Raul Zamora-Ros

List of Publications by Year
in descending order

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113 papers	5,795 citations	57758 44 h-index	82547 72 g-index
116 all docs	116 docs citations	116 times ranked	8013 citing authors

#	Article	IF	Citations
1	Dietary polyphenol intake in Europe: the European Prospective Investigation into Cancer and Nutrition (EPIC) study. European Journal of Nutrition, 2016, 55, 1359-1375.	3.9	313
2	Recent Research on the Health Benefits of Blueberries and Their Anthocyanins. Advances in Nutrition, 2020, 11, 224-236.	6.4	289
3	Systematic Review on Polyphenol Intake and Health Outcomes: Is there Sufficient Evidence to Define a Health-Promoting Polyphenol-Rich Dietary Pattern?. Nutrients, 2019, 11, 1355.	4.1	235
4	Estimation of Dietary Sources and Flavonoid Intake in a Spanish Adult Population (EPIC-Spain). Journal of the American Dietetic Association, 2010, 110, 390-398.	1.1	176
5	Rapid Folinâ€“Ciocalteu method using microtiter 96-well plate cartridges for solid phase extraction to assess urinary total phenolic compounds, as a biomarker of total polyphenols intake. Analytica Chimica Acta, 2009, 634, 54-60.	5.4	158
6	A metabolomic study of biomarkers of meat and fish intake ,. American Journal of Clinical Nutrition, 2017, 105, 600-608.	4.7	156
7	Resveratrol Levels and All-Cause Mortality in Older Community-Dwelling Adults. JAMA Internal Medicine, 2014, 174, 1077.	5.1	143
8	Dietary Protein Intake and Incidence of Type 2 Diabetes in Europe: The EPIC-InterAct Case-Cohort Study. Diabetes Care, 2014, 37, 1854-1862.	8.6	141
9	Concentrations of resveratrol and derivatives in foods and estimation of dietary intake in a Spanish population: European Prospective Investigation into Cancer and Nutrition (EPIC)-Spain cohort. British Journal of Nutrition, 2008, 100, 188-196.	2.3	137
10	Measuring exposure to the polyphenol metabolome in observational epidemiologic studies: current tools and applications and their limits. American Journal of Clinical Nutrition, 2014, 100, 11-26.	4.7	118
11	Dietary Intakes of Individual Flavanols and Flavonols Are Inversely Associated with Incident Type 2 Diabetes in European Populations. Journal of Nutrition, 2014, 144, 335-343.	2.9	115
12	Differences in dietary intakes, food sources and determinants of total flavonoids between Mediterranean and non-Mediterranean countries participating in the European Prospective Investigation into Cancer and Nutrition (EPIC) study. British Journal of Nutrition, 2013, 109, 1498-1507.	2.3	114
13	Dietary intakes and food sources of phytoestrogens in the European Prospective Investigation into Cancer and Nutrition (EPIC) 24-hour dietary recall cohort. European Journal of Clinical Nutrition, 2012, 66, 932-941.	2.9	113
14	Estimation of the intake of anthocyanidins and their food sources in the European Prospective Investigation into Cancer and Nutrition (EPIC) study. British Journal of Nutrition, 2011, 106, 1090-1099.	2.3	108
15	The Association Between Dietary Flavonoid and Lignan Intakes and Incident Type 2 Diabetes in European Populations. Diabetes Care, 2013, 36, 3961-3970.	8.6	108
16	Dietary inflammatory index and inflammatory gene interactions in relation to colorectal cancer risk in the Bellvitge colorectal cancer caseâ€“control study. Genes and Nutrition, 2015, 10, 447.	2.5	95
17	HPLCâ€“Tandem Mass Spectrometric Method to Characterize Resveratrol Metabolism in Humans. Clinical Chemistry, 2007, 53, 292-299.	3.2	92
18	Dietary intakes and food sources of phenolic acids in the European Prospective Investigation into Cancer and Nutrition (EPIC) study. British Journal of Nutrition, 2013, 110, 1500-1511.	2.3	92

