

Santiago Navas-Carretero

List of Publications by Year
in descending order

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Version: 2024-02-01

117
papers

3,797
citations

136950
32
h-index

155660
55
g-index

127
all docs

127
docs citations

127
times ranked

5831
citing authors

#	ARTICLE	IF	CITATIONS
1	Role of omega-3 fatty acids in obesity, metabolic syndrome, and cardiovascular diseases: a review of the evidence. <i>Journal of Physiology and Biochemistry</i> , 2013, 69, 633-651.	3.0	322
2	Effect of personalized nutrition on health-related behaviour change: evidence from the Food4me European randomized controlled trial. <i>International Journal of Epidemiology</i> , 2017, 46, dyw186.	1.9	219
3	Design and baseline characteristics of the Food4Me study: a web-based randomised controlled trial of personalised nutrition in seven European countries. <i>Genes and Nutrition</i> , 2015, 10, 450.	2.5	134
4	Men and women respond differently to rapid weight loss: Metabolic outcomes of a multi-centre intervention study after a low-energy diet in 2500 overweight, individuals with pre-diabetes (PREVIEW). <i>Diabetes, Obesity and Metabolism</i> , 2018, 20, 2840-2851.	4.4	120
5	Longitudinal variation of circulating irisin after an energy restriction-induced weight loss and following weight regain in obese men and women. <i>American Journal of Human Biology</i> , 2014, 26, 198-207.	1.6	117
6	Contribution of macronutrients to obesity: implications for precision nutrition. <i>Nature Reviews Endocrinology</i> , 2020, 16, 305-320.	9.6	113
7	A Randomized, Double-blind, Placebo-Controlled Study of Gelesis100: A Novel Nonsystemic Oral Hydrogel for Weight Loss. <i>Obesity</i> , 2019, 27, 205-216.	3.0	102
8	Proposed guidelines to evaluate scientific validity and evidence for genotype-based dietary advice. <i>Genes and Nutrition</i> , 2017, 12, 35.	2.5	95
9	Effects of α -lipoic acid and eicosapentaenoic acid in overweight and obese women during weight loss. <i>Obesity</i> , 2015, 23, 313-321.	3.0	91
10	An update on the role of omega-3 fatty acids on inflammatory and degenerative diseases. <i>Journal of Physiology and Biochemistry</i> , 2015, 71, 341-349.	3.0	90
11	DNA methylation map in circulating leukocytes mirrors subcutaneous adipose tissue methylation pattern: a genome-wide analysis from non-obese and obese patients. <i>Scientific Reports</i> , 2017, 7, 41903.	3.3	88
12	Effect of an Internet-based, personalized nutrition randomized trial on dietary changes associated with the Mediterranean diet: the Food4Me Study. <i>American Journal of Clinical Nutrition</i> , 2016, 104, 288-297.	4.7	77
13	PREVIEW: Prevention of Diabetes through Lifestyle Intervention and Population Studies in Europe and around the World. Design, Methods, and Baseline Participant Description of an Adult Cohort Enrolled into a Three-Year Randomised Clinical Trial. <i>Nutrients</i> , 2017, 9, 632.	4.1	72
14	Personalized weight loss strategies—the role of macronutrient distribution. <i>Nature Reviews Endocrinology</i> , 2014, 10, 749-760.	9.6	69
15	A new dietary strategy for long-term treatment of the metabolic syndrome is compared with the American Heart Association (AHA) guidelines: the METabolic Syndrome REDuction in NAVarra (RESMENA) project. <i>British Journal of Nutrition</i> , 2014, 111, 643-652.	2.3	65
16	Association between Diet-Quality Scores, Adiposity, Total Cholesterol and Markers of Nutritional Status in European Adults: Findings from the Food4Me Study. <i>Nutrients</i> , 2018, 10, 49.	4.1	61
17	Short-term role of the dietary total antioxidant capacity in two hypocaloric regimes on obese with metabolic syndrome symptoms: the RESMENA randomized controlled trial. <i>Nutrition and Metabolism</i> , 2013, 10, 22.	3.0	60
18	The protein type within a hypocaloric diet affects obesity-related inflammation: The RESMENA project. <i>Nutrition</i> , 2014, 30, 424-429.	2.4	59

