
276	Dietary cis and trans monounsaturated and saturated FA and plasma lipids and lipoproteins in men. *Lipids*, **2002**, 37, 123-31	1.6	100
275	The diversity of health effects of individual trans fatty acid isomers. *Lipids*, **2007**, 42, 787-99	1.6	98
274	A healthy approach to dietary fats: understanding the science and taking action to reduce consumer confusion. *Nutrition Journal*, **2017**, 16, 53	4.3	97
273	A macadamia nut-rich diet reduces total and LDL-cholesterol in mildly hypercholesterolemic men and women. *Journal of Nutrition*, **2008**, 138, 761-7	4.1	94
272	Effects of pistachios on cardiovascular disease risk factors and potential mechanisms of action: a dose-response study. *American Journal of Clinical Nutrition*, **2008**, 88, 651-9	7	93
271	Beef in an Optimal Lean Diet study: effects on lipids, lipoproteins, and apolipoproteins. *American Journal of Clinical Nutrition*, **2012**, 95, 9-16	7	91
270	Long-chain omega-3 fatty acids: time to establish a dietary reference intake. *Nutrition Reviews*, **2013**, 71, 692-707	6.4	87
269	Revision 2000: a statement for healthcare professionals from the Nutrition Committee of the American Heart Association. *Journal of Nutrition*, **2001**, 131, 132-46	4.1	87

268	Milk products, dietary patterns and blood pressure management. *Journal of the American College of Nutrition*, **2009**, 28 Suppl 1, 103S-19S	3.5	86
267	Examining breast cancer growth and lifestyle risk factors: early life, childhood, and adolescence. *Clinical Breast Cancer*, **2008**, 8, 334-42	3	86
266	Acute consumption of walnuts and walnut components differentially affect postprandial lipemia, endothelial function, oxidative stress, and cholesterol efflux in humans with mild hypercholesterolemia. *Journal of Nutrition*, **2013**, 143, 788-94	4.1	85
265	Dietary stearic acid and risk of cardiovascular disease: intake, sources, digestion, and absorption. *Lipids*, **2005**, 40, 1193-200	1.6	85
264	Effects of sugar-sweetened and sugar-free cocoa on endothelial function in overweight adults. *International Journal of Cardiology*, **2011**, 149, 83-8	3.2	84
263	Limitations of observational evidence: implications for evidence-based dietary recommendations. *Advances in Nutrition*, **2014**, 5, 7-15	10	83
262	A quantitative analysis of fish consumption and stroke risk. *American Journal of Preventive Medicine*, **2005**, 29, 347-52	6.1	83
261	Low fat and high monounsaturated fat diets decrease human low density lipoprotein oxidative susceptibility in vitro. *Journal of Nutrition*, **2001**, 131, 1758-63	4.1	80
260	When to start cholesterol-lowering therapy in patients with coronary heart disease. A statement for healthcare professionals from the American Heart Association Task Force on Risk Reduction. *Circulation*, **1997**, 95, 1683-5	16.7	79
259	Benefit of Delayed Fertility Therapy With Preconception Weight Loss Over Immediate Therapy in Obese Women With PCOS. *Journal of Clinical Endocrinology and Metabolism*, **2016**, 101, 2658-66	5.6	77
258	Effects of diets high in walnuts and flax oil on hemodynamic responses to stress and vascular endothelial function. *Journal of the American College of Nutrition*, **2010**, 29, 595-603	3.5	74
257	Improved diet quality with peanut consumption. *Journal of the American College of Nutrition*, **2004**, 23, 660-8	3.5	74
256	Longitudinal Change in Fasting Blood Glucose and Myocardial Infarction Risk in a Population Without Diabetes. *Diabetes Care*, **2017**, 40, 1565-1572	14.6	73
255	Trending Cardiovascular Nutrition Controversies. *Journal of the American College of Cardiology*, **2017**, 69, 1172-1187	15.1	72
254	A diet high in protein, dairy, and calcium attenuates bone loss over twelve months of weight loss and maintenance relative to a conventional high-carbohydrate diet in adults. *Journal of Nutrition*, **2008**, 138, 1096-100	4.1	72
253	Weight Loss and Lowering Androgens Predict Improvements in Health-Related Quality of Life in Women With PCOS. *Journal of Clinical Endocrinology and Metabolism*, **2016**, 101, 2966-74	5.6	71
