

Margriet S Westerterp-Plantenga

List of Publications by Year in descending order

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113
papers

7,851
citations

36303

51
h-index

49909

87
g-index

115
all docs

115
docs citations

115
times ranked

7772
citing authors

#	ARTICLE	IF	CITATIONS
1	Undereating and underrecording of habitual food intake in obese men: selective underreporting of fat intake. <i>American Journal of Clinical Nutrition</i> , 2000, 71, 130-134.	4.7	444
2	Protein, weight management, and satiety. <i>American Journal of Clinical Nutrition</i> , 2008, 87, 1558S-1561S.	4.7	412
3	Dietary protein – its role in satiety, energetics, weight loss and health. <i>British Journal of Nutrition</i> , 2012, 108, S105-S112.	2.3	336
4	The role of protein in weight loss and maintenance. <i>American Journal of Clinical Nutrition</i> , 2015, 101, 1320S-1329S.	4.7	294
5	Ghrelin and glucagon-like peptide 1 concentrations, 24-h satiety, and energy and substrate metabolism during a high-protein diet and measured in a respiration chamber. <i>American Journal of Clinical Nutrition</i> , 2006, 83, 89-94.	4.7	289
6	Set points, settling points and some alternative models: theoretical options to understand how genes and environments combine to regulate body adiposity. <i>DMM Disease Models and Mechanisms</i> , 2011, 4, 733-745.	2.4	266
7	Body Weight Loss and Weight Maintenance in Relation to Habitual Caffeine Intake and Green Tea Supplementation. <i>Obesity</i> , 2005, 13, 1195-1204.	4.0	252
8	Dose-dependent satiating effect of whey relative to casein or soy. <i>Physiology and Behavior</i> , 2009, 96, 675-682.	2.1	224
9	Effect of capsaicin on substrate oxidation and weight maintenance after modest body-weight loss in human subjects. <i>British Journal of Nutrition</i> , 2003, 90, 651-659.	2.3	194
10	Effects of green tea on weight maintenance after body-weight loss. <i>British Journal of Nutrition</i> , 2004, 91, 431-437.	2.3	194
11	Additional protein intake limits weight regain after weight loss in humans. <i>British Journal of Nutrition</i> , 2005, 93, 281-289.	2.3	175
12	Predictors of Weight Maintenance. <i>Obesity</i> , 1999, 7, 43-50.	4.0	164
13	Appetite at –high altitude– [Operation Everest III (Comex –™97)]: a simulated ascent of Mount Everest. <i>Journal of Applied Physiology</i> , 1999, 87, 391-399.	2.5	155
14	Metabolic effects of spices, teas, and caffeine. <i>Physiology and Behavior</i> , 2006, 89, 85-91.	2.1	153
15	The appetizing effect of an artificial in overweight and normal-weight humans. <i>American Journal of Clinical Nutrition</i> , 1999, 69, 205-212.	4.7	137
16	Stress augments food –wanting– and energy intake in visceral overweight subjects in the absence of hunger. <i>Physiology and Behavior</i> , 2011, 103, 157-163.	2.1	133
17	Acute Effects of Exercise or Sauna on Appetite in Obese and Nonobese Men. <i>Physiology and Behavior</i> , 1997, 62, 1345-1354.	2.1	127
18	Effects of sleep fragmentation on appetite and related hormone concentrations over 24h in healthy men. <i>British Journal of Nutrition</i> , 2013, 109, 748-756.	2.3	125