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19	The <sc>PREVIEW</sc> intervention study: Results from a 3-year randomized 2 x 2 factorial multinational trial investigating the role of protein, glycaemic index and physical activity for prevention of type 2 diabetes. Diabetes, Obesity and Metabolism, 2021, 23, 324-337.	4.4	58
20	Oxidised LDL levels decreases after the consumption of ready-to-eat meals supplemented with cocoa extract within a hypocaloric diet. Nutrition, Metabolism and Cardiovascular Diseases, 2014, 24, 416-422.	2.6	57
21	Factors influencing European consumer uptake of personalised nutrition. Results of a qualitative analysis. Appetite, 2013, 66, 67-74.	3.7	55
22	Can genetic-based advice help you lose weight? Findings from the Food4Me European randomized controlled trial. American Journal of Clinical Nutrition, 2017, 105, 1204-1213.	4.7	50
23	Physical activity attenuates the effect of the <sc>FTO</sc> genotype on obesity traits in European adults: The <sc>Food4Me</sc> study. Obesity, 2016, 24, 962-969.	3.0	47
24	A regular lycopene enriched tomato sauce consumption influences antioxidant status of healthy young-subjects: A crossover study. Journal of Functional Foods, 2013, 5, 28-35.	3.4	46
25	An oily fish diet increases insulin sensitivity compared to a red meat diet in young iron-deficient women. British Journal of Nutrition, 2009, 102, 546.	2.3	45
26	Reduction in cardiovascular risk by sodium-bicarbonated mineral water in moderately hypercholesterolemic young adults. Journal of Nutritional Biochemistry, 2010, 21, 948-953.	4.2	44
27	How reliable is internet-based self-reported identity, socio-demographic and obesity measures in European adults?. Genes and Nutrition, 2015, 10, 28.	2.5	42
28	Application of dried blood spots to determine vitamin D status in a large nutritional study with unsupervised sampling: the Food4Me project. British Journal of Nutrition, 2016, 115, 202-211.	2.3	42
29	Oily Fish Increases Iron Bioavailability of a Phytate Rich Meal in Young Iron Deficient Women. Journal of the American College of Nutrition, 2008, 27, 96-101.	1.8	41
30	The effect of the apolipoprotein E genotype on response to personalized dietary advice intervention: findings from the Food4Me randomized controlled trial. American Journal of Clinical Nutrition, 2016, 104, 827-836.	4.7	41
31	Research into food portion size: methodological aspects and applications. Food and Function, 2018, 9, 715-739.	4.6	38
32	A Dietary Feedback System for the Delivery of Consistent Personalized Dietary Advice in the Web-Based Multicenter Food4Me Study. Journal of Medical Internet Research, 2016, 18, e150.	4.3	37
33	Iron absorption from meat pate fortified with ferric pyrophosphate in iron-deficient women. Nutrition, 2009, 25, 20-24.	2.4	34
34	Profile of European adults interested in internet-based personalised nutrition: the Food4Me study. European Journal of Nutrition, 2016, 55, 759-769.	3.9	34
35	Effects of a Web-Based Personalized Intervention on Physical Activity in European Adults: A Randomized Controlled Trial. Journal of Medical Internet Research, 2015, 17, e231.	4.3	34
36	Iron status biomarkers in iron deficient women consuming oily fish versus red meat diet. Journal of Physiology and Biochemistry, 2009, 65, 165-174.	3.0	30