252	Pistachios increase serum antioxidants and lower serum oxidized-LDL in hypercholesterolemic adults. *Journal of Nutrition*, **2010**, 140, 1093-8	4.1	70
251	The evidence for α-linolenic acid and cardiovascular disease benefits: Comparisons with eicosapentaenoic acid and docosahexaenoic acid. *Advances in Nutrition*, **2014**, 5, 863S-76S	10	69

250	Recent discoveries in inclusive food-based approaches and dietary patterns for reduction in risk for cardiovascular disease. *Current Opinion in Lipidology*, **2002**, 13, 397-407	4.4	69
249	A Clinician Guide for Trending Cardiovascular Nutrition Controversies: Part II. *Journal of the American College of Cardiology*, **2018**, 72, 553-568	15.1	68
248	Effects of almond consumption on the reduction of LDL-cholesterol: a discussion of potential mechanisms and future research directions. *Nutrition Reviews*, **2011**, 69, 171-85	6.4	68
247	Comparison of monounsaturated fat with carbohydrates as a replacement for saturated fat in subjects with a high metabolic risk profile: studies in the fasting and postprandial states. *American Journal of Clinical Nutrition*, **2007**, 86, 1611-1620	7	68
246	Low-Calorie Sweetened Beverages and Cardiometabolic Health: A Science Advisory From the American Heart Association. *Circulation*, **2018**, 138, e126-e140	16.7	67
245	DHA-enriched high-oleic acid canola oil improves lipid profile and lowers predicted cardiovascular disease risk in the canola oil multicenter randomized controlled trial. *American Journal of Clinical Nutrition*, **2014**, 100, 88-97	7	67
244	Clinical practice guidelines for healthy eating for the prevention and treatment of metabolic and endocrine diseases in adults: cosponsored by the American Association of Clinical Endocrinologists/the American College of Endocrinology and the Obesity Society. *Endocrine Practice*, **2013**, 19 Suppl 3, 1-82	3.2	67
243	Dietary fatty acids, hemostasis, and cardiovascular disease risk. *Journal of the American Dietetic Association*, **2004**, 104, 410-9; quiz 492		67
242	Dietary Cholesterol and Cardiovascular Risk: A Science Advisory From the American Heart Association. *Circulation*, **2020**, 141, e39-e53	16.7	67
241	Effects of daily almond consumption on cardiometabolic risk and abdominal adiposity in healthy adults with elevated LDL-cholesterol: a randomized controlled trial. *Journal of the American Heart Association*, **2015**, 4, e000993	6	66
240	The bioavailability of ergothioneine from mushrooms (Agaricus bisporus) and the acute effects on antioxidant capacity and biomarkers of inflammation. *Preventive Medicine*, **2012**, 54 Suppl, S75-8	4.3	66
239	Nutrigenomics, the Microbiome, and Gene-Environment Interactions: New Directions in Cardiovascular Disease Research, Prevention, and Treatment: A Scientific Statement From the American Heart Association. *Circulation: Cardiovascular Genetics*, **2016**, 9, 291-313		66
238	Consumption of a legume-enriched, low-glycemic index diet is associated with biomarkers of insulin resistance and inflammation among men at risk for colorectal cancer. *Journal of Nutrition*, **2010**, 140, 60-7	4.1	65
237	Independent associations of serum concentrations of 25-hydroxyvitamin D and parathyroid hormone with blood pressure among US adults. *Journal of Hypertension*, **2010**, 28, 1821-8	1.9	64
236	Dietary Guidelines for Americans 2010: implications for cardiovascular disease. *Current Atherosclerosis Reports*, **2011**, 13, 499-507	6	63
235	Omega-3 fatty acid concentrates in the treatment of moderate hypertriglyceridemia. *Expert Opinion on Pharmacotherapy*, **2008**, 9, 1237-48	4	63
234	Oats and CVD risk markers: a systematic literature review. *British Journal of Nutrition*, **2014**, 112 Suppl 2, S19-30	3.6	62
233	Oleic acid-derived oleoylethanolamide: A nutritional science perspective. *Progress in Lipid Research*, **2017**, 67, 1-15	14.3	61

