

Alexandra Johnstone

List of Publications by Year in Descending Order

Source: <https://exaly.com/author-pdf/5021415/alexandra-johnstone-publications-by-year.pdf>

Version: 2024-04-24

This document has been generated based on the publications and citations recorded by exaly.com. For the latest version of this publication list, visit the link given above.

The third column is the impact factor (IF) of the journal, and the fourth column is the number of citations of the article.

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	Salivary ghrelin response to drinks varying in protein content and quantity and association with energy intake and appetite. <i>Physiology and Behavior</i> , 2021 , 242, 113622	3.5	
94	Hemp and buckwheat are valuable sources of dietary amino acids, beneficially modulating gastrointestinal hormones and promoting satiety in healthy volunteers. <i>European Journal of Nutrition</i> , 2021 , 1	5.2	1
93	Associations between ghrelin and leptin and neural food cue reactivity in a fasted and sated state. <i>NeuroImage</i> , 2021 , 240, 118374	7.9	1
92	Appetite Control across the Lifecourse: The Acute Impact of Breakfast Drink Quantity and Protein Content. The Full4Health Project. <i>Nutrients</i> , 2020 , 12,	6.7	2
91	Nondigestible Carbohydrates Affect Metabolic Health and Gut Microbiota in Overweight Adults after Weight Loss. <i>Journal of Nutrition</i> , 2020 , 150, 1859-1870	4.1	6
90	Mealtime: A circadian disruptor and determinant of energy balance?. <i>Journal of Neuroendocrinology</i> , 2020 , 32, e12886	3.8	5
89	Inadequacy of Protein Intake in Older UK Adults. <i>Geriatrics (Switzerland)</i> , 2020 , 5,	2.2	9
88	Sapogenol is a Major Microbial Metabolite in Human Plasma Associated with High Protein Soy-Based Diets: The Relevance for Functional Food Formulations. <i>Foods</i> , 2020 , 9,	4.9	8
87	Exploring Health-Promoting Attributes of Plant Proteins as a Functional Ingredient for the Food Sector: A Systematic Review of Human Interventional Studies. <i>Nutrients</i> , 2020 , 12,	6.7	11
86	Energy balance: impact of physiology and psychology on food choice and eating behavior 2020 , 143-158		
85	Daily Fermented Whey Consumption Alters the Fecal Short-Chain Fatty Acid Profile in Healthy Adults. <i>Frontiers in Nutrition</i> , 2020 , 7, 165	6.2	5
84	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. <i>Nutrition Journal</i> , 2020 , 19, 83	4.3	6
83	The public health rationale for promoting plant protein as an important part of a sustainable and healthy diet. <i>Nutrition Bulletin</i> , 2020 , 45, 281-293	3.5	10
82	Activity energy expenditure is an independent predictor of energy intake in humans. <i>International Journal of Obesity</i> , 2019 , 43, 1466-1474	5.5	18
81	Protein Valuation in Food Choice Is Positively Associated with Lean Mass in Older Adults. <i>Journal of Nutrition</i> , 2019 , 149, 2056-2064	4.1	7
80	The Ageing GutBrain study: Exploring the role of the gut microbiota in dementia. <i>Nutrition Bulletin</i> , 2019 , 44, 145-153	3.5	1
79	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. <i>Appetite</i> , 2019 , 142, 104349	4.5	15

