

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	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
2	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
3	Premenstrual and menstrual changes reported after COVID-19 vaccination: The EVA project. <i>Women's Health</i> , 2022, 18, 174550572211122.	0.7	26
4	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
5	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
6	Vanadium Decreases Hepcidin mRNA Gene Expression in STZ-Induced Diabetic Rats, Improving the Anemic State. <i>Nutrients</i> , 2021, 13, 1256.	1.7	4
7	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
8	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
9	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
10	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
11	Influence of dietary habits and Mediterranean diet adherence on menopausal symptoms. The FLAMENCO project. <i>Menopause</i> , 2020, 27, 1015-1021.	0.8	9
12	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
13	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
14	Mediterranean diet, tobacco consumption and body composition during perimenopause. The FLAMENCO project. <i>Maturitas</i> , 2020, 137, 30-36.	1.0	8
15	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
16	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
17	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
18	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

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19	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
20	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
21	Effects of concurrent exercise on cardiometabolic status during perimenopause: the FLAMENCO Project. <i>Climacteric</i> , 2018, 21, 559-565.	1.1	8
22	miR-155 and miR-122 Expression of Spermatozoa in Obese Subjects. <i>Frontiers in Genetics</i> , 2018, 9, 175.	1.1	29
23	Effects of Hypertrophy Exercise in Bone Turnover Markers and Structure in Growing Male Rats. <i>International Journal of Sports Medicine</i> , 2017, 38, 418-425.	0.8	0
24	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
25	Efectos del ejercicio aeróbico interválico, combinado con entrenamiento de fuerza y de la restricción calórica, sobre la composición corporal de ratas obesas. <i>Revista Andaluza De Medicina Del Deporte</i> , 2017, 10, 3-8.	0.1	0
26	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
27	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
28	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
29	Novel anti-diabetic and luminescent coordination compounds based on vanadium. <i>New Journal of Chemistry</i> , 2016, 40, 5387-5393.	1.4	20
30	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
31	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
32	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
33	<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
34	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
35	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
36	Stanozolol Decreases Bone Turnover Markers, Increases Mineralization, and Alters Femoral Geometry in Male Rats. <i>Calcified Tissue International</i> , 2016, 98, 609-618.	1.5	1

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37	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
38	Quercetin supplementation does not enhance cerebellar mitochondrial biogenesis and oxidative status in exercised rats. Nutrition Research, 2015, 35, 585-591.	1.3	15
39	Association of plasma manganese levels with chronic renal failure. Journal of Trace Elements in Medicine and Biology, 2015, 31, 78-84.	1.5	28
40	High-intensity Exercise Modifies the Effects of Stanozolol on Brain Oxidative Stress in Rats. International Journal of Sports Medicine, 2015, 36, 984-991.	0.8	13
41	Cost-effectiveness of an exercise intervention program in perimenopausal women: the Fitness League Against MENopause COst (FLAMENCO) randomized controlled trial. BMC Public Health, 2015, 15, 555.	1.2	17
42	Aerobic interval exercise improves parameters of nonalcoholic fatty liver disease (NAFLD) and other alterations of metabolic syndrome in obese Zucker rats. Applied Physiology, Nutrition and Metabolism, 2015, 40, 1242-1252.	0.9	28
43	Improvement of the antioxidant and hypolipidaemic effects of cowpea flours (<i>Vigna Tj ETQq1 1 0.784314 rgBT /Overlock 10 Tf 50 5 the Science of Food and Agriculture, 2015, 95, 1207-1216.	1.7	54
44	Mediterranean countries facing the Mediterranean Diet, are we still on track? The example of southern Spain midlife women. Nutricion Hospitalaria, 2015, 31, 2523-32.	0.2	5
45	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
46	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. Journal of Physiology and Pharmacology, 2015, 66, 181-90.	1.1	11
47	Changes in Iron Metabolism and Oxidative Status in STZ-Induced Diabetic Rats Treated with Bis(maltolato) Oxovanadium (IV) as an Antidiabetic Agent. Scientific World Journal, The, 2014, 2014, 1-6.	0.8	12
48	Usefulness of fitness testing to establish metabolic syndrome in perimenopausal Moroccan women. European Journal of Cardiovascular Nursing, 2014, 13, 524-531.	0.4	14
49	High-Intensity Exercise May Compromise Renal Morphology in Rats. International Journal of Sports Medicine, 2014, 35, 639-644.	0.8	5
50	Effects of the amount and source of dietary protein on bone status in rats. Food and Function, 2014, 5, 716.	2.1	4
51	Whey Versus Soy Protein Diets and Renal Status in Rats. Journal of Medicinal Food, 2014, 17, 1011-1016.	0.8	4
52	High-protein diet induces oxidative stress in rat brain: protective action of high-intensity exercise against lipid peroxidation. Nutricion Hospitalaria, 2014, 31, 866-74.	0.2	12
53	Fitness testing as a discriminative tool for the diagnosis and monitoring of fibromyalgia. Scandinavian Journal of Medicine and Science in Sports, 2013, 23, 415-423.	1.3	31
54	Novel effects of the cannabinoid inverse agonist AM 251 on parameters related to metabolic syndrome in obese Zucker rats. Metabolism: Clinical and Experimental, 2013, 62, 1641-1650.	1.5	17

