

Wayne W Campbell

List of Publications by Citations

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Version: 2024-04-09

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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.

216 papers	7,405 citations	50 h-index	81 g-index
223 ext. papers	8,738 ext. citations	4.2 avg, IF	6.26 L-index

#	Paper	IF	Citations
216	Sarcopenia and age-related changes in body composition and functional capacity. <i>Journal of Nutrition</i> , 1993 , 123, 465-8	4.1	342
215	Effects of heavy-resistance training on hormonal response patterns in younger vs. older men. <i>Journal of Applied Physiology</i> , 1999 , 87, 982-92	3.7	300
214	Role of dietary protein in the sarcopenia of aging. <i>American Journal of Clinical Nutrition</i> , 2008 , 87, 1562S-1566S	2.81	151
213	A systematic review of the separate and combined effects of energy restriction and exercise on fat-free mass in middle-aged and older adults: implications for sarcopenic obesity. <i>Nutrition Reviews</i> , 2010 , 68, 375-88	6.4	241
212	Is the optimal level of protein intake for older adults greater than the recommended dietary allowance?. <i>Journals of Gerontology - Series A Biological Sciences and Medical Sciences</i> , 2013 , 68, 677-81	6.4	230
211	The influence of exercise training on inflammatory cytokines and C-reactive protein. <i>Medicine and Science in Sports and Exercise</i> , 2007 , 39, 1714-9	1.2	183
210	Higher protein intake preserves lean mass and satiety with weight loss in pre-obese and obese women. <i>Obesity</i> , 2007 , 15, 421-9	8	175
209	Effectiveness and Safety of a Novel Care Model for the Management of Type 2 Diabetes at 1 Year: An Open-Label, Non-Randomized, Controlled Study. <i>Diabetes Therapy</i> , 2018 , 9, 583-612	3.6	173
208	The 2015 Dietary Guidelines Advisory Committee Scientific Report: Development and Major Conclusions. <i>Advances in Nutrition</i> , 2016 , 7, 438-44	10	171
207	Protein and healthy aging. <i>American Journal of Clinical Nutrition</i> , 2015 , 101, 1339S-1345S	7	162
206	Influence of exercise training and age on CD14+ cell-surface expression of toll-like receptor 2 and 4. <i>Brain, Behavior, and Immunity</i> , 2005 , 19, 389-97	16.6	148
205	Long-Term Effects of a Novel Continuous Remote Care Intervention Including Nutritional Ketosis for the Management of Type 2 Diabetes: A 2-Year Non-randomized Clinical Trial. <i>Frontiers in Endocrinology</i> , 2019 , 10, 348	5.7	124
204	Physical Activity, All-Cause and Cardiovascular Mortality, and Cardiovascular Disease. <i>Medicine and Science in Sports and Exercise</i> , 2019 , 51, 1270-1281	1.2	123
203	Effects of an omnivorous diet compared with a lactoovovegetarian diet on resistance-training-induced changes in body composition and skeletal muscle in older men. <i>American Journal of Clinical Nutrition</i> , 1999 , 70, 1032-9	7	121
202	TLR4 is lower in resistance-trained older women and related to inflammatory cytokines. <i>Medicine and Science in Sports and Exercise</i> , 2004 , 36, 1876-83	1.2	108
201	Unsaturated fatty acids promote bioaccessibility and basolateral secretion of carotenoids and Tocopherol by Caco-2 cells. <i>Food and Function</i> , 2014 , 5, 1101-12	6.1	106
200	Meta-Analysis of Randomized Controlled Trials of Red Meat Consumption in Comparison With Various Comparison Diets on Cardiovascular Risk Factors. <i>Circulation</i> , 2019 , 139, 1828-1845	16.7	105

199	Effects of dietary protein intake on body composition changes after weight loss in older adults: a systematic review and meta-analysis. <i>Nutrition Reviews</i> , 2016 , 74, 210-24	6.4	103
