

# J Philip Karl

## List of Publications by Year in Descending Order

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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.

83  
papers

2,196  
citations

25  
h-index

45  
g-index

91  
ext. papers

2,817  
ext. citations

4.6  
avg, IF

5.18  
L-index

#	Paper	IF	Citations
83	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.. <i>Brain, Behavior, and Immunity</i> , <b>2022</b> , 101, 383-393	16.6	2
82	Military nutrition research: Contemporary issues, state of the science and future directions. <i>European Journal of Sport Science</i> , <b>2021</b> , 1-12	3.9	0
81	Eating Behaviors Are Associated With Physical Fitness and Body Composition Among US Army Soldiers. <i>Journal of Nutrition Education and Behavior</i> , <b>2021</b> , 53, 480-488	2	1
80	Metabolomic profiles are reflective of hypoxia-induced insulin resistance during exercise in healthy young adult males. <i>American Journal of Physiology - Regulatory Integrative and Comparative Physiology</i> , <b>2021</b> , 321, R1-R11	3.2	3
79	Sensitivity and reliability of zinc transporter and metallothionein gene expression in peripheral blood mononuclear cells as indicators of zinc status: responses to zinc exposure and habitual zinc intake in humans. <i>British Journal of Nutrition</i> , <b>2021</b> , 125, 361-368	3.6	5
78	Energy deficit increases hepcidin and exacerbates declines in dietary iron absorption following strenuous physical activity: a randomized-controlled cross-over trial. <i>American Journal of Clinical Nutrition</i> , <b>2021</b> , 113, 359-369	7	10
77	Gut Microbiota-targeted Interventions for Reducing the Incidence, Duration, and Severity of Respiratory Tract Infections in Healthy Non-elderly Adults. <i>Military Medicine</i> , <b>2021</b> , 186, e310-e318	1.3	8
76	Dietary vitamin K is remodeled by gut microbiota and influences community composition. <i>Gut Microbes</i> , <b>2021</b> , 13, 1-16	8.8	18
75	Exceeding body composition standards is associated with a more negative body image and increased weight cycling in active duty U.S. soldiers. <i>Eating Behaviors</i> , <b>2021</b> , 42, 101532	3	1
74	Meeting report of the fourth annual Tri-Service Microbiome Consortium symposium. <i>Environmental Microbiomes</i> , <b>2021</b> , 16, 16	5.6	
73	Severe sleep restriction suppresses appetite independent of effects on appetite regulating hormones in healthy young men without obesity. <i>Physiology and Behavior</i> , <b>2021</b> , 237, 113438	3.5	3
72	Challenging traditional carbohydrate intake recommendations for optimizing performance at high altitude. <i>Current Opinion in Clinical Nutrition and Metabolic Care</i> , <b>2021</b> , 24, 483-489	3.8	0
71	Multiple Dietary Vitamin K Forms Are Converted to Tissue Menaquinone-4 in Mice. <i>Journal of Nutrition</i> , <b>2021</b> ,	4.1	2
70	Weight management behaviours mediate the relationship between weight cycling, BMI and diet quality among US Army Soldiers. <i>British Journal of Nutrition</i> , <b>2021</b> , 1-8	3.6	
69	Urinary Metabolites as Predictors of Acute Mountain Sickness Severity. <i>Frontiers in Physiology</i> , <b>2021</b> , 12, 709804	4.6	1
68	Development and Validation of the Military Eating Behavior Survey. <i>Journal of Nutrition Education and Behavior</i> , <b>2021</b> , 53, 798-810	2	1
67	Effects of energy balance on appetite and physiological mediators of appetite during strenuous physical activity: secondary analysis of a randomised crossover trial. <i>British Journal of Nutrition</i> , <b>2021</b> , 126, 1571-1584	3.6	2

