Peter M. Clifton

List of Publications by Citations

343 papers	19,242 citations	75 h-index	126 g-index
384 ext. papers	21,495 ext. citations	5.2 avg, IF	7.03 L-index

#	Paper	IF	Citations
343	Short-chain fatty acids and human colonic function: roles of resistant starch and nonstarch polysaccharides. *Physiological Reviews*, **2001**, 81, 1031-64	47.9	2102
342	The impact of dietary and lifestyle risk factors on risk of colorectal cancer: a quantitative overview of the epidemiological evidence. *International Journal of Cancer*, **2009**, 125, 171-80	7.5	458
341	Dietary composition in restoring reproductive and metabolic physiology in overweight women with polycystic ovary syndrome. *Journal of Clinical Endocrinology and Metabolism*, **2003**, 88, 812-9	5.6	379
340	Effects of energy-restricted high-protein, low-fat compared with standard-protein, low-fat diets: a meta-analysis of randomized controlled trials. *American Journal of Clinical Nutrition*, **2012**, 96, 1281-98	7	345
339	Effect of an energy-restricted, high-protein, low-fat diet relative to a conventional high-carbohydrate, low-fat diet on weight loss, body composition, nutritional status, and markers of cardiovascular health in obese women. *American Journal of Clinical Nutrition*, **2005**, 81, 1298-306	7	338
338	Effect of a high-protein, energy-restricted diet on body composition, glycemic control, and lipid concentrations in overweight and obese hyperinsulinemic men and women. *American Journal of Clinical Nutrition*, **2003**, 78, 31-9	7	329
337	Health benefits of herbs and spices: the past, the present, the future. *Medical Journal of Australia*, **2006**, 185, S1-S24	4	318
336	Effect of a high-protein, high-monounsaturated fat weight loss diet on glycemic control and lipid levels in type 2 diabetes. *Diabetes Care*, **2002**, 25, 425-30	14.6	256
335	Polyphenols and Glycemic Control. *Nutrients*, **2016**, 8,	6.7	252
334	Energy restriction and weight loss on very-low-fat diets reduce C-reactive protein concentrations in obese, healthy women. *Arteriosclerosis, Thrombosis, and Vascular Biology*, **2001**, 21, 968-70	9.4	251
333	Effects of a protein preload on gastric emptying, glycemia, and gut hormones after a carbohydrate meal in diet-controlled type 2 diabetes. *Diabetes Care*, **2009**, 32, 1600-2	14.6	248
332	Oral sensitivity to fatty acids, food consumption and BMI in human subjects. *British Journal of Nutrition*, **2010**, 104, 145-52	3.6	246
331	Energy intake, ghrelin, and cholecystokinin after different carbohydrate and protein preloads in overweight men. *Journal of Clinical Endocrinology and Metabolism*, **2006**, 91, 1477-83	5.6	221
330	Cereal grains and legumes in the prevention of coronary heart disease and stroke: a review of the literature. *European Journal of Clinical Nutrition*, **2006**, 60, 1145-59	5.2	219
329	The role of protein in weight loss and maintenance. *American Journal of Clinical Nutrition*, **2015**, 101, 1320S-1329S	7	218
328	Impact of gastric structuring on the lipolysis of emulsified lipids. *Soft Matter*, **2011**, 7, 3513	3.6	217
327	Appetite regulatory hormone responses to various dietary proteins differ by body mass index status despite similar reductions in ad libitum energy intake. *Journal of Clinical Endocrinology and Metabolism*, **2006**, 91, 2913-9	5.6	207

326	Long-term effects of a very-low-carbohydrate weight loss diet compared with an isocaloric low-fat diet after 12 mo. *American Journal of Clinical Nutrition*, **2009**, 90, 23-32	7	183
325	Comparative effects of very low-carbohydrate, high-fat and high-carbohydrate, low-fat weight-loss diets on bowel habit and faecal short-chain fatty acids and bacterial populations. *British Journal of Nutrition*, **2009**, 101, 1493-502	3.6	178
