John A Monro

List of Publications by Year in descending order

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97 papers	2,483 citations	185998 28 h-index	233125 45 g-index
98 all docs	98 docs citations	98 times ranked	2569 citing authors

#	Article	IF	Citations
1	Effect of inclusion of soluble and insoluble fibres into extruded breakfast cereal products made with reverse screw configuration. International Journal of Food Science and Technology, 2008, 43, 2278-2288.	1.3	144
2	Simulating human carbohydrate digestion in vitro: a review of methods and the need for standardisation. International Journal of Food Science and Technology, 2008, 43, 2245-2256.	1.3	116
3	Glycemic impact, glycemic glucose equivalents, glycemic index, and glycemic load: definitions, distinctions, and implications. American Journal of Clinical Nutrition, 2008, 87, 237S-243S.	2.2	116
4	Degree of particle size breakdown during mastication may be a possible cause of interindividual glycemic variability. Nutrition Research, 2010, 30, 246-254.	1.3	98
5	The Secretion and Action of Brush Border Enzymes in the Mammalian Small Intestine. Reviews of Physiology, Biochemistry and Pharmacology, 2015, 168, 59-118.	0.9	87
6	Impact of Guar and Wheat Bran on the Physical and Nutritional Quality of Extruded Breakfast Cereals. Starch/Staerke, 2008, 60, 248-256.	1.1	85
7	Effect of Processing on Slowly Digestible Starch and Resistant Starch in Potato. Starch/Staerke, 2008, 60, 500-507.	1.1	84
8	The Effect of a Brief Salivary Î±-Amylase Exposure During Chewing on Subsequent in Vitro Starch Digestion Curve Profiles. International Journal of Molecular Sciences, 2010, 11, 2780-2790.	1.8	79
9	Effects of simulated digestion in vitro on cell wall polysaccharides from kiwifruit (Actinidia spp.). Food Chemistry, 2012, 133, 132-139.	4.2	79
10	Baselines representing blood glucose clearance improve in vitro prediction of the glycaemic impact of customarily consumed food quantities. British Journal of Nutrition, 2010, 103, 295-305.	1.2	66
11	In vitrodetermination of dietary protein and amino acid digestibility for humans. British Journal of Nutrition, 2012, 108, S282-S287.	1.2	59
12	The Effect of Increasing Consumption of Pulses and Wholegrains in Obese People: A Randomized Controlled Trial. Journal of the American College of Nutrition, 2010, 29, 365-372.	1.1	53
13	Legume pectic substances and their degradation in the ovine rumen. Journal of the Science of Food and Agriculture, 1982, 33, 852-859.	1.7	52
14	Glycemic Impact and Health: New Horizons in White Bread Formulations. Critical Reviews in Food Science and Nutrition, 2011, 51, 965-982.	5.4	48
15	Redefining the Glycemic Index for Dietary Management of Postprandial Glycemia. Journal of Nutrition, 2003, 133, 4256-4258.	1.3	45
16	Effects of Potato Fiber and Potatoâ€Resistant Starch on Biomarkers of Colonic Health in Rats Fed Diets Containing Red Meat. Journal of Food Science, 2012, 77, H216-23.	1.5	45
17	Digestibility of starch fractions in wholegrain rolled oats. Journal of Cereal Science, 2009, 50, 61-66.	1.8	44
18	Glycaemic glucose equivalent: combining carbohydrate content, quantity and glycaemic index of foods for precision in glycaemia management. Asia Pacific Journal of Clinical Nutrition, 2002, 11, 217-225.	0.3	42