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19	Prediagnostic circulating vitamin D levels and risk of hepatocellular carcinoma in European populations: A nested case-control study. Hepatology, 2014, 60, 1222-1230.	7.3	91
20	Resveratrol metabolites in urine as a biomarker of wine intake in free-living subjects: The PREDIMED Study. Free Radical Biology and Medicine, 2009, 46, 1562-1566.	2.9	90
21	Intake estimation of total and individual flavan-3-ols, proanthocyanidins and theaflavins, their food sources and determinants in the European Prospective Investigation into Cancer and Nutrition (EPIC) study. British Journal of Nutrition, 2012, 108, 1095-1108.	2.3	90
22	Estimated dietary intakes of flavonols, flavanones and flavones in the European Prospective Investigation into Cancer and Nutrition (EPIC) 24 hour dietary recall cohort. British Journal of Nutrition, 2011, 106, 1915-1925.	2.3	89
23	Consumption of Dairy Products and Colorectal Cancer in the European Prospective Investigation into Cancer and Nutrition (EPIC). PLoS ONE, 2013, 8, e72715.	2.5	85
24	Polyphenols. Current Opinion in Clinical Nutrition and Metabolic Care, 2017, 20, 512-521.	2.5	84
25	Dietary flavonoid and lignan intake and gastric adenocarcinoma risk in the European Prospective Investigation into Cancer and Nutrition (EPIC) study. American Journal of Clinical Nutrition, 2012, 96, 1398-1408.	4.7	81
26	Diagnostic Performance of Urinary Resveratrol Metabolites as a Biomarker of Moderate Wine Consumption. Clinical Chemistry, 2006, 52, 1373-1380.	3.2	79
27	High Concentrations of a Urinary Biomarker of Polyphenol Intake Are Associated with Decreased Mortality in Older Adults. Journal of Nutrition, 2013, 143, 1445-1450.	2.9	76
28	Inflammatory Markers of Atherosclerosis Are Decreased after Moderate Consumption of Cava (Sparkling Wine) in Men with Low Cardiovascular Risk ,. Journal of Nutrition, 2007, 137, 2279-2284.	2.9	75
29	Coffee, tea and decaffeinated coffee in relation to hepatocellular carcinoma in a ‹scp›E‹/scp›uropean population: Multicentre, prospective cohort study. International Journal of Cancer, 2015, 136, 1899-1908.	5.1	75
30	Reproductive and menstrual factors and risk of differentiated thyroid carcinoma: The EPIC study. International Journal of Cancer, 2015, 136, 1218-1227.	5.1	69
31	Urinary excretions of 34 dietary polyphenols and their associations with lifestyle factors in the EPIC cohort study. Scientific Reports, 2016, 6, 26905.	3.3	69
32	Association between habitual dietary flavonoid and lignan intake and colorectal cancer in a Spanish caseâ€“control study (the Bellvitge Colorectal Cancer Study). Cancer Causes and Control, 2013, 24, 549-557.	1.8	68
33	Dietary flavonoid, lignan and antioxidant capacity and risk of hepatocellular carcinoma in the European prospective investigation into cancer and nutrition study. International Journal of Cancer, 2013, 133, 2429-2443.	5.1	65
34	Comparison of 24-h volume and creatinine-corrected total urinary polyphenol as a biomarker of total dietary polyphenols in the Invecchiare InCHIANTI study. Analytica Chimica Acta, 2011, 704, 110-115.	5.4	63
35	A polyphenol-rich dietary pattern improves intestinal permeability, evaluated as serum zonulin levels, in older subjects: The MaPLE randomised controlled trial. Clinical Nutrition, 2021, 40, 3006-3018.	5.0	59
36	Dietary Flavonoid and Lignan Intake and Mortality in a Spanish Cohort. Epidemiology, 2013, 24, 726-733.	2.7	58

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37	High urinary levels of resveratrol metabolites are associated with a reduction in the prevalence of cardiovascular risk factors in high-risk patients. Pharmacological Research, 2012, 65, 615-620.	7.1	57
