J Philip Karl

List of Publications by Year
in descending order

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Version: 2024-02-01

91 papers	3,335 citations	172207 29 h-index	161609 54 g-index
91 all docs	91 docs citations	91 times ranked	4349 citing authors

#	Article	IF	Citations
1	Effects of Psychological, Environmental and Physical Stressors on the Gut Microbiota. Frontiers in Microbiology, 2018, 9, 2013.	1.5	323
2	Changes in intestinal microbiota composition and metabolism coincide with increased intestinal permeability in young adults under prolonged physiological stress. American Journal of Physiology - Renal Physiology, 2017, 312, G559-G571.	1.6	239
3	Menaquinones, Bacteria, and the Food Supply: The Relevance of Dairy and Fermented Food Products to Vitamin K Requirements. Advances in Nutrition, 2013, 4, 463-473.	2.9	214
4	Substituting whole grains for refined grains in a 6-wk randomized trial has a modest effect on gut microbiota and immune and inflammatory markers of healthy adults. American Journal of Clinical Nutrition, 2017, 105, 635-650.	2.2	203
5	Randomized, double-blind, placebo-controlled trial of iron supplementation in female soldiers during military training: effects on iron status, physical performance, and mood. American Journal of Clinical Nutrition, 2009, 90, 124-131.	2.2	146
6	Iron deficiency and obesity: the contribution of inflammation and diminished iron absorption. Nutrition Reviews, 2009, 67, 100-104.	2.6	141
7	Nutrient Deficiencies After Gastric Bypass Surgery. Annual Review of Nutrition, 2013, 33, 183-203.	4.3	125
8	Substituting whole grains for refined grains in a 6-wk randomized trial favorably affects energy-balance metrics in healthy men and postmenopausal women. American Journal of Clinical Nutrition, 2017, 105, 589-599.	2.2	74
9	Quantification of phylloquinone and menaquinones in feces, serum, and food by high-performance liquid chromatographyâ€“mass spectrometry. Journal of Chromatography B: Analytical Technologies in the Biomedical and Life Sciences, 2014, 963, 128-133.	1.2	71
10	Fecal concentrations of bacterially derived vitamin K forms are associated with gut microbiota composition but not plasma or fecal cytokine concentrations in healthy adults. American Journal of Clinical Nutrition, 2017, 106, 1052-1061.	2.2	71
11	Randomized, double-blind, placebo-controlled trial of an iron-fortified food product in female soldiers during military training: relations between iron status, serum hepcidin, and inflammation. American Journal of Clinical Nutrition, 2010, 92, 93-100.	2.2	67
12	Longitudinal decrements in iron status during military training in female soldiers. British Journal of Nutrition, 2009, 102, 605.	1.2	63
13	The Role of Whole Grains in Body Weight Regulation. Advances in Nutrition, 2012, 3, 697-707.	2.9	63
14	Dietary vitamin K is remodeled by gut microbiota and influences community composition. Gut Microbes, 2021, 13, 1-16.	4.3	59
15	Energy Density, Energy Intake, and Body Weight Regulation in Adults. Advances in Nutrition, 2014, 5, 835-850.	2.9	57
16	Multiple Vitamin K Forms Exist in Dairy Foods. Current Developments in Nutrition, 2017, 1, e000638.	0.1	51
17	Independent and combined effects of eating rate and energy density on energy intake, appetite, and gut hormones. Obesity, 2013, 21, E244-52.	1.5	49
18	Military training elicits marked increases in plasma metabolomic signatures of energy metabolism, lipolysis, fatty acid oxidation, and ketogenesis. Physiological Reports, 2017, 5, e13407.	0.7	48

