

# Josep Antoni Tur

## List of Publications by Citations

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**Version:** 2024-04-25

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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.

284  
papers

6,170  
citations

40  
h-index

63  
g-index

324  
ext. papers

7,955  
ext. citations

4.6  
avg, IF

5.88  
L-index

#	Paper	IF	Citations
284	Cohort profile: design and methods of the PREDIMED study. <i>International Journal of Epidemiology</i> , <b>2012</b> , 41, 377-85	7.8	369
283	Dietary sources of omega 3 fatty acids: public health risks and benefits. <i>British Journal of Nutrition</i> , <b>2012</b> , 107 Suppl 2, S23-52	3.6	163
282	Antioxidant response to oxidative stress induced by exhaustive exercise. <i>Physiology and Behavior</i> , <b>2005</b> , 84, 1-7	3.5	135
281	Worldwide consumption of functional foods: a systematic review. <i>Nutrition Reviews</i> , <b>2012</b> , 70, 472-81	6.4	131
280	Effects of total dietary polyphenols on plasma nitric oxide and blood pressure in a high cardiovascular risk cohort. The PREDIMED randomized trial. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , <b>2015</b> , 25, 60-7	4.5	126
279	The effect of nitric-oxide-related supplements on human performance. <i>Sports Medicine</i> , <b>2012</b> , 42, 99-117	10.6	124
278	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. <i>Diabetes Care</i> , <b>2019</b> , 42, 777-788	14.6	123
277	Relation between oxidative stress markers and antioxidant endogenous defences during exhaustive exercise. <i>Free Radical Research</i> , <b>2005</b> , 39, 1317-24	4	110
276	Impact of folic acid fortification of flour on neural tube defects: a systematic review. <i>Public Health Nutrition</i> , <b>2013</b> , 16, 901-11	3.3	109
275	Influence of Diet in Multiple Sclerosis: A Systematic Review. <i>Advances in Nutrition</i> , <b>2017</b> , 8, 463-472	10	108
274	Adherence to the Mediterranean Diet and Inflammatory Markers. <i>Nutrients</i> , <b>2018</b> , 10,	6.7	92
273	Cohort Profile: Design and methods of the PREDIMED-Plus randomized trial. <i>International Journal of Epidemiology</i> , <b>2019</b> , 48, 387-388	7.8	87
272	Diet supplementation with DHA-enriched food in football players during training season enhances the mitochondrial antioxidant capabilities in blood mononuclear cells. <i>European Journal of Nutrition</i> , <b>2015</b> , 54, 35-49	5.2	79
271	Cyclooxygenase-2 Inhibitors as a Therapeutic Target in Inflammatory Diseases. <i>Current Medicinal Chemistry</i> , <b>2019</b> , 26, 3225-3241	4.3	74
270	Reduction of delayed onset muscle soreness by a novel curcumin delivery system (Meriva <sup>®</sup> ): a randomised, placebo-controlled trial. <i>Journal of the International Society of Sports Nutrition</i> , <b>2014</b> , 11, 31	4.5	73
269	Sodium nitrate supplementation does not enhance performance of endurance athletes. <i>Medicine and Science in Sports and Exercise</i> , <b>2012</b> , 44, 2400-9	1.2	73
268	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

