

Pilar Aranda RamÃ- rez

List of Publications by Year in descending order

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115
papers

2,296
citations

236833

25
h-index

276775

41
g-index

117
all docs

117
docs citations

117
times ranked

3014
citing authors

#	ARTICLE	IF	CITATIONS
1	Papel del Ácido fático en las legumbres. <i>Journal of Physiology and Biochemistry</i> , 2000, 56, 283-294.	1.3	216
2	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, 1575-1583.	0.7	180
3	Does exercise reduce brain oxidative stress? A systematic review. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2013, 23, e202-12.	1.3	77
4	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.	2.5	76
5	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, 1014-1020.	3.9	67
6	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, 230-239.	1.1	63
7	Improvement of the antioxidant and hypolipidaemic effects of cowpea flours (<i>Vigna</i>) Tj ETQq1 1 0.784314 rgBT /Overlock 10 Tf 505 the <i>Science of Food and Agriculture</i> , 2015, 95, 1207-1216.	1.7	54
8	Effects of germination on the composition and nutritive value of proteins in , L. <i>Food Chemistry</i> , 2005, 93, 671-679.	4.2	49
9	Factors influencing the intake and plasma levels of calcium, phosphorus and magnesium in southern Spain. <i>European Journal of Nutrition</i> , 2006, 45, 349-354.	1.8	45
10	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, 836-845.	1.2	45
11	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, 456-465.	1.1	43
12	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, 2415-2420.	2.4	37
13	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, 292-298.	1.1	36
14	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, 125-131.	1.9	35
15	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.	2.4	34
16	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, 415-423.	1.3	31
17	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.	2.9	30
18	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.	1.2	29

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19	miR-155 and miR-122 Expression of Spermatozoa in Obese Subjects. <i>Frontiers in Genetics</i> , 2018, 9, 175.	1.1	29
20	Assessment of thiamin (vitamin B1) and riboflavin (vitamin B2) status in an adult Mediterranean population. <i>British Journal of Nutrition</i> , 2003, 90, 661-666.	1.2	28
21	Association of plasma manganese levels with chronic renal failure. <i>Journal of Trace Elements in Medicine and Biology</i> , 2015, 31, 78-84.	1.5	28
22	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, 1242-1252.	0.9	28
23	Association of physical fitness with health-related quality of life in early postmenopause. <i>Quality of Life Research</i> , 2016, 25, 2675-2681.	1.5	28
24	High-protein diets and renal status in rats. <i>Nutricion Hospitalaria</i> , 2013, 28, 232-7.	0.2	28
25	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, 5144-5149.	2.4	26
26	Premenstrual and menstrual changes reported after COVID-19 vaccination: The EVA project. <i>Women's Health</i> , 2022, 18, 174550572211122.	0.7	26
27	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.	2.4	25
28	Influence of magnesium deficiency on the bioavailability and tissue distribution of iron in the rat. <i>Journal of Nutritional Biochemistry</i> , 2000, 11, 103-108.	1.9	25
29	Nutritional Potential of Raw and Free β -Galactosides Lupin (<i>Lupinus albus</i> Var. <i>multolupa</i>) Seed Flours. Effect of Phytase Treatment on Nitrogen and Mineral Dialyzability. <i>Journal of Agricultural and Food Chemistry</i> , 2005, 53, 3088-3094.	2.4	25
30	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.	1.3	24
31	Magnesium-Manganese Interactions Caused by Magnesium Deficiency in Rats. <i>Journal of the American College of Nutrition</i> , 1999, 18, 475-480.	1.1	22
32	Evolution of Mg Deficiency in Rats. <i>Annals of Nutrition and Metabolism</i> , 1993, 37, 210-217.	1.0	21
33	Bioavailability, tissue distribution and hypoglycaemic effect of vanadium in magnesium-deficient rats. <i>Magnesium Research</i> , 2011, 24, 196-208.	0.4	21
34	Ergogenic effects of quercetin supplementation in trained rats. <i>Journal of the International Society of Sports Nutrition</i> , 2013, 10, 3.	1.7	21
35	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.	2.1	21
36	Changes in bioavailability and tissue distribution of zinc caused by magnesium deficiency in rats. <i>British Journal of Nutrition</i> , 1994, 72, 315-323.	1.2	20