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19	Gluconeogenesis and energy expenditure after a high-protein, carbohydrate-free diet. <i>American Journal of Clinical Nutrition</i> , 2009, 90, 519-526.	4.7	122
20	Men and women respond differently to rapid weight loss: Metabolic outcomes of a multi-centre intervention study after a low-energy diet in 2500 overweight, individuals with pre-diabetes (PREVIEW). <i>Diabetes, Obesity and Metabolism</i> , 2018, 20, 2840-2851.	4.4	120
21	Effect of green tea on resting energy expenditure and substrate oxidation during weight loss in overweight females. <i>British Journal of Nutrition</i> , 2005, 94, 1026-1034.	2.3	109
22	Energy Expenditure, Satiety, and Plasma Ghrelin, Glucagon-Like Peptide 1, and Peptide Tyrosine-Tyrosine Concentrations following a Single High-Protein Lunch. <i>Journal of Nutrition</i> , 2008, 138, 698-702.	2.9	109
23	Predictors of Long-term Weight Maintenance. <i>Obesity</i> , 2005, 13, 2162-2168.	4.0	97
24	Differences between liking and wanting signals in the human brain and relations with cognitive dietary restraint and body mass index. <i>American Journal of Clinical Nutrition</i> , 2011, 94, 392-403.	4.7	96
25	Normal Protein Intake Is Required for Body Weight Loss and Weight Maintenance, and Elevated Protein Intake for Additional Preservation of Resting Energy Expenditure and Fat Free Mass. <i>Journal of Nutrition</i> , 2013, 143, 591-596.	2.9	94
26	Catechin- and caffeine-rich teas for control of body weight in humans. <i>American Journal of Clinical Nutrition</i> , 2013, 98, 1682S-1693S.	4.7	92
27	Effect of a phase advance and phase delay of the 24-h cycle on energy metabolism, appetite, and related hormones. <i>American Journal of Clinical Nutrition</i> , 2012, 96, 689-697.	4.7	91
28	Eating what you like induces a stronger decrease of "wanting" to eat. <i>Physiology and Behavior</i> , 2009, 98, 318-325.	2.1	88
29	Dietary Protein and Energy Balance in Relation to Obesity and Co-morbidities. <i>Frontiers in Endocrinology</i> , 2018, 9, 443.	3.5	88
30	A breakfast with alpha-lactalbumin, gelatin, or gelatin+TRP lowers energy intake at lunch compared with a breakfast with casein, soy, whey, or whey-GMP. <i>Clinical Nutrition</i> , 2009, 28, 147-155.	5.0	86
31	Capsaicin increases sensation of fullness in energy balance, and decreases desire to eat after dinner in negative energy balance†. <i>Appetite</i> , 2014, 77, 46-51.	3.7	86
32	Relatively high-protein or "low-carb" energy-restricted diets for body weight loss and body weight maintenance?. <i>Physiology and Behavior</i> , 2012, 107, 374-380.	2.1	83
33	Protein leverage affects energy intake of high-protein diets in humans. <i>American Journal of Clinical Nutrition</i> , 2013, 97, 86-93.	4.7	78
34	Effects of complete whey-protein breakfasts versus whey without GMP-breakfasts on energy intake and satiety. <i>Appetite</i> , 2009, 52, 388-395.	3.7	77
35	Green tea catechin plus caffeine supplementation to a high-protein diet has no additional effect on body weight maintenance after weight loss. <i>American Journal of Clinical Nutrition</i> , 2009, 89, 822-830.	4.7	76
36	Acute Effects of Capsaicin on Energy Expenditure and Fat Oxidation in Negative Energy Balance. <i>PLoS ONE</i> , 2013, 8, e67786.	2.5	75