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37	A decline in inflammation is associated with less depressive symptoms after a dietary intervention in metabolic syndrome patients: a longitudinal study. <i>Nutrition Journal</i> , 2014, 13, 36.	3.4	30
38	Associations of vitamin D status with dietary intakes and physical activity levels among adults from seven European countries: the Food4Me study. <i>European Journal of Nutrition</i> , 2018, 57, 1357-1368.	3.9	29
39	Dopamine gene methylation patterns are associated with obesity markers and carbohydrate intake. <i>Brain and Behavior</i> , 2018, 8, e01017.	2.2	29
40	Metabotyping for the development of tailored dietary advice solutions in a European population: the Food4Me study. <i>British Journal of Nutrition</i> , 2017, 118, 561-569.	2.3	28
41	Nutrigenetics and Nutrigenomics of Caloric Restriction. <i>Progress in Molecular Biology and Translational Science</i> , 2012, 108, 323-346.	1.7	27
42	Exploring the association of dairy product intake with the fatty acids C15:0 and C17:0 measured from dried blood spots in a multipopulation cohort: Findings from the Food4Me study. <i>Molecular Nutrition and Food Research</i> , 2016, 60, 834-845.	3.3	27
43	Personalised nutrition advice reduces intake of discretionary foods and beverages: findings from the Food4Me randomised controlled trial. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2021, 18, 70.	4.6	27
44	Frequent Consumption of Selenium-Enriched Chicken Meat by Adults Causes Weight Loss and Maintains Their Antioxidant Status. <i>Biological Trace Element Research</i> , 2011, 143, 8-19.	3.5	26
45	Mediterranean Diet Adherence and Genetic Background Roles within a Web-Based Nutritional Intervention: The Food4Me Study. <i>Nutrients</i> , 2017, 9, 1107.	4.1	25
46	DNA methylation patterns at sweet taste transducing genes are associated with BMI and carbohydrate intake in an adult population. <i>Appetite</i> , 2018, 120, 230-239.	3.7	25
47	Changes in Physical Activity Following a Genetic-Based Internet-Delivered Personalized Intervention: Randomized Controlled Trial (Food4Me). <i>Journal of Medical Internet Research</i> , 2016, 18, e30.	4.3	25
48	Reproducibility of the Online Food4Me Food-Frequency Questionnaire for Estimating Dietary Intakes across Europe. <i>Journal of Nutrition</i> , 2016, 146, 1068-1075.	2.9	24
49	A <i>Fraxinus excelsior</i> L. seeds/fruits extract benefits glucose homeostasis and adiposity related markers in elderly overweight/obese subjects: A longitudinal, randomized, crossover, double-blind, placebo-controlled nutritional intervention study. <i>Phytotherapy Research</i> , 2014, 21, 1162-1169.	5.3	23
50	Compositional analysis of the associations between 24-h movement behaviours and cardio-metabolic risk factors in overweight and obese adults with pre-diabetes from the PREVIEW study: cross-sectional baseline analysis. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2020, 17, 29.	4.6	23
51	The G277S transferrin mutation does not affect iron absorption in iron deficient women. <i>European Journal of Nutrition</i> , 2007, 46, 57-60.	3.9	22
52	Fat mass- and obesity-associated genotype, dietary intakes and anthropometric measures in European adults: the Food4Me study. <i>British Journal of Nutrition</i> , 2016, 115, 440-448.	2.3	22
53	Nutri-Metabolomics: Subtle Serum Metabolic Differences in Healthy Subjects by NMR-Based Metabolomics after a Short-Term Nutritional Intervention with Two Tomato Sauces. <i>OMICS A Journal of Integrative Biology</i> , 2013, 17, 611-618.	2.0	21
54	Analysis of Dietary Pattern Impact on Weight Status for Personalised Nutrition through On-Line Advice: The Food4Me Spanish Cohort. <i>Nutrients</i> , 2015, 7, 9523-9537.	4.1	21