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19	Associations between the gut microbiota and host responses to high altitude. American Journal of Physiology - Renal Physiology, 2018, 315, G1003-G1015.	1.6	48
20	Effects of Supplemental Energy on Protein Balance during 4-d Arctic Military Training. Medicine and Science in Sports and Exercise, 2016, 48, 1604-1612.	0.2	47
21	Vitamin D status, dietary intake, and bone turnover in female Soldiers during military training: a longitudinal study. Journal of the International Society of Sports Nutrition, 2012, 9, 38.	1.7	44
22	Adherence to the Dietary Guidelines for Americans Is Associated with Psychological Resilience in Young Adults: A Cross-Sectional Study. Journal of the Academy of Nutrition and Dietetics, 2017, 117, 396-403.	0.4	43
23	Severe negative energy balance during 21 d at high altitude decreases fatâ€free mass regardless of dietary protein intake: a randomized controlled trial. FASEB Journal, 2018, 32, 894-905.	0.2	43
24	Fecal menaquinone profiles of overweight adults are associated with gut microbiota composition during a gut microbiotaâ€“targeted dietary intervention. American Journal of Clinical Nutrition, 2015, 102, 84-93.	2.2	42
25	Threshold of Energy Deficit and Lower-Body Performance Declines in Military Personnel: A Meta-Regression. Sports Medicine, 2018, 48, 2169-2178.	3.1	42
26	Eating rate during a fixed-portion meal does not affect postprandial appetite and gut peptides or energy intake during a subsequent meal. Physiology and Behavior, 2011, 102, 524-531.	1.0	39
27	Effects of testosterone supplementation on body composition and lower-body muscle function during severe exercise- and diet-induced energy deficit: A proof-of-concept, single centre, randomised, double-blind, controlled trial. EBioMedicine, 2019, 46, 411-422.	2.7	39
28	Vitamin D status in female military personnel during combat training. Journal of the International Society of Sports Nutrition, 2010, 7, 38.	1.7	34
29	Differential Effects of Military Training on Fat-Free Mass and Plasma Amino Acid Adaptations in Men and Women. Nutrients, 2012, 4, 2035-2046.	1.7	34
30	Effects of carbohydrate quantity and glycemic index on resting metabolic rate and body composition during weight loss. Obesity, 2015, 23, 2190-2198.	1.5	32
31	Appetite Suppression and Altered Food Preferences Coincide with Changes in Appetite-Mediating Hormones During Energy Deficit at High Altitude, But Are Not Affected by Protein Intake. High Altitude Medicine and Biology, 2018, 19, 156-169.	0.5	31
32	Monitoring Energy Intake: A Hand-Held Personal Digital Assistant Provides Accuracy Comparable to Written Records. Journal of the American Dietetic Association, 2009, 109, 1241-1245.	1.3	29
33	Vitamin D and stress fracture: the contribution of vitamin D receptor gene polymorphisms. Nutrition Reviews, 2010, 68, 365-369.	2.6	28
34	Positive Effects of Basic Training on Cognitive Performance and Mood of Adult Females. Human Factors, 2014, 56, 1113-1123.	2.1	28
35	Altered Appetite-Mediating Hormone Concentrations Precede Compensatory Overeating After Severe, Short-Term Energy Deprivation in Healthy Adults. Journal of Nutrition, 2016, 146, 209-217.	1.3	27
36	Dietary Intake in Relation to Military Dietary Reference Values During Army Basic Combat Training; a Multi-center, Cross-sectional Study. Military Medicine, 2019, 184, e223-e230.	0.4	27

