

Pilar Aranda Ramrez

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113
papers

1,726
citations

21
h-index

35
g-index

117
ext. papers

1,942
ext. citations

3.8
avg. IF

4.16
L-index

#	Paper	IF	Citations
113	The role of phytic acid in legumes: antinutrient or beneficial function?. <i>Journal of Physiology and Biochemistry</i> , 2000 , 56, 283-94	5	160
112	Role of lipoprotein lipase activity on lipoprotein metabolism and the fate of circulating triglycerides in pregnancy. <i>American Journal of Obstetrics and Gynecology</i> , 1988 , 158, 1575-83	6.4	158
111	Oxidative stress is increased in critically ill patients according to antioxidant vitamins intake, independent of severity: a cohort study. <i>Critical Care</i> , 2006 , 10, R146	10.8	68
110	Does exercise reduce brain oxidative stress? A systematic review. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2013 , 23, e202-12	4.6	60
109	Plasma levels of copper, manganese and selenium in an adult population in southern Spain: influence of age, obesity and lifestyle factors. <i>Science of the Total Environment</i> , 2010 , 408, 1014-20	10.2	54
108	Nutritional assessment of raw and germinated pea (<i>Pisum sativum</i> L.) protein and carbohydrate by in vitro and in vivo techniques. <i>Nutrition</i> , 2005 , 21, 230-9	4.8	52
107	Effects of high-whey-protein intake and resistance training on renal, bone and metabolic parameters in rats. <i>British Journal of Nutrition</i> , 2011 , 105, 836-45	3.6	37
106	Factors influencing the intake and plasma levels of calcium, phosphorus and magnesium in southern Spain. <i>European Journal of Nutrition</i> , 2006 , 45, 349-54	5.2	36
105	Effects of germination on the composition and nutritive value of proteins in , L. <i>Food Chemistry</i> , 2005 , 93, 671-679	8.5	36
104	Improvement of the antioxidant and hypolipidaemic effects of cowpea flours (<i>Vigna unguiculata</i>) by fermentation: results of in vitro and in vivo experiments. <i>Journal of the Science of Food and Agriculture</i> , 2015 , 95, 1207-16	4.3	35
103	Factors associated with obesity in an adult Mediterranean population: influence on plasma lipid profile. <i>Journal of the American College of Nutrition</i> , 2005 , 24, 456-65	3.5	35
102	Nutritional evaluation of pea (<i>Pisum sativum</i> L.) protein diets after mild hydrothermal treatment and with and without added phytase. <i>Journal of Agricultural and Food Chemistry</i> , 2003 , 51, 2415-20	5.7	29
101	Changes in tissue calcium and phosphorus content and plasma concentrations of parathyroid hormone and calcitonin after long-term magnesium deficiency in rats. <i>Journal of the American College of Nutrition</i> , 1995 , 14, 292-8	3.5	28
100	Nutritional Assessment of Raw and Processed Faba Bean (<i>Vicia faba</i> L.) Cultivar Major in Growing Rats. <i>Journal of Agricultural and Food Chemistry</i> , 1996 , 44, 2766-2772	5.7	27
99	Assessment of iron and zinc intake and related biochemical parameters in an adult Mediterranean population from southern Spain: influence of lifestyle factors. <i>Journal of Nutritional Biochemistry</i> , 2009 , 20, 125-31	6.3	26
98	Nutritional potential of raw and free alpha-galactosides lupin (<i>Lupinus albus</i> Var. multolupa) seed flours. Effect of phytase treatment on nitrogen and mineral dialyzability. <i>Journal of Agricultural and Food Chemistry</i> , 2005 , 53, 3088-94	5.7	25
97	Fitness testing as a discriminative tool for the diagnosis and monitoring of fibromyalgia. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2013 , 23, 415-23	4.6	24