324	Long-term effects of a high-protein, low-carbohydrate diet on weight control and cardiovascular risk markers in obese hyperinsulinemic subjects. *International Journal of Obesity*, **2004**, 28, 661-70	5.5	177
323	The effect of a hypocaloric diet with and without exercise training on body composition, cardiometabolic risk profile, and reproductive function in overweight and obese women with polycystic ovary syndrome. *Journal of Clinical Endocrinology and Metabolism*, **2008**, 93, 3373-80	5.6	170
322	Comparative effects of three cereal brans on plasma lipids, blood pressure, and glucose metabolism in mildly hypercholesterolemic men. *American Journal of Clinical Nutrition*, **1990**, 52, 661-6	7	158
321	Familial hypercholesterolaemia: a model of care for Australasia. *Atherosclerosis Supplements*, **2011**, 12, 221-63	1.7	153
320	An increase in dietary carotenoids when consuming plant sterols or stanols is effective in maintaining plasma carotenoid concentrations. *American Journal of Clinical Nutrition*, **2002**, 75, 79-86	7	145
319	Diets high and low in glycemic index versus high monounsaturated fat diets: effects on glucose and lipid metabolism in NIDDM. *European Journal of Clinical Nutrition*, **1999**, 53, 473-8	5.2	144
318	Cholesterol-lowering effects of plant sterol esters differ in milk, yoghurt, bread and cereal. *European Journal of Clinical Nutrition*, **2004**, 58, 503-9	5.2	143
317	Effect of high-amylose starch and oat bran on metabolic variables and bowel function in subjects with hypertriglyceridemia. *American Journal of Clinical Nutrition*, **1996**, 64, 944-51	7	143
316	Low-carbohydrate diets: nutritional and physiological aspects. *Obesity Reviews*, **2006**, 7, 49-58	10.6	137
315	A high-protein diet with resistance exercise training improves weight loss and body composition in overweight and obese patients with type 2 diabetes. *Diabetes Care*, **2010**, 33, 969-76	14.6	136
314	Comparison of three bioelectrical impedance methods with DXA in overweight and obese men. *Obesity*, **2006**, 14, 2064-70	8	135
313	Lifestyle management improves quality of life and depression in overweight and obese women with polycystic ovary syndrome. *Fertility and Sterility*, **2010**, 94, 1812-6	4.8	133
312	Long-term effects of advice to consume a high-protein, low-fat diet, rather than a conventional weight-loss diet, in obese adults with type 2 diabetes: one-year follow-up of a randomised trial. *Diabetologia*, **2004**, 47, 1677-86	10.3	132
311	Flow-mediated dilatation is impaired by a high-saturated fat diet but not by a high-carbohydrate diet. *Arteriosclerosis, Thrombosis, and Vascular Biology*, **2005**, 25, 1274-9	9.4	130
310	Marked differences in gustatory and gastrointestinal sensitivity to oleic acid between lean and obese men. *American Journal of Clinical Nutrition*, **2011**, 93, 703-11	7	129
309	Metabolic effects of weight loss on a very-low-carbohydrate diet compared with an isocaloric high-carbohydrate diet in abdominally obese subjects. *Journal of the American College of Cardiology* , **2008**, 51, 59-67	15.1	128

308	Effect of energy restriction, weight loss, and diet composition on plasma lipids and glucose in patients with type 2 diabetes. *Diabetes Care*, **1999**, 22, 889-95	14.6	127
307	Adherence to a Mediterranean diet and Alzheimer's disease risk in an Australian population. *Translational Psychiatry*, **2012**, 2, e164	8.6	126
306	Long-term effects of a high-protein weight-loss diet. *American Journal of Clinical Nutrition*, **2008**, 87, 23-9	7	118
305	The effect of high- and low-glycemic index energy restricted diets on plasma lipid and glucose profiles in type 2 diabetic subjects with varying glycemic control. *Journal of the American College of Nutrition*, **2002**, 21, 120-7	3.5	117