66	Evaluation of Probiotics for Warfighter Health and Performance. <i>Frontiers in Nutrition</i> , <b>2020</b> , 7, 70	6.2	10
65	Testosterone Administration During Energy Deficit Suppresses Hepcidin and Increases Iron Availability for Erythropoiesis. <i>Journal of Clinical Endocrinology and Metabolism</i> , <b>2020</b> , 105,	5.6	8
64	Testosterone supplementation upregulates androgen receptor expression and translational capacity during severe energy deficit. <i>American Journal of Physiology - Endocrinology and Metabolism</i> , <b>2020</b> , 319, E678-E688	6	7
63	Randomized Trial Comparing Consumption of Military Rations to Usual Intake for 21 Consecutive Days: Nutrient Adequacy and Indicators of Health Status. <i>Journal of the Academy of Nutrition and Dietetics</i> , <b>2020</b> , 120, 1791-1804	3.9	1
62	Meeting report of the third annual Tri-Service Microbiome Consortium symposium. <i>Environmental Microbiomes</i> , <b>2020</b> , 15, 12	5.6	1
61	Effects of Testosterone Supplementation on Ghrelin and Appetite During and After Severe Energy Deficit in Healthy Men. <i>Journal of the Endocrine Society</i> , <b>2020</b> , 4, bvaa024	0.4	3
60	Higher Protein Density Diets Are Associated With Greater Diet Quality and Micronutrient Intake in Healthy Young Adults. <i>Frontiers in Nutrition</i> , <b>2019</b> , 6, 59	6.2	7
59	Dietary Intake in Relation to Military Dietary Reference Values During Army Basic Combat Training; a Multi-center, Cross-sectional Study. <i>Military Medicine</i> , <b>2019</b> , 184, e223-e230	1.3	10
58	A diet of U.S. military food rations alters gut microbiota composition and does not increase intestinal permeability. <i>Journal of Nutritional Biochemistry</i> , <b>2019</b> , 72, 108217	6.3	6
57	Acute stressor alters inter-species microbial competition for resistant starch-supplemented medium. <i>Gut Microbes</i> , <b>2019</b> , 10, 439-446	8.8	4
56	Self-reported eating behaviors of military recruits are associated with body mass index at military accession and change during initial military training. <i>Appetite</i> , <b>2019</b> , 142, 104348	4.5	8
55	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. <i>EBioMedicine</i> , <b>2019</b> , 46, 411-422	8.8	21
54	Serum and Erythrocyte Biomarkers of Nutrient Status Correlate with Short-Term $\beta$ -Carotene, $\beta$ -Carotene, Folate, and Vegetable Intakes Estimated by Food Frequency Questionnaire in Military Recruits. <i>Journal of the American College of Nutrition</i> , <b>2019</b> , 38, 171-178	3.5	5
53	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. <i>High Altitude Medicine and Biology</i> , <b>2018</b> , 19, 156-169	1.9	21
52	The current state and future direction of DoD gut microbiome research: a summary of the first DoD gut microbiome informational meeting. <i>Standards in Genomic Sciences</i> , <b>2018</b> , 13,		8
51	Severe negative energy balance during 21 d at high altitude decreases fat-free mass regardless of dietary protein intake: a randomized controlled trial. <i>FASEB Journal</i> , <b>2018</b> , 32, 894-905	0.9	37
50	Impact of sleep restriction on local immune response and skin barrier restoration with and without "multinutrient" nutrition intervention. <i>Journal of Applied Physiology</i> , <b>2018</b> , 124, 190-200	3.7	12
49	Effects of Psychological, Environmental and Physical Stressors on the Gut Microbiota. <i>Frontiers in Microbiology</i> , <b>2018</b> , 9, 2013	5.7	183