96	Influence of intracerebroventricular or intraperitoneal administration of cannabinoid receptor agonist (WIN 55,212-2) and inverse agonist (AM 251) on the regulation of food intake and hypothalamic serotonin levels. <i>British Journal of Nutrition</i> , 2009 , 101, 1569-78	3.6	24
95	Health promoting effects of Lupin (<i>Lupinus albus</i> var. <i>multolupa</i>) protein hydrolyzate and insoluble fiber in a diet-induced animal experimental model of hypercholesterolemia. <i>Food Research International</i> , 2013 , 54, 1471-1481	7	22
94	Bioavailability of Phytic Acid Phosphorus in Processed <i>Vicia faba</i> L. Var. Major. <i>Journal of Agricultural and Food Chemistry</i> , 1997 , 45, 4367-4371	5.7	22
93	Association of plasma manganese levels with chronic renal failure. <i>Journal of Trace Elements in Medicine and Biology</i> , 2015 , 31, 78-84	4.1	21
92	Aerobic interval exercise improves parameters of nonalcoholic fatty liver disease (NAFLD) and other alterations of metabolic syndrome in obese Zucker rats. <i>Applied Physiology, Nutrition and Metabolism</i> , 2015 , 40, 1242-52	3	21
91	miR-155 and miR-122 Expression of Spermatozoa in Obese Subjects. <i>Frontiers in Genetics</i> , 2018 , 9, 175	4.5	21
90	Bioavailability, tissue distribution and hypoglycaemic effect of vanadium in magnesium-deficient rats. <i>Magnesium Research</i> , 2011 , 24, 196-208	1.7	21
89	Effect of natural and controlled fermentation on chemical composition and nutrient dialyzability from beans (<i>Phaseolus vulgaris</i> L.). <i>Journal of Agricultural and Food Chemistry</i> , 2003 , 51, 5144-9	5.7	21
88	Influence of magnesium deficiency on the bioavailability and tissue distribution of iron in the rat. <i>Journal of Nutritional Biochemistry</i> , 2000 , 11, 103-8	6.3	20
87	High-protein diets and renal status in rats. <i>Nutricion Hospitalaria</i> , 2013 , 28, 232-7	1	20
86	Evaluation of zinc and magnesium bioavailability from pea (<i>Pisum sativum</i> , L.) sprouts. Effect of illumination and different germination periods. <i>International Journal of Food Science and Technology</i> , 2006 , 41, 618-626	3.8	19
85	Assessment of thiamin (vitamin B1) and riboflavin (vitamin B2) status in an adult Mediterranean population. <i>British Journal of Nutrition</i> , 2003 , 90, 661-6	3.6	19
84	Changes in bioavailability and tissue distribution of zinc caused by magnesium deficiency in rats. <i>British Journal of Nutrition</i> , 1994 , 72, 315-23	3.6	19
83	Association of physical fitness with health-related quality of life in early postmenopause. <i>Quality of Life Research</i> , 2016 , 25, 2675-2681	3.7	19
82	Ergogenic effects of quercetin supplementation in trained rats. <i>Journal of the International Society of Sports Nutrition</i> , 2013 , 10, 3	4.5	17
81	Magnesium-manganese interactions caused by magnesium deficiency in rats. <i>Journal of the American College of Nutrition</i> , 1999 , 18, 475-80	3.5	17
80	Changes in calcium and phosphorus absorption and retention during long-term magnesium deficiency in rats. <i>Nutrition Research</i> , 1993 , 13, 691-699	4	17
79	Evolution of Mg deficiency in rats. <i>Annals of Nutrition and Metabolism</i> , 1993 , 37, 210-7	4.5	17

