Margriet S Westerterp-Plantenga

List of Publications by Year
in descending order

113 papers	7,851 citations	41627 51 h-index	56606 87 g-index
115 all docs	115 docs citations	115 times ranked	8393 citing authors

#	Article	IF	Citations
1	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. Diabetes Care, 2022, 45, 2698-2708.	4.3	5
2	Forming new health behavior habits during weight loss maintenanceâ€"The PREVIEW study.. Health Psychology, 2022, 41, 549-558.	1.3	0
3	Effect of a high protein/low glycaemic index diet on insulin resistance in adolescents with overweight/obesityâ€"A PREVIEW randomized clinical trial. Pediatric Obesity, 2021, 16, e12702.	1.4	10
4	The <scp>PREVIEW</scp> intervention study: Results from a 3â€year randomized 2 x 2 factorial multinational trial investigating the role of protein, glycaemic index and physical activity for prevention of type 2 diabetes. Diabetes, Obesity and Metabolism, 2021, 23, 324-337.	2.2	58
5	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. Diabetes Care, 2021, 44, 1672-1681.	4.3	16
6	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). Frontiers in Nutrition, 2021, 8, 685648.	1.6	4
7	Reproducibility and associations with obesity and insulin resistance of circadian-rhythm parameters in free-living vs. controlled conditions during the PREVIEW lifestyle study. International Journal of Obesity, 2021, 45, 2038-2047.	1.6	2
8	Association of Psychobehavioral Variables With HOMA-IR and BMI Differs for Men and Women With Prediabetes in the PREVIEW Lifestyle Intervention. Diabetes Care, 2021, 44, 1491-1498.	4.3	10
9	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. American Journal of Clinical Nutrition, 2021, 114, 1847-1858.	2.2	8
10	Appraisal of Triglyceride-Related Markers as Early Predictors of Metabolic Outcomes in the PREVIEW Lifestyle Intervention: A Controlled Post-hoc Trial. Frontiers in Nutrition, 2021, 8, 733697.	1.6	2
11	What Is the Profile of Overweight Individuals Who Are Unsuccessful Responders to a Low-Energy Diet? A PREVIEW Sub-study. Frontiers in Nutrition, 2021, 8, 707682.	1.6	3
12	Associations of quantity and quality of carbohydrate sources with subjective appetite sensations during 3-year weight-loss maintenance: results from the PREVIEW intervention study. Clinical Nutrition, 2021, 41, 219-230.	2.3	4
13	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. Journal of Nutrition, 2020, 150, 458-463.	1.3	21
14	Systematic review of the evidence for sustained efficacy of dietary interventions for reducing appetite or energy intake. Proceedings of the Nutrition Society, 2020, 79, .	0.4	0
15	Goal achievement and adaptive goal adjustment in a behavioral intervention for participants with prediabetes. Journal of Health Psychology, 2020, 26, 135910532092515.	1.3	0
16	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. Physiology and Behavior, 2020, 221, 112879.	1.0	8
17	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. International Journal of Behavioral Nutrition and Physical Activity, 2020, 17, 29.	2.0	23
18	Preliminary evidence that endoscopic gastroplication reduces food reward. Appetite, 2020, 150, 104632.	1.8	1

