

# Mario J Soares

## List of Publications by Citations

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

118 papers	3,586 citations	32 h-index	55 g-index
151 ext. papers	4,138 ext. citations	5 avg, IF	5.37 L-index

#	Paper	IF	Citations
118	The Impact of Vitamin D Levels on Inflammatory Status: A Systematic Review of Immune Cell Studies. <i>PLoS ONE</i> , <b>2015</b> , 10, e0141770	3.7	194
117	Prevalence and trends of the diabetes epidemic in South Asia: a systematic review and meta-analysis. <i>BMC Public Health</i> , <b>2012</b> , 12, 380	4.1	172
116	Pregnancy and the prolactin family of hormones: coordination of anterior pituitary, uterine, and placental expression. <i>Endocrine Reviews</i> , <b>1991</b> , 12, 402-23	27.2	159
115	Substitution of saturated with monounsaturated fat in a 4-week diet affects body weight and composition of overweight and obese men. <i>British Journal of Nutrition</i> , <b>2003</b> , 90, 717-27	3.6	140
114	The influence of the type of dietary fat on postprandial fat oxidation rates: monounsaturated (olive oil) vs saturated fat (cream). <i>International Journal of Obesity</i> , <b>2002</b> , 26, 814-21	5.5	128
113	Is there evidence for an age-related reduction in metabolic rate?. <i>Journal of Applied Physiology</i> , <b>1998</b> , 85, 2196-204	3.7	127
112	The uteroplacental prolactin family and pregnancy. <i>Biology of Reproduction</i> , <b>1998</b> , 58, 273-84	3.9	124
111	Indirect estimates of body composition are useful for groups but unreliable in individuals. <i>International Journal of Obesity</i> , <b>2000</b> , 24, 1145-52	5.5	94
110	Epidemiology and determinants of type 2 diabetes in south Asia. <i>Lancet Diabetes and Endocrinology</i> , <b>2018</b> , 6, 966-978	18.1	89
109	Mechanistic roles for calcium and vitamin D in the regulation of body weight. <i>Obesity Reviews</i> , <b>2012</b> , 13, 592-605	10.6	83
108	Relation of adiposity and body fat distribution to body mass index in Australians of Aboriginal and European ancestry. <i>European Journal of Clinical Nutrition</i> , <b>2003</b> , 57, 956-63	5.2	76
107	Certain dietary patterns are beneficial for the metabolic syndrome: reviewing the evidence. <i>Nutrition Research</i> , <b>2014</b> , 34, 559-68	4	74
106	High dietary diversity is associated with obesity in Sri Lankan adults: an evaluation of three dietary scores. <i>BMC Public Health</i> , <b>2013</b> , 13, 314	4.1	72
105	Vitamin D supplementation and body weight status: a systematic review and meta-analysis of randomized controlled trials. <i>Obesity Reviews</i> , <b>2014</b> , 15, 528-37	10.6	71
104	The acute effects of olive oil v. cream on postprandial thermogenesis and substrate oxidation in postmenopausal women. <i>British Journal of Nutrition</i> , <b>2004</b> , 91, 245-52	3.6	70
103	Calcium and vitamin D for obesity: a review of randomized controlled trials. <i>European Journal of Clinical Nutrition</i> , <b>2011</b> , 65, 994-1004	5.2	63
102	Diabetes in developing countries. <i>Journal of Diabetes</i> , <b>2019</b> , 11, 522-539	3.8	61