78	Effect of magnesium deficiency on enterocyte Ca, Fe, Cu, Zn, Mn and Se content. <i>Journal of Physiology and Biochemistry</i> , 2000 , 56, 217-22	5	16
77	Novel anti-diabetic and luminescent coordination compounds based on vanadium. <i>New Journal of Chemistry</i> , 2016 , 40, 5387-5393	3.6	16
76	Cost-effectiveness of an exercise intervention program in perimenopausal women: the Fitness League Against MENopause COst (FLAMENCO) randomized controlled trial. <i>BMC Public Health</i> , 2015 , 15, 555	4.1	15
75	Effects of a combined intervention with a lentil protein hydrolysate and a mixed training protocol on the lipid metabolism and hepatic markers of NAFLD in Zucker rats. <i>Food and Function</i> , 2018 , 9, 830-850	6.1	15
74	Quercetin supplementation does not enhance cerebellar mitochondrial biogenesis and oxidative status in exercised rats. <i>Nutrition Research</i> , 2015 , 35, 585-91	4	14
73	Effects of interval aerobic training combined with strength exercise on body composition, glycaemic and lipid profile and aerobic capacity of obese rats. <i>Journal of Sports Sciences</i> , 2016 , 34, 1452-60	2.6	14
72	Effect of heat treatment and mineral and vitamin supplementation on the nutritive use of protein and calcium from lentils (<i>Lens culinaris</i> M.) in growing rats. <i>Nutrition</i> , 2003 , 19, 451-6	4.8	14
71	Novel effects of the cannabinoid inverse agonist AM 251 on parameters related to metabolic syndrome in obese Zucker rats. <i>Metabolism: Clinical and Experimental</i> , 2013 , 62, 1641-50	12.7	13
70	Influence of the degree of adherence to the Mediterranean diet on the cardiometabolic risk in peri and menopausal women. The Flamenco project. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2017 , 27, 217-224	4.5	13
69	Usefulness of fitness testing to establish metabolic syndrome in perimenopausal Moroccan women. <i>European Journal of Cardiovascular Nursing</i> , 2014 , 13, 524-31	3.3	13
68	Changes in Bioavailability and Tissue Distribution of Copper Caused by Magnesium Deficiency in Rats. <i>Journal of Agricultural and Food Chemistry</i> , 1997 , 45, 4023-4027	5.7	13
67	High-intensity Exercise Modifies the Effects of Stanozolol on Brain Oxidative Stress in Rats. <i>International Journal of Sports Medicine</i> , 2015 , 36, 984-91	3.6	12
66	Effect of magnesium deficiency on fatty acid composition of the erythrocyte membrane and plasma lipid concentration in rats. <i>Journal of Nutritional Biochemistry</i> , 1995 , 6, 577-581	6.3	12
65	The Combined Intervention with Germinated <i>Vigna radiata</i> and Aerobic Interval Training Protocol Is an Effective Strategy for the Treatment of Non-Alcoholic Fatty Liver Disease (NAFLD) and Other Alterations Related to the Metabolic Syndrome in Zucker Rats. <i>Nutrients</i> , 2017 , 9,	6.7	11
64	<i>Medicago sativa</i> L., a functional food to relieve hypertension and metabolic disorders in a spontaneously hypertensive rat model. <i>Journal of Functional Foods</i> , 2016 , 26, 470-484	5.1	11
63	Changes in iron metabolism and oxidative status in STZ-induced diabetic rats treated with bis(maltolato) oxovanadium (IV) as an antidiabetic agent. <i>Scientific World Journal, The</i> , 2014 , 2014, 706074	2.2	11
62	Effect of magnesium deficiency on vitamin B2 and B6 status in the rat. <i>Journal of the American College of Nutrition</i> , 1997 , 16, 352-6	3.5	11
61	Bioavailability of phytic acid-phosphorus and magnesium from lentils (<i>Lens culinaris</i> m.) in growing rats: influence of thermal treatment and vitamin-mineral supplementation. <i>Nutrition</i> , 2004 , 20, 794-9	4.8	11