304	Modifying the fatty acid profile of dairy products through feedlot technology lowers plasma cholesterol of humans consuming the products. *American Journal of Clinical Nutrition*, **1996**, 63, 42-6	7	116
303	Effects of weight loss from a very-low-carbohydrate diet on endothelial function and markers of cardiovascular disease risk in subjects with abdominal obesity. *American Journal of Clinical Nutrition* , **2008**, 87, 567-76	7	115
302	Good agreement between bioelectrical impedance and dual-energy X-ray absorptiometry for estimating changes in body composition during weight loss in overweight young women. *Clinical Nutrition*, **2007**, 26, 771-7	5.9	115
301	Long-term effects of a very low-carbohydrate diet and a low-fat diet on mood and cognitive function. *Archives of Internal Medicine*, **2009**, 169, 1873-80		114
300	Ghrelin and measures of satiety are altered in polycystic ovary syndrome but not differentially affected by diet composition. *Journal of Clinical Endocrinology and Metabolism*, **2004**, 89, 3337-44	5.6	113
299	Effects of a low-salt diet on flow-mediated dilatation in humans. *American Journal of Clinical Nutrition*, **2009**, 89, 485-90	7	111
298	Effect of calcium and dairy foods in high protein, energy-restricted diets on weight loss and metabolic parameters in overweight adults. *International Journal of Obesity*, **2005**, 29, 957-65	5.5	109
297	Plant sterol ester-enriched milk and yoghurt effectively reduce serum cholesterol in modestly hypercholesterolemic subjects. *European Journal of Nutrition*, **2005**, 44, 214-22	5.2	109
296	Probiotics, prebiotics, synbiotics and insulin sensitivity. *Nutrition Research Reviews*, **2018**, 31, 35-51	7	105
295	Indications for Omega-3 Long Chain Polyunsaturated Fatty Acid in the Prevention and Treatment of Cardiovascular Disease. *Heart Lung and Circulation*, **2015**, 24, 769-79	1.8	102
294	Meal replacements are as effective as structured weight-loss diets for treating obesity in adults with features of metabolic syndrome. *Journal of Nutrition*, **2004**, 134, 1894-9	4.1	101
293	Long term weight maintenance after advice to consume low carbohydrate, higher protein diets--a systematic review and meta analysis. *Nutrition, Metabolism and Cardiovascular Diseases*, **2014**, 24, 224-35	4.5	98
292	Protein in optimal health: heart disease and type 2 diabetes. *American Journal of Clinical Nutrition*, **2008**, 87, 1571S-1575S	7	97
291	Short-term meal replacements followed by dietary macronutrient restriction enhance weight loss in polycystic ovary syndrome. *American Journal of Clinical Nutrition*, **2006**, 84, 77-87	7	96

290	Carbohydrate-restricted diets high in either monounsaturated fat or protein are equally effective at promoting fat loss and improving blood lipids. *American Journal of Clinical Nutrition*, **2005**, 81, 762-72	7	95
289	Trans fatty acids in adipose tissue and the food supply are associated with myocardial infarction. *Journal of Nutrition*, **2004**, 134, 874-9	4.1	94
288	Effects of serum amyloid A protein (SAA) on composition, size, and density of high density lipoproteins in subjects with myocardial infarction. *Journal of Lipid Research*, **1985**, 26, 1389-98	6.3	94
287	Impact of foods enriched with n-3 long-chain polyunsaturated fatty acids on erythrocyte n-3 levels and cardiovascular risk factors. *British Journal of Nutrition*, **2007**, 97, 749-57	3.6	92
286	Effect of beetroot juice on lowering blood pressure in free-living, disease-free adults: a randomized, placebo-controlled trial. *Nutrition Journal*, **2012**, 11, 106	4.3	91
285	Effect of Grape Seed Extract and Quercetin on Cardiovascular and Endothelial Parameters in High-Risk Subjects. *Journal of Biomedicine and Biotechnology*, **2004**, 2004, 272-278		91
