

# Raul Zamora-Ros

## List of Publications by Year in descending order

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Version: 2024-02-01

113  
papers

5,795  
citations

66250

44  
h-index

93651

72  
g-index

116  
all docs

116  
docs citations

116  
times ranked

8619  
citing authors

#	ARTICLE	IF	CITATIONS
1	Animal Protein Intake Is Inversely Associated With Mortality in Older Adults: The InCHIANTI Study. <i>Journals of Gerontology - Series A Biological Sciences and Medical Sciences</i> , 2022, 77, 1866-1872.	1.7	11
2	Lignan exposure: a worldwide perspective. <i>European Journal of Nutrition</i> , 2022, 61, 1143-1165.	1.8	3
3	Prediagnostic alterations in circulating bile acid profiles in the development of hepatocellular carcinoma. <i>International Journal of Cancer</i> , 2022, 150, 1255-1268.	2.3	18
4	Association Between Egg Consumption and Dementia Risk in the EPIC-Spain Dementia Cohort. <i>Frontiers in Nutrition</i> , 2022, 9, 827307.	1.6	0
5	A Review of Web-Based Nutrition Information in Spanish for Cancer Patients and Survivors. <i>Nutrients</i> , 2022, 14, 1441.	1.7	2
6	Comparison of Flavonoid Intake Assessment Methods Using USDA and Phenol Explorer Databases: Subcohort Diet, Cancer and Health-Next Generationsâ€™MAX Study. <i>Frontiers in Nutrition</i> , 2022, 9, 873774.	1.6	5
7	Biomarkers of the transsulfuration pathway and risk of renal cell carcinoma in the European Prospective Investigation into Cancer and Nutrition ( EPIC ) study. <i>International Journal of Cancer</i> , 2022, , .	2.3	1
8	A healthy eating score is inversely associated with depression in older adults: results from the Chilean National Health Survey 2016â€“2017. <i>Public Health Nutrition</i> , 2022, 25, 2864-2875.	1.1	2
9	Inflammatory potential of the diet and association with risk of differentiated thyroid cancer in the European Prospective Investigation into Cancer and Nutrition (EPIC) cohort. <i>European Journal of Nutrition</i> , 2022, 61, 3625-3635.	1.8	4
10	Blood polyphenol concentrations and differentiated thyroid carcinoma in women from the European Prospective Investigation into Cancer and Nutrition (EPIC) study. <i>American Journal of Clinical Nutrition</i> , 2021, 113, 162-171.	2.2	12
11	Total urinary polyphenols and longitudinal changes of bone properties. The InCHIANTI study. <i>Osteoporosis International</i> , 2021, 32, 353-362.	1.3	3
12	Consumption of Sweet Beverages and Cancer Risk. A Systematic Review and Meta-Analysis of Observational Studies. <i>Nutrients</i> , 2021, 13, 516.	1.7	37
13	A polyphenol-rich dietary pattern improves intestinal permeability, evaluated as serum zonulin levels, in older subjects: The MaPLE randomised controlled trial. <i>Clinical Nutrition</i> , 2021, 40, 3006-3018.	2.3	59
14	Novel Biomarkers of Habitual Alcohol Intake and Associations With Risk of Pancreatic and Liver Cancers and Liver Disease Mortality. <i>Journal of the National Cancer Institute</i> , 2021, 113, 1542-1550.	3.0	20
15	Polyphenol Intake and Epithelial Ovarian Cancer Risk in the European Prospective Investigation into Cancer and Nutrition (EPIC) Study. <i>Antioxidants</i> , 2021, 10, 1249.	2.2	4
16	A New Pipeline for the Normalization and Pooling of Metabolomics Data. <i>Metabolites</i> , 2021, 11, 631.	1.3	15
17	Food frequency questionnaire is a valid assessment tool of quercetin and kaempferol intake in Iranian breast cancer patients according to plasma biomarkers. <i>Nutrition Research</i> , 2021, 93, 1-14.	1.3	6
18	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. <i>Journal of the American Heart Association</i> , 2021, 10, e019814.	1.6	29