60	Effects of the dietary amount and source of protein, resistance training and anabolic-androgenic steroids on body weight and lipid profile of rats. <i>Nutricion Hospitalaria</i> , 2013 , 28, 127-36	1	11
59	Nutritional evaluation of protein, phosphorus, calcium and magnesium bioavailability from lupin (<i>Lupinus albus</i> var. <i>multolupa</i>)-based diets in growing rats: effect of alpha-galactoside oligosaccharide extraction and phytase supplementation. <i>British Journal of Nutrition</i> , 2006 , 95, 1102-11	3.6	10
58	The associations between physical fitness and cardiometabolic risk and body-size phenotypes in perimenopausal women. <i>Maturitas</i> , 2016 , 92, 162-167	5	9
57	Changes in bioavailability and tissue distribution of selenium caused by magnesium deficiency in rats. <i>Journal of the American College of Nutrition</i> , 1997 , 16, 175-80	3.5	9
56	Nitrogen fractions and mineral content in different lupin species (<i>Lupinus albus</i> , <i>Lupinus angustifolius</i> , and <i>Lupinus luteus</i>). Changes induced by the alpha-galactoside extraction process. <i>Journal of Agricultural and Food Chemistry</i> , 2007 , 55, 7445-52	5.7	9
55	Body composition in an adult population in southern Spain: influence of lifestyle factors. <i>International Journal for Vitamin and Nutrition Research</i> , 2007 , 77, 406-14	1.7	9
54	High-protein diet induces oxidative stress in rat brain: protective action of high-intensity exercise against lipid peroxidation. <i>Nutricion Hospitalaria</i> , 2014 , 31, 866-74	1	9
53	Doctor, ask your perimenopausal patient about her physical fitness; association of self-reported physical fitness with cardiometabolic and mental health in perimenopausal women: the FLAMENCO project. <i>Menopause</i> , 2019 , 26, 1146-1153	2.5	9
52	In vitro study of the protective effect of manganese against vanadium-mediated nuclear and mitochondrial DNA damage. <i>Food and Chemical Toxicology</i> , 2020 , 135, 110900	4.7	9
51	Interaction between orexin A and cannabinoid system in the lateral hypothalamus of rats and effects of subchronic intraperitoneal administration of cannabinoid receptor inverse agonist on food intake and the nutritive utilization of protein. <i>Journal of Physiology and Pharmacology</i> , 2015 , 66, 181-88	2.1	9
50	Effect of treatment with α -galactosidase, tannase or a cell-wall-degrading enzyme complex on the nutritive utilisation of protein and carbohydrates from pea (<i>Pisum sativum</i> L.) flour. <i>Journal of the Science of Food and Agriculture</i> , 2007 , 87, 1356-1363	4.3	8
49	Bioavailability of calcium and magnesium from faba beans (<i>Vicia faba</i> L var <i>major</i>), soaked in different pH solutions and cooked, in growing rats. <i>Journal of the Science of Food and Agriculture</i> , 2004 , 84, 1514-1520	4.3	8
48	Influence of low-protein dietetic foods consumption on quality of life and levels of B vitamins and homocysteine in patients with chronic renal failure. <i>Nutricion Hospitalaria</i> , 2010 , 25, 238-44	1	8
47	Industrial-Scale Decontamination Procedure Effects on the Content of Acaricides, Heavy Metals and Antioxidant Capacity of Beeswax. <i>Molecules</i> , 2019 , 24,	4.8	7
46	Cholesterol levels in untreated Spanish hypertensive patients. The Compas Study Group, Spanish Hypertension Society. <i>Blood Pressure</i> , 1999 , 8, 273-8	1.7	6
45	Aerobic interval exercise improves renal functionality and affects mineral metabolism in obese Zucker rats. <i>American Journal of Physiology - Renal Physiology</i> , 2019 , 316, F90-F100	4.3	6
44	Association of objectively measured sedentary behavior and physical activity levels with health-related quality of life in middle-aged women: The FLAMENCO project. <i>Menopause</i> , 2020 , 27, 437-443	2.5	5
43	Mediterranean diet, tobacco consumption and body composition during perimenopause. The FLAMENCO project. <i>Maturitas</i> , 2020 , 137, 30-36	5	5

