Josep Antoni Tur

List of Publications by Year
in descending order

314 papers	9,779 citations	38660 50 h-index	66788 78 g-index
324 all docs	324 docs citations	324 times ranked	12314 citing authors

#	Article	IF	Citations
1	Cohort Profile: Design and methods of the PREDIMED study. International Journal of Epidemiology, 2012, 41, 377-385.	0.9	477
2	Effect of a Lifestyle Intervention Program With Energy-Restricted Mediterranean Diet and Exercise on Weight Loss and Cardiovascular Risk Factors: One-Year Results of the PREDIMED-Plus Trial. Diabetes Care, 2019, 42, 777-788.	4.3	239
3	Dietary sources of omega 3 fatty acids: public health risks and benefits. British Journal of Nutrition, 2012, 107, S23-S52.	1.2	215
4	Cohort Profile: Design and methods of the PREDIMED-Plus randomized trial. International Journal of Epidemiology, 2019, 48, 387-388o.	0.9	179
5	Worldwide consumption of functional foods: a systematic review. Nutrition Reviews, 2012, 70, 472-481.	2.6	169
6	The Effect of Nitric-Oxide-Related Supplements on Human Performance. Sports Medicine, 2012, 42, 99-117.	3.1	159
7	Antioxidant response to oxidative stress induced by exhaustive exercise. Physiology and Behavior, 2005, 84, 1-7.	1.0	158
8	Adherence to the Mediterranean Diet and Inflammatory Markers. Nutrients, 2018, 10, 62.	1.7	157
9	Effects of total dietary polyphenols on plasma nitric oxide and blood pressure in a high cardiovascular risk cohort. The PREDIMED randomized trial. Nutrition, Metabolism and Cardiovascular Diseases, 2015, 25, 60-67.	1.1	156
10	Influence of Diet in Multiple Sclerosis: A Systematic Review. Advances in Nutrition, 2017, 8, 463-472.	2.9	155
11	Impact of folic acid fortification of flour on neural tube defects: a systematic review. Public Health Nutrition, 2013, 16, 901-911.	1.1	153
12	Cyclooxygenase-2 Inhibitors as a Therapeutic Target in Inflammatory Diseases. Current Medicinal Chemistry, 2019, 26, 3225-3241.	1.2	151
13	Relation between oxidative stress markers and antioxidant endogenous defences during exhaustive exercise. Free Radical Research, 2005, 39, 1317-1324.	1.5	125
14	Impact of COVID-19 Confinement on Physical Activity and Sedentary Behaviour in Spanish University Students: Role of Gender. International Journal of Environmental Research and Public Health, 2021, 18, 369.	1.2	108
15	Reduction of delayed onset muscle soreness by a novel curcumin delivery system (MerivaÂ®): a randomised, placebo-controlled trial. Journal of the International Society of Sports Nutrition, 2014, 11, 31.	1.7	105
16	Potential Anti-inflammatory Effects of Hesperidin from the Genus Citrus. Current Medicinal Chemistry, 2019, 25, 4929-4945.	1.2	104
17	Mediterranean diet and quality of life: Baseline cross-sectional analysis of the PREDIMED-PLUS trial. PLoS ONE, 2018, 13, e0198974.	1.1	100
18	Effect of a Nutritional and Behavioral Intervention on Energy-Reduced Mediterranean Diet Adherence Among Patients With Metabolic Syndrome. JAMA - Journal of the American Medical Association, 2019, 322, 1486.	3.8	100

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19	Patterns of Change in Dietary Habits and Physical Activity during Lockdown in Spain Due to the COVID-19 Pandemic. Nutrients, 2021, 13, 300.	1.7	100
20	Metabolic Syndrome Is Associated with Oxidative Stress and Proinflammatory State. Antioxidants, 2020, 9, 236.	2.2	98
21	Diet supplementation with DHA-enriched food in football players during training season enhances the mitochondrial antioxidant capabilities in blood mononuclear cells. European Journal of Nutrition, 2015, 54, 35-49.	1.8	90
22	Proposal of a Mediterranean Diet Serving Score. PLoS ONE, 2015, 10, e0128594.	1.1	87