48	Threshold of Energy Deficit and Lower-Body Performance Declines in Military Personnel: A Meta-Regression. <i>Sports Medicine</i> , <b>2018</b> , 48, 2169-2178	10.6	31
47	The Current and Future State of Department of Defense (DoD) Microbiome Research: a Summary of the Inaugural DoD Tri-Service Microbiome Consortium Informational Meeting. <i>MSystems</i> , <b>2018</b> , 3,	7.6	5
46	Associations between the gut microbiota and host responses to high altitude. <i>American Journal of Physiology - Renal Physiology</i> , <b>2018</b> , 315, G1003-G1015	5.1	23
45	Substituting whole grains for refined grains in a 6-wk randomized trial favorably affects energy-balance metrics in healthy men and postmenopausal women. <i>American Journal of Clinical Nutrition</i> , <b>2017</b> , 105, 589-599	7	52
44	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. <i>American Journal of Clinical Nutrition</i> , <b>2017</b> , 105, 635-650	7	132
43	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). <i>Contemporary Clinical Trials</i> , <b>2017</b> , 58, 47-57	2.3	10
42	Multiple Vitamin K Forms Exist in Dairy Foods. <i>Current Developments in Nutrition</i> , <b>2017</b> , 1, e000638	0.4	31
41	Changes in intestinal microbiota composition and metabolism coincide with increased intestinal permeability in young adults under prolonged physiological stress. <i>American Journal of Physiology - Renal Physiology</i> , <b>2017</b> , 312, G559-G571	5.1	154
40	Military training elicits marked increases in plasma metabolomic signatures of energy metabolism, lipolysis, fatty acid oxidation, and ketogenesis. <i>Physiological Reports</i> , <b>2017</b> , 5, e13407	2.6	33
39	Fecal concentrations of bacterially derived vitamin K Forms are associated with gut microbiota composition but not plasma or fecal cytokine concentrations in healthy adults. <i>American Journal of Clinical Nutrition</i> , <b>2017</b> , 106, 1052-1061	7	43
38	Adherence to the Dietary Guidelines for Americans Is Associated with Psychological Resilience in Young Adults: A Cross-Sectional Study. <i>Journal of the Academy of Nutrition and Dietetics</i> , <b>2017</b> , 117, 396-403	3.0	30
37	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. <i>Journal of Nutrition</i> , <b>2016</b> , 146, 1521-7	4.1	14
36	Improved Mood State and Absence of Sex Differences in Response to the Stress of Army Basic Combat Training. <i>Applied Psychology: Health and Well-Being</i> , <b>2016</b> , 8, 351-363	6.8	9
35	Altered Appetite-Mediating Hormone Concentrations Precede Compensatory Overeating After Severe, Short-Term Energy Deprivation in Healthy Adults. <i>Journal of Nutrition</i> , <b>2016</b> , 146, 209-17	4.1	23
34	Effects of Supplemental Energy on Protein Balance during 4-d Arctic Military Training. <i>Medicine and Science in Sports and Exercise</i> , <b>2016</b> , 48, 1604-12	1.2	40
33	Interstitial glucose concentrations and hypoglycemia during 2 days of caloric deficit and sustained exercise: a double-blind, placebo-controlled trial. <i>Journal of Applied Physiology</i> , <b>2016</b> , 121, 1208-1216	3.7	6
32	Altered metabolic homeostasis is associated with appetite regulation during and following 48-h of severe energy deprivation in adults. <i>Metabolism: Clinical and Experimental</i> , <b>2016</b> , 65, 416-27	12.7	20
31	Transient decrements in mood during energy deficit are independent of dietary protein-to-carbohydrate ratio. <i>Physiology and Behavior</i> , <b>2015</b> , 139, 524-31	3.5	12