#	Article	IF	Citations
19	Role of Endocannabinoids in Energy-Balance Regulation in Participants in the Postobese Stateâ€"a PREVIEW Study. Journal of Clinical Endocrinology and Metabolism, 2020, 105, e2511-e2520.	1.8	4
20	Effects of a High-Protein Diet on Cardiometabolic Health, Vascular Function, and Endocannabinoidsâ€"A PREVIEW Study. Nutrients, 2020, 12, 1512.	1.7	8
21	Effects of a High-Protein/Moderate-Carbohydrate Diet on Appetite, Gut Peptides, and Endocannabinoidsâ€"A Preview Study. Nutrients, 2019, 11, 2269.	1.7	17
22	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. Nutrients, 2019, 11, 365.	1.7	3
23	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. American Journal of Clinical Nutrition, 2019, 109, 315-321.	2.2	18
24	PREVIEW (Prevention of Diabetes Through Lifestyle Intervention and Population Studies in Europe and) Tj ETQq0 0 0 rgBT /Overlock 10 T Diabetes, Obesity and Metabolism, 2018, 20, 1096-1101.	2.2	4
25	Associations of Brain Reactivity to Food Cues with Weight Loss, Protein Intake and Dietary Restraint during the PREVIEW Intervention. Nutrients, 2018, 10, 1771.	1.7	17
26	Men and women respond differently to rapid weight loss: Metabolic outcomes of a multiâ€centre intervention study after a lowâ€energy diet in 2500 overweight, individuals with preâ€diabetes (PREVIEW). Diabetes, Obesity and Metabolism, 2018, 20, 2840-2851.	2.2	120
27	Dietary Protein and Energy Balance in Relation to Obesity and Co-morbidities. Frontiers in Endocrinology, 2018, 9, 443.	1.5	88
28	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. Nutrients, 2017, 9, 632.	1.7	72
29	Long-Term Green Tea Supplementation Does Not Change the Human Gut Microbiota. PLoS ONE, 2016, 11, e0153134.	1.1	63
30	Sleep, circadian rhythm and body weight: parallel developments. Proceedings of the Nutrition Society, 2016, 75, 431-439.	0.4	42
31	Capsaicin-induced satiety is associated with gastrointestinal distress but not with the release of satiety hormones. American Journal of Clinical Nutrition, 2016, 103, 305-313.	2.2	54
32	Nutraceuticals for body-weight management: The role of green tea catechins. Physiology and Behavior, 2016, 162, 83-87.	1.0	41
33	Long-Term Green Tea Extract Supplementation Does Not Affect Fat Absorption, Resting Energy Expenditure, and Body Composition in Adults. Journal of Nutrition, 2015, 145, 864-870.	1.3	56
34	The role of protein in weight loss and maintenance. American Journal of Clinical Nutrition, 2015, 101, 1320S-1329S.	2.2	294
35	Prolonged Adaptation to a Low or High Protein Diet Does Not Modulate Basal Muscle Protein Synthesis Rates â€" A Substudy. PLoS ONE, 2015, 10, e0137183.	1.1	18
36	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. PLoS ONE, 2014, 9, e106220.	1.1	19

#	Article	IF	Citations
37	The Potential of a High Protein-Low Carbohydrate Diet to Preserve Intrahepatic Triglyceride Content in Healthy Humans. PLoS ONE, 2014, 9, e109617.	1.1	16
38	No protein intake compensation for insufficient indispensable amino acid intake with a low-protein diet for 12Âdays. Nutrition and Metabolism, 2014, 11, 38.	1.3	11
39	Protein leverage effects of beef protein on energy intake in humans. American Journal of Clinical Nutrition, 2014, 99, 1397-1406.	2.2	40
40	Capsaicin increases sensation of fullness in energy balance, and decreases desire to eat after dinner in negative energy balanceâ˜†. Appetite, 2014, 77, 46-51.	1.8	86
41	Catechin- and caffeine-rich teas for control of body weight in humans. American Journal of Clinical Nutrition, 2013, 98, 1682S-1693S.	2.2	92
42	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. Journal of Nutrition, 2013, 143, 591-596.	1.3	94
43	Concomitant changes in sleep duration and body weight and body composition during weight loss and 3-mo weight maintenance. American Journal of Clinical Nutrition, 2013, 98, 25-31.	2.2	46
44	Protein diets, body weight loss and weight maintenance. Current Opinion in Clinical Nutrition and Metabolic Care, 2013, 17, 1.	1.3	45
45	Disadvantageous shift in energy balance is primarily expressed in high-quality sleepers after a decline in quality sleep because of disturbance. American Journal of Clinical Nutrition, 2013, 98, 367-373.	2.2	10
46	Protein v. carbohydrate intake differentially affects liking- and wanting-related brain signalling. British Journal of Nutrition, 2013, 109, 376-381.	1.2	13
47	Protein leverage affects energy intake of high-protein diets in humans. American Journal of Clinical Nutrition, 2013, 97, 86-93.	2.2	78
48	Addition of Capsaicin and Exchange of Carbohydrate with Protein Counteract Energy Intake Restriction Effects on Fullness and Energy Expenditure. Journal of Nutrition, 2013, 143, 442-447.	1.3	24
49	Increased sensitivity to food cues in the fasted state and decreased inhibitory control in the satiated state in the overweight. American Journal of Clinical Nutrition, 2013, 97, 471-479.	2.2	47
50	Overnight energy expenditure determined by whole-body indirect calorimetry does not differ during different sleep stages. American Journal of Clinical Nutrition, 2013, 98, 867-871.	2.2	11
51	Effects of sleep fragmentation on appetite and related hormone concentrations over 24Âh in healthy men. British Journal of Nutrition, 2013, 109, 748-756.	1.2	125
52	Sleep Architecture When Sleeping at an Unusual Circadian Time and Associations with Insulin Sensitivity. PLoS ONE, 2013, 8, e72877.	1.1	40
53	Acute Effects of Capsaicin on Energy Expenditure and Fat Oxidation in Negative Energy Balance. PLoS ONE, 2013, 8, e67786.	1.1	75
54	No difference in protein leverage affecting energy intake between soy and whey protein. FASEB Journal, 2013, 27, 1075.8.	0.2	0

