

# Itziar Abete Goi

## List of Publications by Citations

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The third column is the impact factor (IF) of the journal, and the fourth column is the number of citations of the article.

72  
papers

1,617  
citations

20  
h-index

38  
g-index

82  
ext. papers

2,127  
ext. citations

4.7  
avg, IF

4.46  
L-index

| #  | Paper  | IF  | Citations |
|----|--|-----|-----------|
| 72 | Obesity and the metabolic syndrome: role of different dietary macronutrient distribution patterns and specific nutritional components on weight loss and maintenance. <i>Nutrition Reviews</i> , <b>2010</b> , 68, 214-31  | 6.4 | 222       |
| 71 | A legume-based hypocaloric diet reduces proinflammatory status and improves metabolic features in overweight/obese subjects. <i>European Journal of Nutrition</i> , <b>2011</b> , 50, 61-9   | 5.2 | 144       |
| 70 | Starches, sugars and obesity. <i>Nutrients</i> , <b>2011</b> , 3, 341-69   | 6.7 | 129       |
| 69 | Effects of two energy-restricted diets differing in the carbohydrate/protein ratio on weight loss and oxidative changes of obese men. <i>International Journal of Food Sciences and Nutrition</i> , <b>2009</b> , 60 Suppl 3, 1-13   | 3.7 | 113       |
| 68 | Legume-, fish-, or high-protein-based hypocaloric diets: effects on weight loss and mitochondrial oxidation in obese men. <i>Journal of Medicinal Food</i> , <b>2009</b> , 12, 100-8   | 2.8 | 78        |
| 67 | Energy-restricted diets based on a distinct food selection affecting the glycemic index induce different weight loss and oxidative response. <i>Clinical Nutrition</i> , <b>2008</b> , 27, 545-51  | 5.9 | 73        |
| 66 | Mediterranean diet and quality of life: Baseline cross-sectional analysis of the PREDIMED-PLUS trial. <i>PLoS ONE</i> , <b>2018</b> , 13, e0198974   | 3.7 | 65        |
| 65 | Short-term role of the dietary total antioxidant capacity in two hypocaloric regimes on obese with metabolic syndrome symptoms: the RESMENA randomized controlled trial. <i>Nutrition and Metabolism</i> , <b>2013</b> , 10, 22  | 4.6 | 53        |
| 64 | A new dietary strategy for long-term treatment of the metabolic syndrome is compared with the American Heart Association (AHA) guidelines: the METabolic Syndrome REDuction in NAvarra (RESMENA) project. <i>British Journal of Nutrition</i> , <b>2014</b> , 111, 643-52                | 3.6 | 49        |
| 63 | The protein type within a hypocaloric diet affects obesity-related inflammation: the RESMENA project. <i>Nutrition</i> , <b>2014</b> , 30, 424-9   | 4.8 | 44        |
| 62 | Fruit Fiber Consumption Specifically Improves Liver Health Status in Obese Subjects under Energy Restriction. <i>Nutrients</i> , <b>2017</b> , 9,  | 6.7 | 41        |
| 61 | Total and Subtypes of Dietary Fat Intake and Its Association with Components of the Metabolic Syndrome in a Mediterranean Population at High Cardiovascular Risk. <i>Nutrients</i> , <b>2019</b> , 11,   | 6.7 | 30        |
| 60 | Dietary Inflammatory Index and liver status in subjects with different adiposity levels within the PREDIMED trial. <i>Clinical Nutrition</i> , <b>2018</b> , 37, 1736-1743   | 5.9 | 28        |
| 59 | Leisure-time physical activity at moderate and high intensity is associated with parameters of body composition, muscle strength and sarcopenia in aged adults with obesity and metabolic syndrome from the PREDIMED-Plus study. <i>Clinical Nutrition</i> , <b>2019</b> , 38, 1324-1331 | 5.9 | 27        |
| 58 | The Metabolic and Hepatic Impact of Two Personalized Dietary Strategies in Subjects with Obesity and Nonalcoholic Fatty Liver Disease: The Fatty Liver in Obesity (FLiO) Randomized Controlled Trial. <i>Nutrients</i> , <b>2019</b> , 11,   | 6.7 | 26        |
| 57 | Effect of a Very-Low-Calorie Ketogenic Diet on Circulating Myokine Levels Compared with the Effect of Bariatric Surgery or a Low-Calorie Diet in Patients with Obesity. <i>Nutrients</i> , <b>2019</b> , 11,   | 6.7 | 24        |
| 56 | Epigenetic Changes in the Methylation Patterns of KCNQ1 and WT1 after a Weight Loss Intervention Program in Obese Stroke Patients. <i>Current Neurovascular Research</i> , <b>2015</b> , 12, 321-33  | 1.8 | 22        |

