

John A Monro

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.

94
papers

1,983
citations

25
h-index

40
g-index

98
ext. papers

2,236
ext. citations

4.7
avg, IF

5.03
L-index

#	Paper	IF	Citations
94	Effect of inclusion of soluble and insoluble fibres into extruded breakfast cereal products made with reverse screw configuration. <i>International Journal of Food Science and Technology</i> , 2008 , 43, 2278-2288	3.8	132
93	Simulating human carbohydrate digestion in vitro: a review of methods and the need for standardisation. <i>International Journal of Food Science and Technology</i> , 2008 , 43, 2245-2256	3.8	107
92	Glycemic impact, glycemic glucose equivalents, glycemic index, and glycemic load: definitions, distinctions, and implications. <i>American Journal of Clinical Nutrition</i> , 2008 , 87, 237S-243S	7	93
91	Impact of Guar and Wheat Bran on the Physical and Nutritional Quality of Extruded Breakfast Cereals. <i>Starch/Staerke</i> , 2008 , 60, 248-256	2.3	73
90	Degree of particle size breakdown during mastication may be a possible cause of interindividual glycemic variability. <i>Nutrition Research</i> , 2010 , 30, 246-54	4	72
89	Effect of Processing on Slowly Digestible Starch and Resistant Starch in Potato. <i>Starch/Staerke</i> , 2008 , 60, 500-507	2.3	71
88	Effects of simulated digestion in vitro on cell wall polysaccharides from kiwifruit (<i>Actinidia</i> spp.). <i>Food Chemistry</i> , 2012 , 133, 132-139	8.5	63
87	The effect of a brief salivary α -amylase exposure during chewing on subsequent in vitro starch digestion curve profiles. <i>International Journal of Molecular Sciences</i> , 2010 , 11, 2780-90	6.3	62
86	Baselines representing blood glucose clearance improve in vitro prediction of the glycaemic impact of customarily consumed food quantities. <i>British Journal of Nutrition</i> , 2010 , 103, 295-305	3.6	57
85	The Secretion and Action of Brush Border Enzymes in the Mammalian Small Intestine. <i>Reviews of Physiology, Biochemistry and Pharmacology</i> , 2015 , 168, 59-118	2.9	51
84	Legume pectic substances and their degradation in the ovine rumen. <i>Journal of the Science of Food and Agriculture</i> , 1982 , 33, 852-859	4.3	44
83	The effect of increasing consumption of pulses and wholegrains in obese people: a randomized controlled trial. <i>Journal of the American College of Nutrition</i> , 2010 , 29, 365-72	3.5	43
82	In vitro determination of dietary protein and amino acid digestibility for humans. <i>British Journal of Nutrition</i> , 2012 , 108 Suppl 2, S282-7	3.6	40
81	Effects of potato fiber and potato-resistant starch on biomarkers of colonic health in rats fed diets containing red meat. <i>Journal of Food Science</i> , 2012 , 77, H216-23	3.4	39
80	Digestibility of starch fractions in wholegrain rolled oats. <i>Journal of Cereal Science</i> , 2009 , 50, 61-66	3.8	39
79	Glycemic impact and health: new horizons in white bread formulations. <i>Critical Reviews in Food Science and Nutrition</i> , 2011 , 51, 965-82	11.5	38
78	Redefining the glycemic index for dietary management of postprandial glycemia. <i>Journal of Nutrition</i> , 2003 , 133, 4256-8	4.1	37