38	Determination of resveratrol and piceid in beer matrices by solid-phase extraction and liquid chromatographyâ€“tandem mass spectrometry. Journal of Chromatography A, 2011, 1218, 698-705.	3.7	53
39	Low Levels of a Urinary Biomarker of Dietary Polyphenol Are Associated with Substantial Cognitive Decline over a 3â€Year Period in Older Adults: The Invecchiare in Chianti Study. Journal of the American Geriatrics Society, 2015, 63, 938-946.	2.6	53
40	Blood Metabolic Signatures of Body Mass Index: A Targeted Metabolomics Study in the EPIC Cohort. Journal of Proteome Research, 2017, 16, 3137-3146.	3.7	53
41	Dietary flavonoid and lignan intake and breast cancer risk according to menopause and hormone receptor status in the European Prospective Investigation into Cancer and Nutrition (EPIC) Study. Breast Cancer Research and Treatment, 2013, 139, 163-176.	2.5	52
42	Dietary flavonoid intake and colorectal cancer risk in the European prospective investigation into cancer and nutrition (EPIC) cohort. International Journal of Cancer, 2017, 140, 1836-1844.	5.1	50
43	Consumption of fruits, vegetables and fruit juices and differentiated thyroid carcinoma risk in the European Prospective Investigation into Cancer and Nutrition (EPIC) study. International Journal of Cancer, 2018, 142, 449-459.	5.1	49
44	A new food-composition database for 437 polyphenols in 19,899 raw and prepared foods used to estimate polyphenol intakes in adults from 10 European countries. American Journal of Clinical Nutrition, 2018, 108, 517-524.	4.7	47
45	Perspective: Metabotypingâ€”A Potential Personalized Nutrition Strategy for Precision Prevention of Cardiometabolic Disease. Advances in Nutrition, 2020, 11, 524-532.	6.4	46
46	Dietary polyphenol intake and their major food sources in the Mexican Teachersâ€™ Cohort. British Journal of Nutrition, 2018, 120, 353-360.	2.3	43
47	Adipokines and inflammation markers and risk of differentiated thyroid carcinoma: The EPIC study. International Journal of Cancer, 2018, 142, 1332-1342.	5.1	42
48	Vegetable and Fruit Consumption and Prognosis Among Cancer Survivors: A Systematic Review and Meta-Analysis of Cohort Studies. Advances in Nutrition, 2020, 11, 1569-1582.	6.4	42
49	Dietary intake of total polyphenol and polyphenol classes and the risk of colorectal cancer in the European Prospective Investigation into Cancer and Nutrition (EPIC) cohort. European Journal of Epidemiology, 2018, 33, 1063-1075.	5.7	41
50	Application of Dietary Phenolic Biomarkers in Epidemiology: Past, Present, and Future. Journal of Agricultural and Food Chemistry, 2012, 60, 6648-6657.	5.2	40
51	Coffee, tea and melanoma risk: findings from the European Prospective Investigation into Cancer and Nutrition. International Journal of Cancer, 2017, 140, 2246-2255.	5.1	39
52	Effect of a polyphenol-rich dietary pattern on intestinal permeability and gut and blood microbiomics in older subjects: study protocol of the MaPLE randomised controlled trial. BMC Geriatrics, 2020, 20, 77.	2.7	39
53	Tea and coffee consumption and risk of esophageal cancer: The European prospective investigation into cancer and nutrition study. International Journal of Cancer, 2014, 135, 1470-1479.	5.1	38
54	Association of habitual dietary resveratrol exposure with the development of frailty in older age: the Invecchiare in Chianti study. American Journal of Clinical Nutrition, 2015, 102, 1534-1542.	4.7	38

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55	Consumption of Sweet Beverages and Cancer Risk. A Systematic Review and Meta-Analysis of Observational Studies. Nutrients, 2021, 13, 516.	4.1	37