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55	Increases in plasma 25(OH)D levels are related to improvements in body composition and blood pressure in middle-aged subjects after a weight loss intervention: Longitudinal study. <i>Clinical Nutrition</i> , 2015, 34, 1010-1017.	5.0	21
56	A rational review on the effects of sweeteners and sweetness enhancers on appetite, food reward and metabolic/adiposity outcomes in adults. <i>Food and Function</i> , 2021, 12, 442-465.	4.6	21
57	Correlates of overall and central obesity in adults from seven European countries: findings from the Food4Me Study. <i>European Journal of Clinical Nutrition</i> , 2018, 72, 207-219.	2.9	20
58	Objectively Measured Physical Activity in European Adults: Cross-Sectional Findings from the Food4Me Study. <i>PLoS ONE</i> , 2016, 11, e0150902.	2.5	19
59	A Comparative Study of Iron Bioavailability from Cocoa Supplemented with Ferric Pyrophosphate or Ferrous Fumarate in Rats. <i>Annals of Nutrition and Metabolism</i> , 2007, 51, 204-207.	1.9	18
60	Frequent Nutritional Feedback, Personalized Advice, and Behavioral Changes: Findings from the European Food4Me Internet-Based RCT. <i>American Journal of Preventive Medicine</i> , 2019, 57, 209-219.	3.0	18
61	Higher Protein Intake Is Not Associated with Decreased Kidney Function in Pre-Diabetic Older Adults Following a One-Year Intervention—A Preview Sub-Study. <i>Nutrients</i> , 2018, 10, 54.	4.1	17
62	Impact of Portion Control Tools on Portion Size Awareness, Choice and Intake: Systematic Review and Meta-Analysis. <i>Nutrients</i> , 2021, 13, 1978.	4.1	17
63	Sodium-bicarbonated mineral water decreases aldosterone levels without affecting urinary excretion of bone minerals. <i>International Journal of Food Sciences and Nutrition</i> , 2008, 59, 347-355.	2.8	16
64	PREVIEW study—influence of a behavior modification intervention (PREMIT) in over 2300 people with pre-diabetes: intention, self-efficacy and outcome expectancies during the early phase of a lifestyle intervention. <i>Psychology Research and Behavior Management</i> , 2018, Volume 11, 383-394.	2.8	16
65	Dose-Dependent Associations of Dietary Glycemic Index, Glycemic Load, and Fiber With 3-Year Weight Loss Maintenance and Glycemic Status in a High-Risk Population: A Secondary Analysis of the Diabetes Prevention Study PREVIEW. <i>Diabetes Care</i> , 2021, 44, 1672-1681.	8.6	16
66	Effectiveness of Nutritional Strategies on Improving the Quality of Diet of Children from 6 to 12 Years Old: A Systematic Review. <i>Nutrients</i> , 2022, 14, 372.	4.1	16
67	Fecal microbiota relationships with childhood obesity: A scoping comprehensive review. <i>Obesity Reviews</i> , 2022, 23, e13394.	6.5	16
68	Changes in Anxiety and Depression Traits Induced by Energy Restriction: Predictive Value of the Baseline Status. <i>Nutrients</i> , 2019, 11, 1206.	4.1	15
69	Phenotypic factors influencing the variation in response of circulating cholesterol level to personalised dietary advice in the Food4Me study. <i>British Journal of Nutrition</i> , 2016, 116, 2011-2019.	2.3	14
70	Characteristics of participants who benefit most from personalised nutrition: findings from the pan-European Food4Me randomised controlled trial. <i>British Journal of Nutrition</i> , 2020, 123, 1396-1405.	2.3	14
71	Gene methylation parallelisms between peripheral blood cells and oral mucosa samples in relation to overweight. <i>Journal of Physiology and Biochemistry</i> , 2016, 73, 465-474.	3.0	13
72	Within-person reproducibility and sensitivity to dietary change of C15:0 and C17:0 levels in dried blood spots: Data from the European Food4Me Study. <i>Molecular Nutrition and Food Research</i> , 2017, 61, 1700142.	3.3	13