284	Low- and high-carbohydrate weight-loss diets have similar effects on mood but not cognitive performance. *American Journal of Clinical Nutrition*, **2007**, 86, 580-7	7	88
283	Effects of energy-restricted diets containing increased protein on weight loss, resting energy expenditure, and the thermic effect of feeding in type 2 diabetes. *Diabetes Care*, **2002**, 25, 652-7	14.6	88
282	The effects of intermittent compared to continuous energy restriction on glycaemic control in type 2 diabetes; a pragmatic pilot trial. *Diabetes Research and Clinical Practice*, **2016**, 122, 106-112	7.4	86
281	A review of potential metabolic etiologies of the observed association between red meat consumption and development of type 2 diabetes mellitus. *Metabolism: Clinical and Experimental*, **2015**, 64, 768-79	12.7	85
280	A systematic review of the effect of dietary saturated and polyunsaturated fat on heart disease. *Nutrition, Metabolism and Cardiovascular Diseases*, **2017**, 27, 1060-1080	4.5	85
279	Comparison of isocaloric very low carbohydrate/high saturated fat and high carbohydrate/low saturated fat diets on body composition and cardiovascular risk. *Nutrition and Metabolism*, **2006**, 3, 7	4.6	85
278	Effect of a high-protein, energy-restricted diet on weight loss and energy expenditure after weight stabilization in hyperinsulinemic subjects. *International Journal of Obesity*, **2003**, 27, 582-90	5.5	85
277	The effect of milk protein on the bioavailability of cocoa polyphenols. *Journal of Food Science*, **2007** , 72, S230-3	3.4	83
276	Appetite hormones and energy intake in obese men after consumption of fructose, glucose and whey protein beverages. *International Journal of Obesity*, **2007**, 31, 1696-703	5.5	82
275	Effect of weight on cardiovascular disease. *American Journal of Clinical Nutrition*, **1996**, 63, 419S-422S	7	81
274	Long-term effects of weight loss with a very low carbohydrate and low fat diet on vascular function in overweight and obese patients. *Journal of Internal Medicine*, **2010**, 267, 452-61	10.8	80
273	Effect of maternal feed restriction during pregnancy on glucose tolerance in the adult guinea pig. *American Journal of Physiology - Regulatory Integrative and Comparative Physiology*, **2003**, 284, R140-52	3.2	80

272	Effect of caloric restriction with and without exercise training on oxidative stress and endothelial function in obese subjects with type 2 diabetes. *Diabetes, Obesity and Metabolism*, **2008**, 10, 1062-73	6.7	78
271	Lipid, lipoprotein, and hemostatic effects of fish vs fish-oil n-3 fatty acids in mildly hyperlipidemic males. *American Journal of Clinical Nutrition*, **1991**, 53, 1210-6	7	78
270	Relations between calcium intake, calcitriol, polymorphisms of the vitamin D receptor gene, and calcium absorption in premenopausal women. *American Journal of Clinical Nutrition*, **1997**, 65, 798-802	7	77
269	Endothelial function is impaired after a high-salt meal in healthy subjects. *American Journal of Clinical Nutrition*, **2011**, 93, 500-5	7	76
268	Egg consumption as part of an energy-restricted high-protein diet improves blood lipid and blood glucose profiles in individuals with type 2 diabetes. *British Journal of Nutrition*, **2011**, 105, 584-92	3.6	73
267	Effect of Intermittent Compared With Continuous Energy Restricted Diet on Glycemic Control in Patients With Type 2 Diabetes: A Randomized Noninferiority Trial. *JAMA Network Open*, **2018**, 1, e180756	10.4	72
266	A comparative study of the efficacy of simvastatin and gemfibrozil in combined hyperlipoproteinemia: prediction of response by baseline lipids, apo E genotype, lipoprotein(a) and insulin. *Atherosclerosis*, **1997**, 129, 231-9	3.1	72
265	Benefits of Nut Consumption on Insulin Resistance and Cardiovascular Risk Factors: Multiple Potential Mechanisms of Actions. *Nutrients*, **2017**, 9,	6.7	71