267	Prevalence of overweight and obesity in adolescents: a systematic review. <i>ISRN Obesity</i> , <b>2013</b> , 2013, 392747		63
266	Increased lymphocyte antioxidant defences in response to exhaustive exercise do not prevent oxidative damage. <i>Journal of Nutritional Biochemistry</i> , <b>2006</b> , 17, 665-71	6.3	63
265	Antioxidant regulatory mechanisms in neutrophils and lymphocytes after intense exercise. <i>Journal of Sports Sciences</i> , <b>2009</b> , 27, 49-58	3.6	58
264	Potential Anti-inflammatory Effects of Hesperidin from the Genus Citrus. <i>Current Medicinal Chemistry</i> , <b>2018</b> , 25, 4929-4945	4.3	57
263	Western and Mediterranean dietary patterns among Balearic Islands adolescents: socio-economic and lifestyle determinants. <i>Public Health Nutrition</i> , <b>2012</b> , 15, 683-92	3.3	55
262	Influence of vitamin C diet supplementation on endogenous antioxidant defences during exhaustive exercise. <i>Pflugers Archiv European Journal of Physiology</i> , <b>2003</b> , 446, 658-64	4.6	55
261	Body image and eating patterns among adolescents. <i>BMC Public Health</i> , <b>2013</b> , 13, 1104	4.1	54
260	Effects of L-citrulline oral supplementation on polymorphonuclear neutrophils oxidative burst and nitric oxide production after exercise. <i>Free Radical Research</i> , <b>2009</b> , 43, 828-35	4	51
259	Proposal of a Mediterranean Diet Serving Score. <i>PLoS ONE</i> , <b>2015</b> , 10, e0128594	3.7	50
258	Metabolic syndrome prevalence among Northern Mexican adult population. <i>PLoS ONE</i> , <b>2014</b> , 9, e105581	3.7	50
257	L-citrulline-malate influence over branched chain amino acid utilization during exercise. <i>European Journal of Applied Physiology</i> , <b>2010</b> , 110, 341-51	3.4	50
256	Response of antioxidant defences to oxidative stress induced by prolonged exercise: antioxidant enzyme gene expression in lymphocytes. <i>European Journal of Applied Physiology</i> , <b>2006</b> , 98, 263-9	3.4	50
255	Adherence to the Mediterranean dietary pattern among the population of the Balearic Islands. <i>British Journal of Nutrition</i> , <b>2004</b> , 92, 341-6	3.6	50
254	Adherence to the Mediterranean dietary pattern among Balearic Islands adolescents. <i>British Journal of Nutrition</i> , <b>2010</b> , 103, 1657-64	3.6	48
253	Effects of exercise intensity on lymphocyte H <sub>2</sub> O <sub>2</sub> production and antioxidant defences in soccer players. <i>British Journal of Sports Medicine</i> , <b>2009</b> , 43, 186-90	10.3	46
252	Food consumption patterns in a mediterranean region: does the mediterranean diet still exist?. <i>Annals of Nutrition and Metabolism</i> , <b>2004</b> , 48, 193-201	4.5	46
251	Effect of exercise intensity and training on antioxidants and cholesterol profile in cyclists. <i>Journal of Nutritional Biochemistry</i> , <b>2003</b> , 14, 319-25	6.3	46
250	Response of blood cell antioxidant enzyme defences to antioxidant diet supplementation and to intense exercise. <i>European Journal of Nutrition</i> , <b>2006</b> , 45, 187-95	5.2	44