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37	Cardiometabolic Risk in US Army Recruits and the Effects of Basic Combat Training. PLoS ONE, 2012, 7, e31222.	1.1	26
38	Energy deficit increases hepcidin and exacerbates declines in dietary iron absorption following strenuous physical activity: a randomized-controlled cross-over trial. American Journal of Clinical Nutrition, 2021, 113, 359-369.	2.2	26
39	Impact of sleep restriction on local immune response and skin barrier restoration with and without â€œmultinutrientâ€•nutrition intervention. Journal of Applied Physiology, 2018, 124, 190-200.	1.2	25
40	Diet, body composition, and physical fitness influences on IGF-I bioactivity in women. Growth Hormone and IGF Research, 2009, 19, 491-496.	0.5	23
41	Altered metabolic homeostasis is associated with appetite regulation during and following 48-h of severe energy deprivation in adults. Metabolism: Clinical and Experimental, 2016, 65, 416-427.	1.5	23
42	Multiple Dietary Vitamin K Forms Are Converted to Tissue Menaquinone-4 in Mice. Journal of Nutrition, 2022, 152, 981-993.	1.3	22
43	Efficacy of a Meal-Replacement Program for Promoting Blood Lipid Changes and Weight and Body Fat Loss in US Army Soldiers. Journal of the American Dietetic Association, 2010, 110, 268-273.	1.3	21
44	Physiological and psychological effects of testosterone during severe energy deficit and recovery: A study protocol for a randomized, placebo-controlled trial for Optimizing Performance for Soldiers (OPS). Contemporary Clinical Trials, 2017, 58, 47-57.	0.8	21
45	Tissue Concentrations of Vitamin K and Expression of Key Enzymes of Vitamin K Metabolism Are Influenced by Sex and Diet but Not Housing in C57Bl6 Mice. Journal of Nutrition, 2016, 146, 1521-1527.	1.3	20
46	Poor Iron Status Is Not Associated with Overweight or Overfat in Non-Obese Pre-Menopausal Women. Journal of the American College of Nutrition, 2009, 28, 37-42.	1.1	19
47	Bioavailable IGF-I Is Associated with Fat-Free Mass Gains after Physical Training in Women. Medicine and Science in Sports and Exercise, 2011, 43, 793-799.	0.2	19
48	Testosterone supplementation upregulates androgen receptor expression and translational capacity during severe energy deficit. American Journal of Physiology - Endocrinology and Metabolism, 2020, 319, E678-E688.	1.8	18
49	Improved Mood State and Absence of Sex Differences in Response to the Stress of Army Basic Combat Training. Applied Psychology: Health and Well-Being, 2016, 8, 351-363.	1.6	17
50	Testosterone Administration During Energy Deficit Suppresses Hepcidin and Increases Iron Availability for Erythropoiesis. Journal of Clinical Endocrinology and Metabolism, 2020, 105, e1316-e1321.	1.8	17
51	Transient decrements in mood during energy deficit are independent of dietary protein-to-carbohydrate ratio. Physiology and Behavior, 2015, 139, 524-531.	1.0	16
52	Sensitivity and reliability of zinc transporter and metallothionein gene expression in peripheral blood mononuclear cells as indicators of zinc status: responses toex vivozinc exposure and habitual zinc intake in humans. British Journal of Nutrition, 2021, 125, 361-368.	1.2	16
53	Stress and the gut-brain axis: Cognitive performance, mood state, and biomarkers of blood-brain barrier and intestinal permeability following severe physical and psychological stress. Brain, Behavior, and Immunity, 2022, 101, 383-393.	2.0	16
54	Military nutrition research: Contemporary issues, state of the science and future directions. European Journal of Sport Science, 2022, 22, 87-98.	1.4	15

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55	The current state and future direction of DoD gut microbiome research: a summary of the first DoD gut microbiome informational meeting. Standards in Genomic Sciences, 2018, 13, .	1.5	14
56	Evaluation of Probiotics for Warfighter Health and Performance. Frontiers in Nutrition, 2020, 7, 70.	1.6	14
57	Serum Branched-Chain Amino Acid Metabolites Increase in Males When Aerobic Exercise Is Initiated with Low Muscle Glycogen. Metabolites, 2021, 11, 828.	1.3	14
58	A diet of U.S. military food rations alters gut microbiota composition and does not increase intestinal permeability. Journal of Nutritional Biochemistry, 2019, 72, 108217.	1.9	13
59	Self-reported eating behaviors of military recruits are associated with body mass index at military accession and change during initial military training. Appetite, 2019, 142, 104348.	1.8	13
60	Gut Microbiota-targeted Interventions for Reducing the Incidence, Duration, and Severity of Respiratory Tract Infections in Healthy Non-elderly Adults. Military Medicine, 2021, 186, e310-e318.	0.4	13
61	Higher Protein Density Diets Are Associated With Greater Diet Quality and Micronutrient Intake in Healthy Young Adults. Frontiers in Nutrition, 2019, 6, 59.	1.6	12
62	Effects of Testosterone Supplementation on Ghrelin and Appetite During and After Severe Energy Deficit in Healthy Men. Journal of the Endocrine Society, 2020, 4, bvaa024.	0.1	11
63	Severe sleep restriction suppresses appetite independent of effects on appetite regulating hormones in healthy young men without obesity. Physiology and Behavior, 2021, 237, 113438.	1.0	11
64	Development and Validation of the Military Eating Behavior Survey. Journal of Nutrition Education and Behavior, 2021, 53, 798-810.	0.3	11
65	Iron Status of Military Personnel Deployed to Afghanistan. Military Medicine, 2011, 176, 1421-1425.	0.4	10
66	The Current and Future State of Department of Defense (DoD) Microbiome Research: a Summary of the Inaugural DoD Tri-Service Microbiome Consortium Informational Meeting. MSystems, 2018, 3, .	1.7	10
67	Effect of glycemic load on eating behavior self-efficacy during weight loss. Appetite, 2014, 80, 204-211.	1.8	9
68	Eating Behaviors Are Associated With Physical Fitness and Body Composition Among US Army Soldiers. Journal of Nutrition Education and Behavior, 2021, 53, 480-488.	0.3	9
69	Metabolomic profiles are reflective of hypoxia-induced insulin resistance during exercise in healthy young adult males. American Journal of Physiology - Regulatory Integrative and Comparative Physiology, 2021, 321, R1-R11.	0.9	9
70	Urinary Metabolites as Predictors of Acute Mountain Sickness Severity. Frontiers in Physiology, 2021, 12, 709804.	1.3	8
71	Interstitial glucose concentrations and hypoglycemia during 2 days of caloric deficit and sustained exercise: a double-blind, placebo-controlled trial. Journal of Applied Physiology, 2016, 121, 1208-1216.	1.2	7
72	Acute stressor alters inter-species microbial competition for resistant starch-supplemented medium. Gut Microbes, 2019, 10, 439-446.	4.3	7