264	The droplet size of intraduodenal fat emulsions influences antropyloroduodenal motility, hormone release, and appetite in healthy males. *American Journal of Clinical Nutrition*, **2009**, 89, 1729-36	7	71
263	Impact of different biopolymer networks on the digestion of gastric structured emulsions. *Food Hydrocolloids*, **2014**, 36, 102-114	10.6	70
262	A high dairy protein, high-calcium diet minimizes bone turnover in overweight adults during weight loss. *Journal of Nutrition*, **2004**, 134, 568-73	4.1	70
261	Effect of weight loss on pulse wave velocity: systematic review and meta-analysis. *Arteriosclerosis, Thrombosis, and Vascular Biology*, **2015**, 35, 243-52	9.4	68
260	Association of -3826 G variant in uncoupling protein-1 with increased BMI in overweight Australian women. *Diabetologia*, **2000**, 43, 242-4	10.3	67
259	Influence of gender, body mass index, and age on response of plasma lipids to dietary fat plus cholesterol. *Arteriosclerosis and Thrombosis: A Journal of Vascular Biology*, **1992**, 12, 955-62		67
258	Relationship between sensitivity to dietary fat and dietary cholesterol. *Arteriosclerosis (Dallas, Tex.)*, **1990**, 10, 394-401		67
257	Effect of weight loss on inflammatory and endothelial markers and FMD using two low-fat diets. *International Journal of Obesity*, **2005**, 29, 1445-51	5.5	65
256	Effects of meals with high soluble fibre, high amylose barley variant on glucose, insulin, satiety and thermic effect of food in healthy lean women. *European Journal of Clinical Nutrition*, **2007**, 61, 597-604	5.2	64
255	Postprandial ghrelin, cholecystokinin, peptide YY, and appetite before and after weight loss in overweight women with and without polycystic ovary syndrome. *American Journal of Clinical Nutrition*, **2007**, 86, 1603-10	7	63

254	Effect of maternal feed restriction on blood pressure in the adult guinea pig. *Experimental Physiology*, **2002**, 87, 469-77	2.4	63
253	Weight-Loss Outcomes: A Systematic Review and Meta-Analysis of Intermittent Energy Restriction Trials Lasting a Minimum of 6 Months. *Nutrients*, **2016**, 8,	6.7	63
252	Effects of weight loss on a low-carbohydrate diet on flow-mediated dilatation, adhesion molecules and adiponectin. *British Journal of Nutrition*, **2007**, 98, 852-9	3.6	62
251	Psychological benefits of a high-protein, low-carbohydrate diet in obese women with polycystic ovary syndrome--a pilot study. *Appetite*, **2007**, 49, 590-3	4.5	62
250	Intraduodenal protein modulates antropyloroduodenal motility, hormone release, glycemia, appetite, and energy intake in lean men. *American Journal of Clinical Nutrition*, **2012**, 96, 474-82	7	61
249	C-reactive protein and coronary artery disease: influence of obesity, caloric restriction and weight loss. *Journal of Nutritional Biochemistry*, **2002**, 13, 316-321	6.3	61
248	The satiating effect of dietary protein is unrelated to postprandial ghrelin secretion. *Journal of Clinical Endocrinology and Metabolism*, **2005**, 90, 5205-11	5.6	61
247	A longitudinal study of bone-related biochemical changes at the menopause. *Clinical Endocrinology*, **2004**, 61, 123-30	3.4	60
246	Effect on plasma lipids of interesterifying a mix of edible oils. *American Journal of Clinical Nutrition*, **1995**, 62, 950-5	7	58
245	The effect of weight loss on anti-Müllerian hormone levels in overweight and obese women with polycystic ovary syndrome and reproductive impairment. *Human Reproduction*, **2009**, 24, 1976-81	5.7	57
244	High protein diets decrease total and abdominal fat and improve CVD risk profile in overweight and obese men and women with elevated triacylglycerol. *Nutrition, Metabolism and Cardiovascular Diseases*, **2009**, 19, 548-54	4.5	57