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55	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
56	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
57	Ergogenic effects of quercetin supplementation in trained rats. <i>Journal of the International Society of Sports Nutrition</i> , 2013, 10, 3.	1.7	21
58	Accumulation of Scandium in Plasma in Patients with Chronic Renal Failure. <i>Scientific World Journal</i> , The, 2013, 2013, 1-6.	0.8	9
59	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
60	High-protein diets and renal status in rats. <i>Nutricion Hospitalaria</i> , 2013, 28, 232-7.	0.2	28
61	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
62	Fitness, fatness and cardiovascular profile in South Spanish and North Moroccan women. <i>Nutricion Hospitalaria</i> , 2012, 27, 227-31.	0.2	4
63	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
64	Bioavailability, tissue distribution and hypoglycaemic effect of vanadium in magnesium-deficient rats. <i>Magnesium Research</i> , 2011, 24, 196-208.	0.4	21
65	Fitness, fatness and cardiovascular profile in South Spanish and North Moroccan women. <i>Nutricion Hospitalaria</i> , 2011, 26, 1188-92.	0.2	1
66	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
67	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
68	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	9
69	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
70	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
71	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
72	Effects of hydroalcoholic β -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.	4.2	3

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73	Nitrogen Fractions and Mineral Content in Different Lupin Species (<i>Lupinus albus</i> , <i>Lupinus</i>) Tj ETQq1 1 0.784314 rgBT /Ove Journal of Agricultural and Food Chemistry, 2007, 55, 7445-7452.	2.4	11
74	Body Composition in an Adult Population in Southern Spain: Influence of lifestyle Factors. International Journal for Vitamin and Nutrition Research, 2007, 77, 406-414.	0.6	16
75	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. Journal of the Science of Food and Agriculture, 2007, 87, 1356-1363.	1.7	9
76	Improvement of iron availability from phytase-treated <i>Pisum sativum</i> , L. flour. Food Chemistry, 2007, 103, 389-395.	4.2	7
77	Effect of phytic acid degradation by soaking and exogenous phytase on the bioavailability of magnesium and zinc from <i>Pisum sativum</i> , L. European Food Research and Technology, 2007, 226, 105-111.	1.6	4
78	Experimental Data on Chronic Magnesium Deficiency. , 2007, , 104-116.		0
79	Oxidative stress is increased in critically ill patients according to antioxidant vitamins intake, independent of severity: a cohort study. Critical Care, 2006, 10, R146.	2.5	76
80	Nutritional evaluation of protein, phosphorus, calcium and magnesium bioavailability from lupin (<i>Lupinus albus</i> var. multolupa)-based diets in growing rats: effect of α -galactoside oligosaccharide extraction and phytase supplementation. British Journal of Nutrition, 2006, 95, 1102-1111.	1.2	16
81	Evaluation of zinc and magnesium bioavailability from pea (<i>Pisum sativum</i> , L.) sprouts. Effect of illumination and different germination periods. International Journal of Food Science and Technology, 2006, 41, 618-626.	1.3	24
82	Factors influencing the intake and plasma levels of calcium, phosphorus and magnesium in southern Spain. European Journal of Nutrition, 2006, 45, 349-354.	1.8	45
83	Tumor-promoting activity of p-hydroxybenzenediazonium is accelerated in Mg-deficient rats. Chemico-Biological Interactions, 2006, 159, 186-195.	1.7	4
84	Effects of germination on the composition and nutritive value of proteins in , L. Food Chemistry, 2005, 93, 671-679.	4.2	49
85	Nutritional assessment of raw and germinated pea (<i>Pisum sativum</i> L.) protein and carbohydrate by in vitro and in vivo techniques. Nutrition, 2005, 21, 230-239.	1.1	63
86	Factors Associated with Obesity in an Adult Mediterranean Population: Influence on Plasma Lipid Profile. Journal of the American College of Nutrition, 2005, 24, 456-465.	1.1	43
87	Nutritional Potential of Raw and Free α -Galactosides Lupin (<i>Lupinus albus</i> Var. multolupa) Seed Flours. Effect of Phytase Treatment on Nitrogen and Mineral Dialyzability. Journal of Agricultural and Food Chemistry, 2005, 53, 3088-3094.	2.4	25
88	Bioavailability of phytic acid's phosphorus and magnesium from lentils (<i>Lens culinaris</i> m.) in growing rats: Influence of thermal treatment and vitamin-mineral supplementation. Nutrition, 2004, 20, 794-799.	1.1	13
89	Bioavailability of calcium and magnesium from faba beans(<i>Vicia faba</i> L varmajor), soaked in different pH solutions and cooked, in growing rats. Journal of the Science of Food and Agriculture, 2004, 84, 1514-1520.	1.7	8
90	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. Nutrition, 2003, 19, 451-456.	1.1	16

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91	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
92	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
93	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
94	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
95	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
96	Papel del Ácido fÁtico en las legumbres. <i>Journal of Physiology and Biochemistry</i> , 2000, 56, 283-294.	1.3	216
97	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
98	Cholesterol levels in untreated Spanish hypertensive patients. <i>Blood Pressure</i> , 1999, 8, 273-278.	0.7	12
99	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
100	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
101	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
102	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
103	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
104	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
105	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
106	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
107	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
108	Evolution of Mg Deficiency in Rats. <i>Annals of Nutrition and Metabolism</i> , 1993, 37, 210-217.	1.0	21

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109	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
110	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
111	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
112	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
113	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
114	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
115	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