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37	No differences in satiety or energy intake after high-fructose corn syrup, sucrose, or milk preloads. <i>American Journal of Clinical Nutrition</i> , 2007, 86, 1586-1594.	4.7	74
38	Comparison of the effects of a high- and normal-casein breakfast on satiety, α -MSH hormones, plasma amino acids and subsequent energy intake. <i>British Journal of Nutrition</i> , 2009, 101, 295-303.	2.3	73
39	PREVIEW: Prevention of Diabetes through Lifestyle Intervention and Population Studies in Europe and around the World. Design, Methods, and Baseline Participant Description of an Adult Cohort Enrolled into a Three-Year Randomised Clinical Trial. <i>Nutrients</i> , 2017, 9, 632.	4.1	72
40	Effects of sleep fragmentation in healthy men on energy expenditure, substrate oxidation, physical activity, and exhaustion measured over 48 h in a respiratory chamber. <i>American Journal of Clinical Nutrition</i> , 2011, 94, 804-808.	4.7	70
41	Blood glucose patterns and appetite in time-blinded humans: carbohydrate versus fat. <i>American Journal of Physiology - Regulatory Integrative and Comparative Physiology</i> , 1999, 277, R337-R345.	1.8	65
42	Protein intake and energy balance. <i>Regulatory Peptides</i> , 2008, 149, 67-69.	1.9	65
43	Effects of extreme environments on food intake in human subjects. <i>Proceedings of the Nutrition Society</i> , 1999, 58, 791-798.	1.0	64
44	Long-Term Green Tea Supplementation Does Not Change the Human Gut Microbiota. <i>PLoS ONE</i> , 2016, 11, e0153134.	2.5	63
45	Effects of high and normal soyprotein breakfasts on satiety and subsequent energy intake, including amino acid and α -MSH hormone responses. <i>European Journal of Nutrition</i> , 2009, 48, 92-100.	3.9	61
46	Effect of exercise training on long-term weight maintenance in weight-reduced men. <i>Metabolism: Clinical and Experimental</i> , 1999, 48, 15-21.	3.4	60
47	Comparison of 2 diets with either 25% or 10% of energy as casein on energy expenditure, substrate balance, and appetite profile. <i>American Journal of Clinical Nutrition</i> , 2009, 89, 831-838.	4.7	58
48	The <i>PREVIEW</i> intervention study: Results from a 3-year randomized 2 x 2 factorial multinational trial investigating the role of protein, glycaemic index and physical activity for prevention of type 2 diabetes. <i>Diabetes, Obesity and Metabolism</i> , 2021, 23, 324-337.	4.4	58
49	Protein intake and body-weight regulation. <i>Appetite</i> , 2005, 45, 187-190.	3.7	56
50	Long-Term Green Tea Extract Supplementation Does Not Affect Fat Absorption, Resting Energy Expenditure, and Body Composition in Adults. <i>Journal of Nutrition</i> , 2015, 145, 864-870.	2.9	56
51	Capsaicin-induced satiety is associated with gastrointestinal distress but not with the release of satiety hormones. <i>American Journal of Clinical Nutrition</i> , 2016, 103, 305-313.	4.7	54
52	The Effect of Different Dosages of Guar Gum on Gastric Emptying and Small Intestinal Transit of a Consumed Semisolid Meal. <i>Journal of the American College of Nutrition</i> , 2001, 20, 87-91.	1.8	53
53	Increased sensitivity to food cues in the fasted state and decreased inhibitory control in the satiated state in the overweight. <i>American Journal of Clinical Nutrition</i> , 2013, 97, 471-479.	4.7	47
54	Relation of weight maintenance and dietary restraint to peroxisome proliferator-activated receptor β , glucocorticoid receptor, and ciliary neurotrophic factor polymorphisms. <i>American Journal of Clinical Nutrition</i> , 2005, 82, 740-746.	4.7	46