23	Sodium Nitrate Supplementation Does Not Enhance Performance of Endurance Athletes. Medicine and Science in Sports and Exercise, 2012, 44, 2400-2409.	0.2	85
24	Prevalence of Overweight and Obesity in Adolescents: A Systematic Review. ISRN Obesity, 2013, 2013, 1-14.	2.2	83
25	Dietary fat intake and metabolic syndrome in adults: A systematic review. Nutrition, Metabolism and Cardiovascular Diseases, 2019, 29, 887-905.	1.1	78
26	Influence of vitamin C diet supplementation on endogenous antioxidant defences during exhaustive exercise. Pflugers Archiv European Journal of Physiology, 2003, 446, 658-664.	1.3	74
27	Antioxidative activity and health benefits of anthocyanin-rich fruit juice in healthy volunteers. Free Radical Research, 2019, 53, 1045-1055.	1.5	74
28	Body image and eating patterns among adolescents. BMC Public Health, 2013, 13, 1104.	1.2	73
29	Antioxidant regulatory mechanisms in neutrophils and lymphocytes after intense exercise. Journal of Sports Sciences, 2009, 27, 49-58.	1.0	71
30	Increased lymphocyte antioxidant defences in response to exhaustive exercise do not prevent oxidative damage. Journal of Nutritional Biochemistry, 2006, 17, 665-671.	1.9	70
31	Western and Mediterranean dietary patterns among Balearic Islandsâ€™ adolescents: socio-economic and lifestyle determinants. Public Health Nutrition, 2012, 15, 683-692.	1.1	70
32	Effects of L-citrulline oral supplementation on polymorphonuclear neutrophils oxidative burst and nitric oxide production after exercise. Free Radical Research, 2009, 43, 828-835.	1.5	64
33	Type 2 diabetes and cognitive impairment in an older population with overweight or obesity and metabolic syndrome: baseline cross-sectional analysis of the PREDIMED-plus study. Scientific Reports, 2018, 8, 16128.	1.6	64
34	Food Consumption Patterns in a Mediterranean Region: Does the Mediterranean Diet Still Exist?. Annals of Nutrition and Metabolism, 2004, 48, 193-201.	1.0	63
35	Fluid intake from beverages across age groups: a systematic review. Journal of Human Nutrition and Dietetics, 2015, 28, 417-442.	1.3	63
36	Adherence to the Mediterranean dietary pattern among the population of the Balearic Islands. British Journal of Nutrition, 2004, 92, 341-346.	1.2	62

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37	The Diet Quality Index-International (DQI-I): is it a useful tool to evaluate the quality of the Mediterranean diet?. British Journal of Nutrition, 2005, 93, 369-376.	1.2	60
38	Beneficial effects of dietary supplementation with olive oil, oleic acid, or hydroxytyrosol in metabolic syndrome: Systematic review and meta-analysis. Free Radical Biology and Medicine, 2021, 172, 372-385.	1.3	60
39	Diet supplementation with vitamin E, vitamin C and Î²-carotene cocktail enhances basal neutrophil antioxidant enzymes in athletes. Pflugers Archiv European Journal of Physiology, 2002, 443, 791-797.	1.3	59
40	Effect of exercise intensity and training on antioxidants and cholesterol profile in cyclists. Journal of Nutritional Biochemistry, 2003, 14, 319-325.	1.9	59
41	Metabolic Syndrome Prevalence among Northern Mexican Adult Population. PLoS ONE, 2014, 9, e105581.	1.1	59
42	Dietary Polyphenol Intake is Associated with HDL-Cholesterol and A Better Profile of other Components of the Metabolic Syndrome: A PREDIMED-Plus Sub-Study. Nutrients, 2020, 12, 689.	1.7	59
43	Adherence to the Mediterranean dietary pattern among Balearic Islands adolescents. British Journal of Nutrition, 2010, 103, 1657-1664.	1.2	58
44	Response of blood cell antioxidant enzyme defences to antioxidant diet supplementation and to intense exercise. European Journal of Nutrition, 2006, 45, 187-195.	1.8	57
