Mario J Soares

List of Publications by Year in Descending Order

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	Lack of a relationship between vitamin D status and resting metabolic rate in Iranian adults. *American Journal of Human Biology*, **2021**, 33, e23543	2.7	0
117	Olive oil and postprandial energy metabolism: implications for weight control **2021**, 251-259		
116	Response to Letter from Bero et al. *European Journal of Clinical Nutrition*, **2020**, 74, 353-354	5.2	
115	High-dose thiamine supplementation may reduce resting energy expenditure in individuals with hyperglycemia: a randomized, double - blind cross-over trial. *Journal of Diabetes and Metabolic Disorders*, **2020**, 19, 297-304	2.5	1
114	Serum Vitamin D status is associated with increased blastocyst development rate in women undergoing IVF. *Reproductive BioMedicine Online*, **2020**, 41, 1101-1111	4	1
113	Diabetes in developing countries. *Journal of Diabetes*, **2019**, 11, 522-539	3.8	61
112	The Utility of Forearm to Fingertip Skin Temperature Gradients During Measurements of Resting Energy Expenditure. *Nutrition and Metabolic Insights*, **2019**, 12, 1178638819829724	1.9	0
111	Fasting and glucose induced thermogenesis in response to three ambient temperatures: a randomized crossover trial in the metabolic syndrome. *European Journal of Clinical Nutrition*, **2018**, 72, 1421-1430	5.2	4
110	Body fat, metabolic syndrome and hyperglycemia in South Asians. *Journal of Diabetes and Its Complications*, **2018**, 32, 1068-1075	3.2	32
109	The Association between Indoor Air Quality and Adult Blood Pressure Levels in a High-Income Setting. *International Journal of Environmental Research and Public Health*, **2018**, 15,	4.6	14
108	Public health and health systems: implications for the prevention and management of type 2 diabetes in south Asia. *Lancet Diabetes and Endocrinology,the*, **2018**, 6, 992-1002	18.1	22
107	Epidemiology and determinants of type 2 diabetes in south Asia. *Lancet Diabetes and Endocrinology,the*, **2018**, 6, 966-978	18.1	89
106	Resting energy expenditure and body composition: critical aspects for clinical nutrition. *European Journal of Clinical Nutrition*, **2018**, 72, 1208-1214	5.2	13
105	Vitamin D status and calcium intake in systemic inflammation, insulin resistance and the metabolic syndrome: An update on current evidence. *Trends in Food Science and Technology*, **2017**, 62, 79-90	15.3	6
104	Winter to summer change in vitamin D status reduces systemic inflammation and bioenergetic activity of human peripheral blood mononuclear cells. *Redox Biology*, **2017**, 12, 814-820	11.3	20
103	The associations of vitamin D status and dietary calcium with the metabolic syndrome: an analysis of the Victorian Health Monitor survey. *Public Health Nutrition*, **2017**, 20, 1785-1796	3.3	13
102	The impact of cholecalciferol supplementation on the systemic inflammatory profile: a systematic review and meta-analysis of high-quality randomized controlled trials. *European Journal of Clinical Nutrition*, **2017**, 71, 931-943	5.2	21

101	The influence of ethnicity and glucose tolerance status on subjective hunger sensations and prospective food intake in overweight and obese Asian and European Australians. *Diabetes and Metabolic Syndrome: Clinical Research and Reviews*, **2017**, 11 Suppl 1, S391-S396	8.9	
100	Forearm to fingertip skin temperature gradients in the thermoneutral zone were significantly related to resting metabolic rate: potential implications for nutrition research. *European Journal of Clinical Nutrition*, **2017**, 71, 1074-1079	5.2	4
99	Dietary fat and physiological determinants of plasma chylomicron remnant homoeostasis in normolipidaemic subjects: insight into atherogenic risk. *British Journal of Nutrition*, **2017**, 117, 403-412	3.6	7