249	Profile of overweight and obese people in a Mediterranean region. <i>Obesity</i> , <b>2005</b> , 13, 527-36		44
248	Patterns of Change in Dietary Habits and Physical Activity during Lockdown in Spain Due to the COVID-19 Pandemic. <i>Nutrients</i> , <b>2021</b> , 13,	6.7	43
247	Impact of COVID-19 Confinement on Physical Activity and Sedentary Behaviour in Spanish University Students: Role of Gender. <i>International Journal of Environmental Research and Public Health</i> , <b>2021</b> , 18,	4.6	43
246	Fluid intake from beverages across age groups: a systematic review. <i>Journal of Human Nutrition and Dietetics</i> , <b>2015</b> , 28, 417-42	3.1	42
245	Diet supplementation with vitamin E, vitamin C and beta-carotene cocktail enhances basal neutrophil antioxidant enzymes in athletes. <i>Pflugers Archiv European Journal of Physiology</i> , <b>2002</b> , 443, 791-7	4.6	42
244	Antioxidative activity and health benefits of anthocyanin-rich fruit juice in healthy volunteers. <i>Free Radical Research</i> , <b>2019</b> , 53, 1045-1055	4	39
243	Inflammatory markers and metabolic syndrome among adolescents. <i>European Journal of Clinical Nutrition</i> , <b>2012</b> , 66, 1141-5	5.2	39
242	The Diet Quality Index-International (DQI-I): is it a useful tool to evaluate the quality of the Mediterranean diet?. <i>British Journal of Nutrition</i> , <b>2005</b> , 93, 369-76	3.6	39
241	Effect of a Nutritional and Behavioral Intervention on Energy-Reduced Mediterranean Diet Adherence Among Patients With Metabolic Syndrome: Interim Analysis of the PREDIMED-Plus Randomized Clinical Trial. <i>JAMA - Journal of the American Medical Association</i> , <b>2019</b> , 322, 1486-1499	27.4	38
240	Differential response of lymphocytes and neutrophils to high intensity physical activity and to vitamin C diet supplementation. <i>Free Radical Research</i> , <b>2003</b> , 37, 931-8	4	38
239	Cardioprotective Effects of the Polyphenol Hydroxytyrosol from Olive Oil. <i>Current Drug Targets</i> , <b>2017</b> , 18, 1477-1486	3	37
238	Immune response to exercise in elite sportsmen during the competitive season. <i>Journal of Physiology and Biochemistry</i> , <b>2010</b> , 66, 1-6	5	37
237	Prevalence and risk factors for obesity in Balearic Islands adolescents. <i>British Journal of Nutrition</i> , <b>2010</b> , 103, 99-106	3.6	36
236	Hypoxia/reoxygenation and vitamin C intake influence NO synthesis and antioxidant defenses of neutrophils. <i>Free Radical Biology and Medicine</i> , <b>2004</b> , 37, 1744-55	7.8	36
235	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. <i>Molecular Nutrition and Food Research</i> , <b>2016</b> , 60, 2654-2664	5.9	36
234	Dietary fat intake and metabolic syndrome in adults: A systematic review. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , <b>2019</b> , 29, 887-905	4.5	35
233	Vitamins in Spanish food patterns: the eVe Study. <i>Public Health Nutrition</i> , <b>2001</b> , 4, 1317-23	3.3	35
232	Antioxidant Response of Chronic Wounds to Hyperbaric Oxygen Therapy. <i>PLoS ONE</i> , <b>2016</b> , 11, e0163371	3.7	35

231	Leisure-time physical activity, sedentary behaviors, sleep, and cardiometabolic risk factors at baseline in the PREDIMED-PLUS intervention trial: A cross-sectional analysis. <i>PLoS ONE</i> , <b>2017</b> , 12, e0172253	3.7	35
230	Body temperature modulates the antioxidant and acute immune responses to exercise. <i>Free Radical Research</i> , <b>2012</b> , 46, 799-808	4	34
229	Antioxidant diet supplementation enhances aerobic performance in amateur sportsmen. <i>Journal of Sports Sciences</i> , <b>2007</b> , 25, 1203-10	3.6	34
228	Body image satisfaction and weight concerns among a Mediterranean adult population. <i>BMC Public Health</i> , <b>2017</b> , 17, 39	4.1	33
227	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
226	Antioxidant effect of lemon verbena extracts in lymphocytes of university students performing aerobic training program. <i>Scandinavian Journal of Medicine and Science in Sports</i> , <b>2012</b> , 22, 454-61	4.6	32
225	Scuba diving induces nitric oxide synthesis and the expression of inflammatory and regulatory genes of the immune response in neutrophils. <i>Physiological Genomics</i> , <b>2014</b> , 46, 647-54	3.6	31
224	Intense physical activity enhances neutrophil antioxidant enzyme gene expression. Immunocytochemistry evidence for catalase secretion. <i>Free Radical Research</i> , <b>2007</b> , 41, 874-83	4	31
223	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. <i>Scientific Reports</i> , <b>2018</b> , 8, 16128	4.9	31
222	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
221	Phytoestrogens enhance antioxidant enzymes after swimming exercise and modulate sex hormone plasma levels in female swimmers. <i>European Journal of Applied Physiology</i> , <b>2011</b> , 111, 2281-94	3.4	30
220	Supplementation with an antioxidant cocktail containing coenzyme Q prevents plasma oxidative damage induced by soccer. <i>European Journal of Applied Physiology</i> , <b>2008</b> , 104, 777-85	3.4	30
219	Metabolic syndrome in adolescents in the Balearic Islands, a Mediterranean region. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , <b>2011</b> , 21, 446-54	4.5	29
218	Antioxidant response and oxidative damage induced by a swimming session: influence of gender. <i>Journal of Sports Sciences</i> , <b>2008</b> , 26, 1303-11	3.6	29
217	Empirically-derived food patterns and the risk of total mortality and cardiovascular events in the PREDIMED study. <i>Clinical Nutrition</i> , <b>2015</b> , 34, 859-67	5.9	27
216	Blood cell NO synthesis in response to exercise. <i>Nitric Oxide - Biology and Chemistry</i> , <b>2006</b> , 15, 5-12	5	27
215	Different effects of exercise tests on the antioxidant enzyme activities in lymphocytes and neutrophils. <i>Journal of Nutritional Biochemistry</i> , <b>2004</b> , 15, 479-84	6.3	27
214	Exercise in a hot environment influences plasma anti-inflammatory and antioxidant status in well-trained athletes. <i>Journal of Thermal Biology</i> , <b>2015</b> , 47, 91-8	2.9	26

