

# Sara Castro-Barquero

## 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.

18  
papers

227  
citations

7  
h-index

15  
g-index

26  
ext. papers

430  
ext. citations

6.3  
avg, IF

3.49  
L-index

| #  | Paper   | IF   | Citations |
|----|---|------|-----------|
| 18 | Nutrition and Cardiovascular Health. <i>International Journal of Molecular Sciences</i> , <b>2018</b> , 19,   | 6.3  | 78        |
| 17 | Dietary Strategies for Metabolic Syndrome: A Comprehensive Review. <i>Nutrients</i> , <b>2020</b> , 12,   | 6.7  | 50        |
| 16 | Dietary Polyphenol Intake is Associated with HDL-Cholesterol and A Better Profile of other Components of the Metabolic Syndrome: A PREDIMED-Plus Sub-Study. <i>Nutrients</i> , <b>2020</b> , 12,  | 6.7  | 33        |
| 15 | 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        |
| 14 | Effects of Mediterranean Diet or Mindfulness-Based Stress Reduction on Prevention of Small-for-Gestational Age Birth Weights in Newborns Born to At-Risk Pregnant Individuals: The IMPACT BCN Randomized Clinical Trial. <i>JAMA - Journal of the American Medical Association</i> , <b>2021</b> , 326, 2158-2166 | 27.4 | 8         |
| 13 | Reliability and Concurrent and Construct Validity of a Food Frequency Questionnaire for Pregnant Women at High Risk to Develop Fetal Growth Restriction. <i>Nutrients</i> , <b>2021</b> , 13,   | 6.7  | 8         |
| 12 | Consumption of peanut products improves memory and stress response in healthy adults from the ARISTOTLE study: A 6-month randomized controlled trial. <i>Clinical Nutrition</i> , <b>2021</b> , 40, 5556-5567   | 5.9  | 8         |
| 11 | Impact of Sugary Food Consumption on Pregnancy: A Review. <i>Nutrients</i> , <b>2020</b> , 12,  | 6.7  | 4         |
| 10 | Mediterranean Diet and White Blood Cell Count-A Randomized Controlled Trial. <i>Foods</i> , <b>2021</b> , 10,   | 4.9  | 4         |
| 9  | Mediterranean Diet Decreases the Initiation of Use of Vitamin K Epoxide Reductase Inhibitors and Their Associated Cardiovascular Risk: A Randomized Controlled Trial. <i>Nutrients</i> , <b>2020</b> , 12,  | 6.7  | 3         |
| 8  | Adherence to a Supplemented Mediterranean Diet Drives Changes in the Gut Microbiota of HIV-1-Infected Individuals. <i>Nutrients</i> , <b>2021</b> , 13,   | 6.7  | 3         |
| 7  | Reformulation of Pastry Products to Improve Effects on Health. <i>Nutrients</i> , <b>2020</b> , 12,   | 6.7  | 1         |
| 6  | Changes in Spanish lifestyle and dietary habits during the COVID-19 lockdown.. <i>European Journal of Nutrition</i> , <b>2022</b> , 1   | 5.2  | 1         |
| 5  | 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         |
| 4  | Mediterranean Diet Maintained Platelet Count within a Healthy Range and Decreased Thrombocytopenia-Related Mortality Risk: A Randomized Controlled Trial. <i>Nutrients</i> , <b>2021</b> , 13,  | 6.7  | 1         |
| 3  | 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         |
| 2  | Maternal Dietary Inflammatory Index during Pregnancy Is Associated with Perinatal Outcomes: Results from the IMPACT BCN Trial. <i>Nutrients</i> , <b>2022</b> , 14, 2284  | 6.7  | 0         |

- 1 Comment on Yeste et al. Polyphenols and IUGR Pregnancies: Intrauterine Growth Restriction and Hydroxytyrosol Affect the Development and Neurotransmitter Profile of the Hippocampus in a Pig Model. *Antioxidants* 2021, 10, 1505. *Antioxidants*, **2022**, 11, 833 7.1