78	Food additives: Assessing the impact of exposure to permitted emulsifiers on bowel and metabolic health - introducing the FADiets study. <i>Nutrition Bulletin</i> , 2019 , 44, 329-349	3.5	33
77	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. <i>Nutrition Reviews</i> , 2019 , 77, 116-127	6.4	3
76	Biological and psychological mediators of the relationships between fat mass, fat-free mass and energy intake. <i>International Journal of Obesity</i> , 2019 , 43, 233-242	5.5	24
75	Dietary carbohydrate rather than protein intake drives colonic microbial fermentation during weight loss. <i>European Journal of Nutrition</i> , 2019 , 58, 1147-1158	5.2	9
74	Effects of hunger state on the brain responses to food cues across the life span. <i>NeuroImage</i> , 2018 , 171, 246-255	7.9	14
73	Protein for Life: Review of Optimal Protein Intake, Sustainable Dietary Sources and the Effect on Appetite in Ageing Adults. <i>Nutrients</i> , 2018 , 10,	6.7	104
72	The Big Breakfast Study: Chrono-nutrition influence on energy expenditure and bodyweight. <i>Nutrition Bulletin</i> , 2018 , 43, 174-183	3.5	35
71	Role of protein in healthy ageing. <i>European Journal of Integrative Medicine</i> , 2018 , 23, 32-36	1.7	1
70	Satiety Innovations: Food Products to Assist Consumers with Weight Loss, Evidence on the Role of Satiety in Healthy Eating: Overview and In Vitro Approximation. <i>Current Obesity Reports</i> , 2016 , 5, 97-105	8.4	6
69	Plausible self-reported dietary intakes in a residential facility are not necessarily reliable. <i>European Journal of Clinical Nutrition</i> , 2016 , 70, 130-5	5.2	11
68	Approaches to influencing food choice across the age groups: from children to the elderly. <i>Proceedings of the Nutrition Society</i> , 2015 , 74, 149-57	2.9	5
67	Imposed rate and extent of weight loss in obese men and adaptive changes in resting and total energy expenditure. <i>Metabolism: Clinical and Experimental</i> , 2015 , 64, 896-904	12.7	18
66	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. <i>British Journal of Nutrition</i> , 2015 , 113, 1254-70	3.6	18
65	Influence of dietary carbohydrate and protein on colonic fermentation and endogenous formation of N-nitroso compounds. <i>Proceedings of the Nutrition Society</i> , 2015 , 74,	2.9	2
64	Effect of shift work on stress and eating behaviour (the NeuroFAST study). <i>Proceedings of the Nutrition Society</i> , 2015 , 74,	2.9	1
63	Effects of stress and mood on caffeine consumption in shift and non-shift workers. <i>Proceedings of the Nutrition Society</i> , 2015 , 74,	2.9	2
62	Fasting for weight loss: an effective strategy or latest dieting trend?. <i>International Journal of Obesity</i> , 2015 , 39, 727-33	5.5	73
61	Oat-enriched diet reduces inflammatory status assessed by circulating cell-derived microparticle concentrations in type 2 diabetes. <i>Molecular Nutrition and Food Research</i> , 2014 , 58, 1322-32	5.9	28

60	Glucose uptake by the brain on chronic high-protein weight-loss diets with either moderate or low amounts of carbohydrate. <i>British Journal of Nutrition</i> , 2014 , 111, 586-97	3.6	7
59	Platelet-derived microparticle count and surface molecule expression differ between subjects with and without type 2 diabetes, independently of obesity status. <i>Journal of Thrombosis and Thrombolysis</i> , 2014 , 37, 455-63	5.1	54
58	Impact of diet and individual variation on intestinal microbiota composition and fermentation products in obese men. <i>ISME Journal</i> , 2014 , 8, 2218-30	11.9	356
57	Gut microbiota signatures predict host and microbiota responses to dietary interventions in obese individuals. <i>PLoS ONE</i> , 2014 , 9, e90702	3.7	127
56	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. <i>Applied Physiology, Nutrition and Metabolism</i> , 2014 , 39, 871-9	3	3
55	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. <i>American Journal of Clinical Nutrition</i> , 2014 , 100, 548-58	7	61
54	Measuring the difference between actual and reported food intakes in the context of energy balance under laboratory conditions. <i>British Journal of Nutrition</i> , 2014 , 111, 2032-43	3.6	57
53	Measurement of body composition changes during weight loss in obese men using multi-frequency bioelectrical impedance analysis and multi-compartment models. <i>Obesity Research and Clinical Practice</i> , 2014 , 8, e46-54	5.4	9
52	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. <i>Diabetic Medicine</i> , 2013 , 30, 1314-23	3.5	28
51	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. <i>Nutrients</i> , 2013 , 5, 2144-72	6.7	33
50	Phylogenetic distribution of genes encoding β -glucuronidase activity in human colonic bacteria and the impact of diet on faecal glycosidase activities. <i>Environmental Microbiology</i> , 2012 , 14, 1876-87	5.2	68
49	Sustainable diets for the future: Can we contribute to reducing greenhouse gas emissions by eating a healthy diet?. <i>American Journal of Clinical Nutrition</i> , 2012 , 96, 632-9	7	272
48	Energy Intake, Obesity, and Eating Behavior 2012 , 1043-1056		
47	Type 2 diabetes managed by diet and lifestyle: HbA1c can identify significant post-prandial hyperglycaemia. <i>Practical Diabetes</i> , 2012 , 29, 58-60	0.7	1
46	Diet composition is associated with endogenous formation of N-nitroso compounds in obese men. <i>Journal of Nutrition</i> , 2012 , 142, 1652-8	4.1	14
45	Stress and eating behaviour: implications for obesity. <i>Obesity Facts</i> , 2012 , 5, 277-87	5.1	19
44	Safety and efficacy of high-protein diets for weight loss. <i>Proceedings of the Nutrition Society</i> , 2012 , 71, 339-49	2.9	35
43	Food intake and dietary glycaemic index in free-living adults with and without type 2 diabetes mellitus. <i>Nutrients</i> , 2011 , 3, 683-93	6.7	9