213	Metabolic Syndrome is Associated with Oxidative Stress and Proinflammatory State. <i>Antioxidants</i> , <b>2020</b> , 9,	7.1	26
212	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
211	Dietary factors associated with subclinical inflammation among girls. <i>European Journal of Clinical Nutrition</i> , <b>2013</b> , 67, 1264-70	5.2	26
210	The double edge of reactive oxygen species as damaging and signaling molecules in HL60 cell culture. <i>Cellular Physiology and Biochemistry</i> , <b>2010</b> , 25, 241-52	3.9	26
209	Pre-exercise antioxidant enzyme activities determine the antioxidant enzyme erythrocyte response to exercise. <i>Journal of Sports Sciences</i> , <b>2005</b> , 23, 5-13	3.6	26
208	Resolvins as proresolving inflammatory mediators in cardiovascular disease. <i>European Journal of Medicinal Chemistry</i> , <b>2018</b> , 153, 123-130	6.8	25
207	Polyphenol estimated intake and dietary sources among older adults from Mallorca Island. <i>PLoS ONE</i> , <b>2018</b> , 13, e0191573	3.7	25
206	Association between sedentary behaviour and socioeconomic factors, diet and lifestyle among the Balearic Islands adolescents. <i>BMC Public Health</i> , <b>2012</b> , 12, 718	4.1	25
205	Proposal for a Breakfast Quality Index (BQI) for children and adolescents. <i>Public Health Nutrition</i> , <b>2013</b> , 16, 639-44	3.3	25
204	Neutrophil tolerance to oxidative stress induced by hypoxia/reoxygenation. <i>Free Radical Research</i> , <b>2004</b> , 38, 1003-9	4	24
203	Consumption of functional foods in Europe; a systematic review. <i>Nutricion Hospitalaria</i> , <b>2014</b> , 29, 470-8	1	24
202	Docosahexaenoic acid supplementation promotes erythrocyte antioxidant defense and reduces protein nitrosative damage in male athletes. <i>Lipids</i> , <b>2015</b> , 50, 131-48	1.6	23
201	Does the diet of the Balearic population, a Mediterranean type diet, still provide adequate antioxidant nutrient intakes?. <i>European Journal of Nutrition</i> , <b>2005</b> , 44, 204-13	5.2	23
200	Polyphenols: well beyond the antioxidant capacity: polyphenol supplementation and exercise-induced oxidative stress and inflammation. <i>Current Pharmaceutical Biotechnology</i> , <b>2014</b> , 15, 373-9	2.6	23
199	How efficient is resveratrol as an antioxidant of the Mediterranean diet, towards alterations during the aging process?. <i>Free Radical Research</i> , <b>2019</b> , 53, 1101-1112	4	22
198	Training and acute exercise modulates mitochondrial dynamics in football players' blood mononuclear cells. <i>European Journal of Applied Physiology</i> , <b>2017</b> , 117, 1977-1987	3.4	22
197	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
196	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