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73	Randomized Trial Comparing Consumption of Military Rations to Usual Intake for 21 Consecutive Days: Nutrient Adequacy and Indicators of Health Status. Journal of the Academy of Nutrition and Dietetics, 2020, 120, 1791-1804.	0.4	7
74	Effects of Testosterone on Mixed-Muscle Protein Synthesis and Proteome Dynamics During Energy Deficit. Journal of Clinical Endocrinology and Metabolism, 2022, 107, e3254-e3263.	1.8	7
75	Serum and Erythrocyte Biomarkers of Nutrient Status Correlate with Short-Term Î‘-Carotene, Î’-Carotene, Folate, and Vegetable Intakes Estimated by Food Frequency Questionnaire in Military Recruits. Journal of the American College of Nutrition, 2019, 38, 171-178.	1.1	6
76	Assessment of dietary intake using the healthy eating index during military training. U S Army Medical Department Journal, 2013, , 91-7.	0.2	6
77	Challenging traditional carbohydrate intake recommendations for optimizing performance at high altitude. Current Opinion in Clinical Nutrition and Metabolic Care, 2021, 24, 483-489.	1.3	5
78	Effects of energy balance on appetite and physiological mediators of appetite during strenuous physical activity: secondary analysis of a randomised crossover trial. British Journal of Nutrition, 2021, 126, 1571-1584.	1.2	5
79	Meeting report of the third annual Tri-Service Microbiome Consortium symposium. Environmental Microbiomes, 2020, 15, 12.	2.2	4
80	Supplemental Protein and a Multinutrient Beverage Speed Wound Healing after Acute Sleep Restriction in Healthy Adults. Journal of Nutrition, 2022, 152, 1560-1573.	1.3	4
81	Meeting report of the fourth annual Tri-Service Microbiome Consortium symposium. Environmental Microbiomes, 2021, 16, 16.	2.2	3
82	Healthy Eating Scoreâ€“7 as a Measure of Diet Quality in a Military Population. Journal of Nutrition Education and Behavior, 2022, , .	0.3	3
83	Whole Grains in the Prevention and Treatment of Abdominal Obesity. , 2014, , 515-528.		2
84	Exceeding body composition standards is associated with a more negative body image and increased weight cycling in active duty U.S. soldiers. Eating Behaviors, 2021, 42, 101532.	1.1	2
85	Weight management behaviours mediate the relationship between weight cycling, BMI and diet quality among US Army Soldiers. British Journal of Nutrition, 2022, 128, 569-576.	1.2	2
86	Breakfast Skipping Is Associated with Vitamin D Deficiency among Young Adults entering Initial Military Training. Journal of the Academy of Nutrition and Dietetics, 2022, 122, 1114-1128.e1.	0.4	2
87	Initial military training modulates serum fatty acid and amino acid metabolites. Physiological Reports, 2022, 10, .	0.7	1
88	Vitamin D status and biomarkers of bone health in female Soldiers during military training. FASEB Journal, 2011, 25, 996.8.	0.2	0
89	Sex differences in eating behavior during military training. FASEB Journal, 2012, 26, 812.7.	0.2	0
90	Editorial: Host-Microbiome Interactions and Influence on Performance During Acute Environmental, Nutritional, Physical, and Cognitive Stress, Volume II. Frontiers in Physiology, 2022, 13, 894922.	1.3	0

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91	Reply to S-S Zhou and Y Zhou. American Journal of Clinical Nutrition, 2017, 106, 947-948.	2.2	0