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19	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. <i>Nutrients</i> , 2021, 13, 4157.	1.7	9
20	Adherence to the Mediterranean diet assessed by a novel dietary biomarker score and mortality in older adults: the InCHIANTI cohort study. <i>BMC Medicine</i> , 2021, 19, 280.	2.3	8
21	Recent Research on the Health Benefits of Blueberries and Their Anthocyanins. <i>Advances in Nutrition</i> , 2020, 11, 224-236.	2.9	289
22	Correlations between urinary concentrations and dietary intakes of flavonols in the European Prospective Investigation into Cancer and Nutrition (EPIC) study. <i>European Journal of Nutrition</i> , 2020, 59, 1481-1492.	1.8	6
23	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. <i>British Journal of Nutrition</i> , 2020, 123, 198-208.	1.2	17
24	Polyphenol intake and differentiated thyroid cancer risk in the European Prospective Investigation into Cancer and Nutrition (EPIC) cohort. <i>International Journal of Cancer</i> , 2020, 146, 1841-1850.	2.3	20
25	Habitual Nut Exposure, Assessed by Dietary and Multiple Urinary Metabolomic Markers, and Cognitive Decline in Older Adults: The InCHIANTI Study. <i>Molecular Nutrition and Food Research</i> , 2020, 64, e1900532.	1.5	21
26	Perspective: Metabotyping—A Potential Personalized Nutrition Strategy for Precision Prevention of Cardiometabolic Disease. <i>Advances in Nutrition</i> , 2020, 11, 524-532.	2.9	46
27	Urinary flavanone concentrations as biomarkers of dietary flavanone intakes in the European Prospective Investigation into Cancer and Nutrition (EPIC) study. <i>British Journal of Nutrition</i> , 2020, 123, 691-698.	1.2	6
28	Vegetable and Fruit Consumption and Prognosis Among Cancer Survivors: A Systematic Review and Meta-Analysis of Cohort Studies. <i>Advances in Nutrition</i> , 2020, 11, 1569-1582.	2.9	42
29	Wholegrain Consumption and Risk Factors for Cardiorenal Metabolic Diseases in Chile: A Cross-Sectional Analysis of 2016–2017 Health National Survey. <i>Nutrients</i> , 2020, 12, 2815.	1.7	4
30	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. <i>Nutrients</i> , 2020, 12, 2458.	1.7	9
31	Association between Polyphenol Intake and Gastric Cancer Risk by Anatomic and Histologic Subtypes: MCC-Spain. <i>Nutrients</i> , 2020, 12, 3281.	1.7	7
32	Menstrual Factors, Reproductive History, Hormone Use, and Urothelial Carcinoma Risk: A Prospective Study in the EPIC Cohort. <i>Cancer Epidemiology Biomarkers and Prevention</i> , 2020, 29, 1654-1664.	1.1	3
33	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. <i>Frontiers in Nutrition</i> , 2020, 7, 84.	1.6	15
34	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. <i>BMC Geriatrics</i> , 2020, 20, 77.	1.1	39
35	Alcohol Consumption and Risk of Parkinson's Disease: Data From a Large Prospective European Cohort. <i>Movement Disorders</i> , 2020, 35, 1258-1263.	2.2	17
36	Association between Polyphenol Intake and Breast Cancer Risk by Menopausal and Hormone Receptor Status. <i>Nutrients</i> , 2020, 12, 994.	1.7	4