56	Coffee and tea consumption, genotype-basedCYP1A2andNAT2activity and colorectal cancer risk-Results from the EPIC cohort study. International Journal of Cancer, 2014, 135, 401-412.	5.1	35
57	Dietary Polyphenols in the Aetiology of CrohnÊ¼s Disease and Ulcerative Colitisâ€"A Multicenter European Prospective Cohort Study (EPIC). Inflammatory Bowel Diseases, 2017, 23, 2072-2082.	1.9	35
58	The Relationship Between Urinary Total Polyphenols and the Frailty Phenotype in a Community-Dwelling Older Population: The InCHIANTI Study. Journals of Gerontology - Series A Biological Sciences and Medical Sciences, 2015, 70, 1141-1147.	3.6	33
59	A prospective evaluation of plasma polyphenol levels and colon cancer risk. International Journal of Cancer, 2018, 143, 1620-1631.	5.1	33
60	Impact of thearubigins on the estimation of total dietary flavonoids in the European Prospective Investigation into Cancer and Nutrition (EPIC) study. European Journal of Clinical Nutrition, 2013, 67, 779-782.	2.9	32
61	Pre-diagnostic polyphenol intake and breast cancer survival: the European Prospective Investigation into Cancer and Nutrition (EPIC) cohort. Breast Cancer Research and Treatment, 2015, 154, 389-401.	2.5	31
62	Dietary Flavonoid Intake and Esophageal Cancer Risk in the European Prospective Investigation into Cancer and Nutrition Cohort. American Journal of Epidemiology, 2013, 178, 570-581.	3.4	29
63	Dietary Fatty Acids, Macronutrient Substitutions, Food Sources and Incidence of Coronary Heart Disease: Findings From the EPICâ€CVD Caseâ€Cohort Study Across Nine European Countries. Journal of the American Heart Association, 2021, 10, e019814.	3.7	29
64	Body iron status and gastric cancer risk in the <scp>EURGAST</scp> study. International Journal of Cancer, 2015, 137, 2904-2914.	5.1	28
65	Moderate egg consumption and all-cause and specific-cause mortality in the Spanish European Prospective into Cancer and Nutrition (EPIC-Spain) study. European Journal of Nutrition, 2019, 58, 2003-2010.	3.9	28
66	Energy and macronutrient intake and risk of differentiated thyroid carcinoma in the European Prospective Investigation into Cancer and Nutrition study. International Journal of Cancer, 2016, 138, 65-73.	5.1	24
67	Northâ€"south gradients in plasma concentrations of B-vitamins and other components of one-carbon metabolism in Western Europe: results from the European Prospective Investigation into Cancer and Nutrition (EPIC) Study. British Journal of Nutrition, 2013, 110, 363-374.	2.3	23
68	Identification of Urinary Polyphenol Metabolite Patterns Associated with Polyphenol-Rich Food Intake in Adults from Four European Countries. Nutrients, 2017, 9, 796.	4.1	23
69	Flavonoids and the Risk of Gastric Cancer: An Exploratory Case-Control Study in the MCC-Spain Study. Nutrients, 2019, 11, 967.	4.1	22
70	Habitual Nut Exposure, Assessed by Dietary and Multiple Urinary Metabolomic Markers, and Cognitive Decline in Older Adults: The InCHIANTI Study. Molecular Nutrition and Food Research, 2020, 64, e1900532.	3.3	21
71	Baseline and lifetime alcohol consumption and risk of differentiated thyroid carcinoma in the EPIC study. British Journal of Cancer, 2015, 113, 840-847.	6.4	20
72	Polyphenol intake and differentiated thyroid cancer risk in the European Prospective Investigation into Cancer and Nutrition (EPIC) cohort. International Journal of Cancer, 2020, 146, 1841-1850.	5.1	20

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73	Novel Biomarkers of Habitual Alcohol Intake and Associations With Risk of Pancreatic and Liver Cancers and Liver Disease Mortality. Journal of the National Cancer Institute, 2021, 113, 1542-1550.	6.3	20