42	Dominant and diet-responsive groups of bacteria within the human colonic microbiota. <i>ISME Journal</i> , 2011 , 5, 220-30	11.9	1081
41	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. <i>British Journal of Nutrition</i> , 2011 , 106, 282-91	3.6	34
40	High-protein, reduced-carbohydrate weight-loss diets promote metabolite profiles likely to be detrimental to colonic health. <i>American Journal of Clinical Nutrition</i> , 2011 , 93, 1062-72	7	456
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. <i>International Journal of Obesity</i> , 2010 , 34, 908-18	5.5	16
38	Evaluating energy intake measurement in free-living subjects: when to record and for how long?. <i>Public Health Nutrition</i> , 2010 , 13, 172-80	3.3	10
37	High-protein diets for appetite control and weight loss - the Holy Grail of dieting?. <i>British Journal of Nutrition</i> , 2009 , 101, 1729-30	3.6	2
36	Human colonic microbiota associated with diet, obesity and weight loss. <i>International Journal of Obesity</i> , 2008 , 32, 1720-4	5.5	825
35	Polymorphisms of the FTO gene are associated with variation in energy intake, but not energy expenditure. <i>Obesity</i> , 2008 , 16, 1961-5	8	246
34	Assessment of body image in obesity using a digital morphing technique. <i>Journal of Human Nutrition and Dietetics</i> , 2008 , 21, 256-67	3.1	20
33	The effect of an incremental increase in exercise on appetite, eating behaviour and energy balance in lean men and women feeding ad libitum. <i>British Journal of Nutrition</i> , 2008 , 100, 1109-15	3.6	113
32	Effects of a high-protein ketogenic diet on hunger, appetite, and weight loss in obese men feeding ad libitum. <i>American Journal of Clinical Nutrition</i> , 2008 , 87, 44-55	7	282
31	Plasma leptin levels are related to body composition, sex, insulin levels and the A55V polymorphism of the UCP2 gene. <i>International Journal of Obesity</i> , 2007 , 31, 1311-8	5.5	17
30	Fasting - the ultimate diet?. <i>Obesity Reviews</i> , 2007 , 8, 211-22	10.6	42
29	Reduced dietary intake of carbohydrates by obese subjects results in decreased concentrations of butyrate and butyrate-producing bacteria in feces. <i>Applied and Environmental Microbiology</i> , 2007 , 73, 1073-8	4.8	624
28	Dietary macronutrient content alters cortisol metabolism independently of body weight changes in obese men. <i>Journal of Clinical Endocrinology and Metabolism</i> , 2007 , 92, 4480-4	5.6	61
27	Impact of high-protein diets with either moderate or low carbohydrate on weight loss, body composition, blood pressure and glucose tolerance in rats. <i>British Journal of Nutrition</i> , 2007 , 97, 1099-108	3.6	21
26	Additional anthropometric measures may improve the predictability of basal metabolic rate in adult subjects. <i>European Journal of Clinical Nutrition</i> , 2006 , 60, 1437-44	5.2	45
25	Factors influencing variation in basal metabolic rate include fat-free mass, fat mass, age, and circulating thyroxine but not sex, circulating leptin, or triiodothyronine. <i>American Journal of Clinical Nutrition</i> , 2005 , 82, 941-8	7	302