232	Dietary Intakes of EPA and DHA Omega-3 Fatty Acids among US Childbearing-Age and Pregnant Women: An Analysis of NHANES 2001-2014. *Nutrients*, **2018**, 10,	6.7	61
231	Effect of a moderate fat diet with and without avocados on lipoprotein particle number, size and subclasses in overweight and obese adults: a randomized, controlled trial. *Journal of the American Heart Association*, **2015**, 4, e001355	6	61
230	Effects of whole and refined grains in a weight-loss diet on markers of metabolic syndrome in individuals with increased waist circumference: a randomized controlled-feeding trial. *American Journal of Clinical Nutrition*, **2014**, 100, 577-86	7	60
229	Trans fatty acid intakes and food sources in the U.S. population: NHANES 1999-2002. *Lipids*, **2012**, 47, 931-40	1.6	60
228	Survey of retail milk composition as affected by label claims regarding farm-management practices. *Journal of the American Dietetic Association*, **2008**, 108, 1198-203		58
227	Effects of pistachios on the lipid/lipoprotein profile, glycemic control, inflammation, and endothelial function in type 2 diabetes: A randomized trial. *Metabolism: Clinical and Experimental*, **2015**, 64, 1521-9	12.7	57
226	The effect of walnut intake on factors related to prostate and vascular health in older men. *Nutrition Journal*, **2008**, 7, 13	4.3	57
225	Validation for MEDFICTS, a dietary assessment instrument for evaluating adherence to total and saturated fat recommendations of the National Cholesterol Education Program Step 1 and Step 2 diets. *Journal of the American Dietetic Association*, **2001**, 101, 81-6		57
224	Medical Training to Achieve Competency in Lifestyle Counseling: An Essential Foundation for Prevention and Treatment of Cardiovascular Diseases and Other Chronic Medical Conditions: A Scientific Statement From the American Heart Association. *Circulation*, **2016**, 134, e308-e327	16.7	57
223	Medical Nutrition Education, Training, and Competencies to Advance Guideline-Based Diet Counseling by Physicians: A Science Advisory From the American Heart Association. *Circulation*, **2018**, 137, e821-e841	16.7	56
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221	Balance of unsaturated fatty acids is important to a cholesterol-lowering diet: comparison of mid-oleic sunflower oil and olive oil on cardiovascular disease risk factors. *Journal of the American Dietetic Association*, **2005**, 105, 1080-6		56
220	Walnuts decrease risk of cardiovascular disease: a summary of efficacy and biologic mechanisms. *Journal of Nutrition*, **2014**, 144, 547S-554S	4.1	55
219	AHA science advisory: monounsaturated fatty acids and risk of cardiovascular disease. *Journal of Nutrition*, **1999**, 129, 2280-4	4.1	55
218	Nutrition and Cardiovascular Disease-an Update. *Current Atherosclerosis Reports*, **2018**, 20, 8	6	54
217	Nutrition competencies in health professionalsQeducation and training: a new paradigm. *Advances in Nutrition*, **2015**, 6, 83-7	10	53
216	Association of Trajectory of Cardiovascular Health Score and Incident Cardiovascular Disease. *JAMA Network Open*, **2019**, 2, e194758	10.4	52
215	Effects of canola and high-oleic-acid canola oils on abdominal fat mass in individuals with central obesity. *Obesity*, **2016**, 24, 2261-2268	8	51

214	A high legume low glycemic index diet improves serum lipid profiles in men. *Lipids*, **2010**, 45, 765-75	1.6	51
213	Impact of functional foods on prevention of cardiovascular disease and diabetes. *Current Cardiology Reports*, **2015**, 17, 39	4.2	50
212	High-soluble-fiber foods in conjunction with a telephone-based, personalized behavior change support service result in favorable changes in lipids and lifestyles after 7 weeks. *Journal of the American Dietetic Association*, **2002**, 102, 503-10		50
211	A Deficiency of Nutrition Education and Practice in Cardiology. *American Journal of Medicine*, **2017**, 130, 1298-1305	2.4	48