101	Food consumption of Sri Lankan adults: an appraisal of serving characteristics. <i>Public Health Nutrition</i> , <b>2013</b> , 16, 653-8	3.3	54
100	Establishment of a rat placental cell line expressing characteristics of extraembryonic membranes. <i>Developmental Biology</i> , <b>1987</b> , 124, 134-44	3.1	54
99	Reductions in body weight and percent fat mass increase the vitamin D status of obese subjects: a systematic review and metaregression analysis. <i>Nutrition Research</i> , <b>2016</b> , 36, 201-13	4	53
98	Resistance training for obese, type 2 diabetic adults: a review of the evidence. <i>Obesity Reviews</i> , <b>2010</b> , 11, 740-9	10.6	45
97	Diet induced thermogenesis, fat oxidation and food intake following sequential meals: influence of calcium and vitamin D. <i>Clinical Nutrition</i> , <b>2011</b> , 30, 376-83	5.9	43
96	The validity of predicting the basal metabolic rate of young Australian men and women. <i>European Journal of Clinical Nutrition</i> , <b>1997</b> , 51, 333-7	5.2	43
95	Calcium and Vitamin D in Obesity and Related Chronic Disease. <i>Advances in Food and Nutrition Research</i> , <b>2016</b> , 77, 57-100	6	42
94	Prevalence, trends and associated socio-economic factors of obesity in South Asia. <i>Obesity Facts</i> , <b>2013</b> , 6, 405-14	5.1	42
93	Basal metabolic rate, body composition and whole-body protein turnover in Indian men with differing nutritional status. <i>Clinical Science</i> , <b>1991</b> , 81, 419-25	6.5	42
92	Whole body protein turnover in chronically undernourished individuals. <i>Clinical Science</i> , <b>1994</b> , 86, 441-6	6.5	40
91	Predictive equations for basal metabolic rates of Indian males. <i>European Journal of Clinical Nutrition</i> , <b>1993</b> , 47, 389-94	5.2	40
90	The influence of different methods on basal metabolic rate measurements in human subjects. <i>American Journal of Clinical Nutrition</i> , <b>1989</b> , 50, 731-6	7	38
89	The acute effects of different sources of dietary calcium on postprandial energy metabolism. <i>British Journal of Nutrition</i> , <b>2006</b> , 96, 138-44	3.6	37
88	High-dose thiamine supplementation improves glucose tolerance in hyperglycemic individuals: a randomized, double-blind cross-over trial. <i>European Journal of Nutrition</i> , <b>2013</b> , 52, 1821-4	5.2	34
87	Alanyl-glutamine improves pancreatic $\beta$ cell function following ex vivo inflammatory challenge. <i>Journal of Endocrinology</i> , <b>2015</b> , 224, 261-71	4.7	33
86	Body fat, metabolic syndrome and hyperglycemia in South Asians. <i>Journal of Diabetes and Its Complications</i> , <b>2018</b> , 32, 1068-1075	3.2	32
85	Thermic effect of a meal. 1. Methodology and variation in normal young adults. <i>British Journal of Nutrition</i> , <b>1992</b> , 67, 165-75	3.6	32
84	Basal metabolic rates and metabolic economy in chronic undernutrition. <i>European Journal of Clinical Nutrition</i> , <b>1991</b> , 45, 363-73	5.2	32