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55	Concomitant changes in sleep duration and body weight and body composition during weight loss and 3-mo weight maintenance. <i>American Journal of Clinical Nutrition</i> , 2013, 98, 25-31.	4.7	46
56	Changes in gut hormone and glucose concentrations in relation to hunger and fullness. <i>American Journal of Clinical Nutrition</i> , 2011, 94, 717-725.	4.7	45
57	Protein diets, body weight loss and weight maintenance. <i>Current Opinion in Clinical Nutrition and Metabolic Care</i> , 2013, 17, 1.	2.5	45
58	Acute effects of breakfasts containing $\hat{\iota}$ -lactalbumin, or gelatin with or without added tryptophan, on hunger, $\hat{\iota}$ -satiety TM hormones and amino acid profiles. <i>British Journal of Nutrition</i> , 2009, 101, 1859-1866.	2.3	43
59	Sleep, circadian rhythm and body weight: parallel developments. <i>Proceedings of the Nutrition Society</i> , 2016, 75, 431-439.	1.0	42
60	Appetite and blood glucose profiles in humans after glycogen-depleting exercise. <i>Journal of Applied Physiology</i> , 1999, 87, 947-954.	2.5	41
61	Sex differences in energy homeostatis following a diet relatively high in protein exchanged with carbohydrate, assessed in a respiration chamber in humans. <i>Physiology and Behavior</i> , 2009, 97, 414-419.	2.1	41
62	Nutraceuticals for body-weight management: The role of green tea catechins. <i>Physiology and Behavior</i> , 2016, 162, 83-87.	2.1	41
63	Sleep Architecture When Sleeping at an Unusual Circadian Time and Associations with Insulin Sensitivity. <i>PLoS ONE</i> , 2013, 8, e72877.	2.5	40
64	Protein leverage effects of beef protein on energy intake in humans. <i>American Journal of Clinical Nutrition</i> , 2014, 99, 1397-1406.	4.7	40
65	Gluconeogenesis and protein-induced satiety. <i>British Journal of Nutrition</i> , 2012, 107, 595-600.	2.3	39
66	Presence or absence of carbohydrates and the proportion of fat in a high-protein diet affect appetite suppression but not energy expenditure in normal-weight human subjects fed in energy balance. <i>British Journal of Nutrition</i> , 2010, 104, 1395-1405.	2.3	37
67	A Solid High-Protein Meal Evokes Stronger Hunger Suppression Than a Liquefied High-Protein Meal. <i>Obesity</i> , 2011, 19, 522-527.	3.0	34
68	Protein intake induced an increase in exercise stimulated fat oxidation during stable body weight. <i>Physiology and Behavior</i> , 2010, 101, 770-774.	2.1	25
69	Efficacy of $\hat{\iota}$ -Lactalbumin and Milk Protein on Weight Loss and Body Composition During Energy Restriction. <i>Obesity</i> , 2011, 19, 370-379.	3.0	25
70	Addition of Capsaicin and Exchange of Carbohydrate with Protein Counteract Energy Intake Restriction Effects on Fullness and Energy Expenditure. <i>Journal of Nutrition</i> , 2013, 143, 442-447.	2.9	24
71	Single-Protein Casein and Gelatin Diets Affect Energy Expenditure Similarly but Substrate Balance and Appetite Differently in Adults $\hat{\iota}$ 3. <i>Journal of Nutrition</i> , 2009, 139, 2285-2292.	2.9	23
72	Compositional analysis of the associations between 24-h movement behaviours and cardio-metabolic risk factors in overweight and obese adults with pre-diabetes from the PREVIEW study: cross-sectional baseline analysis. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2020, 17, 29.	4.6	23