45	l-Citrulline-malate influence over branched chain amino acid utilization during exercise. European Journal of Applied Physiology, 2010, 110, 341-351.	1.2	57
46	Body image satisfaction and weight concerns among a Mediterranean adult population. BMC Public Health, 2017, 17, 39.	1.2	57
47	Cardioprotective Effects of the Polyphenol Hydroxytyrosol from Olive Oil. Current Drug Targets, 2017, 18, 1477-1486.	1.0	57
48	Validity of the energy-restricted Mediterranean Diet Adherence Screener. Clinical Nutrition, 2021, 40, 4971-4979.	2.3	57
49	Effects of exercise intensity on lymphocyte H2O2 production and antioxidant defences in soccer players. British Journal of Sports Medicine, 2009, 43, 186-190.	3.1	56
50	Mediterranean diets supplemented with virgin olive oil and nuts enhance plasmatic antioxidant capabilities and decrease xanthine oxidase activity in people with metabolic syndrome: The PREDIMED study. Molecular Nutrition and Food Research, 2016, 60, 2654-2664.	1.5	55
51	Profile of Overweight and Obese People in a Mediterranean Region. Obesity, 2005, 13, 527-536.	4.0	53
52	Response of antioxidant defences to oxidative stress induced by prolonged exercise: antioxidant enzyme gene expression in lymphocytes. European Journal of Applied Physiology, 2006, 98, 263-269.	1.2	53
53	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. Nutrients, 2019, 11, 2543.	1.7	51
54	Carbohydrate quality changes and concurrent changes in cardiovascular risk factors: a longitudinal analysis in the PREDIMED-Plus randomized trial. American Journal of Clinical Nutrition, 2020, 111, 291-306.	2.2	50

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55	Prevalence and risk factors for obesity in Balearic Islands adolescents. British Journal of Nutrition, 2010, 103, 99-106.	1.2	49
56	Immune response to exercise in elite sportsmen during the competitive season. Journal of Physiology and Biochemistry, 2010, 66, 1-6.	1.3	48
57	Leisure-Time Physical Activity, Sedentary Behaviour and Diet Quality are Associated with Metabolic Syndrome Severity: The PREDIMED-Plus Study. Nutrients, 2020, 12, 1013.	1.7	48
58	Leisure-time physical activity, sedentary behaviors, sleep, and cardiometabolic risk factors at baseline in the PREDIMED-PLUS intervention trial: A cross-sectional analysis. PLoS ONE, 2017, 12, e0172253.	1.1	48
59	Physical fitness and physical activity association with cognitive function and quality of life: baseline cross-sectional analysis of the PREDIMED-Plus trial. Scientific Reports, 2020, 10, 3472.	1.6	47
60	Vitamins in Spanish food patterns: The eVe Study. Public Health Nutrition, 2001, 4, 1317-1323.	1.1	46
61	Inflammatory markers and metabolic syndrome among adolescents. European Journal of Clinical Nutrition, 2012, 66, 1141-1145.	1.3	46
62	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). Nutrients, 2021, 13, 2471.	1.7	46
63	Differential Response of Lymphocytes and Neutrophils to High Intensity Physical Activity and to Vitamin C Diet Supplementation. Free Radical Research, 2003, 37, 931-938.	1.5	44
64	Antioxidant diet supplementation enhances aerobic performance in amateur sportsmen. Journal of Sports Sciences, 2007, 25, 1203-1210.	1.0	44
65	Oxidative Stress and Pro-Inflammatory Status in Patients with Non-Alcoholic Fatty Liver Disease. Antioxidants, 2020, 9, 759.	2.2	44
66	Body temperature modulates the antioxidant and acute immune responses to exercise. Free Radical Research, 2012, 46, 799-808.	1.5	43
67	Seafood Consumption, Omega-3 Fatty Acids Intake, and Life-Time Prevalence of Depression in the PREDIMED-Plus Trial. Nutrients, 2018, 10, 2000.	1.7	43
68	Hypoxia/reoxygenation and vitamin c intake influence no synthesis and antioxidant defenses of neutrophils. Free Radical Biology and Medicine, 2004, 37, 1744-1755.	1.3	41