195	Prevalence and Related Risk Factors of Overweight and Obesity among the Adult Population in the Balearic Islands, a Mediterranean Region. <i>Obesity Facts</i> , <b>2015</b> , 8, 220-33	5.1	21
194	Effect of DHA on plasma fatty acid availability and oxidative stress during training season and football exercise. <i>Food and Function</i> , <b>2014</b> , 5, 1920-31	6.1	21
193	Western and Mediterranean Dietary Patterns and Physical Activity and Fitness among Spanish Older Adults. <i>Nutrients</i> , <b>2017</b> , 9,	6.7	21
192	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
191	Food patterns and Mediterranean diet in western and eastern Mediterranean islands. <i>Public Health Nutrition</i> , <b>2009</b> , 12, 1174-81	3.3	20
190	Effects of Almond- and Olive Oil-Based Docosahexaenoic- and Vitamin E-Enriched Beverage Dietary Supplementation on Inflammation Associated to Exercise and Age. <i>Nutrients</i> , <b>2016</b> , 8,	6.7	20
189	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
188	Relationship between Body Image and Body Weight Control in Overweight 55-Year-Old Adults: A Systematic Review. <i>International Journal of Environmental Research and Public Health</i> , <b>2019</b> , 16,	4.6	19
187	Scuba diving increases erythrocyte and plasma antioxidant defenses and spares NO without oxidative damage. <i>Medicine and Science in Sports and Exercise</i> , <b>2009</b> , 41, 1271-6	1.2	19
186	A soccer match ability to enhance lymphocyte capability to produce ROS and induce oxidative damage. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , <b>2009</b> , 19, 243-58	4.4	19
185	Training Enhances Immune Cells Mitochondrial Biosynthesis, Fission, Fusion, and Their Antioxidant Capabilities Synergistically with Dietary Docosahexaenoic Supplementation. <i>Oxidative Medicine and Cellular Longevity</i> , <b>2016</b> , 2016, 8950384	6.7	19
184	The dietary triterpenoid 18β-glycyrrhetic acid protects from MMC-induced genotoxicity through the ERK/Nrf2 pathway. <i>Redox Biology</i> , <b>2020</b> , 28, 101317	11.3	19
183	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
182	Adherence to the Mediterranean diet and consumption of functional foods among the Balearic Islands adolescent population. <i>Public Health Nutrition</i> , <b>2015</b> , 18, 659-68	3.3	18
181	Associations between sociodemographic and lifestyle factors and dietary quality among adolescents in Palma de Mallorca. <i>Nutrition</i> , <b>2004</b> , 20, 502-8	4.8	18
180	Does the diet of the Balearic population, a Mediterranean-type diet, ensure compliance with nutritional objectives for the Spanish population?. <i>Public Health Nutrition</i> , <b>2005</b> , 8, 275-83	3.3	18
179	Effectiveness of the physical activity intervention program in the PREDIMED-Plus study: a randomized controlled trial. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , <b>2018</b> , 15, 110	8.4	18
178	Docosahexanoic acid diet supplementation attenuates the peripheral mononuclear cell inflammatory response to exercise following LPS activation. <i>Cytokine</i> , <b>2014</b> , 69, 155-64	4	17