198	Effect of protein source on resistive-training-induced changes in body composition and muscle size in older men. <i>American Journal of Clinical Nutrition</i> , 2002 , 76, 511-7	7	103
197	Meal triacylglycerol profile modulates postprandial absorption of carotenoids in humans. <i>Molecular Nutrition and Food Research</i> , 2012 , 56, 866-77	5.9	100
196	Dietary protein and resistance training effects on muscle and body composition in older persons. <i>Journal of the American College of Nutrition</i> , 2007 , 26, 696S-703S	3.5	97
195	Acute hormonal responses to heavy resistance exercise in younger and older men. <i>European Journal of Applied Physiology</i> , 1998 , 77, 206-11	3.4	96
194	Cardiovascular disease risk factor responses to a type 2 diabetes care model including nutritional ketosis induced by sustained carbohydrate restriction at 1 year: an open label, non-randomized, controlled study. <i>Cardiovascular Diabetology</i> , 2018 , 17, 56	8.7	94
193	Daily Step Counts for Measuring Physical Activity Exposure and Its Relation to Health. <i>Medicine and Science in Sports and Exercise</i> , 2019 , 51, 1206-1212	1.2	93
192	Effects of resistance training and chromium picolinate on body composition and skeletal muscle in older men. <i>Journal of Applied Physiology</i> , 1999 , 86, 29-39	3.7	92
191	Physical Activity to Prevent and Treat Hypertension: A Systematic Review. <i>Medicine and Science in Sports and Exercise</i> , 2019 , 51, 1314-1323	1.2	92
190	Dietary protein requirements of younger and older adults. <i>American Journal of Clinical Nutrition</i> , 2008 , 88, 1322-9	7	91
189	Effects of food form and timing of ingestion on appetite and energy intake in lean young adults and in young adults with obesity. <i>Journal of the American Dietetic Association</i> , 2009 , 109, 430-7		87
188	The effect of eating frequency on appetite control and food intake: brief synopsis of controlled feeding studies. <i>Journal of Nutrition</i> , 2011 , 141, 154-7	4.1	87
187	Total red meat intake of 0.5 servings/d does not negatively influence cardiovascular disease risk factors: a systemically searched meta-analysis of randomized controlled trials. <i>American Journal of Clinical Nutrition</i> , 2017 , 105, 57-69	7	84
186	Water balance, hydration status, and fat-free mass hydration in younger and older adults. <i>American Journal of Clinical Nutrition</i> , 2005 , 81, 1342-50	7	81
185	Adding Unprocessed Lean Red Meat to A Healthy Vegetarian Eating Pattern Does Not Impact Short-Term Improvements in Cardiometabolic Health in Young Adults. <i>Current Developments in Nutrition</i> , 2020 , 4, 575-575	0.4	78
184	Aged human muscle demonstrates an altered gene expression profile consistent with an impaired response to exercise. <i>Mechanisms of Ageing and Development</i> , 2000 , 120, 45-56	5.6	78
183	Adults Consuming an Energy-Restricted US Healthy-Style Eating Pattern at Either the Recommended or a Higher Protein Quantity Perceive a Shift from Poor to Good Sleep. <i>Current Developments in Nutrition</i> , 2020 , 4, 528-528	0.4	78
182	Physical Activity, Injurious Falls, and Physical Function in Aging: An Umbrella Review. <i>Medicine and Science in Sports and Exercise</i> , 2019 , 51, 1303-1313	1.2	77

181	Comparison of self-reported, measured, metabolizable energy intake with total energy expenditure in overweight teens. <i>American Journal of Clinical Nutrition</i> , 2009 , 89, 1744-50	7	72
180	Efficacy and safety of ridinilazole compared with vancomycin for the treatment of <i>Clostridium difficile</i> infection: a phase 2, randomised, double-blind, active-controlled, non-inferiority study. <i>Lancet Infectious Diseases</i> , 2017 , 17, 735-744	25.5	68