98	Postprandial changes in glucose oxidation and insulin sensitivity in metabolic syndrome: Influence of fibroblast growth factor 21 and vitamin D status. *Nutrition*, **2017**, 37, 37-42	4.8	6
97	The association of vitamin D status and dietary calcium intake with individual components of the metabolic syndrome: a population-based study in Victoria, Australia. *Cardiovascular Endocrinology*, **2017**, 6, 136-144		3
96	Molecular actions of vitamin D in reproductive cell biology. *Reproduction*, **2017**, 153, R29-R42	3.8	12
95	Vitamin D status is inversely associated with markers of risk for type 2 diabetes: A population based study in Victoria, Australia. *PLoS ONE*, **2017**, 12, e0178825	3.7	22
94	Vitamin D status and insulin sensitivity are novel predictors of resting metabolic rate: a cross-sectional analysis in Australian adults. *European Journal of Nutrition*, **2016**, 55, 2075-80	5.2	16
93	Ethnic differences in resting metabolic rate, respiratory quotient and body temperature: a comparison of Africans and European Australians. *European Journal of Nutrition*, **2016**, 55, 1831-8	5.2	11
92	Validity of a food frequency questionnaire to assess nutritional intake among Sri Lankan adults. *SpringerPlus*, **2016**, 5, 162		17
91	Reductions in body weight and percent fat mass increase the vitamin D status of obese subjects: a systematic review and metaregression analysis. *Nutrition Research*, **2016**, 36, 201-13	4	53
90	Calcium and Vitamin D in Obesity and Related Chronic Disease. *Advances in Food and Nutrition Research*, **2016**, 77, 57-100	6	42
89	Plasma triglyceride and high density lipoprotein cholesterol are poor surrogate markers of pro-atherogenic chylomicron remnant homeostasis in subjects with the metabolic syndrome. *Lipids in Health and Disease*, **2016**, 15, 169	4.4	7
88	The Association of Vitamin D Status with Dyslipidaemia and Biomarkers of Endothelial Cell Activation in Older Australians. *Nutrients*, **2016**, 8,	6.7	6
87	The potential role of irisin in the thermoregulatory responses to mild cold exposure in adults. *American Journal of Human Biology*, **2016**, 28, 699-704	2.7	8
86	Prevailing vitamin D status influences mitochondrial and glycolytic bioenergetics in peripheral blood mononuclear cells obtained from adults. *Redox Biology*, **2016**, 10, 243-250	11.3	24
85	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. *Diabetes and Metabolic Syndrome: Clinical Research and Reviews*, **2015**, 9, 213-7	8.9	19
84	Alanyl-glutamine improves pancreatic Ecell function following ex vivo inflammatory challenge. *Journal of Endocrinology*, **2015**, 224, 261-71	4.7	33

83	Hypertriglyceridemic subjects exhibit an accumulation of small dense chylomicron particles in the fasting state. *Atherosclerosis*, **2015**, 243, 236-41	3.1	5
82	The impact of cryopreservation on human peripheral blood leucocyte bioenergetics. *Clinical Science* , **2015**, 128, 723-33	6.5	30
81	The potential regulatory role of vitamin D in the bioenergetics of inflammation. *Current Opinion in Clinical Nutrition and Metabolic Care*, **2015**, 18, 367-73	3.8	31
80	The Impact of Vitamin D Levels on Inflammatory Status: A Systematic Review of Immune Cell Studies. *PLoS ONE*, **2015**, 10, e0141770	3.7	194
79	The obesity epidemic in Sri Lanka revisited. *Asia-Pacific Journal of Public Health*, **2015**, 27, NP1298-9	2	15
78	A systematic review protocol examining the effect of vitamin D supplementation on endothelial function. *BMJ Open*, **2015**, 5, e006835	3	3
77	Vitamin D supplementation and body weight status: a systematic review and meta-analysis of randomized controlled trials. *Obesity Reviews*, **2014**, 15, 528-37	10.6	71
76	Certain dietary patterns are beneficial for the metabolic syndrome: reviewing the evidence. *Nutrition Research*, **2014**, 34, 559-68	4	74
75	Energy and nutrient intakes among Sri Lankan adults. *International Archive of Medicine*, **2014**, 7, 34		31
