Alexandra Johnstone

List of Publications by Citations

95 papers	7,536 citations	35 h-index	86 g-index
111 ext. papers	8,679 ext. citations	4.6 avg, IF	5.65 L-index

#	Paper	IF	Citations
95	Dominant and diet-responsive groups of bacteria within the human colonic microbiota. *ISME Journal*, **2011**, 5, 220-30	11.9	1081
94	Human colonic microbiota associated with diet, obesity and weight loss. *International Journal of Obesity*, **2008**, 32, 1720-4	5.5	825
93	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, 1073-8	4.8	624
92	High-protein, reduced-carbohydrate weight-loss diets promote metabolite profiles likely to be detrimental to colonic health. *American Journal of Clinical Nutrition*, **2011**, 93, 1062-72	7	456
91	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, 405-15	3.6	437
90	Impact of diet and individual variation on intestinal microbiota composition and fermentation products in obese men. *ISME Journal*, **2014**, 8, 2218-30	11.9	356
89	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, 941-8	7	302
88	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	7	282
87	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, 632-9	7	272
86	Polymorphisms of the FTO gene are associated with variation in energy intake, but not energy expenditure. *Obesity*, **2008**, 16, 1961-5	8	246
85	Gut microbiota signatures predict host and microbiota responses to dietary interventions in obese individuals. *PLoS ONE*, **2014**, 9, e90702	3.7	127
84	Breakfasts high in protein, fat or carbohydrate: effect on within-day appetite and energy balance. *European Journal of Clinical Nutrition*, **1996**, 50, 409-17	5.2	123
83	The effect of graded levels of exercise on energy intake and balance in free-living women. *International Journal of Obesity*, **2002**, 26, 866-9	5.5	119
82	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, 129-40	5.2	118
81	The effect of covertly manipulating the energy density of mixed diets on ad libitum food intake in ψseudo free-livingՍhumans. *International Journal of Obesity*, **1998**, 22, 980-7	5.5	113
80	The effect of an incremental increase in exercise on appetite, eating behaviour and energy balance in lean men and women feeding ad libitum. *British Journal of Nutrition*, **2008**, 100, 1109-15	3.6	113
79	A decrease in physical activity affects appetite, energy, and nutrient balance in lean men feeding ad libitum. *American Journal of Clinical Nutrition*, **2004**, 79, 62-9	7	113

78	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, R350-8	3.2	108
77	Protein for Life: Review of Optimal Protein Intake, Sustainable Dietary Sources and the Effect on Appetite in Ageing Adults. *Nutrients*, **2018**, 10,	6.7	104
76	Fasting for weight loss: an effective strategy or latest dieting trend?. *International Journal of Obesity*, **2015**, 39, 727-33	5.5	73
75	Phylogenetic distribution of genes encoding β-glucuronidase activity in human colonic bacteria and the impact of diet on faecal glycosidase activities. *Environmental Microbiology*, **2012**, 14, 1876-87	5.2	68
74	Effect of overfeeding macronutrients on day-to-day food intake in man. *European Journal of Clinical Nutrition*, **1996**, 50, 418-30	5.2	66
73	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, 548-58	7	61
72	Dietary macronutrient content alters cortisol metabolism independently of body weight changes in obese men. *Journal of Clinical Endocrinology and Metabolism*, **2007**, 92, 4480-4	5.6	61
71	Covert manipulation of energy density of high carbohydrate diets in pseudo free-living humans. *International Journal of Obesity*, **1998**, 22, 885-92	5.5	60
70	Influence of short-term dietary weight loss on cortisol secretion and metabolism in obese men. *European Journal of Endocrinology*, **2004**, 150, 185-94	6.5	60
69	Measuring the difference between actual and reported food intakes in the context of energy balance under laboratory conditions. *British Journal of Nutrition*, **2014**, 111, 2032-43	3.6	57
68	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, 31-9	3.4	56
67	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	5.2	55
66	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, 455-63	5.1	54
65	Methodological issues relating to the measurement of food, energy and nutrient intake in human laboratory-based studies. *Proceedings of the Nutrition Society*, **1998**, 57, 357-72	2.9	53
64	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	3.6	48
63	Additional anthropometric measures may improve the predictability of basal metabolic rate in adult subjects. *European Journal of Clinical Nutrition*, **2006**, 60, 1437-44	5.2	45
62	Fasting - the ultimate diet?. *Obesity Reviews*, **2007**, 8, 211-22	10.6	42
61	Effect of an acute fast on energy compensation and feeding behaviour in lean men and women. *International Journal of Obesity*, **2002**, 26, 1623-8	5.5	36