179	Dietary protein requirement of female adults >65 years determined by the indicator amino acid oxidation technique is higher than current recommendations. <i>Journal of Nutrition</i> , 2015 , 145, 18-24	4.1	68
178	Effect of Protein Intake on Lean Body Mass in Functionally Limited Older Men: A Randomized Clinical Trial. <i>JAMA Internal Medicine</i> , 2018 , 178, 530-541	11.5	64
177	Assessment of protein requirement in octogenarian women with use of the indicator amino acid oxidation technique. <i>American Journal of Clinical Nutrition</i> , 2014 , 99, 891-8	7	64
176	Dietary protein adequacy and lower body versus whole body resistive training in older humans. <i>Journal of Physiology</i> , 2002 , 542, 631-42	3.9	63
175	Association between Bout Duration of Physical Activity and Health: Systematic Review. <i>Medicine and Science in Sports and Exercise</i> , 2019 , 51, 1213-1219	1.2	63
174	Effects of eating frequency, snacking, and breakfast skipping on energy regulation: symposium overview. <i>Journal of Nutrition</i> , 2011 , 141, 144-7	4.1	61
173	Vegetarian diets : nutritional considerations for athletes. <i>Sports Medicine</i> , 2006 , 36, 293-305	10.6	61
172	High-Intensity Interval Training for Cardiometabolic Disease Prevention. <i>Medicine and Science in Sports and Exercise</i> , 2019 , 51, 1220-1226	1.2	61
171	Increased dietary protein consumed at breakfast leads to an initial and sustained feeling of fullness during energy restriction compared to other meal times. <i>British Journal of Nutrition</i> , 2009 , 101, 798-803	3.6	56
170	Effects of aerobic exercise and training on the trace minerals chromium, zinc and copper. <i>Sports Medicine</i> , 1987 , 4, 9-18	10.6	55
169	Liquid and solid meal replacement products differentially affect postprandial appetite and food intake in older adults. <i>Journal of the American Dietetic Association</i> , 2008 , 108, 1226-30		54
168	Inadequate protein intake affects skeletal muscle transcript profiles in older humans. <i>American Journal of Clinical Nutrition</i> , 2007 , 85, 1344-52	7	53
167	Differential effect of resistance training on the body composition and lipoprotein-lipid profile in older men and women. <i>Metabolism: Clinical and Experimental</i> , 1999 , 48, 1474-80	12.7	51
166	Effects of acute and chronic protein intake on metabolism, appetite, and ghrelin during weight loss. <i>Obesity</i> , 2007 , 15, 1215-25	8	49
165	Synergistic use of higher-protein diets or nutritional supplements with resistance training to counter sarcopenia. <i>Nutrition Reviews</i> , 2007 , 65, 416-22	6.4	48
164	Resistance training and dietary protein: effects on glucose tolerance and contents of skeletal muscle insulin signaling proteins in older persons. <i>American Journal of Clinical Nutrition</i> , 2007 , 85, 1005-13	7.3	48

163	Resistance training preserves fat-free mass without impacting changes in protein metabolism after weight loss in older women. <i>Obesity</i> , 2009 , 17, 1332-9	8	47
162	Physical Activity and the Prevention of Weight Gain in Adults: A Systematic Review. <i>Medicine and Science in Sports and Exercise</i> , 2019 , 51, 1262-1269	1.2	46
161	Protein intake during energy restriction: effects on body composition and markers of metabolic and cardiovascular health in postmenopausal women. <i>Journal of the American College of Nutrition</i> , 2007 , 26, 182-9	3.5	45
160	Dietary Protein Requirement of Men >65 Years Old Determined by the Indicator Amino Acid Oxidation Technique Is Higher than the Current Estimated Average Requirement. <i>Journal of Nutrition</i> , 2015 , 146, 681-687	4.1	43
