Alexandra Johnstone

List of Publications by Year
in descending order

107	9,653	87723 38	37111 96
papers	citations	h-index	g-index

111	111	111	12413
all docs	docs citations	times ranked	citing authors

#	Article	IF	Citations
1	Dominant and diet-responsive groups of bacteria within the human colonic microbiota. ISME Journal, 2011, 5, 220-230.	4.4	1,352
2	Human colonic microbiota associated with diet, obesity and weight loss. International Journal of Obesity, 2008, 32, 1720-1724.	1.6	1,024
3	Reduced Dietary Intake of Carbohydrates by Obese Subjects Results in Decreased Concentrations of Butyrate and Butyrate-Producing Bacteria in Feces. Applied and Environmental Microbiology, 2007, 73, 1073-1078.	1.4	795
4	High-protein, reduced-carbohydrate weight-loss diets promote metabolite profiles likely to be detrimental to colonic health. American Journal of Clinical Nutrition, 2011, 93, 1062-1072.	2.2	589
5	The use of visual analogue scales to assess motivation to eat in human subjects: a review of their reliability and validity with an evaluation of new hand-held computerized systems for temporal tracking of appetite ratings. British Journal of Nutrition, 2000, 84, 405-415.	1.2	510
6	Impact of diet and individual variation on intestinal microbiota composition and fermentation products in obese men. ISME Journal, 2014, 8, 2218-2230.	4.4	489
7	Factors influencing variation in basal metabolic rate include fat-free mass, fat mass, age, and circulating thyroxine but not sex, circulating leptin, or triiodothyronine. American Journal of Clinical Nutrition, 2005, 82, 941-948.	2.2	384
8	Sustainable diets for the future: can we contribute to reducing greenhouse gas emissions by eating a healthy diet?. American Journal of Clinical Nutrition, 2012, 96, 632-639.	2.2	359
9	Effects of a high-protein ketogenic diet on hunger, appetite, and weight loss in obese men feeding ad libitum. American Journal of Clinical Nutrition, 2008, 87, 44-55.	2.2	349
10	Polymorphisms of the FTO Gene Are Associated With Variation in Energy Intake, but not Energy Expenditure. Obesity, 2008, 16, 1961-1965.	1.5	281
11	Protein for Life: Review of Optimal Protein Intake, Sustainable Dietary Sources and the Effect on Appetite in Ageing Adults. Nutrients, 2018, 10, 360.	1.7	192
12	Gut Microbiota Signatures Predict Host and Microbiota Responses to Dietary Interventions in Obese Individuals. PLoS ONE, 2014, 9, e90702.	1.1	163
13	The effect of graded levels of exercise on energy intake and balance in free-living women. International Journal of Obesity, 2002, 26, 866-869.	1.6	141
14	The effect of graded levels of exercise on energy intake and balance in free-living men, consuming their normal diet. European Journal of Clinical Nutrition, 2002, 56, 129-140.	1.3	135
15	The effect of covertly manipulating the energy density of mixed diets on ad libitum food intake in â€˜pseudo free-livingâ€™ humans. International Journal of Obesity, 1998, 22, 980-987.	1.6	131
16	A decrease in physical activity affects appetite, energy, and nutrient balance in lean men feeding ad libitum. American Journal of Clinical Nutrition, 2004, 79, 62-69.	2.2	130
17	Breakfasts high in protein, fat or carbohydrate: effect on within-day appetite and energy balance. European Journal of Clinical Nutrition, 1996, 50, 409-17.	1.3	129
18	Rate and extent of compensatory changes in energy intake and expenditure in response to altered exercise and diet composition in humans. American Journal of Physiology - Regulatory Integrative and Comparative Physiology, 2004, 286, R350-R358.	0.9	128