#	Article	IF	Citations
55	Effects of capsaicin on energy expenditure, fat oxidation, appetite profile and energy intake in negative energy balance. FASEB Journal, 2013, 27, 349.8.	0.2	0
56	Dietary protein â€“ its role in satiety, energetics, weight loss and health. British Journal of Nutrition, 2012, 108, S105-S112.	1.2	336
57	Gluconeogenesis and protein-induced satiety. British Journal of Nutrition, 2012, 107, 595-600.	1.2	39
58	Effect of a phase advance and phase delay of the 24-h cycle on energy metabolism, appetite, and related hormones. American Journal of Clinical Nutrition, 2012, 96, 689-697.	2.2	91
59	Relatively high-protein or â€˜low-carbâ€™ energy-restricted diets for body weight loss and body weight maintenance?. Physiology and Behavior, 2012, 107, 374-380.	1.0	83
60	High HPA-axis activation disrupts the link between liking and wanting with liking and wanting related brain signaling. Physiology and Behavior, 2012, 105, 321-324.	1.0	11
61	Stress augments food â€˜wantingâ€™ and energy intake in visceral overweight subjects in the absence of hunger. Physiology and Behavior, 2011, 103, 157-163.	1.0	133
62	Consumption of Milk-Protein Combined with Green Tea Modulates Diet-Induced Thermogenesis. Nutrients, 2011, 3, 725-733.	1.7	8
63	Efficacy of Î±â€Lactalbumin and Milk Protein on Weight Loss and Body Composition During Energy Restriction. Obesity, 2011, 19, 370-379.	1.5	25
64	A Solid Highâ€Protein Meal Evokes Stronger Hunger Suppression Than a Liquefied Highâ€Protein Meal. Obesity, 2011, 19, 522-527.	1.5	34
65	Effects of sleep fragmentation in healthy men on energy expenditure, substrate oxidation, physical activity, and exhaustion measured over 48 h in a respiratory chamber. American Journal of Clinical Nutrition, 2011, 94, 804-808.	2.2	70
66	Lack of effect of high-protein vs. highcarbohydrate meal intake on stress-related mood and eating behavior. Nutrition Journal, 2011, 10, 136.	1.5	20
67	Effects of a supra-sustained gelatinâ€“milk protein diet compared with (supra-)sustained milk protein diets on body-weight loss. British Journal of Nutrition, 2011, 105, 1388-1398.	1.2	4
68	Differences between liking and wanting signals in the human brain and relations with cognitive dietary restraint and body mass index. American Journal of Clinical Nutrition, 2011, 94, 392-403.	2.2	96
69	Changes in gut hormone and glucose concentrations in relation to hunger and fullness. American Journal of Clinical Nutrition, 2011, 94, 717-725.	2.2	45
70	Set points, settling points and some alternative models: theoretical options to understand how genes and environments combine to regulate body adiposity. DMM Disease Models and Mechanisms, 2011, 4, 733-745.	1.2	266
71	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. British Journal of Nutrition, 2010, 104, 1395-1405.	1.2	37
72	Dietary Restraint and Control Over â€œWantingâ€•Following Consumption of â€œForbiddenâ€•Food. Obesity, 2010, 18, 1926-1931.	1.5	15