77	Cecal and colonic responses in rats fed 5 or 30% corn oil diets containing either 7.5% broccoli dietary fiber or microcrystalline cellulose. <i>Journal of Agricultural and Food Chemistry</i> , 2010 , 58, 6510-5	5.7	36
76	Glycaemic glucose equivalent: combining carbohydrate content, quantity and glycaemic index of foods for precision in glycaemia management. <i>Asia Pacific Journal of Clinical Nutrition</i> , 2002 , 11, 217-25	1	34
75	Potato genotype differences in nutritionally distinct starch fractions after cooking, and cooking plus storing cool. <i>Journal of Food Composition and Analysis</i> , 2009 , 22, 539-545	4.1	33
74	Faecal bulking index: A physiological basis for dietary management of bulk in the distal colon. <i>Asia Pacific Journal of Clinical Nutrition</i> , 2000 , 9, 74-81	1	30
73	The effect of fibre and gelatinised starch type on amylolysis and apparent viscosity during in vitro digestion at a physiological shear rate. <i>Carbohydrate Polymers</i> , 2015 , 123, 80-8	10.3	29
72	A nutritionally valid procedure for measuring soluble dietary fibre. <i>Food Chemistry</i> , 1993 , 47, 187-193	8.5	29
71	High molecular weight barley β glucan decreases particle breakdown in chapattis (Indian flat breads) during in vitro digestion. <i>Food Research International</i> , 2010 , 43, 1476-1481	7	28
70	Adequate intake values for dietary fibre based on faecal bulking indexes of 66 foods. <i>European Journal of Clinical Nutrition</i> , 2004 , 58, 32-9	5.2	28
69	The glycemic load estimated from the glycemic index does not differ greatly from that measured using a standard curve in healthy volunteers. <i>Journal of Nutrition</i> , 2006 , 136, 1377-81	4.1	25
68	Plant cell wall fractionation and structural analysis. <i>American Journal of Clinical Nutrition</i> , 1978 , 31, S77-S81	5.1	25
67	Does viscosity or structure govern the rate at which starch granules are digested?. <i>Carbohydrate Polymers</i> , 2016 , 136, 667-75	10.3	23
66	Wholeness and primary and secondary food structure effects on in vitro digestion patterns determine nutritionally distinct carbohydrate fractions in cereal foods. <i>Food Chemistry</i> , 2012 , 135, 1968-74	8.5	22
65	Effects of Blackcurrant and Dietary Fibers on Large Intestinal Health Biomarkers in Rats. <i>Plant Foods for Human Nutrition</i> , 2018 , 73, 54-60	3.9	21
64	Effect of incorporating legume flour into semolina spaghetti on its cooking quality and glycaemic impact measured in vitro. <i>International Journal of Food Sciences and Nutrition</i> , 2010 , 61, 149-60	3.7	21
63	Glycemic impact as a property of foods is accurately measured by an available carbohydrate method that mimics the glycemic response. <i>Journal of Nutrition</i> , 2010 , 140, 1328-34	4.1	20
62	Effects of dietary broccoli fibre and corn oil on serum lipids, faecal bile acid excretion and hepatic gene expression in rats. <i>Food Chemistry</i> , 2012 , 131, 1272-1278	8.5	19
61	Kiwifruit remnants from digestion in vitro have functional attributes of potential importance to health. <i>Food Chemistry</i> , 2012 , 135, 2188-94	8.5	17
60	Evaluation of gastrointestinal transit in rats fed dietary fibres differing in their susceptibility to large intestine fermentation. <i>Journal of Functional Foods</i> , 2012 , 4, 107-115	5.1	17

59	Wheat bran equivalents based on faecal bulking indices for dietary management of faecal bulk. <i>Asia Pacific Journal of Clinical Nutrition</i> , 2001 , 10, 242-8	1	17
58	Hemicellulose fractions and associated protein of lupin hypocotyl cell walls. <i>Phytochemistry</i> , 1976 , 15, 175-181	4	17
57	Short-term feeding of fermentable dietary fibres influences the gut microbiota composition and metabolic activity in rats. <i>International Journal of Food Science and Technology</i> , 2017 , 52, 2572-2581	3.8	16
56	Glycaemic glucose equivalent: validation as a predictor of the relative glycaemic effect of foods. <i>European Journal of Clinical Nutrition</i> , 2003 , 57, 1141-9	5.2	16
55	Concurrent management of postprandial glycaemia and nutrient intake using glycaemic glucose equivalents, food composition data and computer-assisted meal design. <i>Asia Pacific Journal of Clinical Nutrition</i> , 2000 , 9, 67-73	1	16
54	Composition and structure of tuber cell walls affect in vitro digestibility of potato (<i>Solanum tuberosum</i> L.). <i>Food and Function</i> , 2016 , 7, 4202-4212	6.1	15
53	Dietary fiber pectic substances: Source of discrepancy between methods of fiber analysis. <i>Journal of Food Composition and Analysis</i> , 1991 , 4, 88-99	4.1	15
52	Effect of Cold Storage and Reheating of Parboiled Rice on Postprandial Glycaemic Response, Satiety, Palatability and Chewed Particle Size Distribution. <i>Nutrients</i> , 2017 , 9,	6.7	14
51	Relative glycaemic impact of customarily consumed portions of eighty-three foods measured by digesting in vitro and adjusting for food mass and apparent glucose disposal. <i>British Journal of Nutrition</i> , 2010 , 104, 407-17	3.6	14
50	Faecal bulking efficacy of Australasian breakfast cereals. <i>Asia Pacific Journal of Clinical Nutrition</i> , 2002 , 11, 176-85	1	14
49	Carbohydrates and Related Food Components: INFOODS Tagnames, Meanings, and Uses. <i>Journal of Food Composition and Analysis</i> , 1996 , 9, 100-118	4.1	14
48	Food Structure and Carbohydrate Digestibility 2012 ,		13
47	Fiber: composition, structures, and functional properties. <i>Advances in Food and Nutrition Research</i> , 2013 , 68, 81-99	6	13
46	Digestion-Resistant Remnants of Vegetable Vascular and Parenchyma Tissues Differ in Their Effects in the Large Bowel of Rats. <i>Food Digestion</i> , 2010 , 1, 47-56		12
45	Evidence-based food choice: the need for new measures of food effects. <i>Trends in Food Science and Technology</i> , 2000 , 11, 136-144	15.3	12
44	Glycaemic and insulinaemic response to mashed potato alone, or with broccoli, broccoli fibre or cellulose in healthy adults. <i>European Journal of Nutrition</i> , 2018 , 57, 199-207	5.2	11
43	Database values for food-based dietary control of glycaemia. <i>Journal of Food Composition and Analysis</i> , 2010 , 23, 406-410	4.1	11
42	Virtual food components: functional food effects expressed as food components. <i>European Journal of Clinical Nutrition</i> , 2004 , 58, 219-30	5.2	11