24	Influence of short-term dietary weight loss on cortisol secretion and metabolism in obese men. <i>European Journal of Endocrinology</i> , 2004 , 150, 185-94	6.5	60
23	Plasma concentrations of alpha-MSH, AgRP and leptin in lean and obese men and their relationship to differing states of energy balance perturbation. <i>Clinical Endocrinology</i> , 2004 , 61, 31-9	3.4	56
22	A decrease in physical activity affects appetite, energy, and nutrient balance in lean men feeding ad libitum. <i>American Journal of Clinical Nutrition</i> , 2004 , 79, 62-9	7	113
21	Rate and extent of compensatory changes in energy intake and expenditure in response to altered exercise and diet composition in humans. <i>American Journal of Physiology - Regulatory Integrative and Comparative Physiology</i> , 2004 , 286, R350-8	3.2	108
20	The effect of rate and extent of weight loss on urea salvage in obese male subjects. <i>British Journal of Nutrition</i> , 2003 , 90, 221-31	3.6	10
19	The effect of graded levels of exercise on energy intake and balance in free-living women. <i>International Journal of Obesity</i> , 2002 , 26, 866-9	5.5	119
18	Effect of an acute fast on energy compensation and feeding behaviour in lean men and women. <i>International Journal of Obesity</i> , 2002 , 26, 1623-8	5.5	36
17	The effect of graded levels of exercise on energy intake and balance in free-living men, consuming their normal diet. <i>European Journal of Clinical Nutrition</i> , 2002 , 56, 129-40	5.2	118
16	The effect of rate of weight loss on erythrocyte glutathione concentration and synthesis in healthy obese men. <i>Clinical Science</i> , 2002 , 102, 569	6.5	9
15	Effect of altering the variety of sensorially distinct foods, of the same macronutrient content, on food intake and body weight in men. <i>European Journal of Clinical Nutrition</i> , 2001 , 55, 19-28	5.2	55
14	How covert are covertly manipulated diets?. <i>International Journal of Obesity</i> , 2001 , 25, 567-73	5.5	10
13	Description and evaluation of a Newton-based electronic appetite rating system for temporal tracking of appetite in human subjects. <i>Physiology and Behavior</i> , 2001 , 72, 615-9	3.5	24
12	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. <i>British Journal of Nutrition</i> , 2000 , 84, 405-15	3.6	437
11	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. <i>British Journal of Nutrition</i> , 2000 , 83, 7-14	3.6	48
10	Description and evaluation of an experimental model to examine changes in selection between high-protein, high-carbohydrate and high-fat foods in humans. <i>European Journal of Clinical Nutrition</i> , 1999 , 53, 13-21	5.2	33
9	Breakfasts high in monoglyceride or triglyceride: no differential effect on appetite or energy intake. <i>European Journal of Clinical Nutrition</i> , 1998 , 52, 603-9	5.2	14
8	Overfeeding fat as monoglyceride or triglyceride: effect on appetite, nutrient balance and the subsequent day's energy intake. <i>European Journal of Clinical Nutrition</i> , 1998 , 52, 610-8	5.2	8
7	Covert manipulation of energy density of high carbohydrate diets in pseudo free-living humans. <i>International Journal of Obesity</i> , 1998 , 22, 885-92	5.5	60

6	The effect of covertly manipulating the energy density of mixed diets on ad libitum food intake in pseudo free-living humans. <i>International Journal of Obesity</i> , 1998 , 22, 980-7	5.5	113
5	Methodological issues relating to the measurement of food, energy and nutrient intake in human laboratory-based studies. <i>Proceedings of the Nutrition Society</i> , 1998 , 57, 357-72	2.9	53
4	Breakfasts high in protein, fat or carbohydrate: effect on within-day appetite and energy balance. <i>European Journal of Clinical Nutrition</i> , 1996 , 50, 409-17	5.2	123
3	Effect of overfeeding macronutrients on day-to-day food intake in man. <i>European Journal of Clinical Nutrition</i> , 1996 , 50, 418-30	5.2	66
2	Key Methodologies in Obesity Research and Practice 45-75		1
1	Higher total faecal short chain fatty concentrations correlate with increasing proportions of butyrate and decreasing proportions of branched chain fatty acids across multiple human studies 1-23		1