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37	Novel anti-diabetic and luminescent coordination compounds based on vanadium. <i>New Journal of Chemistry</i> , 2016, 40, 5387-5393.	1.4	20
38	Changes in calcium and phosphorus absorption and retention during long-term magnesium deficiency in rats. <i>Nutrition Research</i> , 1993, 13, 691-699.	1.3	19
39	Effect of magnesium deficiency on enterocyte Ca, Fe, Cu, Zn, Mn and Se content. <i>Journal of Physiology and Biochemistry</i> , 2000, 56, 217-222.	1.3	18
40	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.	0.8	18
41	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, 1641-1650.	1.5	17
42	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.	1.2	17
43	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, 1452-1460.	1.0	17
44	Germination Improves the Polyphenolic Profile and Functional Value of Mung Bean (<i>Vigna radiata</i> L.). <i>Antioxidants</i> , 2020, 9, 746.	2.2	17
45	Effect of magnesium deficiency on vitamin B2 and B6 status in the rat.. <i>Journal of the American College of Nutrition</i> , 1997, 16, 352-356.	1.1	16
46	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, 451-456.	1.1	16
47	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 β -galactoside oligosaccharide extraction and phytase supplementation. <i>British Journal of Nutrition</i> , 2006, 95, 1102-1111.	1.2	16
48	Body Composition in an Adult Population in Southern Spain: Influence of lifestyle Factors. <i>International Journal for Vitamin and Nutrition Research</i> , 2007, 77, 406-414.	0.6	16
49	<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.	1.6	16
50	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.	1.1	16
51	Quercetin supplementation does not enhance cerebellar mitochondrial biogenesis and oxidative status in exercised rats. <i>Nutrition Research</i> , 2015, 35, 585-591.	1.3	15
52	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.	2.4	14
53	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, 175-180.	1.1	14
54	Usefulness of fitness testing to establish metabolic syndrome in perimenopausal Moroccan women. <i>European Journal of Cardiovascular Nursing</i> , 2014, 13, 524-531.	0.4	14

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55	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, 774.	1.7	14
56	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.	1.8	14
57	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.	0.2	14
58	Bioavailability of phytic acid's phosphorus and magnesium from lentils (<i>Lens culinaris m.</i>) in growing rats: Influence of thermal treatment and vitamin-mineral supplementation. <i>Nutrition</i> , 2004, 20, 794-799.	1.1	13
59	High-intensity Exercise Modifies the Effects of Stanozolol on Brain Oxidative Stress in Rats. <i>International Journal of Sports Medicine</i> , 2015, 36, 984-991.	0.8	13
60	The associations between physical fitness and cardiometabolic risk and body-size phenotypes in perimenopausal women. <i>Maturitas</i> , 2016, 92, 162-167.	1.0	13
61	Industrial-Scale Decontamination Procedure Effects on the Content of Acaricides, Heavy Metals and Antioxidant Capacity of Beeswax. <i>Molecules</i> , 2019, 24, 1518.	1.7	13
62	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.	1.9	12
63	Cholesterol levels in untreated Spanish hypertensive patients. <i>Blood Pressure</i> , 1999, 8, 273-278.	0.7	12
64	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</i> , The, 2014, 2014, 1-6.	0.8	12
65	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.	0.2	12
66	Nitrogen Fractions and Mineral Content in Different Lupin Species (<i>Lupinus albus</i> , <i>Lupinus</i>) <i>Journal of Agricultural and Food Chemistry</i> , 2007, 55, 7445-7452.	2.4	11
67	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.	1.1	11
68	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, 181-90.	1.1	11
69	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.	0.2	10
70	Effect of treatment with β -galactosidase, tannase or a cell-wall-degrading enzyme complex on the nutritive utilisation of protein and carbohydrates from pea (<i>Pisum sativum L.</i>) flour. <i>Journal of the Science of Food and Agriculture</i> , 2007, 87, 1356-1363.	1.7	9
71	Magnesium and zinc status in patients with chronic renal failure: influence of nutritional intervention. <i>Magnesium Research</i> , 2009, 22, 72-80.	0.4	9
72	Accumulation of Scandium in Plasma in Patients with Chronic Renal Failure. <i>Scientific World Journal</i> , The, 2013, 2013, 1-6.	0.8	9

