

# Zenaida Vázquez

## List of Publications by Year in descending order

Source: <https://exaly.com/author-pdf/5664012/publications.pdf>

Version: 2024-02-01

27  
papers

1,577  
citations

686830

13  
h-index

610482

24  
g-index

27  
all docs

27  
docs citations

27  
times ranked

2156  
citing authors

#	ARTICLE	IF	CITATIONS
1	Adherence to Mediterranean diet and risk of developing diabetes: prospective cohort study. <i>BMJ: British Medical Journal</i> , 2008, 336, 1348-1351.	2.4	444
2	Reproducibility of an FFQ validated in Spain. <i>Public Health Nutrition</i> , 2010, 13, 1364-1372.	1.1	314
3	Cohort profile: The "Seguimiento Universidad de Navarra"™ (SUN) study. <i>International Journal of Epidemiology</i> , 2006, 35, 1417-1422.	0.9	199
4	Mediterranean diet and the incidence of cardiovascular disease: A Spanish cohort. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2010, 21, 237-44.	1.1	133
5	Mediterranean diet and quality of life: Baseline cross-sectional analysis of the PREDIMED-PLUS trial. <i>PLoS ONE</i> , 2018, 13, e0198974.	1.1	100
6	The effect of low-fat versus whole-fat dairy product intake on blood pressure and weight in young normotensive adults. <i>Journal of Human Nutrition and Dietetics</i> , 2009, 22, 336-342.	1.3	56
7	Physical fitness and physical activity association with cognitive function and quality of life: baseline cross-sectional analysis of the PREDIMED-Plus trial. <i>Scientific Reports</i> , 2020, 10, 3472.	1.6	47
8	Low consumption of fruit and vegetables and risk of chronic disease: a review of the epidemiological evidence and temporal trends among Spanish graduates. <i>Public Health Nutrition</i> , 2011, 14, 2309-2315.	1.1	46
9	Egg consumption and risk of cardiovascular disease in the SUN Project. <i>European Journal of Clinical Nutrition</i> , 2011, 65, 676-682.	1.3	43
10	Glycemic load, glycemic index, bread and incidence of overweight/obesity in a Mediterranean cohort: the SUN project. <i>BMC Public Health</i> , 2014, 14, 1091.	1.2	31
11	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> , 2019, 8, 537.	2.2	31
12	Variety in fruits and vegetables, diet quality and lifestyle in an older adult mediterranean population. <i>Clinical Nutrition</i> , 2021, 40, 1510-1518.	2.3	27
13	Longitudinal changes in adherence to the portfolio and DASH dietary patterns and cardiometabolic risk factors in the PREDIMED-Plus study. <i>Clinical Nutrition</i> , 2021, 40, 2825-2836.	2.3	24
14	Lifestyle factors and visceral adipose tissue: Results from the PREDIMED-PLUS study. <i>PLoS ONE</i> , 2019, 14, e0210726.	1.1	14
15	Effect of Dietary Phenolic Compounds on Incidence of Cardiovascular Disease in the SUN Project; 10 Years of Follow-Up. <i>Antioxidants</i> , 2022, 11, 783.	2.2	12
16	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> , 2020, 59, 2395-2409.	1.8	11
17	Factors associated with successful dietary changes in an energy-reduced Mediterranean diet intervention: a longitudinal analysis in the PREDIMED-Plus trial. <i>European Journal of Nutrition</i> , 2022, 61, 1457-1475.	1.8	8
18	High Fruit and Vegetable Consumption and Moderate Fat Intake Are Associated with Higher Carotenoid Concentration in Human Plasma. <i>Antioxidants</i> , 2021, 10, 473.	2.2	7

#	ARTICLE	IF	CITATIONS
19	The Effect of Physical Activity and High Body Mass Index on Health-Related Quality of Life in Individuals with Metabolic Syndrome. International Journal of Environmental Research and Public Health, 2020, 17, 3728.	1.2	7
20	TITILE: Egg consumption and dyslipidemia in a Mediterranean cohort. TÍTULO: Consumo de huevo y dislipidemia en una cohorte mediterránea.. Nutricion Hospitalaria, 2018, 35, 153-161.	0.2	6
21	Adopting a High-Polyphenolic Diet Is Associated with an Improved Glucose Profile: Prospective Analysis within the PREDIMED-Plus Trial. Antioxidants, 2022, 11, 316.	2.2	5
22	Mediterranean Diet Maintained Platelet Count within a Healthy Range and Decreased Thrombocytopenia-Related Mortality Risk: A Randomized Controlled Trial. Nutrients, 2021, 13, 559.	1.7	3
23	Fruit and Vegetable Consumption is Inversely Associated with Plasma Saturated Fatty Acids at Baseline in Predimed Plus Trial. Molecular Nutrition and Food Research, 2021, 65, 2100363.	1.5	3
24	Contribution of cardio-vascular risk factors to depressive status in the PREDIMED-PLUS Trial. A cross-sectional and a 2-year longitudinal study. PLoS ONE, 2022, 17, e0265079.	1.1	3
25	Hypertension and changes in cognitive function in a Mediterranean population. Nutritional Neuroscience, 2020, , 1-9.	1.5	2
26	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.	2.0	1
27	Patrón de dieta pro-vegetariana y mortalidad general. Revista Chilena De Nutricion, 2014, 41, 367-371.	0.1	0