159	The effects of consuming frequent, higher protein meals on appetite and satiety during weight loss in overweight/obese men. <i>Obesity</i> , 2011 , 19, 818-24	8	43
158	Normal vs. high-protein weight loss diets in men: effects on body composition and indices of metabolic syndrome. <i>Obesity</i> , 2013 , 21, E204-10	8	41
157	Effects and reproducibility of aerobic and resistance exercise on appetite and energy intake in young, physically active adults. <i>Applied Physiology, Nutrition and Metabolism</i> , 2010 , 35, 842-7	3	39
156	Consumption of the slow-digesting waxy maize starch leads to blunted plasma glucose and insulin response but does not influence energy expenditure or appetite in humans. <i>Nutrition Research</i> , 2009 , 29, 383-90	4	39
155	Dietary Approaches to Stop Hypertension diet retains effectiveness to reduce blood pressure when lean pork is substituted for chicken and fish as the predominant source of protein. <i>American Journal of Clinical Nutrition</i> , 2015 , 102, 302-8	7	37
154	Chromium picolinate and conjugated linoleic acid do not synergistically influence diet- and exercise-induced changes in body composition and health indexes in overweight women. <i>Journal of Nutritional Biochemistry</i> , 2008 , 19, 61-8	6.3	36
153	Protein intake, weight loss, and bone mineral density in postmenopausal women. <i>Journals of Gerontology - Series A Biological Sciences and Medical Sciences</i> , 2010 , 65, 1115-22	6.4	35
152	Effect of resistance training with or without chromium picolinate supplementation on glucose metabolism in older men and women. <i>Metabolism: Clinical and Experimental</i> , 1999 , 48, 546-53	12.7	34
151	Modular protein supplements and their application to long-term care. <i>Nutrition in Clinical Practice</i> , 2006 , 21, 485-504	3.6	32
150	Effects of resistive training and chromium picolinate on body composition and skeletal muscle size in older women. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2002 , 12, 125-35	4.4	31
149	Effects of egg consumption on carotenoid absorption from co-consumed, raw vegetables. <i>American Journal of Clinical Nutrition</i> , 2015 , 102, 75-83	7	30
148	Whey protein supplementation does not affect exercise training-induced changes in body composition and indices of metabolic syndrome in middle-aged overweight and obese adults. <i>Journal of Nutrition</i> , 2012 , 142, 1532-9	4.1	30
147	Effect of food form on postprandial plasma amino acid concentrations in older adults. <i>British Journal of Nutrition</i> , 2011 , 106, 203-7	3.6	29
146	A Mediterranean-style eating pattern with lean, unprocessed red meat has cardiometabolic benefits for adults who are overweight or obese in a randomized, crossover, controlled feeding trial. <i>American Journal of Clinical Nutrition</i> , 2018 , 108, 33-40	7	28

145	Effects of Dietary Protein Source and Quantity during Weight Loss on Appetite, Energy Expenditure, and Cardio-Metabolic Responses. <i>Nutrients</i> , 2016 , 8, 63	6.7	28
144	Nutrient ingestion, protein intake, and sex, but not age, affect the albumin synthesis rate in humans. <i>Journal of Nutrition</i> , 2007 , 137, 1734-40	4.1	27
143	Higher-protein diets improve indexes of sleep in energy-restricted overweight and obese adults: results from 2 randomized controlled trials. <i>American Journal of Clinical Nutrition</i> , 2016 , 103, 766-74	7	26
142	Energy requirement for long-term body weight maintenance in older women. <i>Metabolism: Clinical and Experimental</i> , 1997 , 46, 884-9	12.7	26
141	Post hoc analyses of surrogate markers of non-alcoholic fatty liver disease (NAFLD) and liver fibrosis in patients with type 2 diabetes in a digitally supported continuous care intervention: an open-label, non-randomised controlled study. <i>BMJ Open</i> , 2019 , 9, e023597	3	25