83	Energy and nutrient intakes among Sri Lankan adults. <i>International Archive of Medicine</i> , <b>2014</b> , 7, 34		31
82	The potential regulatory role of vitamin D in the bioenergetics of inflammation. <i>Current Opinion in Clinical Nutrition and Metabolic Care</i> , <b>2015</b> , 18, 367-73	3.8	31
81	The impact of cryopreservation on human peripheral blood leucocyte bioenergetics. <i>Clinical Science</i> , <b>2015</b> , 128, 723-33	6.5	30
80	Development of a food frequency questionnaire for Sri Lankan adults. <i>Nutrition Journal</i> , <b>2012</b> , 11, 63	4.3	30
79	Calcium and vitamin D in the regulation of energy balance: where do we stand?. <i>International Journal of Molecular Sciences</i> , <b>2014</b> , 15, 4938-45	6.3	29
78	Factors determining the risk of the metabolic syndrome: is there a central role for adiponectin?. <i>European Journal of Clinical Nutrition</i> , <b>2013</b> , 67, 485-91	5.2	28
77	The effect of oral contraceptive agents on the basal metabolic rate of young women. <i>British Journal of Nutrition</i> , <b>1997</b> , 77, 853-62	3.6	28
76	The effect of exercise on the riboflavin status of adult men. <i>British Journal of Nutrition</i> , <b>1993</b> , 69, 541-51	3.6	27
75	Vitamin D and parathyroid hormone in insulin resistance of abdominal obesity: cause or effect?. <i>European Journal of Clinical Nutrition</i> , <b>2011</b> , 65, 1348-52	5.2	26
74	A low-protein diet exacerbates postprandial chylomicron concentration in moderately dyslipidaemic subjects in comparison to a lean red meat protein-enriched diet. <i>European Journal of Clinical Nutrition</i> , <b>2005</b> , 59, 1142-8	5.2	24
73	No evidence for an ethnic influence on basal metabolism: an examination of data from India and Australia. <i>British Journal of Nutrition</i> , <b>1998</b> , 79, 333-41	3.6	24
72	Development of a homologous radioimmunoassay for secreted hamster prolactin. <i>Experimental Biology and Medicine</i> , <b>1983</b> , 172, 379-81	3.7	24
71	Prevailing vitamin D status influences mitochondrial and glycolytic bioenergetics in peripheral blood mononuclear cells obtained from adults. <i>Redox Biology</i> , <b>2016</b> , 10, 243-250	11.3	24
70	Does prolactin modify testosterone feedback in the hamster? Suppression of plasma prolactin inhibits photoperiod-induced decreases in testosterone feedback sensitivity. <i>Endocrinology</i> , <b>1984</b> , 115, 2098-103	4.8	23
69	Day-to-day variations in basal metabolic rates and energy intakes of human subjects. <i>European Journal of Clinical Nutrition</i> , <b>1989</b> , 43, 465-72	5.2	22
68	Vitamin D status is inversely associated with markers of risk for type 2 diabetes: A population based study in Victoria, Australia. <i>PLoS ONE</i> , <b>2017</b> , 12, e0178825	3.7	22
67	Public health and health systems: implications for the prevention and management of type 2 diabetes in south Asia. <i>Lancet Diabetes and Endocrinology</i> , <b>2018</b> , 6, 992-1002	18.1	22
66	The impact of cholecalciferol supplementation on the systemic inflammatory profile: a systematic review and meta-analysis of high-quality randomized controlled trials. <i>European Journal of Clinical Nutrition</i> , <b>2017</b> , 71, 931-943	5.2	21