74	Body weight perception and weight loss practices among Sri Lankan adults. *Obesity Research and Clinical Practice*, **2014**, 8, e192-200	5.4	14
73	Food frequency questionnaire is a valid tool for the assessment of dietary habits of South Indian pregnant women. *Asia-Pacific Journal of Public Health*, **2014**, 26, 494-506	2	14
72	Calcium and vitamin D in the regulation of energy balance: where do we stand?. *International Journal of Molecular Sciences*, **2014**, 15, 4938-45	6.3	29
71	Vitamin D & endothelial function. *Indian Journal of Medical Research*, **2014**, 140, 483-90	2.9	8
70	Vitamin D Supplementation for Obesity: Potential Mechanisms of Action and an Update of Randomized Controlled Trials. *Current Nutrition and Food Science*, **2014**, 10, 29-35	0.7	3
69	High dietary diversity is associated with obesity in Sri Lankan adults: an evaluation of three dietary scores. *BMC Public Health*, **2013**, 13, 314	4.1	72
68	High-dose thiamine supplementation improves glucose tolerance in hyperglycemic individuals: a randomized, double-blind cross-over trial. *European Journal of Nutrition*, **2013**, 52, 1821-4	5.2	34
67	Factors determining the risk of the metabolic syndrome: is there a central role for adiponectin?. *European Journal of Clinical Nutrition*, **2013**, 67, 485-91	5.2	28
66	Food consumption of Sri Lankan adults: an appraisal of serving characteristics. *Public Health Nutrition*, **2013**, 16, 653-8	3.3	54

65	Response to the letter of Kawada T on adiponectin and the metabolic syndrome. *European Journal of Clinical Nutrition*, **2013**, 67, 897	5.2	
64	Prevalence, trends and associated socio-economic factors of obesity in South Asia. *Obesity Facts*, **2013**, 6, 405-14	5.1	42
63	Mechanistic roles for calcium and vitamin D in the regulation of body weight. *Obesity Reviews*, **2012** , 13, 592-605	10.6	83
62	Prevalence and trends of the diabetes epidemic in South Asia: a systematic review and meta-analysis. *BMC Public Health*, **2012**, 12, 380	4.1	172
61	Development of a food frequency questionnaire for Sri Lankan adults. *Nutrition Journal*, **2012**, 11, 63	4.3	30
60	Energy metabolism and the metabolic syndrome: does a lower basal metabolic rate signal recovery following weight loss?. *Diabetes and Metabolic Syndrome: Clinical Research and Reviews*, **2011**, 5, 98-101	8.9	10
59	Diet induced thermogenesis, fat oxidation and food intake following sequential meals: influence of calcium and vitamin D. *Clinical Nutrition*, **2011**, 30, 376-83	5.9	43
58	Calcium and vitamin D for obesity: a review of randomized controlled trials. *European Journal of Clinical Nutrition*, **2011**, 65, 994-1004	5.2	63
57	Basaloid squamous cell carcinoma in the urinary bladder with small-cell carcinoma. *Journal of Clinical Oncology*, **2011**, 29, e440-2	2.2	9
56	Vitamin D and parathyroid hormone in insulin resistance of abdominal obesity: cause or effect?. *European Journal of Clinical Nutrition*, **2011**, 65, 1348-52	5.2	26
55	Postprandial energy metabolism in the regulation of body weight: is there a mechanistic role for dietary calcium?. *Nutrients*, **2010**, 2, 586-98	6.7	20
54	The Effect of Olive Oil on Postprandial Thermogenesis, Fat Oxidation and Satiety **2010**, 863-870		
53	Olive Oil Consumption and Weight Gain **2010**, 895-902		2
52	Calcium and vitamin D modulate postprandial vascular function: A pilot dose–response study. *Diabetes and Metabolic Syndrome: Clinical Research and Reviews*, **2010**, 4, 128-131	8.9	3
51	Resistance training for obese, type 2 diabetic adults: a review of the evidence. *Obesity Reviews*, **2010**, 11, 740-9	10.6	45
50	Trophoblast stem cells derived from nuclear transfer embryos: phenotypically unique, bad neighbors, or poor communicators?. *Proceedings of the National Academy of Sciences of the United States of America*, **2009**, 106, 16014-5	11.5	5