#	Article	IF	Citations
73	Protein intake induced an increase in exercise stimulated fat oxidation during stable body weight. Physiology and Behavior, 2010, 101, 770-774.	1.0	25
74	Changes in body fat percentage during body weight stable conditions of increased daily protein intake vs. control. Physiology and Behavior, 2010, 101, 635-638.	1.0	19
75	Gluconeogenesis and energy expenditure after a high-protein, carbohydrate-free diet. American Journal of Clinical Nutrition, 2009, 90, 519-526.	2.2	122
76	Single-Protein Casein and Gelatin Diets Affect Energy Expenditure Similarly but Substrate Balance and Appetite Differently in Adults 1â€“3. Journal of Nutrition, 2009, 139, 2285-2292.	1.3	23
77	Comparison of 2 diets with either 25% or 10% of energy as casein on energy expenditure, substrate balance, and appetite profile. American Journal of Clinical Nutrition, 2009, 89, 831-838.	2.2	58
78	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. Clinical Nutrition, 2009, 28, 147-155.	2.3	86
79	Effects of high and normal soyprotein breakfasts on satiety and subsequent energy intake, including amino acid and â€˜satietyâ€™ hormone responses. European Journal of Nutrition, 2009, 48, 92-100.	1.8	61
80	Dose-dependent satiating effect of whey relative to casein or soy. Physiology and Behavior, 2009, 96, 675-682.	1.0	224
81	Sex differences in energy homeostatis following a diet relatively high in protein exchanged with carbohydrate, assessed in a respiration chamber in humans. Physiology and Behavior, 2009, 97, 414-419.	1.0	41
82	Eating what you like induces a stronger decrease of â€˜wantingâ€™ to eat. Physiology and Behavior, 2009, 98, 318-325.	1.0	88
83	Effects of complete whey-protein breakfasts versus whey without GMP-breakfasts on energy intake and satiety. Appetite, 2009, 52, 388-395.	1.8	77
84	Green tea catechin plus caffeine supplementation to a high-protein diet has no additional effect on body weight maintenance after weight loss. American Journal of Clinical Nutrition, 2009, 89, 822-830.	2.2	76
85	Comparison of the effects of a high- and normal-casein breakfast on satiety, â€˜satietyâ€™ hormones, plasma amino acids and subsequent energy intake. British Journal of Nutrition, 2009, 101, 295-303.	1.2	73
86	Acute effects of breakfasts containing Î±-lactalbumin, or gelatin with or without added tryptophan, on hunger, â€˜satietyâ€™ hormones and amino acid profiles. British Journal of Nutrition, 2009, 101, 1859-1866.	1.2	43
87	Protein intake and energy balance. Regulatory Peptides, 2008, 149, 67-69.	1.9	65
88	Protein, weight management, and satiety. American Journal of Clinical Nutrition, 2008, 87, 1558S-1561S.	2.2	412
89	Energy Expenditure, Satiety, and Plasma Ghrelin, Glucagon-Like Peptide 1, and Peptide Tyrosine-Tyrosine Concentrations following a Single High-Protein Lunch. Journal of Nutrition, 2008, 138, 698-702.	1.3	109
90	No differences in satiety or energy intake after high-fructose corn syrup, sucrose, or milk preloads. American Journal of Clinical Nutrition, 2007, 86, 1586-1594.	2.2	74