65	Winter to summer change in vitamin D status reduces systemic inflammation and bioenergetic activity of human peripheral blood mononuclear cells. <i>Redox Biology</i> , <b>2017</b> , 12, 814-820	11.3	20
64	Postprandial energy metabolism in the regulation of body weight: is there a mechanistic role for dietary calcium?. <i>Nutrients</i> , <b>2010</b> , 2, 586-98	6.7	20
63	Thermic effect of a meal. 2. Role in chronic undernutrition. <i>British Journal of Nutrition</i> , <b>1992</b> , 67, 177-85	3.6	20
62	Recapitulation of the pathway for trophoblast giant cell differentiation in vitro: stage-specific expression of members of the prolactin gene family		20
61	The impact of thiamine supplementation on blood pressure, serum lipids and C-reactive protein in individuals with hyperglycemia: a randomised, double-blind cross-over trial. <i>Diabetes and Metabolic Syndrome: Clinical Research and Reviews</i> , <b>2015</b> , 9, 213-7	8.9	19
60	Identification of multiple low molecular weight placental prolactin-like proteins produced by rat trophoblast cells. <i>Journal of Endocrinology</i> , <b>1988</b> , 116, 101-6	4.7	19
59	Validity of a food frequency questionnaire to assess nutritional intake among Sri Lankan adults. <i>SpringerPlus</i> , <b>2016</b> , 5, 162		17
58	Cyclic adenosine 3'5'Smonophosphate analogues modulate rat placental cell growth and differentiation. <i>Biology of Reproduction</i> , <b>1989</b> , 40, 435-47	3.9	17
57	Neuroendocrine changes in male hamsters following photostimulation. <i>The Journal of Experimental Zoology</i> , <b>1984</b> , 229, 467-74		17
56	Vitamin D status and insulin sensitivity are novel predictors of resting metabolic rate: a cross-sectional analysis in Australian adults. <i>European Journal of Nutrition</i> , <b>2016</b> , 55, 2075-80	5.2	16
55	The obesity epidemic in Sri Lanka revisited. <i>Asia-Pacific Journal of Public Health</i> , <b>2015</b> , 27, NP1298-9	2	15
54	Does prolactin modify testosterone feedback in the hamster? Pituitary grafts alter the ability of testosterone to suppress luteinizing hormone and follicle-stimulating hormone release in castrated male hamsters. <i>Endocrinology</i> , <b>1984</b> , 115, 1506-10	4.8	15
53	Body weight perception and weight loss practices among Sri Lankan adults. <i>Obesity Research and Clinical Practice</i> , <b>2014</b> , 8, e192-200	5.4	14
52	Food frequency questionnaire is a valid tool for the assessment of dietary habits of South Indian pregnant women. <i>Asia-Pacific Journal of Public Health</i> , <b>2014</b> , 26, 494-506	2	14
51	Urea kinetics varies in Jamaican women and men in relation to adiposity, lean body mass and protein intake. <i>European Journal of Clinical Nutrition</i> , <b>1997</b> , 51, 107-15	5.2	14
50	Plasma leptin concentrations, basal metabolic rates and respiratory quotients in young and older adults. <i>International Journal of Obesity</i> , <b>2000</b> , 24, 1592-9	5.5	14
49	The Association between Indoor Air Quality and Adult Blood Pressure Levels in a High-Income Setting. <i>International Journal of Environmental Research and Public Health</i> , <b>2018</b> , 15,	4.6	14
48	The associations of vitamin D status and dietary calcium with the metabolic syndrome: an analysis of the Victorian Health Monitor survey. <i>Public Health Nutrition</i> , <b>2017</b> , 20, 1785-1796	3.3	13