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| 55 | Carbohydrate quality changes and concurrent changes in cardiovascular risk factors: a longitudinal analysis in the PREDIMED-Plus randomized trial. <i>American Journal of Clinical Nutrition</i> , <b>2020</b> , 111, 291-306                    | 7   | 22 |
| 54 | Cross-sectional associations of objectively-measured sleep characteristics with obesity and type 2 diabetes in the PREDIMED-Plus trial. <i>Sleep</i> , <b>2018</b> , 41,   | 1.1 | 22 |
| 53 | Seafood Consumption, Omega-3 Fatty Acids Intake, and Life-Time Prevalence of Depression in the PREDIMED-Plus Trial. <i>Nutrients</i> , <b>2018</b> , 10,   | 6.7 | 21 |
| 52 | Nutrigenetics and nutrigenomics of caloric restriction. <i>Progress in Molecular Biology and Translational Science</i> , <b>2012</b> , 108, 323-46   | 4   | 20 |
| 51 | Interplay of Glycemic Index, Glycemic Load, and Dietary Antioxidant Capacity with Insulin Resistance in Subjects with a Cardiometabolic Risk Profile. <i>International Journal of Molecular Sciences</i> , <b>2018</b> , 19,                     | 6.3 | 20 |
| 50 | Body adiposity indicators and cardiometabolic risk: Cross-sectional analysis in participants from the PREDIMED-Plus trial. <i>Clinical Nutrition</i> , <b>2019</b> , 38, 1883-1891   | 5.9 | 19 |
| 49 | Association between Sleep Disturbances and Liver Status in Obese Subjects with Nonalcoholic Fatty Liver Disease: A Comparison with Healthy Controls. <i>Nutrients</i> , <b>2019</b> , 11,  | 6.7 | 18 |
| 48 | Associations between Dietary Polyphenols and Type 2 Diabetes in a Cross-Sectional Analysis of the PREDIMED-Plus Trial: Role of Body Mass Index and Sex. <i>Antioxidants</i> , <b>2019</b> , 8,   | 7.1 | 17 |
| 47 | Diet quality and nutrient density in subjects with metabolic syndrome: Influence of socioeconomic status and lifestyle factors. A cross-sectional assessment in the PREDIMED-Plus study. <i>Clinical Nutrition</i> , <b>2020</b> , 39, 1161-1173 | 5.9 | 17 |
| 46 | Ultrasound/Elastography techniques, lipidomic and blood markers compared to Magnetic Resonance Imaging in non-alcoholic fatty liver disease adults. <i>International Journal of Medical Sciences</i> , <b>2019</b> , 16, 75-83                   | 3.7 | 16 |
| 45 | Influence of lifestyle factors and staple foods from the Mediterranean diet on non-alcoholic fatty liver disease among older individuals with metabolic syndrome features. <i>Nutrition</i> , <b>2020</b> , 71, 110620                           | 4.8 | 15 |
| 44 | Dietary Diversity and Nutritional Adequacy among an Older Spanish Population with Metabolic Syndrome in the PREDIMED-Plus Study: A Cross-Sectional Analysis. <i>Nutrients</i> , <b>2019</b> , 11,  | 6.7 | 14 |
| 43 | Oxidative Stress and Pro-Inflammatory Status in Patients with Non-Alcoholic Fatty Liver Disease. <i>Antioxidants</i> , <b>2020</b> , 9,  | 7.1 | 13 |
| 42 | Changes in lysophospholipids and liver status after weight loss: the RESMENA study. <i>Nutrition and Metabolism</i> , <b>2018</b> , 15, 51   | 4.6 | 12 |
| 41 | Association between Different Animal Protein Sources and Liver Status in Obese Subjects with Non-Alcoholic Fatty Liver Disease: Fatty Liver in Obesity (FLiO) Study. <i>Nutrients</i> , <b>2019</b> , 11,  | 6.7 | 12 |
| 40 | Contribution of ultra-processed foods in visceral fat deposition and other adiposity indicators: Prospective analysis nested in the PREDIMED-Plus trial. <i>Clinical Nutrition</i> , <b>2021</b> , 40, 4290-4300                                 | 5.9 | 12 |
| 39 | Adherence to a priori dietary indexes and baseline prevalence of cardiovascular risk factors in the PREDIMED-Plus randomised trial. <i>European Journal of Nutrition</i> , <b>2020</b> , 59, 1219-1232   | 5.2 | 12 |
| 38 | Factors Associated with Sarcopenia and 7-Year Mortality in Very Old Patients with Hip Fracture Admitted to Rehabilitation Units: A Pragmatic Study. <i>Nutrients</i> , <b>2019</b> , 11,   | 6.7 | 11 |