#	Article	IF	Citations
19	The effect of an incremental increase in exercise on appetite, eating behaviour and energy balance in lean men and women feedingad libitum. British Journal of Nutrition, 2008, 100, 1109-1115.	1.2	128
20	Fasting for weight loss: an effective strategy or latest dieting trend?. International Journal of Obesity, 2015, 39, 727-733.	1.6	113
21	Phylogenetic distribution of genes encoding Î²â€glucuronidase activity in human colonic bacteria and the impact of diet on faecal glycosidase activities. Environmental Microbiology, 2012, 14, 1876-1887.	1.8	97
22	Food additives: Assessing the impact of exposure to permitted emulsifiers on bowel and metabolic health â€“ introducing the FADiets study. Nutrition Bulletin, 2019, 44, 329-349.	0.8	80
23	Appetite control and biomarkers of satiety with vegetarian (soy) and meat-based high-protein diets for weight loss in obese men: a randomized crossover trial. American Journal of Clinical Nutrition, 2014, 100, 548-558.	2.2	76
24	Covert manipulation of energy density of high carbohydrate diets in â€˜pseudo free-livingâ€™ humans. International Journal of Obesity, 1998, 22, 885-892.	1.6	73
25	Measuring the difference between actual and reported food intakes in the context of energy balance under laboratory conditions. British Journal of Nutrition, 2014, 111, 2032-2043.	1.2	72
26	Effect of overfeeding macronutrients on day-to-day food intake in man. European Journal of Clinical Nutrition, 1996, 50, 418-30.	1.3	72
27	Dietary Macronutrient Content Alters Cortisol Metabolism Independently of Body Weight Changes in Obese Men. Journal of Clinical Endocrinology and Metabolism, 2007, 92, 4480-4484.	1.8	71
28	Influence of short-term dietary weight loss on cortisol secretion and metabolism in obese men. European Journal of Endocrinology, 2004, 150, 185-194.	1.9	70
29	Effect of altering the variety of sensorially distinct foods, of the same macronutrient content, on food intake and body weight in men. European Journal of Clinical Nutrition, 2001, 55, 19-28.	1.3	69
30	Platelet-derived microparticle count and surface molecule expression differ between subjects with and without type 2 diabetes, independently of obesity status. Journal of Thrombosis and Thrombolysis, 2014, 37, 455-463.	1.0	63
31	Methodological issues relating to the measurement of food, energy and nutrient intake in human laboratory-based studies. Proceedings of the Nutrition Society, 1998, 57, 357-372.	0.4	61
32	The Big Breakfast Study: Chronoâ€nutrition influence on energy expenditure and bodyweight. Nutrition Bulletin, 2018, 43, 174-183.	0.8	61
33	Plasma concentrations of alpha-MSH, AgRP and leptin in lean and obese men and their relationship to differing states of energy balance perturbation. Clinical Endocrinology, 2004, 61, 31-39.	1.2	60
34	Additional anthropometric measures may improve the predictability of basal metabolic rate in adult subjects. European Journal of Clinical Nutrition, 2006, 60, 1437-1444.	1.3	56
35	Altering the temporal distribution of energy intake with isoenergetically dense foods given as snacks does not affect total daily energy intake in normal-weight men. British Journal of Nutrition, 2000, 83, 7-14.	1.2	52
36	Fasting ? the ultimate diet?. Obesity Reviews, 2007, 8, 211-222.	3.1	52