41	Changes in elements, pectic substances and organic acids during development of boysenberry fruit. <i>Journal of the Science of Food and Agriculture</i> , 1987 , 38, 195-207	4.3	11
40	Differential alkali-extraction of hemicellulose and hydroxyproline from non-delignified cell walls of lupin hypocotyls. <i>Carbohydrate Research</i> , 1975 , 41, 153-61	2.9	11
39	A glucose reference curve is the optimum method to determine the glycemic glucose equivalent values of foods in humans. <i>Nutrition Research</i> , 2008 , 28, 753-9	4	10
38	Expressing the glycaemic potency of foods. <i>Proceedings of the Nutrition Society</i> , 2005 , 64, 115-22	2.9	10
37	No difference between venous and capillary blood sampling and the Minimed continuous glucose monitoring system for determining the blood glucose response to food. <i>Nutrition Research</i> , 2006 , 26, 403-408	4	9
36	Dietary fibre content and nutrient claims relative to the faecal bulking efficacy of breakfast cereals. <i>Asia Pacific Journal of Clinical Nutrition</i> , 2002 , 11, 274-84	1	9
35	Dietary fibre of coconuts from a pacific atoll: Soluble and insoluble components in relation to maturity. <i>Journal of the Science of Food and Agriculture</i> , 1985 , 36, 1013-1018	4.3	9
34	Vegetable dietary fibres made with minimal processing improve health-related faecal parameters in a valid rat model. <i>Food and Function</i> , 2016 , 7, 2645-54	6.1	9
33	Comparison of quantitative real-time polymerase chain reaction with NanoString [®] methodology using adipose and liver tissues from rats fed seaweed. <i>New Biotechnology</i> , 2016 , 33, 380-6	6.4	8
32	Kiwifruit, carbohydrate availability, and the glycemic response. <i>Advances in Food and Nutrition Research</i> , 2013 , 68, 257-71	6	8
31	Glycaemic Impact Regulation Based on Progressive Geometric Changes in Solid Starch-Based Food Particles During Digestion. <i>Food Digestion</i> , 2011 , 2, 1-12		8
30	Determining the glycemic glucose equivalent value of foods in humans. <i>Nutrition Research</i> , 2006 , 26, 47-52	4	8
29	Postprandial Glycaemic, Hormonal and Satiety Responses to Rice and Kiwifruit Preloads in Chinese Adults: A Randomised Controlled Crossover Trial. <i>Nutrients</i> , 2018 , 10,	6.7	8
28	Predicting the viscosity of digesta from the physical characteristics of particle suspensions using existing rheological models. <i>Journal of the Royal Society Interface</i> , 2018 , 15,	4.1	8
27	Kernel structure in breads reduces in vitro starch digestion rate and estimated glycaemic potency only at high grain inclusion rates. <i>Food Structure</i> , 2019 , 21, 100109	4.3	7
26	Kiwifruit Non-Sugar Components Reduce Glycaemic Response to Co-Ingested Cereal in Humans. <i>Nutrients</i> , 2017 , 9,	6.7	7
25	Bile acid activity in the presence of dietary fibres, casein, calcium, phospholipid, fatty acid and cholesterol: factorial experiments in vitro. <i>Food Chemistry</i> , 1992 , 44, 325-329	8.5	7
24	Predicting mixed-meal measured glycaemic index in healthy subjects. <i>European Journal of Nutrition</i> , 2019 , 58, 2657-2667	5.2	7