69	Total and Subtypes of Dietary Fat Intake and Its Association with Components of the Metabolic Syndrome in a Mediterranean Population at High Cardiovascular Risk. Nutrients, 2019, 11, 1493.	1.7	41
70	Antioxidant Response of Chronic Wounds to Hyperbaric Oxygen Therapy. PLoS ONE, 2016, 11, e0163371.	1.1	41
71	Low birth weight and small for gestational age are associated with complications of childhood and adolescence obesity: Systematic review and metaâ€analysis. Obesity Reviews, 2022, 23, e13380.	3.1	41
72	Proposal for a Breakfast Quality Index (BQI) for children and adolescents. Public Health Nutrition, 2013, 16, 639-644.	1.1	40

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73	The Double Edge of Reactive Oxygen Species as Damaging and Signaling Molecules in HL60 Cell Culture. Cellular Physiology and Biochemistry, 2010, 25, 241-252.	1.1	39
74	Antioxidant effect of lemon verbena extracts in lymphocytes of university students performing aerobic training program. Scandinavian Journal of Medicine and Science in Sports, 2012, 22, 454-461.	1.3	39
75	Cross-sectional associations of objectively-measured sleep characteristics with obesity and type 2 diabetes in the PREDIMED-Plus trial. Sleep, 2018, 41, .	0.6	39
76	Empirically-derived food patterns and the risk of total mortality and cardiovascular events in the PREDIMED study. Clinical Nutrition, 2015, 34, 859-867.	2.3	38
77	Supplementation with an antioxidant cocktail containing coenzyme Q prevents plasma oxidative damage induced by soccer. European Journal of Applied Physiology, 2008, 104, 777-785.	1.2	37
78	Intense physical activity enhances neutrophil antioxidant enzyme gene expression. Immunocytochemistry evidence for catalase secretion. Free Radical Research, 2007, 41, 874-883.	1.5	36
79	Metabolic syndrome in adolescents in the Balearic Islands, a Mediterranean region. Nutrition, Metabolism and Cardiovascular Diseases, 2011, 21, 446-454.	1.1	36
80	Association between sedentary behaviour and socioeconomic factors, diet and lifestyle among the Balearic Islands adolescents. BMC Public Health, 2012, 12, 718.	1.2	36
81	Dietary factors associated with subclinical inflammation among girls. European Journal of Clinical Nutrition, 2013, 67, 1264-1270.	1.3	36
82	Scuba diving induces nitric oxide synthesis and the expression of inflammatory and regulatory genes of the immune response in neutrophils. Physiological Genomics, 2014, 46, 647-654.	1.0	36
83	Resolvins as proresolving inflammatory mediators in cardiovascular disease. European Journal of Medicinal Chemistry, 2018, 153, 123-130.	2.6	35
84	Dietary Diversity and Nutritional Adequacy among an Older Spanish Population with Metabolic Syndrome in the PREDIMED-Plus Study: A Cross-Sectional Analysis. Nutrients, 2019, 11, 958.	1.7	35
85	Phytoestrogens enhance antioxidant enzymes after swimming exercise and modulate sex hormone plasma levels in female swimmers. European Journal of Applied Physiology, 2011, 111, 2281-2294.	1.2	34
86	Relationship between Body Image and Body Weight Control in Overweight â‰¥55-Year-Old Adults: A Systematic Review. International Journal of Environmental Research and Public Health, 2019, 16, 1622.	1.2	34
87	How efficient is resveratrol as an antioxidant of the Mediterranean diet, towards alterations during the aging process?. Free Radical Research, 2019, 53, 1101-1112.	1.5	34
88	Polyphenol estimated intake and dietary sources among older adults from Mallorca Island. PLoS ONE, 2018, 13, e0191573.	1.1	33
89	Does the diet of the Balearic population, a Mediterranean type diet, still provide adequate antioxidant nutrient intakes?. European Journal of Nutrition, 2005, 44, 204-213.	1.8	32