140	Comparisons of vegetarian and beef-containing diets on hematological indexes and iron stores during a period of resistive training in older men. <i>Journal of the American Dietetic Association</i> , 2003 , 103, 594-601		24
139	Effects of a High-Protein Diet Including Whole Eggs on Muscle Composition and Indices of Cardiometabolic Health and Systemic Inflammation in Older Adults with Overweight or Obesity: A Randomized Controlled Trial. <i>Nutrients</i> , 2018 , 10,	6.7	23
138	Effects of a moderate glycemic meal on exercise duration and substrate utilization. <i>Medicine and Science in Sports and Exercise</i> , 2001 , 33, 1517-23	1.2	22
137	Carotenoid bioavailability from raw vegetables and a moderate amount of oil in human subjects is greatest when the majority of daily vegetables are consumed at one meal. <i>Nutrition Research</i> , 2013 , 33, 358-66	4	21
136	Dietary protein intake affects albumin fractional synthesis rate in younger and older adults equally. <i>Nutrition Reviews</i> , 2008 , 66, 91-5	6.4	21
135	Beef and soy-based food supplements differentially affect serum lipoprotein-lipid profiles because of changes in carbohydrate intake and novel nutrient intake ratios in older men who resistive-train. <i>Metabolism: Clinical and Experimental</i> , 2005 , 54, 769-74	12.7	21
134	Resistance exercise training-induced decrease in circulating inflammatory CD14+CD16+ monocyte percentage without weight loss in older adults. <i>European Journal of Applied Physiology</i> , 2014 , 114, 1737-48	2.4	20
133	Nutritional considerations for the older athlete. <i>Nutrition</i> , 2004 , 20, 603-8	4.8	20
132	A Structured Resistive Training Program Improves Muscle Strength and Power in Elderly Persons with Dementia. <i>Activities, Adaptation and Aging</i> , 2004 , 28, 35-47	0.7	20
131	Molecular characteristics of aged muscle reflect an altered ability to respond to exercise. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2001 , 11 Suppl, S9-15	4.4	20
130	Effects of food form on food intake and postprandial appetite sensations, glucose and endocrine responses, and energy expenditure in resistance trained v. sedentary older adults. <i>British Journal of Nutrition</i> , 2011 , 106, 1107-16	3.6	18
129	Inadequate dietary protein increases hunger and desire to eat in younger and older men. <i>Journal of Nutrition</i> , 2007 , 137, 1478-82	4.1	18
128	Pinitol supplementation does not affect insulin-mediated glucose metabolism and muscle insulin receptor content and phosphorylation in older humans. <i>Journal of Nutrition</i> , 2004 , 134, 2998-3003	4.1	18

127	Egg Consumption Increases Vitamin E Absorption from Co-Consumed Raw Mixed Vegetables in Healthy Young Men. <i>Journal of Nutrition</i> , 2016 , 146, 2199-2205	4.1	18
126	Higher Total Protein Intake and Change in Total Protein Intake Affect Body Composition but Not Metabolic Syndrome Indexes in Middle-Aged Overweight and Obese Adults Who Perform Resistance and Aerobic Exercise for 36 Weeks. <i>Journal of Nutrition</i> , 2015 , 145, 2076-83	4.1	17
125	Protein Distribution and Muscle-Related Outcomes: Does the Evidence Support the Concept?. <i>Nutrients</i> , 2020 , 12,	6.7	17
124	The Yale Physical Activity Survey for older adults: predictions in the energy expenditure due to physical activity. <i>Journal of the American Dietetic Association</i> , 2004 , 104, 1251-7		17
123	The Apparent Relation between Plasma 25-Hydroxyvitamin D and Insulin Resistance is Largely Attributable to Central Adiposity in Overweight and Obese Adults. <i>Journal of Nutrition</i> , 2015 , 145, 2683-9	4.1	16