177	Prevalence of metabolic syndrome among elderly Mexicans. <i>Archives of Gerontology and Geriatrics</i> , <b>2017</b> , 73, 288-293	4	17
176	Lymphocyte antioxidant response and H <sub>2</sub> O <sub>2</sub> production after a swimming session: gender differences. <i>Free Radical Research</i> , <b>2008</b> , 42, 312-9	4	17
175	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
174	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
173	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
172	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> , <b>2020</b> , 10, 3472	4.9	16
171	Influence of an antioxidant vitamin-enriched drink on pre- and post-exercise lymphocyte antioxidant system. <i>Annals of Nutrition and Metabolism</i> , <b>2008</b> , 52, 233-40	4.5	16
170	Regular Practice of Moderate Physical Activity by Older Adults Ameliorates Their Anti-Inflammatory Status. <i>Nutrients</i> , <b>2018</b> , 10,	6.7	16
169	Calorie restriction regime enhances physical performance of trained athletes. <i>Journal of the International Society of Sports Nutrition</i> , <b>2018</b> , 15, 12	4.5	15
168	Effects of docosahexaenoic acid diet supplementation, training, and acute exercise on oxidative balance in neutrophils. <i>Applied Physiology, Nutrition and Metabolism</i> , <b>2014</b> , 39, 446-57	3	15
167	Effects of docosahexaenoic supplementation and in vitro vitamin C on the oxidative and inflammatory neutrophil response to activation. <i>Oxidative Medicine and Cellular Longevity</i> , <b>2015</b> , 2015, 187849	6.7	15
166	Defining body fatness in adolescents: a proposal of the AFAD-A classification. <i>PLoS ONE</i> , <b>2013</b> , 8, e55849	3.7	15
165	Impaired lymphocyte mitochondrial antioxidant defences in variegate porphyria are accompanied by more inducible reactive oxygen species production and DNA damage. <i>British Journal of Haematology</i> , <b>2010</b> , 149, 759-67	4.5	15
164	Serum lipid levels and dyslipidaemia prevalence among 2-10 year-old Northern Mexican children. <i>PLoS ONE</i> , <b>2015</b> , 10, e0119877	3.7	15
163	Coumarin and Derivates as Lipid Lowering Agents. <i>Current Topics in Medicinal Chemistry</i> , <b>2017</b> , 17, 391-398		15
162	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
161	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
160	Prevention of neutrophil protein oxidation with vitamins C and E diet supplementation without affecting the adaptive response to exercise. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , <b>2013</b> , 23, 31-9	4.4	14