23	Subjective Satiety Following Meals Incorporating Rice, Pasta and Potato. <i>Nutrients</i> , 2018 , 10,	6.7	7
22	Development and Evaluation of an Internet-Based Diabetes Nutrition Education Resource. <i>Nutrients</i> , 2019 , 11,	6.7	6
21	Effects of kiwifruit and mixed dietary fibre on faecal properties and microbiota in rats: a dose-response analysis. <i>International Journal of Food Science and Technology</i> , 2017 , 52, 1923-1932	3.8	5
20	The partitioning of water in aggregates of undigested and digested dietary particles. <i>Food Chemistry</i> , 2014 , 142, 446-54	8.5	5
19	Prebiotic effects of fermentable carbohydrate polymers may be modulated by faecal bulking of non-fermentable polysaccharides in the large bowel of rats. <i>International Journal of Food Science and Technology</i> , 2012 , 47, 968-976	3.8	5
18	The fate of (13)C-labelled and non-labelled inulin predisposed to large bowel fermentation in rats. <i>Food and Function</i> , 2016 , 7, 1825-32	6.1	4
17	Nutritional Value of Potatoes: Digestibility, Glycemic Index, and Glycemic Impact 2009 , 371-394		4
16	Variability in measurements of blood glucose response to foods in human subjects is not reduced after a standard breakfast. <i>Nutrition Research</i> , 2009 , 29, 238-43	4	4
15	Functional food design based on a virtual food component: wheat bran equivalents for faecal bulk. <i>Journal of the Science of Food and Agriculture</i> , 2005 , 85, 902-908	4.3	4
14	Starch Digestibility and Dry Matter Roles in the Glycemic Impact of Potatoes. <i>American Journal of Potato Research</i> , 2012 , 89, 465-470	2.1	3
13	Equicarbohydrate partial exchange of kiwifruit for wheaten cereal reduces postprandial glycaemia without decreasing satiety. <i>Journal of Nutritional Science</i> , 2016 , 5, e37	2.7	3
12	The Effect of Cold Treatment of Parboiled Rice with Lowered Glycaemic Potency on Consumer Liking and Acceptability. <i>Foods</i> , 2018 , 7,	4.9	3
11	Dietary combination of potato resistant starch and red meat up-regulates genes involved in colonic barrier function of rats. <i>International Journal of Food Science and Technology</i> , 2013 , 48, n/a-n/a	3.8	2
10	Kiwifruit Skin and Flesh Contributions to Fecal Bulking and Bacterial Abundance in Rats. <i>Plant Foods for Human Nutrition</i> , 2020 , 75, 525-531	3.9	2
9	Carbohydrate Knowledge and Expectations of Nutritional Support among Five Ethnic Groups Living in New Zealand with Pre- and Type 2 Diabetes: A Qualitative Study. <i>Nutrients</i> , 2018 , 10,	6.7	2
8	Gut microbiota responses to dietary fibre sources in rats fed starch-based or quasi-human background diets. <i>Journal of Functional Foods</i> , 2021 , 83, 104565	5.1	1
7	Effects of Xanthan Gum, Lambda-Carrageenan and Psyllium Husk on the Physical Characteristics and Glycaemic Potency of White Bread. <i>Foods</i> , 2022 , 11, 1513	4.9	0
6	Inulin measured as fructose in faeces of rats fed sucrose-based diets is not confounded by the presence of fructose derived from sucrose. <i>Bioactive Carbohydrates and Dietary Fibre</i> , 2017 , 10, 17-19	3.4	

- 5 Postprandial Metabolic Responses When Manipulating Timing and Composition of a Meal. *Proceedings (mdpi)*, **2019**, 8, 56 0.3
- 4 Glycaemic glucose equivalents: response to Wolever. *European Journal of Clinical Nutrition*, **2005**, 59, 1097-8 5.2
- 3 Dietary Fiber. *Food Additives*, **2004**, 771-804
- 2 Digestible and Non-digestible Polysaccharide Roles in Reformulating Foods for Health **2019**, 65-88
- 1 Particle Geometry for Reduced Glycaemic Impact. *Proceedings (mdpi)*, **2019**, 37, 41 0.3