49	Second meal effects of dietary calcium and vitamin D. *European Journal of Clinical Nutrition*, **2008**, 62, 872-8	5.2	9
48	Postprandial hypotension in older Australians: Relationship to glycaemia and habitual food intake. *Nutrition and Dietetics*, **2007**, 64, 285-289	2.5	2

47	The acute effects of different sources of dietary calcium on postprandial energy metabolism. *British Journal of Nutrition*, **2006**, 96, 138-44	3.6	37
46	A low-protein diet exacerbates postprandial chylomicron concentration in moderately dyslipidaemic subjects in comparison to a lean red meat protein-enriched diet. *European Journal of Clinical Nutrition*, **2005**, 59, 1142-8	5.2	24
45	The acute effects of olive oil v. cream on postprandial thermogenesis and substrate oxidation in postmenopausal women. *British Journal of Nutrition*, **2004**, 91, 245-52	3.6	70
44	Is there a role for monounsaturated fat in the dietary management of obesity?. *Asia-Pacific Journal of Public Health*, **2003**, 15 Suppl, S18-21	2	2
43	Substitution of saturated with monounsaturated fat in a 4-week diet affects body weight and composition of overweight and obese men. *British Journal of Nutrition*, **2003**, 90, 717-27	3.6	140
42	Relation of adiposity and body fat distribution to body mass index in Australians of Aboriginal and European ancestry. *European Journal of Clinical Nutrition*, **2003**, 57, 956-63	5.2	76
41	The influence of the type of dietary fat on postprandial fat oxidation rates: monounsaturated (olive oil) vs saturated fat (cream). *International Journal of Obesity*, **2002**, 26, 814-21	5.5	128
40	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. *European Journal of Clinical Nutrition*, **2000**, 54, 643-9	5.2	9
39	Indirect estimates of body composition are useful for groups but unreliable in individuals. *International Journal of Obesity*, **2000**, 24, 1145-52	5.5	94
38	Plasma leptin concentrations, basal metabolic rates and respiratory quotients in young and older adults. *International Journal of Obesity*, **2000**, 24, 1592-9	5.5	14
37	The uteroplacental prolactin family and pregnancy. *Biology of Reproduction*, **1998**, 58, 273-84	3.9	124
36	No evidence for an ethnic influence on basal metabolism: an examination of data from India and Australia. *British Journal of Nutrition*, **1998**, 79, 333-41	3.6	24
35	Is there evidence for an age-related reduction in metabolic rate?. *Journal of Applied Physiology*, **1998**, 85, 2196-204	3.7	127
34	The effect of oral contraceptive agents on the basal metabolic rate of young women. *British Journal of Nutrition*, **1997**, 77, 853-62	3.6	28
33	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. *Clinical Science*, **1997**, 93, 265-71	6.5	6
32	Urea kinetics varies in Jamaican women and men in relation to adiposity, lean body mass and protein intake. *European Journal of Clinical Nutrition*, **1997**, 51, 107-15	5.2	14
31	The validity of predicting the basal metabolic rate of young Australian men and women. *European Journal of Clinical Nutrition*, **1997**, 51, 333-7	5.2	43
30	Whole body protein turnover in chronically undernourished individuals. *Clinical Science*, **1994**, 86, 441-6	6.5	40

29	The effect of exercise on the riboflavin status of adult men. *British Journal of Nutrition*, **1993**, 69, 541-51	3.6	27
28	Predictive equations for basal metabolic rates of Indian males. *European Journal of Clinical Nutrition* , **1993**, 47, 389-94	5.2	40
27	Thermic effect of a meal. 1. Methodology and variation in normal young adults. *British Journal of Nutrition*, **1992**, 67, 165-75	3.6	32
26	Thermic effect of a meal. 2. Role in chronic undernutrition. *British Journal of Nutrition*, **1992**, 67, 177-85	3.6	20
25	Energy supplementation reverses changes in the basal metabolic rates of chronically undernourished individuals. *British Journal of Nutrition*, **1992**, 68, 593-602	3.6	13
