Samir Samman

List of Publications by Year
in descending order

98 papers	5,541 citations	159358 30 h-index	79541 73 g-index
100 all docs	100 docs citations	100 times ranked	8188 citing authors

#	Article	IF	Citations
1	Phenolic compounds in plants and agri-industrial by-products: Antioxidant activity, occurrence, and potential uses. Food Chemistry, 2006, 99, 191-203.	4.2	2,285
2	Vitamin B12 in Health and Disease. Nutrients, 2010, 2, 299-316.	1.7	289
3	Comparison of 4 Diets of Varying Glycemic Load on Weight Loss and Cardiovascular Risk Reduction in Overweight and Obese Young Adults. Archives of Internal Medicine, 2006, 166, 1466.	4.3	280
4	Zinc and Regulation of Inflammatory Cytokines: Implications for Cardiometabolic Disease. Nutrients, 2012, 4, 676-694.	1.7	216
5	Green tea or rosemary extract added to foods reduces nonheme-iron absorption. American Journal of Clinical Nutrition, 2001, 73, 607-612.	2.2	156
6	Zinc and glycemic control: A meta-analysis of randomised placebo controlled supplementation trials in humans. Journal of Trace Elements in Medicine and Biology, 2013, 27, 137-142.	1.5	147
7	Zinc and Redox Signaling: Perturbations Associated with Cardiovascular Disease and Diabetes Mellitus. Antioxidants and Redox Signaling, 2010, 13, 1549-1573.	2.5	126
8	Evaluation of the Micronutrient Composition of Plant Foods Produced by Organic and Conventional Agricultural Methods. Critical Reviews in Food Science and Nutrition, 2011, 51, 571-582.	5.4	101
9	The Effect of Zinc Supplementation in Humans on Plasma Lipids, Antioxidant Status and Thrombogenesis. Journal of the American College of Nutrition, 2006, 25, 285-291.	1.1	85
10	Vitamin B₁₂ status, cognitive decline and dementia: a systematic review of prospective cohort studies. British Journal of Nutrition, 2012, 108, 1948-1961.	1.2	84
11	The effect of supplementation with isoflavones on plasma lipids and oxidisability of low density lipoprotein in premenopausal women. Atherosclerosis, 1999, 147, 277-283.	0.4	81
12	A Mixed Fruit and Vegetable Concentrate Increases Plasma Antioxidant Vitamins and Folate and Lowers Plasma Homocysteine in Men. Journal of Nutrition, 2003, 133, 2188-2193.	1.3	79
13	Effect of vegetarian diets on zinc status: a systematic review and metaâ€analysis of studies in humans. Journal of the Science of Food and Agriculture, 2013, 93, 2362-2371.	1.7	75
14	The effect of zinc supplements on plasma zinc and copper levels and the reported symptoms in healthy volunteers. Medical Journal of Australia, 1987, 146, 246-249.	0.8	71
15	Fatty acid composition of certified organic, conventional and omega-3 eggs. Food Chemistry, 2009, 116, 911-914.	4.2	68
16	Effects of zinc on plasma lipoprotein cholesterol concentrations in humans: A meta-analysis of randomised controlled trials. Atherosclerosis, 2010, 210, 344-352.	0.4	67
17	Vegetarian Diets Across the Lifecycle. Advances in Food and Nutrition Research, 2015, 74, 93-131.	1.5	64
18	Comparison of in vitro starch digestibility methods for predicting the glycaemic index of grain foods. Journal of the Science of Food and Agriculture, 2008, 88, 652-658.	1.7	63

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19	Zinc Status and Risk of Cardiovascular Diseases and Type 2 Diabetes Mellitusâ€"A Systematic Review of Prospective Cohort Studies. Nutrients, 2016, 8, 707.	1.7	63
20	The effect of zinc supplements on lipoproteins and copper status. Atherosclerosis, 1988, 70, 247-252.	0.4	58
21	Fatty acid composition of edible oils derived from certified organic and conventional agricultural methods. Food Chemistry, 2008, 109, 670-674.	4.2	57
22	Turnover of 125I-VLDL and 131I-LDL apolipoprotein B in rabbits fed diets containing casein or soy protein. Lipids and Lipid Metabolism, 1989, 1002, 157-163.	2.6	48
23	Prevalence and correlates of dieting in college women: a cross sectional study. International Journal of Women's Health, 2012, 4, 405.	1.1	45
24	Inflammation markers predict zinc transporter gene expression in women with type 2 diabetes mellitus. Journal of Nutritional Biochemistry, 2013, 24, 1655-1661.	1.9	41
25	Micronutrient Status in Female University Students: Iron, Zinc, Copper, Selenium, Vitamin B12 and Folate. Nutrients, 2014, 6, 5103-5116.	1.7	36
26	Effects of dietary casein and soy protein on metabolism of radiolabelled low density apolipoprotein B in rabbits. Lipids, 1989, 24, 169-172.	0.7	35
27	Relative and biomarker-based validity of a food frequency questionnaire that measures the intakes of vitamin B12, folate, iron, and zinc in young women. Nutrition Research, 2011, 31, 14-20.	1.3	35
28	Effects of supplementation with purified red clover (Trifolium pratense) isoflavones on plasma lipids and insulin resistance in healthy premenopausal women. British Journal of Nutrition, 2003, 89, 467-474.	1.2	32
29	THE EFFECT OF MIGRATION ON DIETARY INTAKE, TYPE 2 DIABETES AND OBESITY: THE GHANAIAN HEALTH AND NUTRITION ANALYSIS IN SYDNEY, AUSTRALIA (GHANAISA). Ecology of Food and Nutrition, 2002, 41, 255-270.	0.8	32
30	Zinc transporter gene expression and glycemic control in post-menopausal women with Type 2 diabetes mellitus. Journal of Trace Elements in Medicine and Biology, 2014, 28, 448-452.	1.5	31
31	Zinc Status of Vegetarians during Pregnancy: A Systematic Review of Observational Studies and Meta-Analysis of Zinc Intake. Nutrients, 2015, 7, 4512-4525.	1.7	30
32	Lower Serum Zinc Concentration Despite Higher Dietary Zinc Intake in Athletes: A Systematic Review and Meta-analysis. Sports Medicine, 2018, 48, 327-336.	3.1	30
33	Folic acid enrichment of bread does not appear to affect zinc absorption in young women. American Journal of Clinical Nutrition, 2001, 74, 125-129.	2.2	28
34	Zinc Transporter Genes Are Coordinately Expressed in Men and Women Independently of Dietary or Plasma Zinc. Journal of Nutrition, 2011, 141, 1195-1201.	1.3	27
35	Zinc Intake and Its Dietary Sources: Results of the 2007 Australian National Childrenâ€™s Nutrition and Physical Activity Survey. Nutrients, 2012, 4, 611-624.	1.7	27
36	Postprandial effects of dietary trans fatty acids on apolipoprotein(a) and cholesteryl ester transfer. American Journal of Clinical Nutrition, 2003, 77, 1119-1124.	2.2	26