243	Weight loss in obese men is associated with increased telomere length and decreased abasic sites in rectal mucosa. *Rejuvenation Research*, **2009**, 12, 169-76	2.6	57
242	High dietary intake of phytosterol esters decreases carotenoids and increases plasma plant sterol levels with no additional cholesterol lowering. *Journal of Lipid Research*, **2004**, 45, 1493-9	6.3	57
241	Aleurone flour is a rich source of bioavailable folate in humans. *Journal of Nutrition*, **1999**, 129, 1114-9	4.1	57
240	Effect of carbohydrate distribution on postprandial glucose peaks with the use of continuous glucose monitoring in type 2 diabetes. *American Journal of Clinical Nutrition*, **2008**, 87, 638-44	7	56
239	Weight-loss diets in people with type 2 diabetes and renal disease: a randomized controlled trial of the effect of different dietary protein amounts. *American Journal of Clinical Nutrition*, **2013**, 98, 494-501	7	54
238	Slowly and rapidly digested fat emulsions are equally satiating but their triglycerides are differentially absorbed and metabolized in humans. *Journal of Nutrition*, **2011**, 141, 809-15	4.1	54
237	Weight loss improves heart rate recovery in overweight and obese men with features of the metabolic syndrome. *American Heart Journal*, **2006**, 152, 693.e1-6	4.9	54

236	Dose-response effects of different plant sterol sources in fat spreads on serum lipids and C-reactive protein and on the kinetic behavior of serum plant sterols. *European Journal of Clinical Nutrition*, **2008**, 62, 968-77	5.2	53
235	C-reactive protein before and after weight loss in overweight women with and without polycystic ovary syndrome. *Journal of Clinical Endocrinology and Metabolism*, **2007**, 92, 2944-51	5.6	53
234	The interaction between dietary protein and bone health. *Journal of Bone and Mineral Metabolism*, **2011**, 29, 1-14	2.9	51
233	Enhanced blood pressure response to dietary salt in elderly women, especially those with small waist: hip ratio. *Journal of Hypertension*, **1993**, 11, 1387-94	1.9	50
232	Tailoring the digestion of structured emulsions using mixed monoglyceride□caseinate interfaces. *Food Hydrocolloids*, **2014**, 36, 151-161	10.6	49
231	Dairy consumption and insulin sensitivity: a systematic review of short- and long-term intervention studies. *Nutrition, Metabolism and Cardiovascular Diseases*, **2015**, 25, 3-8	4.5	49
230	Moderate weight loss reduces renin and aldosterone but does not influence basal or stimulated pituitary-adrenal axis function. *Hormone and Metabolic Research*, **2007**, 39, 694-9	3.1	47
229	Chronic maternal feed restriction impairs growth but increases adiposity of the fetal guinea pig. *American Journal of Physiology - Regulatory Integrative and Comparative Physiology*, **2005**, 288, R119-26	3.2	47
228	Long-Term Effects of a Randomised Controlled Trial Comparing High Protein or High Carbohydrate Weight Loss Diets on Testosterone, SHBG, Erectile and Urinary Function in Overweight and Obese Men. *PLoS ONE*, **2016**, 11, e0161297	3.7	47
227	Acute load-dependent effects of oral whey protein on gastric emptying, gut hormone release, glycemia, appetite, and energy intake in healthy men. *American Journal of Clinical Nutrition*, **2015**, 102, 1574-84	7	46
226	Red meat, dairy, and insulin sensitivity: a randomized crossover intervention study. *American Journal of Clinical Nutrition*, **2015**, 101, 1173-9	7	45
225	Effect of a high fat/cholesterol diet with or without eicosapentaenoic acid on plasma lipids, lipoproteins and lipid transfer protein activity in the marmoset. *Atherosclerosis*, **1990**, 81, 163-74	3.1	44
224	Development of an automated Lowry protein assay for the Cobas-Bio centrifugal analyzer. *Analytical Biochemistry*, **1988**, 172, 165-8	3.1	44