122	Effect of whey protein supplementation on body composition changes in women: a systematic review and meta-analysis. <i>Nutrition Reviews</i> , 2018 , 76, 539-551	6.4	16
121	Regional, but not total, body composition changes in overweight and obese adults consuming a higher protein, energy-restricted diet are sex specific. <i>Nutrition Research</i> , 2013 , 33, 629-35	4	16
120	Protein Intake Greater than the RDA Differentially Influences Whole-Body Lean Mass Responses to Purposeful Catabolic and Anabolic Stressors: A Systematic Review and Meta-analysis. <i>Advances in Nutrition</i> , 2020 , 11, 548-558	10	16
119	Calcium, dairy products, and energy balance in overweight adolescents: a controlled trial. <i>American Journal of Clinical Nutrition</i> , 2011 , 94, 1163-70	7	15
118	The Atwater energy equivalents overestimate metabolizable energy intake in older humans: results from a 96-day strictly controlled feeding study. <i>Journal of Nutrition</i> , 2003 , 133, 2581-4	4.1	14
117	Dietary Cholesterol Contained in Whole Eggs Is Not Well Absorbed and Does Not Acutely Affect Plasma Total Cholesterol Concentration in Men and Women: Results from 2 Randomized Controlled Crossover Studies. <i>Nutrients</i> , 2018 , 10,	6.7	14
116	Resistive training and chromium picolinate: effects on inositols and liver and kidney functions in older adults. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2004 , 14, 430-42	4.4	13
115	Resistance training affects iron status in older men and women. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2001 , 11, 287-98	4.4	13
114	Within-day protein distribution does not influence body composition responses during weight loss in resistance-training adults who are overweight. <i>American Journal of Clinical Nutrition</i> , 2017 , 106, 1190-7	11.96	12
113	The skeletal muscle transcript profile reflects accommodative responses to inadequate protein intake in younger and older males. <i>Journal of Nutritional Biochemistry</i> , 2010 , 21, 1076-82	6.3	12
112	Lower body versus whole body resistive exercise training and energy requirements of older men and women. <i>Metabolism: Clinical and Experimental</i> , 2002 , 51, 989-97	12.7	12
111	Weight loss achieved using an energy restriction diet with normal or higher dietary protein decreased the number of CD14CD16 proinflammatory monocytes and plasma lipids and lipoproteins in middle-aged, overweight, and obese adults. <i>Nutrition Research</i> , 2017 , 40, 75-84	4	11
110	Whey Protein Supplementation and Higher Total Protein Intake Do Not Influence Bone Quantity in Overweight and Obese Adults Following a 36-Week Exercise and Diet Intervention. <i>Journal of Nutrition</i> , 2017 , 147, 179-186	4.1	11

109	Intermuscular Adipose Tissue Content and Intramyocellular Lipid Fatty Acid Saturation Are Associated with Glucose Homeostasis in Middle-Aged and Older Adults. <i>Endocrinology and Metabolism</i> , 2017 , 32, 257-264	3.5	11
108	Reproducibility assessment of brain responses to visual food stimuli in adults with overweight and obesity. <i>Obesity</i> , 2016 , 24, 2057-63	8	11
107	Diet-induced weight loss: the effect of dietary protein on bone. <i>Journal of the Academy of Nutrition and Dietetics</i> , 2014 , 114, 72-85	3.9	11
106	Improvement in patient-reported sleep in type 2 diabetes and prediabetes participants receiving a continuous care intervention with nutritional ketosis. <i>Sleep Medicine</i> , 2019 , 55, 92-99	4.6	11
105	Nutrimetabolomics reveals food-specific compounds in urine of adults consuming a DASH-style diet. <i>Scientific Reports</i> , 2020 , 10, 1157	4.9	10