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| 37 | Variety in fruits and vegetables, diet quality and lifestyle in an older adult mediterranean population. <i>Clinical Nutrition</i> , <b>2021</b> , 40, 1510-1518  | 5.9  | 10 |
| 36 | Long Daytime Napping Is Associated with Increased Adiposity and Type 2 Diabetes in an Elderly Population with Metabolic Syndrome. <i>Journal of Clinical Medicine</i> , <b>2019</b> , 8,  | 5.1  | 9  |
| 35 | Different postprandial acute response in healthy subjects to three strawberry jams varying in carbohydrate and antioxidant content: a randomized, crossover trial. <i>European Journal of Nutrition</i> , <b>2014</b> , 53, 201-10  | 5.2  | 9  |
| 34 | Use of Different Food Classification Systems to Assess the Association between Ultra-Processed Food Consumption and Cardiometabolic Health in an Elderly Population with Metabolic Syndrome (PREDIMED-Plus Cohort). <i>Nutrients</i> , <b>2021</b> , 13,                  | 6.7  | 9  |
| 33 | Lifestyle factors and visceral adipose tissue: Results from the PREDIMED-PLUS study. <i>PLoS ONE</i> , <b>2019</b> , 14, e0210726   | 3.7  | 8  |
| 32 | Adherence to the Mediterranean Lifestyle and Desired Body Weight Loss in a Mediterranean Adult Population with Overweight: A PREDIMED-Plus Study. <i>Nutrients</i> , <b>2020</b> , 12,  | 6.7  | 8  |
| 31 | Metabolic Syndrome Features and Excess Weight Were Inversely Associated with Nut Consumption after 1-Year Follow-Up in the PREDIMED-Plus Study. <i>Journal of Nutrition</i> , <b>2020</b> , 150, 3161-3170  | 4.1  | 7  |
| 30 | Targeting body composition in an older population: do changes in movement behaviours matter? Longitudinal analyses in the PREDIMED-Plus trial. <i>BMC Medicine</i> , <b>2021</b> , 19, 3  | 11.4 | 7  |
| 29 | Sleep Duration is Inversely Associated with Serum Uric Acid Concentrations and Uric Acid to Creatinine Ratio in an Elderly Mediterranean Population at High Cardiovascular Risk. <i>Nutrients</i> , <b>2019</b> , 11,   | 6.7  | 6  |
| 28 | Relationship of visceral adipose tissue with surrogate insulin resistance and liver markers in individuals with metabolic syndrome chronic complications. <i>Therapeutic Advances in Endocrinology and Metabolism</i> , <b>2020</b> , 11, 2042018820958298                | 4.5  | 6  |
| 27 | Association between dairy product consumption and hyperuricemia in an elderly population with metabolic syndrome. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , <b>2020</b> , 30, 214-222  | 4.5  | 6  |
| 26 | Fruit consumption and cardiometabolic risk in the PREDIMED-plus study: A cross-sectional analysis. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , <b>2021</b> , 31, 1702-1713   | 4.5  | 6  |
| 25 | Dietary intake of specific amino acids and liver status in subjects with nonalcoholic fatty liver disease: fatty liver in obesity (FLiO) study. <i>European Journal of Nutrition</i> , <b>2021</b> , 60, 1769-1780  | 5.2  | 6  |
| 24 | The Effect of Physical Activity and High Body Mass Index on Health-Related Quality of Life in Individuals with Metabolic Syndrome. <i>International Journal of Environmental Research and Public Health</i> , <b>2020</b> , 17,   | 4.6  | 5  |
| 23 | Effects of a 6-month dietary-induced weight loss on erythrocyte membrane omega-3 fatty acids and hepatic status of subjects with nonalcoholic fatty liver disease: The Fatty Liver in Obesity study. <i>Journal of Clinical Lipidology</i> , <b>2020</b> , 14, 837-849.e2 | 4.9  | 5  |
| 22 | Effects of two personalized dietary strategies during a 2-year intervention in subjects with nonalcoholic fatty liver disease: A randomized trial. <i>Liver International</i> , <b>2021</b> , 41, 1532-1544   | 7.9  | 5  |
| 21 | Association of the rs7359397 Gene Polymorphism with Steatosis Severity in Subjects with Obesity and Non-Alcoholic Fatty Liver Disease. <i>Nutrients</i> , <b>2020</b> , 12,   | 6.7  | 4  |
| 20 | Association of lifestyle, inflammatory factors, and dietary patterns with the risk of suffering a stroke: A case-control study. <i>Nutritional Neuroscience</i> , <b>2018</b> , 21, 70-78   | 3.6  | 4  |