24	Thermic effect of a meal. 3. Effect of dietary supplementation in chronically undernourished human subjects. *British Journal of Nutrition*, **1992**, 67, 187-94	3.6	7
23	Basal metabolic rate, body composition and whole-body protein turnover in Indian men with differing nutritional status. *Clinical Science*, **1991**, 81, 419-25	6.5	42
22	Thermogenic responses to noradrenaline are unaltered following energy supplementation in chronically energy-deficient human subjects. *European Journal of Clinical Investigation*, **1991**, 21, 27-32	4.6	3
21	Turkey and chicken prolactins stimulate the proliferation of rat Nb2 lymphoma cells. *Experimental Biology and Medicine*, **1991**, 197, 384-6	3.7	2
20	Pregnancy and the prolactin family of hormones: coordination of anterior pituitary, uterine, and placental expression. *Endocrine Reviews*, **1991**, 12, 402-23	27.2	159
19	Basal metabolic rates and metabolic economy in chronic undernutrition. *European Journal of Clinical Nutrition*, **1991**, 45, 363-73	5.2	32
18	The influence of different methods on basal metabolic rate measurements in human subjects. *American Journal of Clinical Nutrition*, **1989**, 50, 731-6	7	38
17	Cyclic adenosine 3$5Smonophosphate analogues modulate rat placental cell growth and differentiation. *Biology of Reproduction*, **1989**, 40, 435-47	3.9	17
16	Potential associations between resting energy expenditure, thermic effect of a meal, and VO2 max in young adult males. *Metabolism: Clinical and Experimental*, **1989**, 38, 1251-3	12.7	5
15	Day-to-day variations in basal metabolic rates and energy intakes of human subjects. *European Journal of Clinical Nutrition*, **1989**, 43, 465-72	5.2	22
14	Development and retention of phenotypically specialized cells in pituitary allografts in the hamster (Mesocricetus auratus). *Cell and Tissue Research*, **1988**, 251, 215-20	4.2	10
13	Mouse and rat placental cell lines express abundant amounts of laminin. *Placenta*, **1988**, 9, 313-26	3.4	6
12	Identification of multiple low molecular weight placental prolactin-like proteins produced by rat trophoblast cells. *Journal of Endocrinology*, **1988**, 116, 101-6	4.7	19

11	The effect of the preceding days' protein intake on basal metabolic rates in young adults. *British Journal of Nutrition*, **1988**, 60, 425-31	3.6	11
10	Establishment of a rat placental cell line expressing characteristics of extraembryonic membranes. *Developmental Biology*, **1987**, 124, 134-44	3.1	54
9	Intra-individual variations in resting metabolic rates of human subjects. *Human Nutrition Clinical Nutrition*, **1986**, 40, 365-9		11
8	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. *Endocrinology*, **1984**, 115, 1506-10	4.8	15
7	Does prolactin modify testosterone feedback in the hamster? Suppression of plasma prolactin inhibits photoperiod-induced decreases in testosterone feedback sensitivity. *Endocrinology*, **1984**, 115, 2098-103	4.8	23
6	Neuroendocrine changes in male hamsters following photostimulation. *The Journal of Experimental Zoology*, **1984**, 229, 467-74		17
5	Development of a homologous radioimmunoassay for secreted hamster prolactin. *Experimental Biology and Medicine*, **1983**, 172, 379-81	3.7	24
4	Progesterone: effects on investigatory preferences, aggression, and olfaction inorchidectomized, testosterone-treated mice. *Behavioral Biology*, **1978**, 23, 260-6		8
3	Progestagen effects on elicitation of aggressive behaviour in male mice. *Journal of Endocrinology*, **1977**, 73, 507-10	4.7	8
2	Recapitulation of the pathway for trophoblast giant cell differentiation in vitro: stage-specific expression of members of the prolactin gene family		20
1	Regulation of deoxyribonucleic acid synthesis in proliferating and differentiating trophoblast cells: involvement of transferrin, transforming growth factor-beta, and tyrosine kinases		11