104	Dietary Meat Categories and Descriptions in Chronic Disease Research Are Substantively Different within and between Experimental and Observational Studies: A Systematic Review and Landscape Analysis. <i>Advances in Nutrition</i> , 2020 , 11, 41-51	10	10
103	Exercise patterns, ingestive behaviors, and energy balance. <i>Physiology and Behavior</i> , 2014 , 134, 70-5	3.5	10
102	Age and sex affect protein metabolism at protein intakes that span the range of adequacy: comparison of leucine kinetics and nitrogen balance data. <i>Journal of Nutritional Biochemistry</i> , 2013 , 24, 693-9	6.3	10
101	Broad and Inconsistent Muscle Food Classification Is Problematic for Dietary Guidance in the U.S. <i>Nutrients</i> , 2017 , 9,	6.7	9
100	Nitrated meat products are associated with mania in humans and altered behavior and brain gene expression in rats. <i>Molecular Psychiatry</i> , 2020 , 25, 560-571	15.1	9
99	Effects of Total Red Meat Intake on Glycemic Control and Inflammatory Biomarkers: A Meta-Analysis of Randomized Controlled Trials. <i>Advances in Nutrition</i> , 2021 , 12, 115-127	10	9
98	The emerging global phenomenon of sarcopenic obesity: Role of functional foods; a conference report. <i>Journal of Functional Foods</i> , 2017 , 33, 244-250	5.1	8
97	Consuming Almonds vs. Isoenergetic Baked Food Does Not Differentially Influence Postprandial Appetite or Neural Reward Responses to Visual Food Stimuli. <i>Nutrients</i> , 2017 , 9,	6.7	8
96	Postprandial Glycemic and Insulinemic Responses to Common Breakfast Beverages Consumed with a Standard Meal in Adults Who Are Overweight and Obese. <i>Nutrients</i> , 2017 , 9,	6.7	8
95	Water turnover assessment in overweight adolescents. <i>Obesity</i> , 2011 , 19, 292-7	8	8
94	Effects of Dietary Protein and Fiber at Breakfast on Appetite, ad Libitum Energy Intake at Lunch, and Neural Responses to Visual Food Stimuli in Overweight Adults. <i>Nutrients</i> , 2016 , 8,	6.7	8
93	Thyroid status, insulin sensitivity and glucose tolerance in overweight and obese adults before and after 36 weeks of whey protein supplementation and exercise training. <i>Endocrine Research</i> , 2016 , 41, 103-9	1.9	7
92	A novel fiber composite ingredient incorporated into a beverage and bar blunts postprandial serum glucose and insulin responses: a randomized controlled trial. <i>Nutrition Research</i> , 2016 , 36, 253-61	4	7

91	Exercise training and dietary chromium effects on glycogen, glycogen synthase, phosphorylase and total protein in rats. <i>Journal of Nutrition</i> , 1989 , 119, 653-60	4.1	7
90	High-Protein and High-Dietary Fiber Breakfasts Result in Equal Feelings of Fullness and Better Diet Quality in Low-Income Preschoolers Compared with Their Usual Breakfast. <i>Journal of Nutrition</i> , 2017 , 147, 445-452	4.1	6
89	Whey protein supplementation 2 hours after a lower protein breakfast restores plasma essential amino acid availability comparable to a higher protein breakfast in overweight adults. <i>Nutrition Research</i> , 2017 , 47, 90-97	4	6
88	Effects of protein supplements consumed with meals, versus between meals, on resistance training-induced body composition changes in adults: a systematic review. <i>Nutrition Reviews</i> , 2018 , 76, 461-468	6.4	6
87	Red Meat and Health. <i>Nutrition Today</i> , 2017 , 52, 167-173	1.6	6
86	Age and physical activity status effects on appetite and mood state in older humans. <i>Applied Physiology, Nutrition and Metabolism</i> , 2009 , 34, 203-11	3	6
85	Relationships between urinary inositol excretions and whole-body glucose tolerance and skeletal muscle insulin receptor phosphorylation. <i>Metabolism: Clinical and Experimental</i> , 2008 , 57, 1545-51	12.7	6