90	Pre-exercise antioxidant enzyme activities determine the antioxidant enzyme erythrocyte response to exercise. Journal of Sports Sciences, 2005, 23, 5-13.	1.0	32

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91	Effectiveness of the physical activity intervention program in the PREDIMED-Plus study: a randomized controlled trial. International Journal of Behavioral Nutrition and Physical Activity, 2018, 15, 110.	2.0	32
92	Dietary Fat Intake and Metabolic Syndrome in Older Adults. Nutrients, 2019, 11, 1901.	1.7	32
93	Antioxidant response and oxidative damage induced by a swimming session: Influence of gender. Journal of Sports Sciences, 2008, 26, 1303-1311.	1.0	31
94	Exercise in a hot environment influences plasma anti-inflammatory and antioxidant status in well-trained athletes. Journal of Thermal Biology, 2015, 47, 91-98.	1.1	31
95	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. Antioxidants, 2019, 8, 537.	2.2	31
96	Different effects of exercise tests on the antioxidant enzyme activities in lymphocytes and neutrophils. Journal of Nutritional Biochemistry, 2004, 15, 479-484.	1.9	30
97	Interplay of Glycemic Index, Glycemic Load, and Dietary Antioxidant Capacity with Insulin Resistance in Subjects with a Cardiometabolic Risk Profile. International Journal of Molecular Sciences, 2018, 19, 3662.	1.8	30
98	Regular Practice of Moderate Physical Activity by Older Adults Ameliorates Their Anti-Inflammatory Status. Nutrients, 2018, 10, 1780.	1.7	30
99	Western and Mediterranean Dietary Patterns and Physical Activity and Fitness among Spanish Older Adults. Nutrients, 2017, 9, 704.	1.7	29
100	Association between Sleep Disturbances and Liver Status in Obese Subjects with Nonalcoholic Fatty Liver Disease: A Comparison with Healthy Controls. Nutrients, 2019, 11, 322.	1.7	29
101	Efficacy of dietary intervention or in combination with exercise on primary prevention of cardiovascular disease: A systematic review. Nutrition, Metabolism and Cardiovascular Diseases, 2020, 30, 1080-1093.	1.1	29
102	Screen Time and Parentsâ€™ Education Level Are Associated with Poor Adherence to the Mediterranean Diet in Spanish Children and Adolescents: The PASOS Study. Journal of Clinical Medicine, 2021, 10, 795.	1.0	29
103	Consumption of functional foods in Europe; a systematic review. Nutricion Hospitalaria, 2014, 29, 470-8.	0.2	29
104	Neutrophil Tolerance to Oxidative Stress Induced by Hypoxia/Reoxygenation. Free Radical Research, 2004, 38, 1003-1009.	1.5	28
105	Blood cell NO synthesis in response to exercise. Nitric Oxide - Biology and Chemistry, 2006, 15, 5-12.	1.2	28
106	Dieta mediterrÃ¡nea hipocalÃ³rica y factores de riesgo cardiovascular: anÃ¡lisis transversal de PREDIMED-Plus. Revista Espanola De Cardiologia, 2019, 72, 925-934.	0.6	28
107	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. Clinical Nutrition, 2020, 39, 1161-1173.	2.3	28
108	Influence of lifestyle factors and staple foods from the Mediterranean diet on non-alcoholic fatty liver disease among older individuals with metabolic syndrome features. Nutrition, 2020, 71, 110620.	1.1	28

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109	Prevalence of metabolic syndrome among elderly Mexicans. Archives of Gerontology and Geriatrics, 2017, 73, 288-293.	1.4	27
110	The dietary triterpenoid 18Î±â€“Glycyrrhetinic acid protects from MMC-induced genotoxicity through the ERK/Nrf2 pathway. Redox Biology, 2020, 28, 101317.	3.9	27
111	Variety in fruits and vegetables, diet quality and lifestyle in an older adult mediterranean population. Clinical Nutrition, 2021, 40, 1510-1518.	2.3	27