47	Energy supplementation reverses changes in the basal metabolic rates of chronically undernourished individuals. <i>British Journal of Nutrition</i> , <b>1992</b> , 68, 593-602	3.6	13
46	Resting energy expenditure and body composition: critical aspects for clinical nutrition. <i>European Journal of Clinical Nutrition</i> , <b>2018</b> , 72, 1208-1214	5.2	13
45	Molecular actions of vitamin D in reproductive cell biology. <i>Reproduction</i> , <b>2017</b> , 153, R29-R42	3.8	12
44	Ethnic differences in resting metabolic rate, respiratory quotient and body temperature: a comparison of Africans and European Australians. <i>European Journal of Nutrition</i> , <b>2016</b> , 55, 1831-8	5.2	11
43	The effect of the preceding day's protein intake on basal metabolic rates in young adults. <i>British Journal of Nutrition</i> , <b>1988</b> , 60, 425-31	3.6	11
42	Intra-individual variations in resting metabolic rates of human subjects. <i>Human Nutrition Clinical Nutrition</i> , <b>1986</b> , 40, 365-9		11
41	Regulation of deoxyribonucleic acid synthesis in proliferating and differentiating trophoblast cells: involvement of transferrin, transforming growth factor-beta, and tyrosine kinases		11
40	Energy metabolism and the metabolic syndrome: does a lower basal metabolic rate signal recovery following weight loss?. <i>Diabetes and Metabolic Syndrome: Clinical Research and Reviews</i> , <b>2011</b> , 5, 98-101	8.9	10
39	Development and retention of phenotypically specialized cells in pituitary allografts in the hamster ( <i>Mesocricetus auratus</i> ). <i>Cell and Tissue Research</i> , <b>1988</b> , 251, 215-20	4.2	10
38	Basaloid squamous cell carcinoma in the urinary bladder with small-cell carcinoma. <i>Journal of Clinical Oncology</i> , <b>2011</b> , 29, e440-2	2.2	9
37	Second meal effects of dietary calcium and vitamin D. <i>European Journal of Clinical Nutrition</i> , <b>2008</b> , 62, 872-8	5.2	9
36	The effect of leprosy-induced deformity on the nutritional status of index cases and their household members in rural South India: a socio-economic perspective. <i>European Journal of Clinical Nutrition</i> , <b>2000</b> , 54, 643-9	5.2	9
35	Progestagen effects on elicitation of aggressive behaviour in male mice. <i>Journal of Endocrinology</i> , <b>1977</b> , 73, 507-10	4.7	8
34	Progesterone: effects on investigatory preferences, aggression, and olfaction in orchidectomized, testosterone-treated mice. <i>Behavioral Biology</i> , <b>1978</b> , 23, 260-6		8
33	Vitamin D & endothelial function. <i>Indian Journal of Medical Research</i> , <b>2014</b> , 140, 483-90	2.9	8
32	The potential role of irisin in the thermoregulatory responses to mild cold exposure in adults. <i>American Journal of Human Biology</i> , <b>2016</b> , 28, 699-704	2.7	8
31	Dietary fat and physiological determinants of plasma chylomicron remnant homeostasis in normolipidaemic subjects: insight into atherogenic risk. <i>British Journal of Nutrition</i> , <b>2017</b> , 117, 403-412	3.6	7
30	Thermic effect of a meal. 3. Effect of dietary supplementation in chronically undernourished human subjects. <i>British Journal of Nutrition</i> , <b>1992</b> , 67, 187-94	3.6	7

29	Plasma triglyceride and high density lipoprotein cholesterol are poor surrogate markers of pro-atherogenic chylomicron remnant homeostasis in subjects with the metabolic syndrome. <i>Lipids in Health and Disease</i> , <b>2016</b> , 15, 169	4.4	7
28	Vitamin D status and calcium intake in systemic inflammation, insulin resistance and the metabolic syndrome: An update on current evidence. <i>Trends in Food Science and Technology</i> , <b>2017</b> , 62, 79-90	15.3	6
27	Postprandial changes in glucose oxidation and insulin sensitivity in metabolic syndrome: Influence of fibroblast growth factor 21 and vitamin D status. <i>Nutrition</i> , <b>2017</b> , 37, 37-42	4.8	6
26	Enrichment in urinary ammonia and urea with hourly oral doses of [15N]glycine: evidence for a step function and a circadian rhythm in protein turnover. <i>Clinical Science</i> , <b>1997</b> , 93, 265-71	6.5	6
25	Mouse and rat placental cell lines express abundant amounts of laminin. <i>Placenta</i> , <b>1988</b> , 9, 313-26	3.4	6
24	The Association of Vitamin D Status with Dyslipidaemia and Biomarkers of Endothelial Cell Activation in Older Australians. <i>Nutrients</i> , <b>2016</b> , 8,	6.7	6
23	Hypertriglyceridemic subjects exhibit an accumulation of small dense chylomicron particles in the fasting state. <i>Atherosclerosis</i> , <b>2015</b> , 243, 236-41	3.1	5
22	Trophoblast stem cells derived from nuclear transfer embryos: phenotypically unique, bad neighbors, or poor communicators?. <i>Proceedings of the National Academy of Sciences of the United States of America</i> , <b>2009</b> , 106, 16014-5	11.5	5
21	Potential associations between resting energy expenditure, thermic effect of a meal, and VO2 max in young adult males. <i>Metabolism: Clinical and Experimental</i> , <b>1989</b> , 38, 1251-3	12.7	5
20	Forearm to fingertip skin temperature gradients in the thermoneutral zone were significantly related to resting metabolic rate: potential implications for nutrition research. <i>European Journal of Clinical Nutrition</i> , <b>2017</b> , 71, 1074-1079	5.2	4
19	Fasting and glucose induced thermogenesis in response to three ambient temperatures: a randomized crossover trial in the metabolic syndrome. <i>European Journal of Clinical Nutrition</i> , <b>2018</b> , 72, 1421-1430	5.2	4
18	The association of vitamin D status and dietary calcium intake with individual components of the metabolic syndrome: a population-based study in Victoria, Australia. <i>Cardiovascular Endocrinology</i> , <b>2017</b> , 6, 136-144		3
17	A systematic review protocol examining the effect of vitamin D supplementation on endothelial function. <i>BMJ Open</i> , <b>2015</b> , 5, e006835	3	3
16	Calcium and vitamin D modulate postprandial vascular function: A pilot dose-response study. <i>Diabetes and Metabolic Syndrome: Clinical Research and Reviews</i> , <b>2010</b> , 4, 128-131	8.9	3
15	Thermogenic responses to noradrenaline are unaltered following energy supplementation in chronically energy-deficient human subjects. <i>European Journal of Clinical Investigation</i> , <b>1991</b> , 21, 27-32	4.6	3
14	Vitamin D Supplementation for Obesity: Potential Mechanisms of Action and an Update of Randomized Controlled Trials. <i>Current Nutrition and Food Science</i> , <b>2014</b> , 10, 29-35	0.7	3
13	Olive Oil Consumption and Weight Gain <b>2010</b> , 895-902		2
12	Postprandial hypotension in older Australians: Relationship to glycaemia and habitual food intake. <i>Nutrition and Dietetics</i> , <b>2007</b> , 64, 285-289	2.5	2