74	Dietary flavonoids, lignans and colorectal cancer prognosis. Scientific Reports, 2015, 5, 14148.	3.3	19
75	Flavonoid and lignan intake and pancreatic cancer risk in the European prospective investigation into cancer and nutrition cohort. International Journal of Cancer, 2016, 139, 1480-1492.	5.1	19
76	Consumption of Fish Is Not Associated with Risk of Differentiated Thyroid Carcinoma in the European Prospective Investigation into Cancer and Nutrition (EPIC) Study. Journal of Nutrition, 2017, 147, 1366-1373.	2.9	19
77	Prediagnostic alterations in circulating bile acid profiles in the development of hepatocellular carcinoma. International Journal of Cancer, 2022, 150, 1255-1268.	5.1	18
78	Total, caffeinated and decaffeinated coffee and tea intake and gastric cancer risk: Results from the EPIC cohort study. International Journal of Cancer, 2015, 136, E720-30.	5.1	17
79	Evaluation of urinary resveratrol as a biomarker of dietary resveratrol intake in the European Prospective Investigation into Cancer and Nutrition (EPIC) study. British Journal of Nutrition, 2017, 117, 1596-1602.	2.3	17
80	Gallstones and incident colorectal cancer in a large panâ€€European cohort study. International Journal of Cancer, 2019, 145, 1510-1516.	5.1	17
81	Plasma polyphenols associated with lower high-sensitivity C-reactive protein concentrations: a cross-sectional study within the European Prospective Investigation into Cancer and Nutrition (EPIC) cohort. British Journal of Nutrition, 2020, 123, 198-208.	2.3	17
82	Alcohol Consumption and Risk of Parkinson's Disease: Data From a Large Prospective European Cohort. Movement Disorders, 2020, 35, 1258-1263.	3.9	17
83	The Effects of Polyphenol Supplementation in Addition to Calorie Restricted Diets and/or Physical Activity on Body Composition Parameters: A Systematic Review of Randomized Trials. Frontiers in Nutrition, 2020, 7, 84.	3.7	15
84	A New Pipeline for the Normalization and Pooling of Metabolomics Data. Metabolites, 2021, 11, 631.	2.9	15
85	Bridging evidence from observational and intervention studies to identify flavonoids most protective for human health. American Journal of Clinical Nutrition, 2015, 101, 897-898.	4.7	14
86	Blood polyphenol concentrations and differentiated thyroid carcinoma in women from the European Prospective Investigation into Cancer and Nutrition (EPIC) study. American Journal of Clinical Nutrition, 2021, 113, 162-171.	4.7	12
87	Resveratrol metabolite profiling in clinical nutrition researchâ€"from diet to uncovering disease risk biomarkers: epidemiological evidence. Annals of the New York Academy of Sciences, 2015, 1348, 107-115.	3.8	11
88	Animal Protein Intake Is Inversely Associated With Mortality in Older Adults: The InCHIANTI Study. Journals of Gerontology - Series A Biological Sciences and Medical Sciences, 2022, 77, 1866-1872.	3.6	11
89	Coffee and tea drinking in relation to the risk of differentiated thyroid carcinoma: results from the European Prospective Investigation into Cancer and Nutrition (EPIC) study. European Journal of Nutrition, 2019, 58, 3303-3312.	3.9	9
90	Estimated Intakes of Nutrients and Polyphenols in Participants Completing the MaPLE Randomised Controlled Trial and Its Relevance for the Future Development of Dietary Guidelines for the Older Subjects. Nutrients, 2020, 12, 2458.	4.1	9

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91	Urinary Concentrations of (+)-Catechin and (-)-Epicatechin as Biomarkers of Dietary Intake of Flavan-3-ols in the European Prospective Investigation into Cancer and Nutrition (EPIC) Study. Nutrients, 2021, 13, 4157.	4.1	9