112	Influence of an Antioxidant Vitamin-Enriched Drink on Pre- and Post-Exercise Lymphocyte Antioxidant System. Annals of Nutrition and Metabolism, 2008, 52, 233-240.	1.0	26
113	Effect of DHA on plasma fatty acid availability and oxidative stress during training season and football exercise. Food and Function, 2014, 5, 1920.	2.1	26
114	Effects of Almond- and Olive Oil-Based Docosahexaenoic- and Vitamin E-Enriched Beverage Dietary Supplementation on Inflammation Associated to Exercise and Age. Nutrients, 2016, 8, 619.	1.7	26
115	Training and acute exercise modulates mitochondrial dynamics in football playersâ€™ blood mononuclear cells. European Journal of Applied Physiology, 2017, 117, 1977-1987.	1.2	26
116	Adherence to an Energy-restricted Mediterranean Diet Score and Prevalence of Cardiovascular Risk Factors in the PREDIMED-Plus: A Cross-sectional Study. Revista Espanola De Cardiologia (English Ed), 2019, 72, 925-934.	0.4	26
117	Effects of two personalized dietary strategies during a 2â€year intervention in subjects with nonalcoholic fatty liver disease: A randomized trial. Liver International, 2021, 41, 1532-1544.	1.9	26
118	Polyphenols: Well Beyond The Antioxidant Capacity: Polyphenol Supplementation and Exercise-Induced Oxidative Stress and Inflammation. Current Pharmaceutical Biotechnology, 2014, 15, 373-379.	0.9	26
119	Does the diet of the Balearic population, a Mediterranean-type diet, ensure compliance with nutritional objectives for the Spanish population?. Public Health Nutrition, 2005, 8, 275-283.	1.1	25
120	Training Enhances Immune Cells Mitochondrial Biosynthesis, Fission, Fusion, and Their Antioxidant Capabilities Synergistically with Dietary Docosahexaenoic Supplementation. Oxidative Medicine and Cellular Longevity, 2016, 2016, 1-10.	1.9	25
121	Calorie restriction regime enhances physical performance of trained athletes. Journal of the International Society of Sports Nutrition, 2018, 15, 12.	1.7	25
122	Effects of Millimolar Steady-State Hydrogen Peroxide Exposure on Inflammatory and Redox Gene Expression in Immune Cells from Humans with Metabolic Syndrome. Nutrients, 2018, 10, 1920.	1.7	25
123	A randomized controlled trial for overweight and obesity in preschoolers: the More and Less Europe studyÂ- an intervention within the STOP project. BMC Public Health, 2019, 19, 945.	1.2	25
124	Coumarin and Derivates as Lipid Lowering Agents. Current Topics in Medicinal Chemistry, 2016, 17, 391-398.	1.0	25
125	Associations between sociodemographic and lifestyle factors and dietary quality among adolescents in Palma de Mallorca. Nutrition, 2004, 20, 502-508.	1.1	24
126	Prevalence and Related Risk Factors of Overweight and Obesity among the Adult Population in the Balearic Islands, a Mediterranean Region. Obesity Facts, 2015, 8, 220-233.	1.6	24

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127	Docosahexaenoic Acid Supplementation Promotes Erythrocyte Antioxidant Defense and Reduces Protein Nitrosative Damage in Male Athletes. Lipids, 2015, 50, 131-148.	0.7	24
128	Adherence to a priori dietary indexes and baseline prevalence of cardiovascular risk factors in the PREDIMED-Plus randomised trial. European Journal of Nutrition, 2020, 59, 1219-1232.	1.8	24
129	Longitudinal changes in adherence to the portfolio and DASH dietary patterns and cardiometabolic risk factors in the PREDIMED-Plus study. Clinical Nutrition, 2021, 40, 2825-2836.	2.3	24
130	Scuba Diving Increases Erythrocyte and Plasma Antioxidant Defenses and Spares NO without Oxidative Damage. Medicine and Science in Sports and Exercise, 2009, 41, 1271-1276.	0.2	23
131	A Soccer Matchâ€™s Ability to Enhance Lymphocyte Capability to Produce ROS and Induce Oxidative Damage. International Journal of Sport Nutrition and Exercise Metabolism, 2009, 19, 243-258.	1.0	23