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73	Current nutritional status assessment tools for metabolic care and clinical nutrition. Current Opinion in Clinical Nutrition and Metabolic Care, 2019, 22, 323-328.	2.5	13
74	The hypertriglyceridemic-waist phenotype as a valuable and integrative mirror of metabolic syndrome traits. Scientific Reports, 2021, 11, 21859.	3.3	13
75	Iron Bioavailability from Pate Enriched with Encapsulated Ferric Pyrophosphate or Ferrous Gluconate in Rats. Food Science and Technology International, 2007, 13, 159-163.	2.2	12
76	Chronologically scheduled snacking with high-protein products within the habitual diet in type-2 diabetes patients leads to a fat mass loss: a longitudinal study. Nutrition Journal, 2011, 10, 74.	3.4	12
77	Different postprandial acute response in healthy subjects to three strawberry jams varying in carbohydrate and antioxidant content: a randomized, crossover trial. European Journal of Nutrition, 2014, 53, 201-210.	3.9	12
78	The impact of MTHFR 677C>T risk knowledge on changes in folate intake: findings from the Food4Me study. Genes and Nutrition, 2016, 11, 25.	2.5	12
79	Capturing health and eating status through a nutritional perception screening questionnaire (NPSQ9) in a randomised internet-based personalised nutrition intervention: the Food4Me study. International Journal of Behavioral Nutrition and Physical Activity, 2017, 14, 168.	4.6	12
80	Age- and sex-specific effects of a long-term lifestyle intervention on body weight and cardiometabolic health markers in adults with prediabetes: results from the diabetes prevention study PREVIEW. Diabetologia, 2022, 65, 1262-1277.	6.3	12
81	Influencia multisensorial sobre la conducta alimentaria: ingesta hedónica. Endocrinología, Diabetes Y Nutrición, 2018, 65, 114-125.	0.3	11
82	Multisensory influence on eating behavior: Hedonic consumption. Endocrinología Y Diabetes Y Nutrición (English Ed), 2018, 65, 114-125.	0.2	11
83	Higher vegetable protein consumption, assessed by an isoenergetic macronutrient exchange model, is associated with a lower presence of overweight and obesity in the web-based Food4me European study. International Journal of Food Sciences and Nutrition, 2019, 70, 240-253.	2.8	11
84	Diet quality index as a predictor of treatment efficacy in overweight and obese adolescents: The EVASYON study. Clinical Nutrition, 2019, 38, 782-790.	5.0	11
85	Baseline characteristics of the Food4Me Proof of Principle Study: a web-based randomised controlled trial of personalised nutrition in seven European countries. Proceedings of the Nutrition Society, 2015, 74, .	1.0	10
86	Clustering of adherence to personalised dietary recommendations and changes in healthy eating index within the Food4Me study. Public Health Nutrition, 2016, 19, 3296-3305.	2.2	10
87	Effect of a high protein/low glycaemic index diet on insulin resistance in adolescents with overweight/obesity: A PREVIEW randomized clinical trial. Pediatric Obesity, 2021, 16, e12702.	2.8	10
88	Association of Psychobehavioral Variables With HOMA-IR and BMI Differs for Men and Women With Prediabetes in the PREVIEW Lifestyle Intervention. Diabetes Care, 2021, 44, 1491-1498.	8.6	10
89	Definition of nutritionally qualitative categorizing (proto)nutritypes and a pilot quantitative nutrimeter for mirroring nutritional well-being based on a quality of life health related questionnaire. Nutricion Hospitalaria, 2019, 36, 862-874.	0.3	10
90	Predicting fatty acid profiles in blood based on food intake and the FADS1 rs174546 SNP. Molecular Nutrition and Food Research, 2015, 59, 2565-2573.	3.3	9