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19	Cecal and Colonic Responses in Rats Fed 5 or 30% Corn Oil Diets Containing Either 7.5% Broccoli Dietary Fiber or Microcrystalline Cellulose. Journal of Agricultural and Food Chemistry, 2010, 58, 6510-6515.	2.4	38
20	The effect of fibre and gelatinised starch type on amylolysis and apparent viscosity during in vitro digestion at a physiological shear rate. Carbohydrate Polymers, 2015, 123, 80-88.	5.1	38
21	Potato genotype differences in nutritionally distinct starch fractions after cooking, and cooking plus storing cool. Journal of Food Composition and Analysis, 2009, 22, 539-545.	1.9	37
22	Faecal bulking index: A physiological basis for dietary management of bulk in the distal colon. Asia Pacific Journal of Clinical Nutrition, 2000, 9, 74-81.	0.3	33
23	The Glycemic Load Estimated from the Glycemic Index Does Not Differ Greatly from That Measured Using a Standard Curve in Healthy Volunteers. Journal of Nutrition, 2006, 136, 1377-1381.	1.3	33
24	High molecular weight barley Î²-glucan decreases particle breakdown in chapattis (Indian flat breads) during in vitro digestion. Food Research International, 2010, 43, 1476-1481.	2.9	33
25	A nutritionally valid procedure for measuring soluble dietary fibre. Food Chemistry, 1993, 47, 187-193.	4.2	31
26	Plant cell wall fractionation and structural analysis. American Journal of Clinical Nutrition, 1978, 31, S77-S81.	2.2	30
27	Effect of incorporating legume flour into semolina spaghetti on its cooking quality and glycaemic impact measuredin vitro. International Journal of Food Sciences and Nutrition, 2010, 61, 149-160.	1.3	30
28	Wholeness and primary and secondary food structure effects on in vitro digestion patterns determine nutritionally distinct carbohydrate fractions in cereal foods. Food Chemistry, 2012, 135, 1968-1974.	4.2	29
29	Does viscosity or structure govern the rate at which starch granules are digested?. Carbohydrate Polymers, 2016, 136, 667-675.	5.1	29
30	Adequate intake values for dietary fibre based on faecal bulking indexes of 66 foods. European Journal of Clinical Nutrition, 2004, 58, 32-39.	1.3	28
31	Effect of Cold Storage and Reheating of Parboiled Rice on Postprandial Glycaemic Response, Satiety, Palatability and Chewed Particle Size Distribution. Nutrients, 2017, 9, 475.	1.7	28
32	Effects of Blackcurrant and Dietary Fibers on Large Intestinal Health Biomarkers in Rats. Plant Foods for Human Nutrition, 2018, 73, 54-60.	1.4	27
33	Kiwifruit remnants from digestion in vitro have functional attributes of potential importance to health. Food Chemistry, 2012, 135, 2188-2194.	4.2	26
34	Glycemic Impact As a Property of Foods Is Accurately Measured By an Available Carbohydrate Method That Mimics the Glycemic Response ,. Journal of Nutrition, 2010, 140, 1328-1334.	1.3	25
35	Effects of dietary broccoli fibre and corn oil on serum lipids, faecal bile acid excretion and hepatic gene expression in rats. Food Chemistry, 2012, 131, 1272-1278.	4.2	23
36	Wheat bran equivalents based on faecal bulking indices for dietary management of faecal bulk. Asia Pacific Journal of Clinical Nutrition, 2001, 10, 242-248.	0.3	21

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37	Fiber. Advances in Food and Nutrition Research, 2013, 68, 81-99.	1.5	20
38	Shortâ€term feeding of fermentable dietary fibres influences the gut microbiota composition and metabolic activity in rats. International Journal of Food Science and Technology, 2017, 52, 2572-2581.	1.3	20
39	Hemicellulose fractions and associated protein of lupin hypocotyl cell walls. Phytochemistry, 1976, 15, 175-181.	1.4	19
40	Carbohydrates and Related Food Components: INFOODS Tagnames, Meanings, and Uses. Journal of Food Composition and Analysis, 1996, 9, 100-118.	1.9	19
41	Food Structure and Carbohydrate Digestibility. , 2012, , .		19
42	Composition and structure of tuber cell walls affect in vitro digestibility of potato (Solanum) Tj ETQq0 0 0 rgBT /Overlock 10 Tf 50 542 T	2.1	18
43	Concurrent management of postprandial glycaemia and nutrient intake using glycaemic glucose equivalents, food composition data and computer-assisted meal design. Asia Pacific Journal of Clinical Nutrition, 2000, 9, 67-73.	0.3	17
44	Relative glycaemic impact of customarily consumed portions of eighty-three foods measured by digestingin vitroand adjusting for food mass and apparent glucose disposal. British Journal of Nutrition, 2010, 104, 407-417.	1.2	17
45	Evaluation of gastrointestinal transit in rats fed dietary fibres differing in their susceptibility to large intestine fermentation. Journal of Functional Foods, 2012, 4, 107-115.	1.6	17
46	Postprandial Glycaemic, Hormonal and Satiety Responses to Rice and Kiwifruit Preloads in Chinese Adults: A Randomised Controlled Crossover Trial. Nutrients, 2018, 10, 1110.	1.7	17
47	Dietary fiber pectic substances: Source of discrepancy between methods of fiber analysis. Journal of Food Composition and Analysis, 1991, 4, 88-99.	1.9	16
48	Faecal bulking efficacy of Australasian breakfast cereals. Asia Pacific Journal of Clinical Nutrition, 2002, 11, 176-185.	0.3	16
49	Glycaemic glucose equivalent: validation as a predictor of the relative glycaemic effect of foods. European Journal of Clinical Nutrition, 2003, 57, 1141-1149.	1.3	16
50	Digestion-Resistant Remnants of Vegetable Vascular and Parenchyma Tissues Differ in Their Effects in the Large Bowel of Rats. Food Digestion, 2010, 1, 47-56.	0.9	16
51	Expressing the glycaemic potency of foods. Proceedings of the Nutrition Society, 2005, 64, 115-122.	0.4	15
52	Kiwifruit Non-Sugar Components Reduce Glycaemic Response to Co-Ingested Cereal in Humans. Nutrients, 2017, 9, 1195.	1.7	15
53	Development and Evaluation of an Internet-Based Diabetes Nutrition Education Resource. Nutrients, 2019, 11, 1217.	1.7	15
54	Evidence-based food choice: the need for new measures of food effects. Trends in Food Science and Technology, 2000, 11, 136-144.	7.8	14