159	Antioxidant Supplementation and Adaptive Response to Training: A Systematic Review. <i>Current Pharmaceutical Design</i> , <b>2019</b> , 25, 1889-1912	3.3	14
158	Compliance with the Mediterranean Diet Quality Index (KIDMED) among Balearic IslandsQ Adolescents and Its Association with Socioeconomic, Anthropometric and Lifestyle Factors. <i>Annals of Nutrition and Metabolism</i> , <b>2016</b> , 68, 42-50	4.5	14
157	A randomized controlled trial for overweight and obesity in preschoolers: the More and Less Europe study- an intervention within the STOP project. <i>BMC Public Health</i> , <b>2019</b> , 19, 945	4.1	13
156	Body mass index, life-style, and healthy status in free living elderly people in Menorca Island. <i>Journal of Nutrition, Health and Aging</i> , <b>2012</b> , 16, 298-305	5.2	13
155	Enzyme antioxidant defences and oxidative damage in red blood cells of variegate porphyria patients. <i>Redox Report</i> , <b>2009</b> , 14, 69-74	5.9	13
154	Antioxidant diet supplementation influences blood iron status in endurance athletes. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , <b>2004</b> , 14, 147-60	4.4	13
153	Omega-3 Fatty Acids in the Management of Epilepsy. <i>Current Topics in Medicinal Chemistry</i> , <b>2016</b> , 16, 1897-905	3	13
152	Oxidative Stress and Pro-Inflammatory Status in Patients with Non-Alcoholic Fatty Liver Disease. <i>Antioxidants</i> , <b>2020</b> , 9,	7.1	13
151	Glycemic index, glycemic load and invasive breast cancer incidence in postmenopausal women: The PREDIMED study. <i>European Journal of Cancer Prevention</i> , <b>2016</b> , 25, 524-32	2	13
150	Effects of Millimolar Steady-State Hydrogen Peroxide Exposure on Inflammatory and Redox Gene Expression in Immune Cells from Humans with Metabolic Syndrome. <i>Nutrients</i> , <b>2018</b> , 10,	6.7	13
149	Beneficial effects of dietary supplementation with olive oil, oleic acid, or hydroxytyrosol in metabolic syndrome: Systematic review and meta-analysis. <i>Free Radical Biology and Medicine</i> , <b>2021</b> , 172, 372-385	7.8	13
148	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
147	Anthropometric and Quality-of-Life Parameters in Acute Intermittent Porphyria Patients. <i>Medicine (United States)</i> , <b>2015</b> , 94, e1023	1.8	12
146	Prospective association of physical activity and inflammatory biomarkers in older adults from the PREDIMED-Plus study with overweight or obesity and metabolic syndrome. <i>Clinical Nutrition</i> , <b>2020</b> , 39, 3092-3098	5.9	12
145	Multiple approaches to associations of physical activity and adherence to the Mediterranean diet with all-cause mortality in older adults: the PREvenci3 con Dieta MEDiterr3nea study. <i>European Journal of Nutrition</i> , <b>2019</b> , 58, 1569-1578	5.2	12
144	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
143	Peripheral Blood Mononuclear Cells Antioxidant Adaptations to Regular Physical Activity in Elderly People. <i>Nutrients</i> , <b>2018</b> , 10,	6.7	12
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141	Dietary energy density and body weight changes after 3 years in the PREDIMED study. <i>International Journal of Food Sciences and Nutrition</i> , <b>2017</b> , 68, 865-872	3.7	11
140	Dietary Fat Intake and Metabolic Syndrome in Older Adults. <i>Nutrients</i> , <b>2019</b> , 11,	6.7	11
139	Ten-Year Trends (1999-2010) of Adherence to the Mediterranean Diet among the Balearic IslandsQ Adult Population. <i>Nutrients</i> , <b>2017</b> , 9,	6.7	11
138	Physical Activity and Beverage Consumption among Adolescents. <i>Nutrients</i> , <b>2016</b> , 8,	6.7	11
137	Docosahexaenoic diet supplementation, exercise and temperature affect cytokine production by lipopolysaccharide-stimulated mononuclear cells. <i>Journal of Physiology and Biochemistry</i> , <b>2016</b> , 72, 421-34	5	11
136	Adherence to an Energy-restricted Mediterranean Diet Score and Prevalence of Cardiovascular Risk Factors in the PREDIMED-Plus: A Cross-sectional Study. <i>Revista Espanola De Cardiologia (English Ed)</i> , <b>2019</b> , 72, 925-934	0.7	11
135	Association Between Lifestyle and Hypertriglyceridemic Waist Phenotype in the PREDIMED-Plus Study. <i>Obesity</i> , <b>2020</b> , 28, 537-543	8	10
134	Efficacy of dietary intervention or in combination with exercise on primary prevention of cardiovascular disease: A systematic review. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , <b>2020</b> , 30, 1080-1093	4.5	10
133	Trace element contents in toenails are related to regular physical activity in older adults. <i>PLoS ONE</i> , <b>2017</b> , 12, e0185318	3.7	10
132	Balearic adults have low intakes of fruits and vegetables compared with the dietary guidelines for adults in Spain. <i>Nutrition Research</i> , <b>2013</b> , 33, 204-10	4	10
131	Serum folate, vitamin B12 and cognitive impairment in Chilean older adults. <i>Public Health Nutrition</i> , <b>2015</b> , 18, 2600-8	3.3	10
130	The whitening effect of enzymatic bleaching on tetracycline. <i>Journal of Dentistry</i> , <b>2008</b> , 36, 795-800	4.8	10
129	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
128	Dieta mediterránea hipocalórica y factores de riesgo cardiovascular: análisis transversal de PREDIMED-Plus. <i>Revista Espanola De Cardiologia</i> , <b>2019</b> , 72, 925-934	1.5	10
127	High sleep variability predicts a blunted weight loss response and short sleep duration a reduced decrease in waist circumference in the PREDIMED-Plus Trial. <i>International Journal of Obesity</i> , <b>2020</b> , 44, 330-339	5.5	10
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125	Hepatoprotective Effects of Resveratrol in Non-Alcoholic Fatty Live Disease. <i>Current Pharmaceutical Design</i> , <b>2021</b> , 27, 2558-2570	3.3	10
124	Nut Consumptions as a Marker of Higher Diet Quality in a Mediterranean Population at High Cardiovascular Risk. <i>Nutrients</i> , <b>2019</b> , 11,	6.7	9