60	The Big Breakfast Study: Chrono-nutrition influence on energy expenditure and bodyweight. *Nutrition Bulletin*, **2018**, 43, 174-183	3.5	35
59	Safety and efficacy of high-protein diets for weight loss. *Proceedings of the Nutrition Society*, **2012**, 71, 339-49	2.9	35
58	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, 282-91	3.6	34
57	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, 2144-72	6.7	33
56	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	5.2	33
55	Food additives: Assessing the impact of exposure to permitted emulsifiers on bowel and metabolic health - introducing the FADiets study. *Nutrition Bulletin*, **2019**, 44, 329-349	3.5	33
54	Oat-enriched diet reduces inflammatory status assessed by circulating cell-derived microparticle concentrations in type 2 diabetes. *Molecular Nutrition and Food Research*, **2014**, 58, 1322-32	5.9	28
53	A randomized crossover study to assess the effect of an oat-rich diet on glycaemic control, plasma lipids and postprandial glycaemia, inflammation and oxidative stress in Type 2 diabetes. *Diabetic Medicine*, **2013**, 30, 1314-23	3.5	28
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, 615-9	3.5	24
51	Biological and psychological mediators of the relationships between fat mass, fat-free mass and energy intake. *International Journal of Obesity*, **2019**, 43, 233-242	5.5	24
50	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, 1099-108	3.6	21
49	Assessment of body image in obesity using a digital morphing technique. *Journal of Human Nutrition and Dietetics*, **2008**, 21, 256-67	3.1	20
48	Stress and eating behaviour: implications for obesity. *Obesity Facts*, **2012**, 5, 277-87	5.1	19
47	Activity energy expenditure is an independent predictor of energy intake in humans. *International Journal of Obesity*, **2019**, 43, 1466-1474	5.5	18
46	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	12.7	18
45	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, 1254-70	3.6	18
44	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, 1311-8	5.5	17
43	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, 908-18	5.5	16

42	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	4.5	15
41	Effects of hunger state on the brain responses to food cues across the life span. *NeuroImage*, **2018**, 171, 246-255	7.9	14
40	Diet composition is associated with endogenous formation of N-nitroso compounds in obese men. *Journal of Nutrition*, **2012**, 142, 1652-8	4.1	14
39	Breakfasts high in monoglyceride or triglyceride: no differential effect on appetite or energy intake. *European Journal of Clinical Nutrition*, **1998**, 52, 603-9	5.2	14
38	Plausible self-reported dietary intakes in a residential facility are not necessarily reliable. *European Journal of Clinical Nutrition*, **2016**, 70, 130-5	5.2	11
37	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,	6.7	11
36	Evaluating energy intake measurement in free-living subjects: when to record and for how long?. *Public Health Nutrition*, **2010**, 13, 172-80	3.3	10
35	The effect of rate and extent of weight loss on urea salvage in obese male subjects. *British Journal of Nutrition*, **2003**, 90, 221-31	3.6	10
34	How covert are covertly manipulated diets?. *International Journal of Obesity*, **2001**, 25, 567-73	5.5	10
33	The public health rationale for promoting plant protein as an important part of a sustainable and healthy diet. *Nutrition Bulletin*, **2020**, 45, 281-293	3.5	10
32	Inadequacy of Protein Intake in Older UK Adults. *Geriatrics (Switzerland)*, **2020**, 5,	2.2	9
31	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, e46-54	5.4	9
30	Food intake and dietary glycaemic index in free-living adults with and without type 2 diabetes mellitus. *Nutrients*, **2011**, 3, 683-93	6.7	9
29	The effect of rate of weight loss on erythrocyte glutathione concentration and synthesis in healthy obese men. *Clinical Science*, **2002**, 102, 569	6.5	9
28	Dietary carbohydrate rather than protein intake drives colonic microbial fermentation during weight loss. *European Journal of Nutrition*, **2019**, 58, 1147-1158	5.2	9
27	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,	4.9	8
26	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, 610-8	5.2	8
25	Protein Valuation in Food Choice Is Positively Associated with Lean Mass in Older Adults. *Journal of Nutrition*, **2019**, 149, 2056-2064	4.1	7