11	Is there a role for monounsaturated fat in the dietary management of obesity?. <i>Asia-Pacific Journal of Public Health</i> , <b>2003</b> , 15 Suppl, S18-21	2	2
10	Turkey and chicken prolactins stimulate the proliferation of rat Nb2 lymphoma cells. <i>Experimental Biology and Medicine</i> , <b>1991</b> , 197, 384-6	3.7	2
9	High-dose thiamine supplementation may reduce resting energy expenditure in individuals with hyperglycemia: a randomized, double - blind cross-over trial. <i>Journal of Diabetes and Metabolic Disorders</i> , <b>2020</b> , 19, 297-304	2.5	1
8	Serum Vitamin D status is associated with increased blastocyst development rate in women undergoing IVF. <i>Reproductive BioMedicine Online</i> , <b>2020</b> , 41, 1101-1111	4	1
7	Lack of a relationship between vitamin D status and resting metabolic rate in Iranian adults. <i>American Journal of Human Biology</i> , <b>2021</b> , 33, e23543	2.7	0
6	The Utility of Forearm to Fingertip Skin Temperature Gradients During Measurements of Resting Energy Expenditure. <i>Nutrition and Metabolic Insights</i> , <b>2019</b> , 12, 1178638819829724	1.9	0
5	The influence of ethnicity and glucose tolerance status on subjective hunger sensations and prospective food intake in overweight and obese Asian and European Australians. <i>Diabetes and Metabolic Syndrome: Clinical Research and Reviews</i> , <b>2017</b> , 11 Suppl 1, S391-S396	8.9	
4	Response to Letter from Bero et al. <i>European Journal of Clinical Nutrition</i> , <b>2020</b> , 74, 353-354	5.2	
3	Response to the letter of Kawada T on adiponectin and the metabolic syndrome. <i>European Journal of Clinical Nutrition</i> , <b>2013</b> , 67, 897	5.2	
2	The Effect of Olive Oil on Postprandial Thermogenesis, Fat Oxidation and Satiety <b>2010</b> , 863-870		
1	Olive oil and postprandial energy metabolism: implications for weight control <b>2021</b> , 251-259		