42	Body Composition Changes Following a Concurrent Exercise Intervention in Perimenopausal Women: The FLAMENCO Project Randomized Controlled Trial. <i>Journal of Clinical Medicine</i> , 2019 , 8,	5.1	5
41	Accumulation of scandium in plasma in patients with chronic renal failure. <i>Scientific World Journal, The</i> , 2013 , 2013, 782745	2.2	5
40	Magnesium and zinc status in patients with chronic renal failure: influence of a nutritional intervention. <i>Magnesium Research</i> , 2009 , 22, 72-80	1.7	5
39	Improvement of iron availability from phytase-treated <i>Pisum sativum</i> , L. flour. <i>Food Chemistry</i> , 2007 , 103, 389-395	8.5	5
38	High-intensity exercise may compromise renal morphology in rats. <i>International Journal of Sports Medicine</i> , 2014 , 35, 639-44	3.6	4
37	Effect of phytic acid degradation by soaking and exogenous phytase on the bioavailability of magnesium and zinc from <i>Pisum sativum</i> , L.. <i>European Food Research and Technology</i> , 2007 , 226, 105-111	3.4	4
36	Mediterranean countries facing the Mediterranean Diet, are we still on track? The example of southern Spain midlife women. <i>Nutricion Hospitalaria</i> , 2015 , 31, 2523-32	1	4
35	Magnesium and zinc status in patients with chronic renal failure: influence of a nutritional intervention. <i>Magnesium Research</i> , 2009 , 22, 72-80	1.7	4
34	The combined treatment with lentil protein hydrolysate and a mixed training protocol is an efficient lifestyle intervention to manage cardiovascular and renal alterations in obese Zucker rats. <i>European Journal of Nutrition</i> , 2020 , 59, 3473-3490	5.2	3
33	Effects of the amount and source of dietary protein on bone status in rats. <i>Food and Function</i> , 2014 , 5, 716-23	6.1	3
32	Tumor-promoting activity of p-hydroxybenzenediazonium is accelerated in Mg-deficient rats. <i>Chemico-Biological Interactions</i> , 2006 , 159, 186-95	5	3
31	Nutritive utilization of Ca and Mg in Mg-deficient rats: a recovery study. <i>Journal of Nutritional Science and Vitaminology</i> , 1987 , 33, 451-9	1.1	3
30	Anti-diabetic and anti-parasitic properties of a family of luminescent zinc coordination compounds based on the 7-amino-5-methyl-1,2,4-triazolo[1,5-a]pyrimidine ligand. <i>Journal of Inorganic Biochemistry</i> , 2020 , 212, 111235	4.2	3
29	Influence of dietary habits and Mediterranean diet adherence on menopausal symptoms. The FLAMENCO project. <i>Menopause</i> , 2020 , 27, 1015-1021	2.5	3
28	Germination Improves the Polyphenolic Profile and Functional Value of Mung Bean (L.). <i>Antioxidants</i> , 2020 , 9,	7.1	3
27	A 16-week concurrent exercise program improves emotional well-being and emotional distress in middle-aged women: the FLAMENCO project randomized controlled trial. <i>Menopause</i> , 2021 , 28, 764-771	2.5	3
26	Vanadium Decreases Hpcidin mRNA Gene Expression in STZ-Induced Diabetic Rats, Improving the Anemic State. <i>Nutrients</i> , 2021 , 13,	6.7	3
25	Influence of the degree of adherence to the mediterranean diet and its components on cardiometabolic risk during pregnancy. The GESTAFIT project. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2021 , 31, 2311-2318	4.5	3