223	Sustained effects of a protein □preload□on glycaemia and gastric emptying over 4 weeks in patients with type 2 diabetes: A randomized clinical trial. *Diabetes Research and Clinical Practice*, **2015**, 108, e31-4	7.4	43
222	Effects of a high protein diet on body weight and comorbidities associated with obesity. *British Journal of Nutrition*, **2012**, 108 Suppl 2, S122-9	3.6	43
221	Do dipeptidyl peptidase IV (DPP-IV) inhibitors cause heart failure?. *Clinical Therapeutics*, **2014**, 36, 2072-2079	3.5	42
220	A reduction of 3 g/day from a usual 9 g/day salt diet improves endothelial function and decreases endothelin-1 in a randomised cross_over study in normotensive overweight and obese subjects. *Atherosclerosis*, **2014**, 233, 32-8	3.1	42
219	Long-term effects of a low carbohydrate, low fat or high unsaturated fat diet compared to a no-intervention control. *Nutrition, Metabolism and Cardiovascular Diseases*, **2010**, 20, 599-607	4.5	42

218	Whey protein isolate and glycomacropeptide decrease weight gain and alter body composition in male Wistar rats. *British Journal of Nutrition*, **2008**, 100, 88-93	3.6	42
217	Beverage intake and obesity in Australian children. *Nutrition and Metabolism*, **2011**, 8, 87	4.6	41
216	Effects of supplementing with vitamin E on the uptake of low density lipoprotein and the stimulation of cholesteryl ester formation in macrophages. *Atherosclerosis*, **1994**, 110, 77-86	3.1	41
215	Effects of intermittent compared to continuous energy restriction on short-term weight loss and long-term weight loss maintenance. *Clinical Obesity*, **2014**, 4, 150-6	3.6	40
214	Comparison of the effects of 52 weeks weight loss with either a high-protein or high-carbohydrate diet on body composition and cardiometabolic risk factors in overweight and obese males. *Nutrition and Diabetes*, **2012**, 2, e40	4.7	40
213	Renal function following long-term weight loss in individuals with abdominal obesity on a very-low-carbohydrate diet vs high-carbohydrate diet. *Journal of the American Dietetic Association*, **2010**, 110, 633-8		40
212	Metabolic effects of high-protein diets. *Current Atherosclerosis Reports*, **2007**, 9, 472-8	6	40
211	Postprandial effects of a high salt meal on serum sodium, arterial stiffness, markers of nitric oxide production and markers of endothelial function. *Atherosclerosis*, **2014**, 232, 211-6	3.1	39
210	The use of anti-mullerian hormone in predicting menstrual response after weight loss in overweight women with polycystic ovary syndrome. *Journal of Clinical Endocrinology and Metabolism*, **2007**, 92, 3796-802	5.6	39
209	Effect of glycomacropeptide fractions on cholecystokinin and food intake. *British Journal of Nutrition*, **2010**, 104, 286-90	3.6	38
208	The role of meal replacements in obesity treatment. *Obesity Reviews*, **2005**, 6, 229-34	10.6	38
207	Effect of dietary cholesterol in normolipidemic subjects is not modified by nature and amount of dietary fat. *American Journal of Clinical Nutrition*, **1989**, 50, 528-32	7	38
206	Polyclonal B cell activation in alcoholic patients with no evidence of liver dysfunction. *Clinical and Experimental Immunology*, **1984**, 57, 479-86	6.2	36
205	Achieving the salt intake target of 6 g/day in the current food supply in free-living adults using two dietary education strategies. *Journal of the American Dietetic Association*, **2010**, 110, 763-7		35
204	Flow-mediated dilatation in overweight and obese women with polycystic ovary syndrome. *BJOG: an International Journal of Obstetrics and Gynaecology*, **2006**, 113, 1308-14	3.7	35
203	Moderate energy restriction-induced weight loss affects circulating IGF levels independent of dietary composition. *European Journal of Endocrinology*, **2010**, 162, 1075-82	6.5	34