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37	Safety and efficacy of high-protein diets for weight loss. Proceedings of the Nutrition Society, 2012, 71, 339-349.	0.4	45
38	The public health rationale for promoting plant protein as an important part of a sustainable and healthy diet. Nutrition Bulletin, 2020, 45, 281-293.	0.8	43
39	Use of the cellular model of body composition to describe changes in body water compartments after total fasting, very low calorie diet and low calorie diet in obese men. International Journal of Obesity, 2010, 34, 908-918.	1.6	40
40	Effects of a high-protein, low-carbohydrate v. high-protein, moderate-carbohydrate weight-loss diet on antioxidant status, endothelial markers and plasma indices of the cardiometabolic profile. British Journal of Nutrition, 2011, 106, 282-291.	1.2	39
41	Effect of an acute fast on energy compensation and feeding behaviour in lean men and women. International Journal of Obesity, 2002, 26, 1623-1628.	1.6	38
42	A randomized crossover study to assess the effect of an oatâ€rich diet on glycaemic control, plasma lipids and postprandial glycaemia, inflammation and oxidative stress in Type 2 diabetes. Diabetic Medicine, 2013, 30, 1314-1323.	1.2	37
43	Impact of Short Term Consumption of Diets High in Either Non-Starch Polysaccharides or Resistant Starch in Comparison with Moderate Weight Loss on Indices of Insulin Sensitivity in Subjects with Metabolic Syndrome. Nutrients, 2013, 5, 2144-2172.	1.7	36
44	Description and evaluation of an experimental model to examine changes in selection between high-protein, high-carbohydrate and high-fat foods in humans. European Journal of Clinical Nutrition, 1999, 53, 13-21.	1.3	34
45	Biological and psychological mediators of the relationships between fat mass, fat-free mass and energy intake. International Journal of Obesity, 2019, 43, 233-242.	1.6	34
46	Oatâ€enriched diet reduces inflammatory status assessed by circulating cellâ€derived microparticle concentrations in type 2 diabetes. Molecular Nutrition and Food Research, 2014, 58, 1322-1332.	1.5	33
47	Nudging, formulating new products, and the lifecourse: A qualitative assessment of the viability of three methods for reducing Scottish meat consumption for health, ethical, and environmental reasons. Appetite, 2019, 142, 104349.	1.8	33
48	Activity energy expenditure is an independent predictor of energy intake in humans. International Journal of Obesity, 2019, 43, 1466-1474.	1.6	32
49	Mealtime: A circadian disruptor and determinant of energy balance?. Journal of Neuroendocrinology, 2020, 32, e12886.	1.2	29
50	Assessment of body image in obesity using a digital morphing technique. Journal of Human Nutrition and Dietetics, 2008, 21, 256-267.	1.3	28
51	Exploring Health-Promoting Attributes of Plant Proteins as a Functional Ingredient for the Food Sector: A Systematic Review of Human Interventional Studies. Nutrients, 2020, 12, 2291.	1.7	26
52	Description and evaluation of a Newton-based electronic appetite rating system for temporal tracking of appetite in human subjects. Physiology and Behavior, 2001, 72, 615-619.	1.0	25
53	Stress and Eating Behaviour: Implications for Obesity. Obesity Facts, 2012, 5, 277-287.	1.6	25
54	Effects of hunger state on the brain responses to food cues across the life span. NeuroImage, 2018, 171, 246-255.	2.1	25