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| 19 | White cell counts in relation to mortality in a general population of cohort study in the Netherlands: a mediating effect or not?. <i>BMJ Open</i> , <b>2019</b> , 9, e030949  | 3   | 4 |
| 18 | Effect of changes in adherence to Mediterranean diet on nutrient density after 1-year of follow-up: results from the PREDIMED-Plus Study. <i>European Journal of Nutrition</i> , <b>2020</b> , 59, 2395-2409                   | 5.2 | 4 |
| 17 | Energy Expenditure Improved Risk Factors Associated with Renal Function Loss in NAFLD and MetS Patients. <i>Nutrients</i> , <b>2021</b> , 13,  | 6.7 | 4 |
| 16 | Obesity and Nonalcoholic Fatty Liver Disease: Role of Oxidative Stress <b>2018</b> , 111-133   |     | 4 |
| 15 | Non-Alcoholic Fatty Liver Disease Is Associated with Kidney Glomerular Hyperfiltration in Adults with Metabolic Syndrome. <i>Journal of Clinical Medicine</i> , <b>2021</b> , 10,  | 5.1 | 3 |
| 14 | Longitudinal changes in adherence to the portfolio and DASH dietary patterns and cardiometabolic risk factors in the PREDIMED-Plus study. <i>Clinical Nutrition</i> , <b>2021</b> , 40, 2825-2836                              | 5.9 | 3 |
| 13 | High Fruit and Vegetable Consumption and Moderate Fat Intake Are Associated with Higher Carotenoid Concentration in Human Plasma. <i>Antioxidants</i> , <b>2021</b> , 10,  | 7.1 | 2 |
| 12 | Effect of Dietary and Lifestyle Interventions on the Amelioration of NAFLD in Patients with Metabolic Syndrome: The FLIPAN Study. <i>Nutrients</i> , <b>2022</b> , 14, 2223  | 6.7 | 2 |
| 11 | Risk factors differentially associated with non-alcoholic fatty liver disease in males and females with metabolic syndrome. <i>Revista Espanola De Enfermedades Digestivas</i> , <b>2020</b> , 112, 94-100                     | 0.9 | 1 |
| 10 | Dietary Quality Changes According to the Preceding Maximum Weight: A Longitudinal Analysis in the PREDIMED-Plus Randomized Trial. <i>Nutrients</i> , <b>2020</b> , 12,   | 6.7 | 1 |
| 9  | Predictive Value of Serum Ferritin in Combination with Alanine Aminotransferase and Glucose Levels for Noninvasive Assessment of NAFLD: Fatty Liver in Obesity (FLiO) Study. <i>Diagnostics</i> , <b>2020</b> , 10,            | 3.8 | 1 |
| 8  | Depressive symptoms and liver fat in subjects with nonalcoholic fatty liver disease after 6-month weight loss intervention: The FLiO study. <i>Proceedings of the Nutrition Society</i> , <b>2020</b> , 79,                    | 2.9 | 1 |
| 7  | Fruit and Vegetable Consumption is Inversely Associated with Plasma Saturated Fatty Acids at Baseline in Predimed Plus Trial. <i>Molecular Nutrition and Food Research</i> , <b>2021</b> , 65, e2100363                        | 5.9 | 1 |
| 6  | Both macronutrient food composition and fasting insulin resistance affect postprandial glycemic responses in senior subjects. <i>Food and Function</i> , <b>2021</b> , 12, 6540-6548   | 6.1 | 1 |
| 5  | Fibroblast growth factor 21 levels and liver inflammatory biomarkers in obese subjects after weight loss.. <i>Archives of Medical Science</i> , <b>2022</b> , 18, 36-44  | 2.9 | 1 |
| 4  | Physical activity and metabolic syndrome severity among older adults at cardiovascular risk: 1-Year trends. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , <b>2021</b> , 31, 2870-2886                             | 4.5 | 1 |
| 3  | Differential response to a 6-month energy-restricted treatment depending on SH2B1 rs7359397 variant in NAFLD subjects: Fatty Liver in Obesity (FLiO) Study. <i>European Journal of Nutrition</i> , <b>2021</b> , 60, 3043-3057 | 5.2 | 0 |
| 2  | Contribution of cardio-vascular risk factors to depressive status in the PREDIMED-PLUS Trial. A cross-sectional and a 2-year longitudinal study.. <i>PLoS ONE</i> , <b>2022</b> , 17, e0265079                                 | 3.7 | 0 |

- 1 Integrative development of a short screening questionnaire of highly processed food consumption (sQ-HPF).. *International Journal of Behavioral Nutrition and Physical Activity*, **2022**, 19, 6 8.4