Ruth Blanco-Rojo

List of Publications by Year
in descending order

27 papers	951 citations	516215 16 h-index	552369 26 g-index
27 all docs	27 docs citations	27 times ranked	1768 citing authors

#	Article	IF	Citations
1	Association of Sleep Duration and Quality With Subclinical Atherosclerosis. Journal of the American College of Cardiology, 2019, 73, 134-144.	1.2	145
2	Consumption of Ultra-Processed Foods andÂMortality: A National Prospective CohortÂin Spain. Mayo Clinic Proceedings, 2019, 94, 2178-2188.	1.4	140
3	Iron bioavailability from food fortification to precision nutrition. A review. Innovative Food Science and Emerging Technologies, 2019, 51, 126-138.	2.7	102
4	The insulin resistance phenotype (muscle or liver) interacts with the type of diet to determine changes in disposition index after 2Âyears of intervention: the CORDIOPREV-DIAB randomised clinical trial. Diabetologia, 2016, 59, 67-76.	2.9	66
5	Efficacy of a microencapsulated iron pyrophosphate-fortified fruit juice: a randomised, double-blind, placebo-controlled study in Spanish iron-deficient women. British Journal of Nutrition, 2011, 105, 1652-1659.	1.2	54
6	Relationship between vitamin D deficiency, bone remodelling and iron status in iron-deficient young women consuming an iron-fortified food. European Journal of Nutrition, 2013, 52, 695-703.	1.8	47
7	Effects of an Iron or Iron and Vitamin Dâ€“Fortified Flavored Skim Milk on Iron Metabolism: A Randomized Controlled Double-Blind Trial in Iron-Deficient Women. Journal of the American College of Nutrition, 2013, 32, 312-320.	1.1	40
8	Influence of Diet, Menstruation and Genetic Factors on Iron Status: A Cross-Sectional Study in Spanish Women of Childbearing Age. International Journal of Molecular Sciences, 2014, 15, 4077-4087.	1.8	38
9	Low iron status as a factor of increased bone resorption and effects of an iron and vitamin D-fortified skimmed milk on bone remodelling in young Spanish women. European Journal of Nutrition, 2014, 53, 441-448.	1.8	38
10	Bone remodelling is reduced by recovery from iron-deficiency anaemia in premenopausal women. Journal of Physiology and Biochemistry, 2013, 69, 889-896.	1.3	32
11	Effect of Dietary Lipids on Endotoxemia Influences Postprandial Inflammatory Response. Journal of Agricultural and Food Chemistry, 2017, 65, 7756-7763.	2.4	32
12	Four variants in transferrin and HFE genes as potential markers of iron deficiency anaemia risk: an association study in menstruating women. Nutrition and Metabolism, 2011, 8, 69.	1.3	28
13	A simple and feasible questionnaire to estimate menstrual blood loss: relationship with hematological and gynecological parameters in young women. BMC Women's Health, 2014, 14, 71.	0.8	26
14	Postprandial endotoxemia may influence the development of type 2 diabetes mellitus: From the CORDIOPREV study. Clinical Nutrition, 2019, 38, 529-538.	2.3	25
15	Changes in Blood Pressure and Lipid Levels in Young Women Consuming a Vitamin D-Fortified Skimmed Milk: A Randomised Controlled Trial. Nutrients, 2013, 5, 4966-4977.	1.7	24
16	Beneficial effect of CETP gene polymorphism in combination with a Mediterranean diet influencing lipid metabolism in metabolic syndrome patients: CORDIOPREV study. Clinical Nutrition, 2018, 37, 229-234.	2.3	23
17	Effects of Loigolactobacillus coryniformis K8 CECT 5711 on the Immune Response of Elderly Subjects to COVID-19 Vaccination: A Randomized Controlled Trial. Nutrients, 2022, 14, 228.	1.7	18
18	A dysregulation of glucose metabolism control is associated with carotid atherosclerosis in patients with coronary heart disease (CORDIOPREV-DIAB study). Atherosclerosis, 2016, 253, 178-185.	0.4	14

#	Article	IF	Citations
19	Interaction of an S100A9 gene variant with saturated fat and carbohydrates to modulate insulin resistance in 3 populations of different ancestries1â€“3. American Journal of Clinical Nutrition, 2016, 104, 508-517.	2.2	11
20	Genetic contribution to iron status: SNPs related to iron deficiency anaemia and fine mapping of CACNA2D3 calcium channel subunit. Blood Cells, Molecules, and Diseases, 2015, 55, 273-280.	0.6	9
21	Effects of a Combination of Extracts from Olive Fruit and Almonds Skin on Oxidative and Inflammation Markers in Hypercholesterolemic Subjects: A Randomized Controlled Trial. Journal of Medicinal Food, 2021, 24, 479-486.	0.8	9
22	Effects of a Combination of Elderberry and Reishi Extracts on the Duration and Severity of Respiratory Tract Infections in Elderly Subjects: A Randomized Controlled Trial. Applied Sciences (Switzerland), 2020, 10, 8259.	1.3	8
23	Evaluation of the Effect of Limosilactobacillus fermentum CECT5716 on Gastrointestinal Infections in Infants: A Systematic Review and Meta-Analysis. Microorganisms, 2021, 9, 1412.	1.6	8
24	Identification of a Novel Quantitative Trait Nucleotype Related to Iron Status in a Calcium Channel Gene. Disease Markers, 2013, 34, 121-129.	0.6	6
25	Identification of a novel quantitative trait nucleotype related to iron status in a calcium channel gene. Disease Markers, 2013, 34, 121-9.	0.6	4
26	Beneficial Effects of Limosilactobacillus fermentum CECT 5716 Administration to Infants Delivered by Cesarean Section. Frontiers in Pediatrics, 0, 10, .	0.9	3
27	Invited commentary in response to: Vitamin D3 supplementation for 8 weeks leads to improved haematological status following the consumption of an iron-fortified breakfast cereal: a double-blind randomised controlled trial in iron-deficient women. British Journal of Nutrition, 2019, 122, 603-604.	1.2	1