#	Article	IF	Citations
91	Effects of a highâ€protein diet with or without monosodiumâ€glutamate in combination with inosineâ€monophosphateâ€5 on 24â€h energy and appetite profile. FASEB Journal, 2007, 21, A56.	0.2	0
92	Metabolic effects of spices, teas, and caffeine. Physiology and Behavior, 2006, 89, 85-91.	1.0	153
93	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. American Journal of Clinical Nutrition, 2006, 83, 89-94.	2.2	289
94	Additional protein intake limits weight regain after weight loss in humans. British Journal of Nutrition, 2005, 93, 281-289.	1.2	175
95	Body Weight Loss and Weight Maintenance in Relation to Habitual Caffeine Intake and Green Tea Supplementation. Obesity, 2005, 13, 1195-1204.	4.0	252
96	Predictors of Longâ€term Weight Maintenance. Obesity, 2005, 13, 2162-2168.	4.0	97
97	Relation of weight maintenance and dietary restraint to peroxisome proliferatorâ€“activated receptor Î²2, glucocorticoid receptor, and ciliary neurotrophic factor polymorphisms. American Journal of Clinical Nutrition, 2005, 82, 740-746.	2.2	46
98	Effect of green tea on resting energy expenditure and substrate oxidation during weight loss in overweight females. British Journal of Nutrition, 2005, 94, 1026-1034.	1.2	109
99	Protein intake and body-weight regulation. Appetite, 2005, 45, 187-190.	1.8	56
100	Effects of green tea on weight maintenance after body-weight loss. British Journal of Nutrition, 2004, 91, 431-437.	1.2	194
101	Effect of capsaicin on substrate oxidation and weight maintenance after modest body-weight loss in human subjects. British Journal of Nutrition, 2003, 90, 651-659.	1.2	194
102	Habitual meal frequency in relation to resting and activity-induced energy expenditure in human subjects: the role of fat-free mass. British Journal of Nutrition, 2003, 90, 643-649.	1.2	20
103	The Effect of Different Dosages of Guar Gum on Gastric Emptying and Small Intestinal Transit of a Consumed Semisolid Meal. Journal of the American College of Nutrition, 2001, 20, 87-91.	1.1	53
104	Undereating and underrecording of habitual food intake in obese men: selective underreporting of fat intake. American Journal of Clinical Nutrition, 2000, 71, 130-134.	2.2	444
105	Satiety and 24h diet-induced thermogenesis as related to macronutrient composition. NÃringsforskning: Referattidskrift I NÃringsforskningsfrÃ¥gor, 2000, 44, 104-107.	0.0	0
106	Appetite and blood glucose profiles in humans after glycogen-depleting exercise. Journal of Applied Physiology, 1999, 87, 947-954.	1.2	41
107	Blood glucose patterns and appetite in time-blinded humans: carbohydrate versus fat. American Journal of Physiology - Regulatory Integrative and Comparative Physiology, 1999, 277, R337-R345.	0.9	65
108	The appetizing effect of an apÃ©ritif in overweight and normal-weight humans. American Journal of Clinical Nutrition, 1999, 69, 205-212.	2.2	137

#	Article	IF	Citations
109	Appetite at â€œhigh altitudeâ€•[Operation Everest III (Comex-â€™97)]: a simulated ascent of Mount Everest. Journal of Applied Physiology, 1999, 87, 391-399.	1.2	155
110	Effect of exercise training on long-term weight maintenance in weight-reduced men. Metabolism: Clinical and Experimental, 1999, 48, 15-21.	1.5	60
111	Predictors of Weight Maintenance. Obesity, 1999, 7, 43-50.	4.0	164
112	Effects of extreme environments on food intake in human subjects. Proceedings of the Nutrition Society, 1999, 58, 791-798.	0.4	64
113	Acute Effects of Exercise or Sauna on Appetite in Obese and Nonobese Men. Physiology and Behavior, 1997, 62, 1345-1354.	1.0	127