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55	Virtual food components: functional food effects expressed as food components. European Journal of Clinical Nutrition, 2004, 58, 219-230.	1.3	14
56	Glyceamic and insulinaemic response to mashed potato alone, or with broccoli, broccoli fibre or cellulose in healthy adults. European Journal of Nutrition, 2018, 57, 199-207.	1.8	14
57	A glucose reference curve is the optimum method to determine the glycemic glucose equivalent values of foods in humans. Nutrition Research, 2008, 28, 753-759.	1.3	13
58	Database values for food-based dietary control of glycaemia. Journal of Food Composition and Analysis, 2010, 23, 406-410.	1.9	13
59	Subjective Satiety Following Meals Incorporating Rice, Pasta and Potato. Nutrients, 2018, 10, 1739.	1.7	13
60	Changes in elements, pectic substances and organic acids during development of boysenberry fruit. Journal of the Science of Food and Agriculture, 1987, 38, 195-207.	1.7	12
61	Predicting the viscosity of digesta from the physical characteristics of particle suspensions using existing rheological models. Journal of the Royal Society Interface, 2018, 15, 20180092.	1.5	12
62	Differential alkali-extraction of hemicellulose and hydroxyproline from non-delignified cell walls of lupin hypocotyls. Carbohydrate Research, 1975, 41, 153-161.	1.1	11
63	Dietary fibre content and nutrient claims relative to the faecal bulking efficacy of breakfast cereals. Asia Pacific Journal of Clinical Nutrition, 2002, 11, 274-284.	0.3	11
64	No difference between venous and capillary blood sampling and the Minimed continuous glucose monitoring system for determining the blood glucose response to food. Nutrition Research, 2006, 26, 403-408.	1.3	11
65	Predicting mixed-meal measured glycaemic index in healthy subjects. European Journal of Nutrition, 2019, 58, 2657-2667.	1.8	11
66	Dietary fibre of coconuts from a pacific atoll: Soluble and insoluble components in relation to maturity. Journal of the Science of Food and Agriculture, 1985, 36, 1013-1018.	1.7	10
67	Determining the glycemic glucose equivalent value of foods in humans. Nutrition Research, 2006, 26, 47-52.	1.3	10
68	Kiwifruit, Carbohydrate Availability, and the Glycemic Response. Advances in Food and Nutrition Research, 2013, 68, 257-271.	1.5	10
69	Comparison of quantitative real-time polymerase chain reaction with NanoStringÂ® methodology using adipose and liver tissues from rats fed seaweed. New Biotechnology, 2016, 33, 380-386.	2.4	10
70	Kernel structure in breads reduces in vitro starch digestion rate and estimated glycaemic potency only at high grain inclusion rates. Food Structure, 2019, 21, 100109.	2.3	10
71	Glycaemic Impact Regulation Based on Progressive Geometric Changes in Solid Starch-Based Food Particles During Digestion. Food Digestion, 2011, 2, 1-12.	0.9	9
72	Vegetable dietary fibres made with minimal processing improve health-related faecal parameters in a valid rat model. Food and Function, 2016, 7, 2645-2654.	2.1	9