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55	Imposed rate and extent of weight loss in obese men and adaptive changes in resting and total energy expenditure. Metabolism: Clinical and Experimental, 2015, 64, 896-904.	1.5	23
56	Impact of high-protein diets with either moderate or low carbohydrate on weight loss, body composition, blood pressure and glucose tolerance in rats. British Journal of Nutrition, 2007, 97, 1099-1108.	1.2	22
57	Responses in gut hormones and hunger to diets with either high protein or a mixture of protein plus free amino acids supplied under weight-loss conditions. British Journal of Nutrition, 2015, 113, 1254-1270.	1.2	20
58	Comparing supermarket loyalty card data with traditional diet survey data for understanding how protein is purchased and consumed in older adults for the UK, 2014â€“16. Nutrition Journal, 2020, 19, 83.	1.5	20
59	Plasma leptin levels are related to body composition, sex, insulin levels and the A55V polymorphism of the UCP2 gene. International Journal of Obesity, 2007, 31, 1311-1318.	1.6	18
60	Associations between ghrelin and leptin and neural food cue reactivity in a fasted and sated state. NeuroImage, 2021, 240, 118374.	2.1	18
61	Sapogenol is a Major Microbial Metabolite in Human Plasma Associated with High Protein Soy-Based Diets: The Relevance for Functional Food Formulations. Foods, 2020, 9, 422.	1.9	17
62	Breakfasts high in monoglyceride or triglyceride: no differential effect on appetite or energy intake. European Journal of Clinical Nutrition, 1998, 52, 603-609.	1.3	16
63	Nondigestible Carbohydrates Affect Metabolic Health and Gut Microbiota in Overweight Adults after Weight Loss. Journal of Nutrition, 2020, 150, 1859-1870.	1.3	16
64	Inadequacy of Protein Intake in Older UK Adults. Geriatrics (Switzerland), 2020, 5, 6.	0.6	16
65	Diet Composition Is Associated with Endogenous Formation of N-Nitroso Compounds in Obese Men. Journal of Nutrition, 2012, 142, 1652-1658.	1.3	15
66	Plausible self-reported dietary intakes in a residential facility are not necessarily reliable. European Journal of Clinical Nutrition, 2016, 70, 130-135.	1.3	15
67	Evaluating energy intake measurement in free-living subjects: when to record and for how long?. Public Health Nutrition, 2010, 13, 172-180.	1.1	14
68	Dietary carbohydrate rather than protein intake drives colonic microbial fermentation during weight loss. European Journal of Nutrition, 2019, 58, 1147-1158.	1.8	14
69	Protein Valuation in Food Choice Is Positively Associated with Lean Mass in Older Adults. Journal of Nutrition, 2019, 149, 2056-2064.	1.3	12
70	Circadian Rhythms in Resting Metabolic Rate Account for Apparent Daily Rhythms in the Thermic Effect of Food. Journal of Clinical Endocrinology and Metabolism, 2022, 107, e708-e715.	1.8	12
71	The effect of rate and extent of weight loss on urea salvage in obese male subjects. British Journal of Nutrition, 2003, 90, 221-231.	1.2	11
72	Protein for Life: Towards a focussed dietary framework for healthy ageing. Nutrition Bulletin, 2018, 43, 97-102.	0.8	11

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73	Hemp and buckwheat are valuable sources of dietary amino acids, beneficially modulating gastrointestinal hormones and promoting satiety in healthy volunteers. European Journal of Nutrition, 2022, 61, 1057-1072.	1.8	11
74	How covert are covertly manipulated diets?. International Journal of Obesity, 2001, 25, 567-573.	1.6	10
75	Glucose uptake by the brain on chronic high-protein weight-loss diets with either moderate or low amounts of carbohydrate. British Journal of Nutrition, 2014, 111, 586-597.	1.2	10
76	Overfeeding fat as monoglyceride or triglyceride: effect on appetite, nutrient balance and the subsequent day's energy intake. European Journal of Clinical Nutrition, 1998, 52, 610-618.	1.3	9
77	The effect of rate of weight loss on erythrocyte glutathione concentration and synthesis in healthy obese men. Clinical Science, 2002, 102, 569.	1.8	9
78	Food Intake and Dietary Glycaemic Index in Free-Living Adults with and without Type 2 Diabetes Mellitus. Nutrients, 2011, 3, 683-693.	1.7	9
79	Measurement of body composition changes during weight loss in obese men using multi-frequency bioelectrical impedance analysis and multi-compartment models. Obesity Research and Clinical Practice, 2014, 8, e46-e54.	0.8	9
80	Satiety Innovations: Food Products to Assist Consumers with Weight Loss, Evidence on the Role of Satiety in Healthy Eating: Overview and In Vitro Approximation. Current Obesity Reports, 2016, 5, 97-105.	3.5	9
81	Approaches to influencing food choice across the age groups: from children to the elderly. Proceedings of the Nutrition Society, 2015, 74, 149-157.	0.4	8
82	Effect of nonmeat, high-protein supplementation on quality of life and clinical outcomes in older residents of care homes: a systematic review and meta-analysis. Nutrition Reviews, 2019, 77, 116-127.	2.6	8
83	Higher total faecal short-chain fatty acid concentrations correlate with increasing proportions of butyrate and decreasing proportions of branched-chain fatty acids across multiple human studies. Gut Microbiome, 2022, 3, .	0.8	8
84	Daily Fermented Whey Consumption Alters the Fecal Short-Chain Fatty Acid Profile in Healthy Adults. Frontiers in Nutrition, 2020, 7, 165.	1.6	7
85	Appetite Control across the Lifecourse: The Acute Impact of Breakfast Drink Quantity and Protein Content. The Full4Health Project. Nutrients, 2020, 12, 3710.	1.7	7
86	Accuracy of aggregate 2- and 3-component models of body composition relative to 4-component for the measurement of changes in fat mass during weight loss in overweight and obese subjects. Applied Physiology, Nutrition and Metabolism, 2014, 39, 871-879.	0.9	4
87	Role of protein in healthy ageing. European Journal of Integrative Medicine, 2018, 23, 32-36.	0.8	4
88	Optimising Nutrition and Hydration in Care Homesâ€"Getting It Right in Person Rather than in Policy. Geriatrics (Switzerland), 2019, 4, 1.	0.6	4
89	High-protein diets for appetite control and weight loss â€“ the â€˜holy grailâ€™ of dieting?. British Journal of Nutrition, 2009, 101, 1729-1730.	1.2	3
90	An overview of the SATIN project. Nutrition Bulletin, 2012, 37, 384-388.	0.8	3