24	Effect of Tocopherol megadoses on hematologic parameters and antioxidant capacity of rats in an ultraendurance probe. <i>Physiology International</i> , 2017 , 104, 291-300	1.5	2
23	Interval aerobic training combined with strength-endurance exercise improves metabolic markers beyond caloric restriction in Zucker rats. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2016 , 26, 713-21	4.5	2
22	Whey versus soy protein diets and renal status in rats. <i>Journal of Medicinal Food</i> , 2014 , 17, 1011-6	2.8	2
21	Effects of hydroalcoholic Galactoside extraction and phytase supplementation on the nutritive utilization of manganese, iron, zinc and potassium from lupin (<i>Lupinus albus</i> var. <i>multolupa</i>)-based diets in growing rats. <i>Food Chemistry</i> , 2008 , 109, 554-563	8.5	2
20	Nutritional availability of magnesium and calcium in magnesium-supplemented diets. <i>Journal of Nutritional Science and Vitaminology</i> , 1989 , 35, 81-90	1.1	2
19	Recovery study in Mg-deficient rats given an organic source of Mg. <i>Annals of Nutrition and Metabolism</i> , 1990 , 34, 244-51	4.5	2
18	A combined healthy strategy for successful weight loss, weight maintenance and improvement of hepatic lipid metabolism. <i>Journal of Nutritional Biochemistry</i> , 2020 , 85, 108456	6.3	2
17	Influence of weight status on physical and mental health in Moroccan perimenopausal women. <i>Pan African Medical Journal</i> , 2016 , 23, 153	1.2	2
16	Effects of a moderately high-protein diet and interval aerobic training combined with strength-endurance exercise on markers of bone metabolism, microarchitecture and turnover in obese Zucker rats. <i>Bone</i> , 2016 , 92, 116-123	4.7	2
15	Effects of concurrent exercise on cardiometabolic status during perimenopause: the FLAMENCO Project. <i>Climacteric</i> , 2018 , 21, 559-565	3.1	2
14	Stanozolol Decreases Bone Turnover Markers, Increases Mineralization, and Alters Femoral Geometry in Male Rats. <i>Calcified Tissue International</i> , 2016 , 98, 609-18	3.9	1
13	Role of <i>Vigna Radiata</i> extracts in modulating oxidative stress in an in vitro cell system. <i>Proceedings of the Nutrition Society</i> , 2015 , 74,	2.9	1
12	Caloric restriction, physical exercise, and CB1 receptor blockade as an efficient combined strategy for bodyweight control and cardiometabolic status improvement in male rats. <i>Scientific Reports</i> , 2021 , 11, 4286	4.9	1
11	Fitness, fatness and cardiovascular profile in South Spanish and North Moroccan women. <i>Nutricion Hospitalaria</i> , 2011 , 26, 1188-92	1	1
10	Fitness, fatness and cardiovascular profile in South Spanish and North Moroccan women. <i>Nutricion Hospitalaria</i> , 2012 , 27, 227-31	1	1
9	Changes on metabolic parameters induced by acute cannabinoid administration (CBD, THC) in a rat experimental model of nutritional vitamin A deficiency. <i>Nutricion Hospitalaria</i> , 2013 , 28, 857-67	1	1
8	In Vivo Nutritional Assessment of the Microalga <i>Nannochloropsis gaditana</i> and Evaluation of the Antioxidant and Antiproliferative Capacity of Its Functional Extracts. <i>Marine Drugs</i> , 2022 , 20, 318	6	0
7	Effect of Bis(maltolato)oxovanadium(IV) on Zinc, Copper, and Manganese Homeostasis and DMT1 mRNA Expression in Streptozotocin-Induced Hyperglycemic Rats. <i>Biology</i> , 2022 , 11, 814	4.9	0

- 6 Effects of Hypertrophy Exercise in Bone Turnover Markers and Structure in Growing Male Rats. *International Journal of Sports Medicine*, **2017**, 38, 418-425 3.6
- 5 Efectos del ejercicio aeróbico interválico, combinado con entrenamiento de fuerza y de la restricción calórica, sobre la composición corporal de ratas obesas. *Revista Andaluza De Medicina Del Deporte*, **2017**, 10, 3-8 1
- 4 Influence of hydrocortisone acetate of the longissimus dorsi muscle during gestation of rats. *Molecular Nutrition and Food Research*, **1987**, 31, 133-43
- 3 Influence of hydrocortisone acetate on the evolution of the nutritive utilization of calcium and phosphorus and their contents on the longissimus dorsi muscle during gestation in the rat. *Molecular Nutrition and Food Research*, **1987**, 31, 845-54
- 2 Magnesium utilization during gestation in the rat and effect of hydrocortisone on it. *Journal of Nutritional Science and Vitaminology*, **1986**, 32, 237-44 1.1
- 1 Experimental Data on Chronic Magnesium Deficiency **2007**, 104-116