210	Emerging nutrition science on fatty acids and cardiovascular disease: nutritionistsQperspectives. *Advances in Nutrition*, **2015**, 6, 326S-37S	10	48
209	Effects of adiposity on plasma lipid response to reductions in dietary saturated fatty acids and cholesterol. *Advances in Nutrition*, **2011**, 2, 261-74	10	48
208	Exploring the factors that affect blood cholesterol and heart disease risk: is dietary cholesterol as bad for you as history leads us to believe?. *Advances in Nutrition*, **2012**, 3, 711-7	10	48
207	2021 Dietary Guidance to Improve Cardiovascular Health: A Scientific Statement From the American Heart Association. *Circulation*, **2021**, 144, e472-e487	16.7	47
206	Relationships between seafood consumption during pregnancy and childhood and neurocognitive development: Two systematic reviews. *Prostaglandins Leukotrienes and Essential Fatty Acids*, **2019**, 151, 14-36	2.8	44
205	Type and amount of dietary protein in the treatment of metabolic syndrome: a randomized controlled trial. *American Journal of Clinical Nutrition*, **2015**, 102, 757-70	7	43
204	Birth weight and risk factors for cardiovascular disease and type 2 diabetes in US children and adolescents: 10 year results from NHANES. *Maternal and Child Health Journal*, **2014**, 18, 1423-32	2.4	43
203	Lipid response to a low-fat diet with or without soy is modified by C-reactive protein status in moderately hypercholesterolemic adults. *Journal of Nutrition*, **2005**, 135, 1075-9	4.1	43
202	Predicting the effects of supplemental EPA and DHA on the omega-3 index. *American Journal of Clinical Nutrition*, **2019**, 110, 1034-1040	7	42
201	Postprandial effect of n-3 polyunsaturated fatty acids on apolipoprotein B-containing lipoproteins and vascular reactivity in type 2 diabetes. *American Journal of Clinical Nutrition*, **2007**, 85, 369-76	7	42
200	Identification of specialized pro-resolving mediator clusters from healthy adults after intravenous low-dose endotoxin and omega-3 supplementation: a methodological validation. *Scientific Reports*, **2018**, 8, 18050	4.9	42
199	Oats and bowel disease: a systematic literature review. *British Journal of Nutrition*, **2014**, 112 Suppl 2, S31-43	3.6	41
198	Diverse physiological effects of long-chain saturated fatty acids: implications for cardiovascular disease. *Current Opinion in Clinical Nutrition and Metabolic Care*, **2013**, 16, 133-40	3.8	41
197	Omega-3 Fatty Acid Intake by Age, Gender, and Pregnancy Status in the United States: National Health and Nutrition Examination Survey 2003?2014. *Nutrients*, **2019**, 11,	6.7	40

196	Effects of supplemental long-chain omega-3 fatty acids and erythrocyte membrane fatty acid content on circulating inflammatory markers in a randomized controlled trial of healthy adults. *Prostaglandins Leukotrienes and Essential Fatty Acids*, **2014**, 91, 161-8	2.8	39
195	N-3 fatty acids: food or supplements?. *Journal of the American Dietetic Association*, **2008**, 108, 1125-30		39
194	Effects of antioxidant-rich foods on vascular reactivity: review of the clinical evidence. *Current Atherosclerosis Reports*, **2006**, 8, 510-22	6	39
193	Effects of including soy protein in a blood cholesterol-lowering diet on markers of cardiac risk in men and in postmenopausal women with and without hormone replacement therapy. *Journal of Womens Health*, **2005**, 14, 253-62	3	39
192	Stearic acid absorption and its metabolizable energy value are minimally lower than those of other fatty acids in healthy men fed mixed diets. *Journal of Nutrition*, **2003**, 133, 4129-34	4.1	39
191	High-oleic canola oil consumption enriches LDL particle cholesteryl oleate content and reduces LDL proteoglycan binding in humans. *Atherosclerosis*, **2015**, 238, 231-8	3.1	38
190	Diets containing pistachios reduce systolic blood pressure and peripheral vascular responses to stress in adults with dyslipidemia. *Hypertension*, **2012**, 60, 58-63	8.5	38
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