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91	Effects of stress and mood on caffeine consumption in shift and non-shift workers. Proceedings of the Nutrition Society, 2015, 74, .	0.4	3
92	The Ageing Gutâ€“Brain study: Exploring the role of the gut microbiota in dementia. Nutrition Bulletin, 2019, 44, 145-153.	0.8	3
93	Effect of shift work on stress and eating behaviour (the NeuroFAST study). Proceedings of the Nutrition Society, 2015, 74, .	0.4	2
94	Influence of dietary carbohydrate and protein on colonic fermentation and endogenous formation of N-nitroso compounds. Proceedings of the Nutrition Society, 2015, 74, .	0.4	2
95	Determinants of Undernutrition and Associated Factors of Low Muscle Mass and High Fat Mass among Older Men and Women in the Colombo District of Sri Lanka. Geriatrics (Switzerland), 2022, 7, 26.	0.6	2
96	Key Methodologies in Obesity Research and Practice. , 0, , 45-75.		1
97	Type 2 diabetes managed by diet and lifestyle: HbA_{1c} can identify significant postâ€prandial hyperglycaemia. Practical Diabetes, 2012, 29, 58-60.	0.1	1
98	Assessment of Healthy Working Lives initiative on workplace stress and eating behaviour (the) Tj ETQq0 0 0 rgBT /Overlock 10 Tf 50 462	0.4	1
99	Care Home Research: Future Challenges and Opportunities. Geriatrics (Switzerland), 2019, 4, 2.	0.6	1
100	MRC Hot Topic workshop report: Reshaping the food environment â€“ applying interdisciplinary perspectives in appetite research. Nutrition Bulletin, 2021, 46, 216-227.	0.8	1
101	The Acute Effects of Breakfast Drinks with Varying Protein and Energy Contents on Appetite and Free-Living Energy Intake in UK Older Adults. Geriatrics (Switzerland), 2022, 7, 16.	0.6	1
102	A comparison of abdominal and visceral fat, energy intakes and perceived stress between shift and non-shift workers. Proceedings of the Nutrition Society, 2015, 74, .	0.4	0
103	Effects of an acute stressor on snack intake in a laboratory environment. Proceedings of the Nutrition Society, 2015, 74, .	0.4	0
104	Is life longer with a box of chocolates?. Heart, 2016, 102, 990-991.	1.2	0
105	Energy balance: impact of physiology and psychology on food choice and eating behavior. , 2020, , 143-158.		0
106	Salivary ghrelin response to drinks varying in protein content and quantity and association with energy intake and appetite.. Physiology and Behavior, 2021, 242, 113622.	1.0	0
107	Energy requirement - factors that influence variation in basal metabolic rate.. CAB Reviews: Perspectives in Agriculture, Veterinary Science, Nutrition and Natural Resources, 0, , 1-8.	0.6	0