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37	Moderate egg consumption and all-cause and specific-cause mortality in the Spanish European Prospective into Cancer and Nutrition (EPIC-Spain) study. <i>European Journal of Nutrition</i> , 2019, 58, 2003-2010.	1.8	28
38	Systematic Review on Polyphenol Intake and Health Outcomes: Is there Sufficient Evidence to Define a Health-Promoting Polyphenol-Rich Dietary Pattern?. <i>Nutrients</i> , 2019, 11, 1355.	1.7	235
39	Flavonoids and the Risk of Gastric Cancer: An Exploratory Case-Control Study in the MCC-Spain Study. <i>Nutrients</i> , 2019, 11, 967.	1.7	22
40	Gallstones and incident colorectal cancer in a large pan-European cohort study. <i>International Journal of Cancer</i> , 2019, 145, 1510-1516.	2.3	17
41	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. <i>European Journal of Nutrition</i> , 2019, 58, 3303-3312.	1.8	9
42	A prospective evaluation of plasma polyphenol levels and colon cancer risk. <i>International Journal of Cancer</i> , 2018, 143, 1620-1631.	2.3	33
43	Consumption of fruits, vegetables and fruit juices and differentiated thyroid carcinoma risk in the European Prospective Investigation into Cancer and Nutrition (EPIC) study. <i>International Journal of Cancer</i> , 2018, 142, 449-459.	2.3	49
44	Adipokines and inflammation markers and risk of differentiated thyroid carcinoma: The EPIC study. <i>International Journal of Cancer</i> , 2018, 142, 1332-1342.	2.3	42
45	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. <i>European Journal of Epidemiology</i> , 2018, 33, 1063-1075.	2.5	41
46	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. <i>American Journal of Clinical Nutrition</i> , 2018, 108, 517-524.	2.2	47
47	Dietary polyphenol intake and their major food sources in the Mexican Teachers' Cohort. <i>British Journal of Nutrition</i> , 2018, 120, 353-360.	1.2	43
48	A metabolomic study of biomarkers of meat and fish intake. <i>American Journal of Clinical Nutrition</i> , 2017, 105, 600-608.	2.2	156
49	Coffee, tea and melanoma risk: findings from the European Prospective Investigation into Cancer and Nutrition. <i>International Journal of Cancer</i> , 2017, 140, 2246-2255.	2.3	39
50	Consumption of Fish Is Not Associated with Risk of Differentiated Thyroid Carcinoma in the European Prospective Investigation into Cancer and Nutrition (EPIC) Study. <i>Journal of Nutrition</i> , 2017, 147, 1366-1373.	1.3	19
51	Dietary flavonoid intake and colorectal cancer risk in the European prospective investigation into cancer and nutrition (EPIC) cohort. <i>International Journal of Cancer</i> , 2017, 140, 1836-1844.	2.3	50
52	Dietary Polyphenols in the Aetiology of Crohn's Disease and Ulcerative Colitis: A Multicenter European Prospective Cohort Study (EPIC). <i>Inflammatory Bowel Diseases</i> , 2017, 23, 2072-2082.	0.9	35
53	Polyphenols. <i>Current Opinion in Clinical Nutrition and Metabolic Care</i> , 2017, 20, 512-521.	1.3	84
54	Blood Metabolic Signatures of Body Mass Index: A Targeted Metabolomics Study in the EPIC Cohort. <i>Journal of Proteome Research</i> , 2017, 16, 3137-3146.	1.8	53

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55	Evaluation of urinary resveratrol as a biomarker of dietary resveratrol intake in the European Prospective Investigation into Cancer and Nutrition (EPIC) study. <i>British Journal of Nutrition</i> , 2017, 117, 1596-1602.	1.2	17
56	Identification of Urinary Polyphenol Metabolite Patterns Associated with Polyphenol-Rich Food Intake in Adults from Four European Countries. <i>Nutrients</i> , 2017, 9, 796.	1.7	23
57	Flavonoid and lignan intake and pancreatic cancer risk in the European prospective investigation into cancer and nutrition cohort. <i>International Journal of Cancer</i> , 2016, 139, 1480-1492.	2.3	19
58	Polyphenol epidemiology: looking back and moving forward. <i>American Journal of Clinical Nutrition</i> , 2016, 104, 549-550.	2.2	6
59	Urinary excretions of 34 dietary polyphenols and their associations with lifestyle factors in the EPIC cohort study. <i>Scientific Reports</i> , 2016, 6, 26905.	1.6	69
60	Energy and macronutrient intake and risk of differentiated thyroid carcinoma in the European Prospective Investigation into Cancer and Nutrition study. <i>International Journal of Cancer</i> , 2016, 138, 65-73.	2.3	24
61	Dietary polyphenol intake in Europe: the European Prospective Investigation into Cancer and Nutrition (EPIC) study. <i>European Journal of Nutrition</i> , 2016, 55, 1359-1375.	1.8	313
62	Reproductive and menstrual factors and risk of differentiated thyroid carcinoma: The EPIC study. <i>International Journal of Cancer</i> , 2015, 136, 1218-1227.	2.3	69
63	Dietary flavonoids, lignans and colorectal cancer prognosis. <i>Scientific Reports</i> , 2015, 5, 14148.	1.6	19
64	Body iron status and gastric cancer risk in the <sc>EURGAST</sc> study. <i>International Journal of Cancer</i> , 2015, 137, 2904-2914.	2.3	28
65	Pre-diagnostic polyphenol intake and breast cancer survival: the European Prospective Investigation into Cancer and Nutrition (EPIC) cohort. <i>Breast Cancer Research and Treatment</i> , 2015, 154, 389-401.	1.1	31
66	Total, caffeinated and decaffeinated coffee and tea intake and gastric cancer risk: Results from the EPIC cohort study. <i>International Journal of Cancer</i> , 2015, 136, E720-30.	2.3	17
67	Coffee, tea and decaffeinated coffee in relation to hepatocellular carcinoma in a <sc>E</sc>uropean population: Multicentre, prospective cohort study. <i>International Journal of Cancer</i> , 2015, 136, 1899-1908.	2.3	75
68	The Relationship Between Urinary Total Polyphenols and the Frailty Phenotype in a Community-Dwelling Older Population: The InCHIANTI Study. <i>Journals of Gerontology - Series A Biological Sciences and Medical Sciences</i> , 2015, 70, 1141-1147.	1.7	33
69	Bridging evidence from observational and intervention studies to identify flavonoids most protective for human health. <i>American Journal of Clinical Nutrition</i> , 2015, 101, 897-898.	2.2	14
70	Association of habitual dietary resveratrol exposure with the development of frailty in older age: the Invecchiare in Chianti study. <i>American Journal of Clinical Nutrition</i> , 2015, 102, 1534-1542.	2.2	38
71	Low Levels of a Urinary Biomarker of Dietary Polyphenol Are Associated with Substantial Cognitive Decline over a 3-Year Period in Older Adults: The Invecchiare in Chianti Study. <i>Journal of the American Geriatrics Society</i> , 2015, 63, 938-946.	1.3	53
72	Resveratrol metabolite profiling in clinical nutrition researchâ€”from diet to uncovering disease risk biomarkers: epidemiological evidence. <i>Annals of the New York Academy of Sciences</i> , 2015, 1348, 107-115.	1.8	11