30	Effects of carbohydrate quantity and glycemic index on resting metabolic rate and body composition during weight loss. <i>Obesity</i> , <b>2015</b> , 23, 2190-8	8	24
29	Fecal menaquinone profiles of overweight adults are associated with gut microbiota composition during a gut microbiota-targeted dietary intervention. <i>American Journal of Clinical Nutrition</i> , <b>2015</b> , 102, 84-93	7	24
28	Energy density, energy intake, and body weight regulation in adults. <i>Advances in Nutrition</i> , <b>2014</b> , 5, 835-50	50	44
27	Effect of glycemic load on eating behavior self-efficacy during weight loss. <i>Appetite</i> , <b>2014</b> , 80, 204-11	4.5	5
26	Quantification of phylloquinone and menaquinones in feces, serum, and food by high-performance liquid chromatography-mass spectrometry. <i>Journal of Chromatography B: Analytical Technologies in the Biomedical and Life Sciences</i> , <b>2014</b> , 963, 128-33	3.2	58
25	Positive effects of basic training on cognitive performance and mood of adult females. <i>Human Factors</i> , <b>2014</b> , 56, 1113-23	3.8	17
24	Whole Grains in the Prevention and Treatment of Abdominal Obesity <b>2014</b> , 515-528		2
23	Nutrient deficiencies after gastric bypass surgery. <i>Annual Review of Nutrition</i> , <b>2013</b> , 33, 183-203	9.9	101
22	Menaquinones, bacteria, and the food supply: the relevance of dairy and fermented food products to vitamin K requirements. <i>Advances in Nutrition</i> , <b>2013</b> , 4, 463-73	10	150
21	Independent and combined effects of eating rate and energy density on energy intake, appetite, and gut hormones. <i>Obesity</i> , <b>2013</b> , 21, E244-52	8	40
20	Assessment of dietary intake using the healthy eating index during military training. <i>US Army Medical Department Journal</i> , <b>2013</b> , 91-7		4
19	Vitamin D status, dietary intake, and bone turnover in female Soldiers during military training: a longitudinal study. <i>Journal of the International Society of Sports Nutrition</i> , <b>2012</b> , 9, 38	4.5	30
18	Cardiometabolic risk in US Army recruits and the effects of basic combat training. <i>PLoS ONE</i> , <b>2012</b> , 7, e31222	3.7	21
17	Differential effects of military training on fat-free mass and plasma amino acid adaptations in men and women. <i>Nutrients</i> , <b>2012</b> , 4, 2035-46	6.7	24
16	The role of whole grains in body weight regulation. <i>Advances in Nutrition</i> , <b>2012</b> , 3, 697-707	10	50
15	Sex differences in eating behavior during military training. <i>FASEB Journal</i> , <b>2012</b> , 26, 812.7	0.9	
14	Eating rate during a fixed-portion meal does not affect postprandial appetite and gut peptides or energy intake during a subsequent meal. <i>Physiology and Behavior</i> , <b>2011</b> , 102, 524-31	3.5	35
13	Iron status of military personnel deployed to Afghanistan. <i>Military Medicine</i> , <b>2011</b> , 176, 1421-5	1.3	4

12	Bioavailable IGF-I is associated with fat-free mass gains after physical training in women. <i>Medicine and Science in Sports and Exercise</i> , <b>2011</b> , 43, 793-9	1.2	15
11	Vitamin D status and biomarkers of bone health in female Soldiers during military training. <i>FASEB Journal</i> , <b>2011</b> , 25, 996.8	0.9	
10	Vitamin D and stress fracture: the contribution of vitamin D receptor gene polymorphisms. <i>Nutrition Reviews</i> , <b>2010</b> , 68, 365-9	6.4	25
9	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. <i>American Journal of Clinical Nutrition</i> , <b>2010</b> , 92, 93-100	7	54
8	Efficacy of a meal-replacement program for promoting blood lipid changes and weight and body fat loss in US Army soldiers. <i>Journal of the American Dietetic Association</i> , <b>2010</b> , 110, 268-73		17
7	Vitamin D status in female military personnel during combat training. <i>Journal of the International Society of Sports Nutrition</i> , <b>2010</b> , 7, 38	4.5	25
6	Randomized, double-blind, placebo-controlled trial of iron supplementation in female soldiers during military training: effects on iron status, physical performance, and mood. <i>American Journal of Clinical Nutrition</i> , <b>2009</b> , 90, 124-31	7	118
5	Monitoring energy intake: a hand-held personal digital assistant provides accuracy comparable to written records. <i>Journal of the American Dietetic Association</i> , <b>2009</b> , 109, 1241-5		25
4	Iron deficiency and obesity: the contribution of inflammation and diminished iron absorption. <i>Nutrition Reviews</i> , <b>2009</b> , 67, 100-4	6.4	119
3	Poor iron status is not associated with overweight or overfat in non-obese pre-menopausal women. <i>Journal of the American College of Nutrition</i> , <b>2009</b> , 28, 37-42	3.5	18
2	Diet, body composition, and physical fitness influences on IGF-I bioactivity in women. <i>Growth Hormone and IGF Research</i> , <b>2009</b> , 19, 491-6	2	18
1	Longitudinal decrements in iron status during military training in female soldiers. <i>British Journal of Nutrition</i> , <b>2009</b> , 102, 605-9	3.6	49