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91	Weekday sunlight exposure, but not vitamin D intake, influences the association between vitamin D receptor genotype and circulating concentration 25-hydroxyvitamin D in a pan-European population: the Food4Me study. <i>Molecular Nutrition and Food Research</i> , 2017, 61, 1600476.	3.3	9
92	The Impact of Gender and Protein Intake on the Success of Weight Maintenance and Associated Cardiovascular Risk Benefits, Independent of the Mode of Food Provision: The DiOGenes Randomized Trial. <i>Journal of the American College of Nutrition</i> , 2016, 35, 20-30.	1.8	8
93	Characteristics of European adults who dropped out from the Food4Me Internet-based personalised nutrition intervention. <i>Public Health Nutrition</i> , 2017, 20, 53-63.	2.2	8
94	Associations of changes in reported and estimated protein and energy intake with changes in insulin resistance, glycated hemoglobin, and BMI during the PREVIEW lifestyle intervention study. <i>American Journal of Clinical Nutrition</i> , 2021, 114, 1847-1858.	4.7	8
95	Cause-effect relationships in nutritional intervention studies for health claims substantiation: guidance for trial design. <i>International Journal of Food Sciences and Nutrition</i> , 2015, 66, S53-S61.	2.8	7
96	Benefits on body fat composition of isocalorically controlled diets including functionally optimized meat products: Role of alpha-linolenic acid. <i>Journal of Functional Foods</i> , 2015, 12, 319-331.	3.4	6
97	Both macronutrient food composition and fasting insulin resistance affect postprandial glycemic responses in senior subjects. <i>Food and Function</i> , 2021, 12, 6540-6548.	4.6	5
98	Animal-based food choice and associations with long-term weight maintenance and metabolic health after a large and rapid weight loss: The PREVIEW study. <i>Clinical Nutrition</i> , 2022, 41, 817-828.	5.0	5
99	Does the Effect of a 3-Year Lifestyle Intervention on Body Weight and Cardiometabolic Health Differ by Prediabetes Metabolic Phenotype? A Post Hoc Analysis of the PREVIEW Study. <i>Diabetes Care</i> , 2022, 45, 2698-2708.	8.6	5
100	Hepcidin, transferrin (exon 7), and hemochromatosis genotyping suggests that haplotype block analysis is the best strategy for predicting iron deficiency phenotype in women. <i>Nutrition Research</i> , 2007, 27, 672-678.	2.9	4
101	Anemia ferropénica: estrategias dietéticas para su prevención. <i>Actividad Dietética</i> , 2010, 14, 67-71.	0.1	4
102	PREVIEW (Prevention of Diabetes Through Lifestyle Intervention and Population Studies in Europe and) Tj ETQq0 0 0 rgBT /Overlock 10 Diabetes, Obesity and Metabolism, 2018, 20, 1096-1101.	4.4	4
103	A High-Protein, Low Glycemic Index Diet Suppresses Hunger but Not Weight Regain After Weight Loss: Results From a Large, 3-Years Randomized Trial (PREVIEW). <i>Frontiers in Nutrition</i> , 2021, 8, 685648.	3.7	4
104	Personalized Nutrition Advice Reduces Intake of Discretionary Foods and Beverages: Findings From the Food4Me Randomized Controlled Trial. <i>Current Developments in Nutrition</i> , 2021, 5, 152.	0.3	4
105	Associations of quantity and quality of carbohydrate sources with subjective appetite sensations during 3-year weight-loss maintenance: results from the PREVIEW intervention study. <i>Clinical Nutrition</i> , 2021, 41, 219-230.	5.0	4
106	Interactions of Carbohydrate Intake and Physical Activity with Regulatory Genes Affecting Glycaemia: A Food4Me Study Analysis. <i>Lifestyle Genomics</i> , 2021, 14, 63-72.	1.7	2
107	Appraisal of Triglyceride-Related Markers as Early Predictors of Metabolic Outcomes in the PREVIEW Lifestyle Intervention: A Controlled Post-hoc Trial. <i>Frontiers in Nutrition</i> , 2021, 8, 733697.	3.7	2
108	A regular curd consumption improves gastrointestinal status assessed by a randomized controlled nutritional intervention. <i>International Journal of Food Sciences and Nutrition</i> , 2013, 64, 674-681.	2.8	1

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109	Precision Nutrition Interventions Based on Personalized Genetic Advice. , 2020, , 499-508.		1
110	Genetic Regulation of Energy Homeostasis. , 2020, , 175-180.		1
111	The PREVIEW Study. European Journal of Health Psychology, 2019, 26, 10-20.	0.6	1
112	Front cover: Exploring the association of dairy product intake with the fatty acids C15:0 and C17:0 measured from dried blood spots in a multipopulation cohort: Findings from the Food4Me study. Molecular Nutrition and Food Research, 2016, 60, NA-NA.	3.3	0
113	Self-reported perception of healthy eating behaviour through on-line tool is associated with healthy weight status and food intake. Proceedings of the Nutrition Society, 2017, 76, .	1.0	0
114	Goal achievement and adaptive goal adjustment in a behavioral intervention for participants with prediabetes. Journal of Health Psychology, 2020, 26, 135910532092515.	2.3	0
115	SAT-LB023 Elevated Fasting Plasma Glucose Predicts Higher Odds For Becoming A Super-responder With Gelesis100 In The GLOW Pivotal Weight-loss Study. Journal of the Endocrine Society, 2019, 3, .	0.2	0
116	MON-112 Gelesis100 Reduces Insulin Resistance in Patients Who Are Overweight or Have Obesity with High Insulin Resistance: Results of the GLOW Study. Journal of the Endocrine Society, 2019, 3, .	0.2	0
117	Prediction of clinically significant weight loss with Gelesis100 in the GLOW study as early as 8 weeks post-treatment. Endocrine Abstracts, 0, , .	0.0	0