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73	Baseline and lifetime alcohol consumption and risk of differentiated thyroid carcinoma in the EPIC study. <i>British Journal of Cancer</i> , 2015, 113, 840-847.	2.9	20
74	Dietary inflammatory index and inflammatory gene interactions in relation to colorectal cancer risk in the Bellvitge colorectal cancer case-control study. <i>Genes and Nutrition</i> , 2015, 10, 447.	1.2	95
75	Dietary Intakes of Individual Flavanols and Flavonols Are Inversely Associated with Incident Type 2 Diabetes in European Populations. <i>Journal of Nutrition</i> , 2014, 144, 335-343.	1.3	115
76	Coffee and tea consumption, genotype-based CYP1A2 and NAT2 activity and colorectal cancer risk-Results from the EPIC cohort study. <i>International Journal of Cancer</i> , 2014, 135, 401-412.	2.3	35
77	Prediagnostic circulating vitamin D levels and risk of hepatocellular carcinoma in European populations: A nested case-control study. <i>Hepatology</i> , 2014, 60, 1222-1230.	3.6	91
78	Tea and coffee consumption and risk of esophageal cancer: The European prospective investigation into cancer and nutrition study. <i>International Journal of Cancer</i> , 2014, 135, 1470-1479.	2.3	38
79	Dietary Protein Intake and Incidence of Type 2 Diabetes in Europe: The EPIC-InterAct Case-Cohort Study. <i>Diabetes Care</i> , 2014, 37, 1854-1862.	4.3	141
80	Resveratrol Levels and All-Cause Mortality in Older Community-Dwelling Adults. <i>JAMA Internal Medicine</i> , 2014, 174, 1077.	2.6	143
81	Measuring exposure to the polyphenol metabolome in observational epidemiologic studies: current tools and applications and their limits. <i>American Journal of Clinical Nutrition</i> , 2014, 100, 11-26.	2.2	118
82	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. <i>Breast Cancer Research and Treatment</i> , 2013, 139, 163-176.	1.1	52
83	Association between habitual dietary flavonoid and lignan intake and colorectal cancer in a Spanish case-control study (the Bellvitge Colorectal Cancer Study). <i>Cancer Causes and Control</i> , 2013, 24, 549-557.	0.8	68
84	Dietary intakes and food sources of phenolic acids in the European Prospective Investigation into Cancer and Nutrition (EPIC) study. <i>British Journal of Nutrition</i> , 2013, 110, 1500-1511.	1.2	92
85	High Concentrations of a Urinary Biomarker of Polyphenol Intake Are Associated with Decreased Mortality in Older Adults. <i>Journal of Nutrition</i> , 2013, 143, 1445-1450.	1.3	76
86	Dietary Flavonoid and Lignan Intake and Mortality in a Spanish Cohort. <i>Epidemiology</i> , 2013, 24, 726-733.	1.2	58
87	Dietary Flavonoid Intake and Esophageal Cancer Risk in the European Prospective Investigation into Cancer and Nutrition Cohort. <i>American Journal of Epidemiology</i> , 2013, 178, 570-581.	1.6	29
88	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. <i>British Journal of Nutrition</i> , 2013, 109, 1498-1507.	1.2	114
89	The Association Between Dietary Flavonoid and Lignan Intakes and Incident Type 2 Diabetes in European Populations. <i>Diabetes Care</i> , 2013, 36, 3961-3970.	4.3	108
90	Dietary flavonoid, lignan and antioxidant capacity and risk of hepatocellular carcinoma in the European prospective investigation into cancer and nutrition study. <i>International Journal of Cancer</i> , 2013, 133, 2429-2443.	2.3	65