132	Leisure-Time Physical Activity and Metabolic Syndrome in Older Adults. International Journal of Environmental Research and Public Health, 2019, 16, 3358.	1.2	23
133	Adherence to Mediterranean Diet among Lebanese University Students. Nutrients, 2021, 13, 1264.	1.7	23
134	Lymphocyte antioxidant response and H2O2production after a swimming session: Gender differences. Free Radical Research, 2008, 42, 312-319.	1.5	22
135	Ultrasound/Elastography techniques, lipidomic and blood markers compared to Magnetic Resonance Imaging in non-alcoholic fatty liver disease adults. International Journal of Medical Sciences, 2019, 16, 75-83.	1.1	22
136	High sleep variability predicts a blunted weight loss response and short sleep duration a reduced decrease in waist circumference in the PREDIMED-Plus Trial. International Journal of Obesity, 2020, 44, 330-339.	1.6	22
137	Study protocol of a population-based cohort investigating Physical Activity, Sedentarism, lifestyles and Obesity in Spanish youth: the PASOS study. BMJ Open, 2020, 10, e036210.	0.8	22
138	Association between coffee consumption and total dietary caffeine intake with cognitive functioning: cross-sectional assessment in an elderly Mediterranean population. European Journal of Nutrition, 2021, 60, 2381-2396.	1.8	22
139	Antioxidant Supplementation and Adaptive Response to Training: A Systematic Review. Current Pharmaceutical Design, 2019, 25, 1889-1912.	0.9	22
140	Association between Non-Alcoholic Fatty Liver Disease and Mediterranean Lifestyle: A Systematic Review. Nutrients, 2022, 14, 49.	1.7	22
141	Effect of Dietary and Lifestyle Interventions on the Amelioration of NAFLD in Patients with Metabolic Syndrome: The FLIPAN Study. Nutrients, 2022, 14, 2223.	1.7	22
142	Food patterns and Mediterranean diet in western and eastern Mediterranean islands. Public Health Nutrition, 2009, 12, 1174-1181.	1.1	21
143	Compliance with the Mediterranean Diet Quality Index (KIDMED) among Balearic Islands' Adolescents and Its Association with Socioeconomic, Anthropometric and Lifestyle Factors. Annals of Nutrition and Metabolism, 2016, 68, 42-50.	1.0	21
144	Long Daytime Napping Is Associated with Increased Adiposity and Type 2 Diabetes in an Elderly Population with Metabolic Syndrome. Journal of Clinical Medicine, 2019, 8, 1053.	1.0	21

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145	Isotemporal substitution of inactive time with physical activity and time in bed: cross-sectional associations with cardiometabolic health in the PREDIMED-Plus study. International Journal of Behavioral Nutrition and Physical Activity, 2019, 16, 137.	2.0	21
146	Hepatoprotective Effects of Resveratrol in Non-Alcoholic Fatty Live Disease. Current Pharmaceutical Design, 2021, 27, 2558-2570.	0.9	21
147	Mediterranean, DASH, and MIND Dietary Patterns and Cognitive Function: The 2-Year Longitudinal Changes in an Older Spanish Cohort. Frontiers in Aging Neuroscience, 2021, 13, 782067.	1.7	21
148	Docosahexanoic acid diet supplementation attenuates the peripheral mononuclear cell inflammatory response to exercise following LPS activation. Cytokine, 2014, 69, 155-164.	1.4	20
149	Adherence to the Mediterranean diet and consumption of functional foods among the Balearic Islandsâ€™ adolescent population. Public Health Nutrition, 2015, 18, 659-668.	1.1	20
150	Trace element contents in toenails are related to regular physical activity in older adults. PLoS ONE, 2017, 12, e0185318.	1.1	20
151	Peripheral Blood Mononuclear Cells Antioxidant Adaptations to Regular Physical Activity in Elderly People. Nutrients, 2018, 10, 1555.	1.7	20