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73	Bile acid activity in the presence of dietary fibres, casein, calcium, phospholipid, fatty acid and cholesterol: factorial experiments in vitro. Food Chemistry, 1992, 44, 325-329.	4.2	7
74	Equicarbohydrate partial exchange of kiwifruit for wheaten cereal reduces postprandial glycaemia without decreasing satiety. Journal of Nutritional Science, 2016, 5, e37.	0.7	7
75	In Vitro Digestive Analysis of Digestible and Resistant Starch Fractions, with Concurrent Glycemic Index Determination, in Whole Grain Wheat Products Minimally Processed for Reduced Glycaemic Impact. Foods, 2022, 11, 1904.	1.9	7
76	Nutritional Value of Potatoes. , 2009, , 371-394.		6
77	Prebiotic effects of fermentable carbohydrate polymers may be modulated by faecal bulking of nonâ€fermentable polysaccharides in the large bowel of rats. International Journal of Food Science and Technology, 2012, 47, 968-976.	1.3	6
78	The fate of ¹³C-labelled and non-labelled inulin predisposed to large bowel fermentation in rats. Food and Function, 2016, 7, 1825-1832.	2.1	6
79	Kiwifruit Skin and Flesh Contributions to Fecal Bulking and Bacterial Abundance in Rats. Plant Foods for Human Nutrition, 2020, 75, 525-531.	1.4	6
80	The partitioning of water in aggregates of undigested and digested dietary particles. Food Chemistry, 2014, 142, 446-454.	4.2	5
81	Effects of kiwifruit and mixed dietary fibre on faecal properties and microbiota in rats: a doseâ€"response analysis. International Journal of Food Science and Technology, 2017, 52, 1923-1932.	1.3	5
82	Carbohydrate Knowledge and Expectations of Nutritional Support among Five Ethnic Groups Living in New Zealand with Pre- and Type 2 Diabetes: A Qualitative Study. Nutrients, 2018, 10, 1225.	1.7	5
83	Functional food design based on a virtual food component: wheat bran equivalents for faecal bulk. Journal of the Science of Food and Agriculture, 2005, 85, 902-908.	1.7	4
84	Variability in measurements of blood glucose response to foods in human subjects is not reduced after a standard breakfast. Nutrition Research, 2009, 29, 238-243.	1.3	4
85	Starch Digestibility and Dry Matter Roles in the Glycemic Impact of Potatoes. American Journal of Potato Research, 2012, 89, 465-470.	0.5	4
86	The Effect of Cold Treatment of Parboiled Rice with Lowered Glycaemic Potency on Consumer Liking and Acceptability. Foods, 2018, 7, 207.	1.9	4
87	Effects of Xanthan Gum, Lambda-Carrageenan and Psyllium Husk on the Physical Characteristics and Glycaemic Potency of White Bread. Foods, 2022, 11, 1513.	1.9	4
88	Dietary combination of potato resistant starch and red meat upâ€regulates genes involved in colonic barrier function of rats. International Journal of Food Science and Technology, 2013, 48, 2441-2446.	1.3	3
89	Kiwifruit Exchanges for Increased Nutrient Richness with Little Effect on Carbohydrate Intake, Glycaemic Impact, or Insulin Response. Nutrients, 2018, 10, 1710.	1.7	3
90	Gut microbiota responses to dietary fibre sources in rats fed starch-based or quasi-human background diets. Journal of Functional Foods, 2021, 83, 104565.	1.6	3

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91	Metabolic and Blood Pressure Effects of Consuming Two Kiwifruit Daily for 7 Weeks: A Randomised Controlled Trial. Nutrients, 2022, 14, 2678.	1.7	2
92	Glycaemic glucose equivalents: response to Wolever. European Journal of Clinical Nutrition, 2005, 59, 1097-1098.	1.3	0
93	Inulin measured as fructose in faeces of rats fed sucrose-based diets is not confounded by the presence of fructose derived from sucrose. Bioactive Carbohydrates and Dietary Fibre, 2017, 10, 17-19.	1.5	0
94	Postprandial Metabolic Responses When Manipulating Timing and Composition of a Meal. Proceedings (mdpi), 2019, 8, .	0.2	0
95	Particle Geometry for Reduced Glycaemic Impact. Proceedings (mdpi), 2019, 37, 41.	0.2	0
96	Dietary Fiber. Food Additives, 2004, , 771-804.	0.1	0
97	Digestible and Non-digestible Polysaccharide Roles in Reformulating Foods for Health. , 2019, , 65-88.		0