24	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, 586-97	3.6	7
23	Nondigestible Carbohydrates Affect Metabolic Health and Gut Microbiota in Overweight Adults after Weight Loss. *Journal of Nutrition*, **2020**, 150, 1859-1870	4.1	6
22	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	8.4	6
21	Comparing supermarket loyalty card data with traditional diet survey data for understanding how protein is purchased and consumed in older adults for the UK, 2014-16. *Nutrition Journal*, **2020**, 19, 83	4.3	6
20	Approaches to influencing food choice across the age groups: from children to the elderly. *Proceedings of the Nutrition Society*, **2015**, 74, 149-57	2.9	5
19	Mealtime: A circadian disruptor and determinant of energy balance?. *Journal of Neuroendocrinology* , **2020**, 32, e12886	3.8	5
18	Daily Fermented Whey Consumption Alters the Fecal Short-Chain Fatty Acid Profile in Healthy Adults. *Frontiers in Nutrition*, **2020**, 7, 165	6.2	5
17	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, 871-9	3	3
16	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	6.4	3
15	Influence of dietary carbohydrate and protein on colonic fermentation and endogenous formation of N-nitroso compounds. *Proceedings of the Nutrition Society*, **2015**, 74,	2.9	2
14	Appetite Control across the Lifecourse: The Acute Impact of Breakfast Drink Quantity and Protein Content. The Full4Health Project. *Nutrients*, **2020**, 12,	6.7	2
13	Effects of stress and mood on caffeine consumption in shift and non-shift workers. *Proceedings of the Nutrition Society*, **2015**, 74,	2.9	2
12	High-protein diets for appetite control and weight loss - the Uholy grailUof dieting?. *British Journal of Nutrition*, **2009**, 101, 1729-30	3.6	2
11	The Ageing GutBrain study: Exploring the role of the gut microbiota in dementia. *Nutrition Bulletin* , **2019**, 44, 145-153	3.5	1
10	Effect of shift work on stress and eating behaviour (the NeuroFAST study). *Proceedings of the Nutrition Society*, **2015**, 74,	2.9	1
9	Type 2 diabetes managed by diet and lifestyle: HbA1c can identify significant post-prandial hyperglycaemia. *Practical Diabetes*, **2012**, 29, 58-60	0.7	1
8	Key Methodologies in Obesity Research and Practice45-75		1
7	Hemp and buckwheat are valuable sources of dietary amino acids, beneficially modulating gastrointestinal hormones and promoting satiety in healthy volunteers. *European Journal of Nutrition*, **2021**, 1	5.2	1

List of Publications

6	Role of protein in healthy ageing. *European Journal of Integrative Medicine*, **2018**, 23, 32-36	1.7	1
5	Associations between ghrelin and leptin and neural food cue reactivity in a fasted and sated state. *NeuroImage*, **2021**, 240, 118374	7.9	1
4	Higher total faecal short chain fatty concentrations correlate with increasing proportions of butyrate and decreasing proportions of branched chain fatty acids across multiple human studies1-23		1
3	Energy Intake, Obesity, and Eating Behavior **2012**, 1043-1056		
2	Salivary ghrelin response to drinks varying in protein content and quantity and association with energy intake and appetite. *Physiology and Behavior*, **2021**, 242, 113622	3.5	
1	Energy balance: impact of physiology and psychology on food choice and eating behavior **2020**, 143-158		