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73	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.	1.3	9
74	Influence of dietary habits and Mediterranean diet adherence on menopausal symptoms. The FLAMENCO project. <i>Menopause</i> , 2020, 27, 1015-1021.	0.8	9
75	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.	0.8	9
76	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.	0.8	9
77	Bioavailability of calcium and magnesium from faba beans (<i>Vicia faba L var 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.	1.7	8
78	Effects of concurrent exercise on cardiometabolic status during perimenopause: the FLAMENCO Project. <i>Climacteric</i> , 2018, 21, 559-565.	1.1	8
79	Mediterranean diet, tobacco consumption and body composition during perimenopause. The FLAMENCO project. <i>Maturitas</i> , 2020, 137, 30-36.	1.0	8
80	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.	2.2	8
81	Improvement of iron availability from phytase-treated <i>Pisum sativum</i> , L. flour. <i>Food Chemistry</i> , 2007, 103, 389-395.	4.2	7
82	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, 1678.	1.0	7
83	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.	1.9	7
84	Nutritive utilization of Ca and Mg in Mg-deficient rats: A recovery study.. <i>Journal of Nutritional Science and Vitaminology</i> , 1987, 33, 451-459.	0.2	6
85	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.	1.5	6
86	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.	1.8	6
87	High-Intensity Exercise May Compromise Renal Morphology in Rats. <i>International Journal of Sports Medicine</i> , 2014, 35, 639-644.	0.8	5
88	Effect of α -tocopherol megadoses on hematologic parameters and antioxidant capacity of rats in an ultraendurance probe. <i>Physiology International</i> , 2017, 104, 291-300.	0.8	5
89	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.	1.6	5
90	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.	0.2	5

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91	Tumor-promoting activity of p-hydroxybenzenediazonium is accelerated in Mg-deficient rats. <i>Chemico-Biological Interactions</i> , 2006, 159, 186-195.	1.7	4
92	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.	1.6	4
93	Effects of the amount and source of dietary protein on bone status in rats. <i>Food and Function</i> , 2014, 5, 716.	2.1	4
94	Whey Versus Soy Protein Diets and Renal Status in Rats. <i>Journal of Medicinal Food</i> , 2014, 17, 1011-1016.	0.8	4
95	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, 713-721.	1.1	4
96	Vanadium Decreases Hcpidin mRNA Gene Expression in STZ-Induced Diabetic Rats, Improving the Anemic State. <i>Nutrients</i> , 2021, 13, 1256.	1.7	4
97	Magnesium and zinc status in patients with chronic renal failure: influence of a nutritional intervention. <i>Magnesium Research</i> , 2009, 22, 72-80.	0.4	4
98	Fitness, fatness and cardiovascular profile in South Spanish and North Moroccan women. <i>Nutricion Hospitalaria</i> , 2012, 27, 227-31.	0.2	4
99	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.	1.3	4
100	Nutritional availability of magnesium and calcium in magnesium-supplemented diets.. <i>Journal of Nutritional Science and Vitaminology</i> , 1989, 35, 81-90.	0.2	3
101	Recovery Study in Mg-Deficient Rats Given an Organic Source of Mg. <i>Annals of Nutrition and Metabolism</i> , 1990, 34, 244-251.	1.0	3
102	Effects of hydroalcoholic $\hat{\pm}$ -galactoside extraction and phytase supplementation on the nutritive utilization of manganese, iron, zinc and potassium from lupin (<i>Lupinus albus</i> var. multolupa)-based diets in growing rats. <i>Food Chemistry</i> , 2008, 109, 554-563.	4.2	3
103	Magnesium utilization during gestation in the rat and effect of hydrocortisone on it.. <i>Journal of Nutritional Science and Vitaminology</i> , 1986, 32, 237-244.	0.2	2
104	Influence of weight status on physical and mental health in Moroccan perimenopausal women. <i>Pan African Medical Journal</i> , 2016, 23, 153.	0.3	2
105	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.	1.4	2
106	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.	0.2	2
107	Influence of hydrocortisone acetate of the Longissimus dorsi muscle during gestation of rats. <i>Molecular Nutrition and Food Research</i> , 1987, 31, 133-143.	0.0	1
108	Influence of hydrocortison 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. <i>Molecular Nutrition and Food Research</i> , 1987, 31, 845-854.	0.0	1

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109	Role of Vigna Radiata extracts in modulating oxidative stress in an in vitro cell system. Proceedings of the Nutrition Society, 2015, 74, .	0.4	1
110	Stanozolol Decreases Bone Turnover Markers, Increases Mineralization, and Alters Femoral Geometry in Male Rats. Calcified Tissue International, 2016, 98, 609-618.	1.5	1
111	Fitness, fatness and cardiovascular profile in South Spanish and North Moroccan women. Nutricion Hospitalaria, 2011, 26, 1188-92.	0.2	1
112	Effects of Hypertrophy Exercise in Bone Turnover Markers and Structure in Growing Male Rats. International Journal of Sports Medicine, 2017, 38, 418-425.	0.8	0
113	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.	0.1	0
114	Efectos de un protocolo de entrenamiento de alta intensidad sobre marcadores fisiológicos de estrés en ratas. [Physiological effects of the stress induced by a high-intensity exercise protocol in rats].. RICYDE Revista Internacional De Ciencias Del Deporte, 2015, 11, 145-162.	0.1	0
115	Experimental Data on Chronic Magnesium Deficiency. , 2007, , 104-116.		0