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91	Impact of thearubigins on the estimation of total dietary flavonoids in the European Prospective Investigation into Cancer and Nutrition (EPIC) study. <i>European Journal of Clinical Nutrition</i> , 2013, 67, 779-782.	1.3	32
92	North-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. <i>British Journal of Nutrition</i> , 2013, 110, 363-374.	1.2	23
93	Consumption of Dairy Products and Colorectal Cancer in the European Prospective Investigation into Cancer and Nutrition (EPIC). <i>PLoS ONE</i> , 2013, 8, e72715.	1.1	85
94	Response: Banana is not a food source of delphinidin(s) in the EPIC study. <i>British Journal of Nutrition</i> , 2012, 107, 767-767.	1.2	0
95	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. <i>British Journal of Nutrition</i> , 2012, 108, 1095-1108.	1.2	90
96	Dietary flavonoid and lignan intake and gastric adenocarcinoma risk in the European Prospective Investigation into Cancer and Nutrition (EPIC) study. <i>American Journal of Clinical Nutrition</i> , 2012, 96, 1398-1408.	2.2	81
97	Application of Dietary Phenolic Biomarkers in Epidemiology: Past, Present, and Future. <i>Journal of Agricultural and Food Chemistry</i> , 2012, 60, 6648-6657.	2.4	40
98	High urinary levels of resveratrol metabolites are associated with a reduction in the prevalence of cardiovascular risk factors in high-risk patients. <i>Pharmacological Research</i> , 2012, 65, 615-620.	3.1	57
99	Dietary intakes and food sources of phytoestrogens in the European Prospective Investigation into Cancer and Nutrition (EPIC) 24-hour dietary recall cohort. <i>European Journal of Clinical Nutrition</i> , 2012, 66, 932-941.	1.3	113
100	Comparison of 24-h volume and creatinine-corrected total urinary polyphenol as a biomarker of total dietary polyphenols in the Invecchiare InCHIANTI study. <i>Analytica Chimica Acta</i> , 2011, 704, 110-115.	2.6	63
101	Estimated dietary intakes of flavonols, flavanones and flavones in the European Prospective Investigation into Cancer and Nutrition (EPIC) 24 hour dietary recall cohort. <i>British Journal of Nutrition</i> , 2011, 106, 1915-1925.	1.2	89
102	Determination of resveratrol and piceid in beer matrices by solid-phase extraction and liquid chromatography-tandem mass spectrometry. <i>Journal of Chromatography A</i> , 2011, 1218, 698-705.	1.8	53
103	Estimation of the intake of anthocyanidins and their food sources in the European Prospective Investigation into Cancer and Nutrition (EPIC) study. <i>British Journal of Nutrition</i> , 2011, 106, 1090-1099.	1.2	108
104	Wanted: specific nutritional biomarkers for food consumption for the study of its protective role in health. <i>British Journal of Nutrition</i> , 2010, 103, 307-308.	1.2	8
105	Estimation of Dietary Sources and Flavonoid Intake in a Spanish Adult Population (EPIC-Spain). <i>Journal of the American Dietetic Association</i> , 2010, 110, 390-398.	1.3	176
106	Resveratrol and Bioactive Flavonoids in Immune Function. , 2010, , 397-420.		2
107	Resveratrol metabolites in urine as a biomarker of wine intake in free-living subjects: The PREDIMED Study. <i>Free Radical Biology and Medicine</i> , 2009, 46, 1562-1566.	1.3	90
108	Rapid Folin-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. <i>Analytica Chimica Acta</i> , 2009, 634, 54-60.	2.6	158

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109	Resveratrol, a new biomarker of moderate wine intake?. British Journal of Nutrition, 2009, 101, 148-148.	1.2	4
110	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.	1.2	137
111	HPLC-Tandem Mass Spectrometric Method to Characterize Resveratrol Metabolism in Humans. Clinical Chemistry, 2007, 53, 292-299.	1.5	92
112	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.	1.3	75
113	Diagnostic Performance of Urinary Resveratrol Metabolites as a Biomarker of Moderate Wine Consumption. Clinical Chemistry, 2006, 52, 1373-1380.	1.5	79