92	Wanted: specific nutritional biomarkers for food consumption for the study of its protective role in health. British Journal of Nutrition, 2010, 103, 307-308.	2.3	8
93	Adherence to the Mediterranean diet assessed by a novel dietary biomarker score and mortality in older adults: the InCHIANTI cohort study. BMC Medicine, 2021, 19, 280.	5.5	8
94	Association between Polyphenol Intake and Gastric Cancer Risk by Anatomic and Histologic Subtypes: MCC-Spain. Nutrients, 2020, 12, 3281.	4.1	7
95	Polyphenol epidemiology: looking back and moving forward. American Journal of Clinical Nutrition, 2016, 104, 549-550.	4.7	6
96	Correlations between urinary concentrations and dietary intakes of flavonols in the European Prospective Investigation into Cancer and Nutrition (EPIC) study. European Journal of Nutrition, 2020, 59, 1481-1492.	3.9	6
97	Urinary flavanone concentrations as biomarkers of dietary flavanone intakes in the European Prospective Investigation into Cancer and Nutrition (EPIC) study. British Journal of Nutrition, 2020, 123, 691-698.	2.3	6
98	Food frequency questionnaire is a valid assessment tool of quercetin and kaempferol intake in Iranian breast cancer patients according to plasma biomarkers. Nutrition Research, 2021, 93, 1-14.	2.9	6
99	Comparison of Flavonoid Intake Assessment Methods Using USDA and Phenol Explorer Databases: Subcohort Diet, Cancer and Health-Next Generationsâ€”MAX Study. Frontiers in Nutrition, 2022, 9, 873774.	3.7	5
100	Resveratrol, a new biomarker of moderate wine intake?. British Journal of Nutrition, 2009, 101, 148-148.	2.3	4
101	Wholegrain Consumption and Risk Factors for Cardiorenal Metabolic Diseases in Chile: A Cross-Sectional Analysis of 2016â€“2017 Health National Survey. Nutrients, 2020, 12, 2815.	4.1	4
102	Association between Polyphenol Intake and Breast Cancer Risk by Menopausal and Hormone Receptor Status. Nutrients, 2020, 12, 994.	4.1	4
103	Polyphenol Intake and Epithelial Ovarian Cancer Risk in the European Prospective Investigation into Cancer and Nutrition (EPIC) Study. Antioxidants, 2021, 10, 1249.	5.1	4
104	Inflammatory potential of the diet and association with risk of differentiated thyroid cancer in the European Prospective Investigation into Cancer and Nutrition (EPIC) cohort. European Journal of Nutrition, 2022, 61, 3625-3635.	3.9	4
105	Menstrual Factors, Reproductive History, Hormone Use, and Urothelial Carcinoma Risk: A Prospective Study in the EPIC Cohort. Cancer Epidemiology Biomarkers and Prevention, 2020, 29, 1654-1664.	2.5	3
106	Total urinary polyphenols and longitudinal changes of bone properties. The InCHIANTI study. Osteoporosis International, 2021, 32, 353-362.	3.1	3
107	Lignan exposure: a worldwide perspective. European Journal of Nutrition, 2022, 61, 1143-1165.	3.9	3
108	Resveratrol and Bioactive Flavonoids in Immune Function. , 2010, , 397-420.		2

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109	A Review of Web-Based Nutrition Information in Spanish for Cancer Patients and Survivors. Nutrients, 2022, 14, 1441.	4.1	2
110	A healthy eating score is inversely associated with depression in older adults: results from the Chilean National Health Survey 2016â€“2017. Public Health Nutrition, 2022, 25, 2864-2875.	2.2	2
111	Biomarkers of the transsulfuration pathway and risk of renal cell carcinoma in the European Prospective Investigation into Cancer and Nutrition (<scp>EPIC</scp>) study. International Journal of Cancer, 2022, , .	5.1	1
112	Response: Banana is not a food source of delphini(di)ns in the EPIC study. British Journal of Nutrition, 2012, 107, 767-767.	2.3	0
113	Association Between Egg Consumption and Dementia Risk in the EPIC-Spain Dementia Cohort. Frontiers in Nutrition, 2022, 9, 827307.	3.7	0