202	Comparison of aerobic exercise capacity and muscle strength in overweight women with and without polycystic ovary syndrome. *BJOG: an International Journal of Obstetrics and Gynaecology*, **2009**, 116, 1242-50	3.7	34
201	The effect of diet and exercise on markers of endothelial function in overweight and obese women with polycystic ovary syndrome. *Human Reproduction*, **2012**, 27, 2169-76	5.7	34

200	Changes in plasma lipids and other cardiovascular risk factors during 3 energy-restricted diets differing in total fat and fatty acid composition. *American Journal of Clinical Nutrition*, **2000**, 71, 706-12	7	34
199	Modification and validation of a single-isotope radiocalcium absorption test. *Journal of Nuclear Medicine*, **1998**, 39, 108-13	8.9	34
198	Cognitive performance in older adults is inversely associated with fish consumption but not erythrocyte membrane n-3 fatty acids. *Journal of Nutrition*, **2014**, 144, 311-20	4.1	33
197	Effects of a low carbohydrate weight loss diet on exercise capacity and tolerance in obese subjects. *Obesity*, **2009**, 17, 1916-23	8	32
196	Diet and C-reactive protein. *Current Atherosclerosis Reports*, **2003**, 5, 431-6	6	32
195	Relationship between plasma insulin and erythrocyte fatty acid composition. *Prostaglandins Leukotrienes and Essential Fatty Acids*, **1998**, 59, 191-4	2.8	31
194	Curcumin, Cardiometabolic Health and Dementia. *International Journal of Environmental Research and Public Health*, **2018**, 15,	4.6	31
193	Comparison of 2 weight-loss diets of different protein content on bone health: a randomized trial. *American Journal of Clinical Nutrition*, **2013**, 98, 1343-52	7	30
192	Interpreting different measures of glomerular filtration rate in obesity and weight loss: pitfalls for the clinician. *International Journal of Obesity*, **2012**, 36, 1421-7	5.5	30
191	Dietary treatment for obesity. *Nature Reviews Gastroenterology & Hepatology*, **2008**, 5, 672-81		30
190	Long-term weight maintenance and cardiovascular risk factors are not different following weight loss on carbohydrate-restricted diets high in either monounsaturated fat or protein in obese hyperinsulinaemic men and women. *British Journal of Nutrition*, **2007**, 97, 405-10	3.6	30
189	Plant sterol and stanols--comparison and contrasts. Sterols versus stanols in cholesterol-lowering: is there a difference?. *Atherosclerosis Supplements*, **2002**, 3, 5-9	1.7	30
188	High-Density Lipoprotein-Associated miR-223 Is Altered after Diet-Induced Weight Loss in Overweight and Obese Males. *PLoS ONE*, **2016**, 11, e0151061	3.7	29
187	Effect of intermittent compared to continuous energy restriction on weight loss and weight maintenance after 12 months in healthy overweight or obese adults. *International Journal of Obesity*, **2019**, 43, 2028-2036	5.5	29
186	Genome instability is increased in lymphocytes of women with polycystic ovary syndrome and is correlated with insulin resistance. *Mutation Research - Fundamental and Molecular Mechanisms of Mutagenesis*, **2008**, 639, 55-63	3.3	28
185	Association between chronic fatigue syndrome and the corticosteroid-binding globulin gene ALA SER224 polymorphism. *Endocrine Research*, **2004**, 30, 417-29	1.9	28
184	Is fat restriction needed with HMGCoA reductase inhibitor treatment?. *Atherosclerosis*, **1992**, 93, 59-70	3.1	28
183	Nuts and Cardio-Metabolic Disease: A Review of Meta-Analyses. *Nutrients*, **2018**, 10,	6.7	28

182	Comparison of the effects of weight loss from a high-protein versus standard-protein energy-restricted diet on strength and aerobic capacity in overweight and obese men. *European Journal of Nutrition*, **2013**, 52, 317-25	5.2	27
181	Aleurone flour increases red-cell folate and lowers plasma homocyst(e)ine substantially in man. *British Journal of Nutrition*, **2005**, 93, 353-60	3.6	27
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