152	Adherence to the Mediterranean Lifestyle and Desired Body Weight Loss in a Mediterranean Adult Population with Overweight: A PREDIMED-Plus Study. Nutrients, 2020, 12, 2114.	1.7	20
153	Body mass index, life-style, and healthy status in free living elderly people in menorca island. Journal of Nutrition, Health and Aging, 2012, 16, 298-305.	1.5	19
154	Defining Body Fatness in Adolescents: A Proposal of the Afad-A Classification. PLoS ONE, 2013, 8, e55849.	1.1	19
155	Anthropometric and Quality-of-Life Parameters in Acute Intermittent Porphyria Patients. Medicine (United States), 2015, 94, e1023.	0.4	19
156	Anthropometry, Body Composition and Resting Energy Expenditure in Human. Nutrients, 2019, 11, 1891.	1.7	19
157	Effect of Free Fatty Acids on Inflammatory Gene Expression and Hydrogen Peroxide Production by Ex Vivo Blood Mononuclear Cells. Nutrients, 2020, 12, 146.	1.7	19
158	Metabolic Syndrome Features and Excess Weight Were Inversely Associated with Nut Consumption after 1-Year Follow-Up in the PREDIMED-Plus Study. Journal of Nutrition, 2020, 150, 3161-3170.	1.3	19
159	Effect of a Six-Month Lifestyle Intervention on the Physical Activity and Fitness Status of Adults with NAFLD and Metabolic Syndrome. Nutrients, 2022, 14, 1813.	1.7	19
160	Determinants of Self-Rated Health Perception in a Sample of a Physically Active Population: PLENUFAR VI Study. International Journal of Environmental Research and Public Health, 2018, 15, 2104.	1.2	18
161	Association Between Lifestyle and Hypertriglyceridemic Waist Phenotype in the PREDIMEDâ€Plus Study. Obesity, 2020, 28, 537-543.	1.5	18
162	Prospective association of physical activity and inflammatory biomarkers in older adults from the PREDIMED-Plus study with overweight or obesity and metabolic syndrome. Clinical Nutrition, 2020, 39, 3092-3098.	2.3	18

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163	Serum Lipid Levels and Dyslipidaemia Prevalence among 2â€“10 Year-Old Northern Mexican Children. PLoS ONE, 2015, 10, e0119877.	1.1	18
164	Omega-3 Fatty Acids in the Management of Epilepsy. Current Topics in Medicinal Chemistry, 2016, 16, 1897-1905.	1.0	18
165	Inflammatory and Oxidative Stress Markers Related to Adherence to the Mediterranean Diet in Patients with Metabolic Syndrome. Antioxidants, 2022, 11, 901.	2.2	18
166	Impaired lymphocyte mitochondrial antioxidant defences in variegate porphyria are accompanied by more inducible reactive oxygen species production and DNA damage. British Journal of Haematology, 2010, 149, 759-767.	1.2	17
167	Prevention of Neutrophil Protein Oxidation With Vitamins C and E Diet Supplementation Without Affecting the Adaptive Response to Exercise. International Journal of Sport Nutrition and Exercise Metabolism, 2013, 23, 31-39.	1.0	17
168	Effects of Docosahexaenoic Supplementation andIn VitroVitamin C on the Oxidative and Inflammatory Neutrophil Response to Activation. Oxidative Medicine and Cellular Longevity, 2015, 2015, 1-12.	1.9	17
169	Association between Physical Condition and Body Composition, Nutrient Intake, Sociodemographic Characteristics, and Lifestyle Habits in Older Spanish Adults. Nutrients, 2018, 10, 1608.	1.7	17
170	Relationship of visceral adipose tissue with surrogate insulin resistance and liver markers in individuals with metabolic syndrome chronic complications. Therapeutic Advances in Endocrinology and Metabolism, 2020, 11, 204201882095829.	1.4	17
171	Physical Activity and Beverage Consumption among Adolescents. Nutrients, 2016, 8, 389.	1.7	16
172	Serum Lipid Profile, Prevalence of Dyslipidaemia, and Associated Risk Factors Among Northern Mexican Adolescents. Journal of Pediatric Gastroenterology and Nutrition, 2016, 63, 544-549.	0.9	16
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