123	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
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119	Study protocol of a population-based cohort investigating Physical Activity, Sedentarism, lifestyles and Obesity in Spanish youth: the PASOS study. <i>BMJ Open</i> , <b>2020</b> , 10, e036210	3	9
118	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
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116	Association between Physical Condition and Body Composition, Nutrient Intake, Sociodemographic Characteristics, and Lifestyle Habits in Older Spanish Adults. <i>Nutrients</i> , <b>2018</b> , 10,	6.7	9
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50	Dietary nucleotide improves markers of immune response to strenuous exercise under a cold environment. <i>Journal of the International Society of Sports Nutrition</i> , <b>2013</b> , 10, 20	4.5	2
49	Estimation of antioxidants dietary intake in wet age-related macular degeneration patients. <i>Nutricion Hospitalaria</i> , <b>2014</b> , 29, 880-8	1	2
48	Hydration habits before, during and after training and competition days among amateur basketball players. <i>Nutricion Hospitalaria</i> , <b>2018</b> , 35, 612-619	1	2
47	Age and gender specific cut-off points for body fat parameters among adults in Qatar. <i>Nutrition Journal</i> , <b>2020</b> , 19, 75	4.3	2
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44	Nutrient adequacy and diet quality in a Mediterranean population with metabolic syndrome: A cross-sectional study. <i>Clinical Nutrition</i> , <b>2020</b> , 39, 853-861	5.9	2
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39	Erythrocytes and Skeletal Muscle Unsaturated and Omega-6 Fatty Acids Are Positively Correlated after Caloric Restriction and Exercise. <i>Annals of Nutrition and Metabolism</i> , <b>2018</b> , 72, 126-133	4.5	1
38	Metabolic Precursors of L-Arginine Supplementation in Sports: A Focus on L-Citrulline and L-Ornithine <b>2017</b> , 311-318		1
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32	Fatigue level after maximal exercise test (laboratory and road) in cyclists. <i>Journal of Human Sport and Exercise</i> , <b>2010</b> , 5, 358-369	1.5	1
31	Glycemic Dysregulations Are Associated With Worsening Cognitive Function in Older Participants at High Risk of Cardiovascular Disease: Two-Year Follow-up in the PREDIMED-Plus Study. <i>Frontiers in Endocrinology</i> , <b>2021</b> , 12, 754347	5.7	1
30	. <i>Nutricion Hospitalaria</i> , <b>2016</b> , 33, 1367-1371	1	1
29	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
28	Relationship between olive oil consumption and ankle-brachial pressure index in a population at high cardiovascular risk. <i>Atherosclerosis</i> , <b>2020</b> , 314, 48-57	3.1	1
27	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
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24	Lifestyle and Treatment Adherence Intervention after a Coronary Event Based on an Interactive Web Application (EVITE): Randomized Controlled Clinical Trial Protocol. <i>Nutrients</i> , <b>2021</b> , 13,	6.7	1
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22	Dietary Sodium Nitrate Activates Antioxidant and Mitochondrial Dynamics Genes after Moderate Intensity Acute Exercise in Metabolic Syndrome Patients. <i>Journal of Clinical Medicine</i> , <b>2021</b> , 10,	5.1	1
21	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
20	Validity, reliability, and calibration of the physical activity unit 7 item screener (PAU-7S) at population scale. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , <b>2021</b> , 18, 98	8.4	1
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18	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
17	Paediatric teams in front of childhood obesity: A qualitative study within the STOP project. <i>Anales De Pediatr�a (English Edition)</i> , <b>2021</b> , 95, 174-185	0.4	1
16	Fecal microbiota relationships with childhood obesity: A scoping comprehensive review.. <i>Obesity Reviews</i> , <b>2021</b> , e13394	10.6	1



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14	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> , <b>2021</b> , 1	5.2	o
13	Omega-3 Fatty Acids and Epilepsy <b>2019</b> , 261-270		o
12	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	o
11	Comparison between Original and Reviewed Consensus of European Working Group on Sarcopenia in Older People: A Probabilistic Cross-Sectional Survey among Community-Dwelling Older People. <i>Gerontology</i> , <b>2021</b> , 1-8	5.5	o
10	Prospective associations between a priori dietary patterns adherence and kidney function in an elderly Mediterranean population at high cardiovascular risk.. <i>European Journal of Nutrition</i> , <b>2022</b> , 1	5.2	o
9	Mediterranean, DASH, and MIND Dietary Patterns and Cognitive Function: The 2-Year Longitudinal Changes in an Older Spanish Cohort.. <i>Frontiers in Aging Neuroscience</i> , <b>2021</b> , 13, 782067	5.3	o
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