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73	High Compared with Moderate Protein Intake Reduces Adaptive Thermogenesis and Induces a Negative Energy Balance during Long-term Weight-Loss Maintenance in Participants with Prediabetes in the Postobese State:A PREVIEW Study. <i>Journal of Nutrition</i> , 2020, 150, 458-463.	2.9	21
74	Habitual meal frequency in relation to resting and activity-induced energy expenditure in human subjects: the role of fat-free mass. <i>British Journal of Nutrition</i> , 2003, 90, 643-649.	2.3	20
75	Lack of effect of high-protein vs. highcarbohydrate meal intake on stress-related mood and eating behavior. <i>Nutrition Journal</i> , 2011, 10, 136.	3.4	20
76	Changes in body fat percentage during body weight stable conditions of increased daily protein intake vs. control. <i>Physiology and Behavior</i> , 2010, 101, 635-638.	2.1	19
77	The Role of Catechol-O-Methyl Transferase Val(108/158)Met Polymorphism (rs4680) in the Effect of Green Tea on Resting Energy Expenditure and Fat Oxidation: A Pilot Study. <i>PLoS ONE</i> , 2014, 9, e106220.	2.5	19
78	Insulin resistance, weight, and behavioral variables as determinants of brain reactivity to food cues: a Prevention of Diabetes through Lifestyle Intervention and Population Studies in Europe and around the World â€” a PREVIEW study. <i>American Journal of Clinical Nutrition</i> , 2019, 109, 315-321.	4.7	18
79	Prolonged Adaptation to a Low or High Protein Diet Does Not Modulate Basal Muscle Protein Synthesis Rates â€” A Substudy. <i>PLoS ONE</i> , 2015, 10, e0137183.	2.5	18
80	Associations of Brain Reactivity to Food Cues with Weight Loss, Protein Intake and Dietary Restraint during the PREVIEW Intervention. <i>Nutrients</i> , 2018, 10, 1771.	4.1	17
81	Effects of a High-Protein/Moderate-Carbohydrate Diet on Appetite, Gut Peptides, and Endocannabinoidsâ€”A Preview Study. <i>Nutrients</i> , 2019, 11, 2269.	4.1	17
82	The Potential of a High Protein-Low Carbohydrate Diet to Preserve Intrahepatic Triglyceride Content in Healthy Humans. <i>PLoS ONE</i> , 2014, 9, e109617.	2.5	16
83	Dose-Dependent Associations of Dietary Glycemic Index, Glycemic Load, and Fiber With 3-Year Weight Loss Maintenance and Glycemic Status in a High-Risk Population: A Secondary Analysis of the Diabetes Prevention Study PREVIEW. <i>Diabetes Care</i> , 2021, 44, 1672-1681.	8.6	16
84	Dietary Restraint and Control Over â€œWantingâ€ Following Consumption of â€œForbiddenâ€ Food. <i>Obesity</i> , 2010, 18, 1926-1931.	3.0	15
85	Protein <i>v.</i> carbohydrate intake differentially affects liking- and wanting-related brain signalling. <i>British Journal of Nutrition</i> , 2013, 109, 376-381.	2.3	13
86	High HPA-axis activation disrupts the link between liking and wanting with liking and wanting related brain signaling. <i>Physiology and Behavior</i> , 2012, 105, 321-324.	2.1	11
87	Overnight energy expenditure determined by whole-body indirect calorimetry does not differ during different sleep stages. <i>American Journal of Clinical Nutrition</i> , 2013, 98, 867-871.	4.7	11
88	No protein intake compensation for insufficient indispensable amino acid intake with a low-protein diet for 12Ädays. <i>Nutrition and Metabolism</i> , 2014, 11, 38.	3.0	11
89	Disadvantageous shift in energy balance is primarily expressed in high-quality sleepers after a decline in quality sleep because of disturbance. <i>American Journal of Clinical Nutrition</i> , 2013, 98, 367-373.	4.7	10
90	Effect of a high protein/low glycaemic index diet on insulin resistance in adolescents with overweight/obesityâ€”A PREVIEW randomized clinical trial. <i>Pediatric Obesity</i> , 2021, 16, e12702.	2.8	10