84	Dietary Protein Requirements of Older People. <i>Nutrition Today</i> , 1996 , 31, 192-197	1.6	6
83	Adopting a Mediterranean-Style Eating Pattern with Different Amounts of Lean Unprocessed Red Meat Does Not Influence Short-Term Subjective Personal Well-Being in Adults with Overweight or Obesity. <i>Journal of Nutrition</i> , 2018 , 148, 1917-1923	4.1	6
82	The effect of exercise on water balance in premenopausal physically active women. <i>Journal of the American Dietetic Association</i> , 2008 , 108, 1662-7		5
81	Energy restriction with different protein quantities and source: implications for innate immunity. <i>Obesity</i> , 2006 , 14, 1211-8	8	5
80	Military body fat standards and equations applied to middle-aged women. <i>Medicine and Science in Sports and Exercise</i> , 1995 , 27, 1079-85	1.2	5
79	Reductions in whole-body fat mass but not increases in lean mass predict changes in cardiometabolic health indices with exercise training among weight-stable adults. <i>Nutrition Research</i> , 2019 , 63, 63-69	4	5
78	Differential Relationship between Intermuscular Adipose Depots with Indices of Cardiometabolic Health. <i>International Journal of Endocrinology</i> , 2018 , 2018, 2751250	2.7	5
77	Design of a randomized trial to determine the optimum protein intake to preserve lean body mass and to optimize response to a promyogenic anabolic agent in older men with physical functional limitation. <i>Contemporary Clinical Trials</i> , 2017 , 58, 86-93	2.3	4
76	A blended- rather than whole-lentil meal with or without β -galactosidase mildly increases healthy adults' appetite but not their glycemic response. <i>Journal of Nutrition</i> , 2014 , 144, 1963-9	4.1	4
75	Vitamin D status and resistance exercise training independently affect glucose tolerance in older adults. <i>Nutrition Research</i> , 2013 , 33, 349-57	4	4
74	Short-term low-protein intake does not increase serum parathyroid hormone concentration in humans. <i>Journal of Nutrition</i> , 2004 , 134, 1900-4	4.1	4

73	Lipidomics-Based Comparison of Molecular Compositions of Green, Yellow, and Red Bell Peppers. <i>Metabolites</i> , 2021 , 11,	5.6	4
72	Short-Term Effects of Healthy Eating Pattern Cycling on Cardiovascular Disease Risk Factors: Pooled Results from Two Randomized Controlled Trials. <i>Nutrients</i> , 2018 , 10,	6.7	4
71	Dietary Intervention for Glucose Tolerance In Teens (DIG IT): Protocol of a randomized controlled trial using health coaching to prevent youth-onset type 2 diabetes. <i>Contemporary Clinical Trials</i> , 2017 , 53, 171-177	2.3	3
70	Adopting a Mediterranean-style eating pattern with low, but not moderate, unprocessed, lean red meat intake reduces fasting serum trimethylamine N-oxide (TMAO) in adults who are overweight or obese. <i>British Journal of Nutrition</i> , 2021 , 1-21	3.6	3
69	Protein intake is associated with cognitive functioning in individuals with psychiatric disorders. <i>Psychiatry Research</i> , 2020 , 284, 112700	9.9	3
68	Adults Who Are Overweight or Obese and Consuming an Energy-Restricted Healthy US-Style Eating Pattern at Either the Recommended or a Higher Protein Quantity Perceive a Shift from "Poor" to "Good" Sleep: A Randomized Controlled Trial. <i>Journal of Nutrition</i> , 2020 , 150, 3216-3223	4.1	3
67	Associations between Diet Behaviors and Measures of Glycemia, in Clinical Setting, in Obese Adolescents. <i>Childhood Obesity</i> , 2016 , 12, 341-7	2.5	3
66	Effects of Dietary Protein Quantity on Bone Quantity following Weight Loss: A Systematic Review and Meta-analysis. <i>Advances in Nutrition</i> , 2019 , 10, 1089-1107	10	2
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