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91	Association of Psychobehavioral Variables With HOMA-IR and BMI Differs for Men and Women With Prediabetes in the PREVIEW Lifestyle Intervention. <i>Diabetes Care</i> , 2021, 44, 1491-1498.	8.6	10
92	Consumption of Milk-Protein Combined with Green Tea Modulates Diet-Induced Thermogenesis. <i>Nutrients</i> , 2011, 3, 725-733.	4.1	8
93	Challenging energy balance - during sensitivity to food reward and modulatory factors implying a risk for overweight - during body weight management including dietary restraint and medium-high protein diets. <i>Physiology and Behavior</i> , 2020, 221, 112879.	2.1	8
94	Associations of changes in reported and estimated protein and energy intake with changes in insulin resistance, glycated hemoglobin, and BMI during the PREVIEW lifestyle intervention study. <i>American Journal of Clinical Nutrition</i> , 2021, 114, 1847-1858.	4.7	8
95	Effects of a High-Protein Diet on Cardiometabolic Health, Vascular Function, and Endocannabinoidsâ€”A PREVIEW Study. <i>Nutrients</i> , 2020, 12, 1512.	4.1	8
96	Does the Effect of a 3-Year Lifestyle Intervention on Body Weight and Cardiometabolic Health Differ by Prediabetes Metabolic Phenotype? A Post Hoc Analysis of the PREVIEW Study. <i>Diabetes Care</i> , 2022, 45, 2698-2708.	8.6	5
97	Effects of a supra-sustained gelatinâ€™ milk protein diet compared with (supra-)sustained milk protein diets on body-weight loss. <i>British Journal of Nutrition</i> , 2011, 105, 1388-1398.	2.3	4
98	PREVIEW (Prevention of Diabetes Through Lifestyle Intervention and Population Studies in Europe and) Tj ETQq0 0 0 rgBT /Overlock 10 Diabetes, Obesity and Metabolism, 2018, 20, 1096-1101.	4.4	4
99	Role of Endocannabinoids in Energy-Balance Regulation in Participants in the Postobese Stateâ€™a PREVIEW Study. <i>Journal of Clinical Endocrinology and Metabolism</i> , 2020, 105, e2511-e2520.	3.6	4
100	A High-Protein, Low Glycemic Index Diet Suppresses Hunger but Not Weight Regain After Weight Loss: Results From a Large, 3-Years Randomized Trial (PREVIEW). <i>Frontiers in Nutrition</i> , 2021, 8, 685648.	3.7	4
101	Associations of quantity and quality of carbohydrate sources with subjective appetite sensations during 3-year weight-loss maintenance: results from the PREVIEW intervention study. <i>Clinical Nutrition</i> , 2021, 41, 219-230.	5.0	4
102	Salmon in Combination with High Glycemic Index Carbohydrates Increases Diet-Induced Thermogenesis Compared with Salmon with Low Glycemic Index Carbohydratesâ€™An Acute Randomized Cross-Over Meal Test Study. <i>Nutrients</i> , 2019, 11, 365.	4.1	3
103	What Is the Profile of Overweight Individuals Who Are Unsuccessful Responders to a Low-Energy Diet? A PREVIEW Sub-study. <i>Frontiers in Nutrition</i> , 2021, 8, 707682.	3.7	3
104	Reproducibility and associations with obesity and insulin resistance of circadian-rhythm parameters in free-living vs. controlled conditions during the PREVIEW lifestyle study. <i>International Journal of Obesity</i> , 2021, 45, 2038-2047.	3.4	2
105	Appraisal of Triglyceride-Related Markers as Early Predictors of Metabolic Outcomes in the PREVIEW Lifestyle Intervention: A Controlled Post-hoc Trial. <i>Frontiers in Nutrition</i> , 2021, 8, 733697.	3.7	2
106	Preliminary evidence that endoscopic gastroplication reduces food reward. <i>Appetite</i> , 2020, 150, 104632.	3.7	1
107	Systematic review of the evidence for sustained efficacy of dietary interventions for reducing appetite or energy intake. <i>Proceedings of the Nutrition Society</i> , 2020, 79, .	1.0	0
108	Goal achievement and adaptive goal adjustment in a behavioral intervention for participants with prediabetes. <i>Journal of Health Psychology</i> , 2020, 26, 135910532092515.	2.3	0

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109	Satiety and 24h diet-induced thermogenesis as related to macronutrient composition. <i>N�ringsforskning: Referattidskrift I N�ringsforskningsfr�gor</i> , 2000, 44, 104-107.	0.1	0
110	Effects of a high-protein diet with or without monosodium glutamate in combination with inosine monophosphate on 24h energy and appetite profile. <i>FASEB Journal</i> , 2007, 21, A56.	0.5	0
111	No difference in protein leverage affecting energy intake between soy and whey protein. <i>FASEB Journal</i> , 2013, 27, 1075.8.	0.5	0
112	Effects of capsaicin on energy expenditure, fat oxidation, appetite profile and energy intake in negative energy balance. <i>FASEB Journal</i> , 2013, 27, 349.8.	0.5	0
113	Forming new health behavior habits during weight loss maintenance�The PREVIEW study.. <i>Health Psychology</i> , 2022, 41, 549-558.	1.6	0