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37	Postprandial Lipoprotein(a) Is Affected Differently by Specific Individual Dietary Fatty Acids in Healthy Young Men. Journal of Nutrition, 2004, 134, 2550-2555.	1.3	25
38	B vitamin status, dietary intake and length of stay in a sample of elderly rehabilitation patients. Journal of Nutrition, Health and Aging, 2011, 15, 485-489.	1.5	25
39	Immediate Effects of Aerobic Exercise on Plasma/Serum Zinc Levels. Medicine and Science in Sports and Exercise, 2016, 48, 726-733.	0.2	25
40	Association between dietary zinc intake and mortality among Chinese adults: findings from 10-year follow-up in the Jiangsu Nutrition Study. European Journal of Nutrition, 2018, 57, 2839-2846.	1.8	23
41	Plasma/Serum Zinc Status During Aerobic Exercise Recovery: A Systematic Review and Meta-Analysis. Sports Medicine, 2017, 47, 127-134.	3.1	20
42	Modified Version of Baby-Led Weaning Does Not Result in Lower Zinc Intake or Status in Infants: A Randomized Controlled Trial. Journal of the Academy of Nutrition and Dietetics, 2018, 118, 1006-1016.e1.	0.4	20
43	Biological Variability and Impact of Oral Contraceptives on Vitamins B6, B12 and Folate Status in Women of Reproductive Age. Nutrients, 2013, 5, 3634-3645.	1.7	19
44	Zinc-induced upregulation of metallothionein (MT)-2A is predicted by gene expression of zinc transporters in healthy adults. Genes and Nutrition, 2015, 10, 44.	1.2	18
45	Zinc supplementation improves glucose disposal in patients with cirrhosis. Metabolism: Clinical and Experimental, 1999, 48, 1069.	1.5	17
46	Dietary Fiber Intake Increases the Risk of Zinc Deficiency in Healthy and Diabetic Women. Biological Trace Element Research, 2012, 149, 135-142.	1.9	17
47	Comparison of Very Low Energy Diet Products Available in Australia and How to Tailor Them to Optimise Protein Content for Younger and Older Adult Men and Women. Healthcare (Switzerland), 2016, 4, 71.	1.0	17
48	Effects of zinc and Î±-linolenic acid supplementation on glycemia and lipidemia in women with type 2 diabetes mellitus: a randomized, double-blind, placebo-controlled trial. Journal of Diabetes Research & Clinical Metabolism, 2013, 2, 3.	0.2	17
49	Cross-sectional study of diet and risk factors for metabolic diseases in a Ghanaian population in Sydney, Australia. Asia Pacific Journal of Clinical Nutrition, 2002, 11, 210-216.	0.3	16
50	TNF-Î± gene expression is increased following zinc supplementation in type 2 diabetes mellitus. Genes and Nutrition, 2015, 10, 440.	1.2	15
51	A Randomized Controlled Trial in Young Women of the Effects of Consuming Pork Meat or Iron Supplements on Nutritional Status and Feeling of Well-being. Journal of the American College of Nutrition, 2012, 31, 175-184.	1.1	14
52	Urinary isoflavonoid excretion is inversely associated with the ratio of protein to dietary fibre intake in young women. European Journal of Clinical Nutrition, 2005, 59, 284-290.	1.3	13
53	Dietary copper and cholesterol metabolism. Nutrition Research, 1985, 5, 1021-1034.	1.3	11
54	Zinc and cholesterol metabolism. Nutrition Research, 1988, 8, 559-570.	1.3	10

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55	Minor Dietary Factors in Relation to Coronary Heart Disease. Flavonoids, Isoflavones and Boron.. Journal of Clinical Biochemistry and Nutrition, 1996, 20, 173-180.	0.6	10
56	Interrelationships among mediators of cellular zinc homeostasis in healthy and type 2 diabetes mellitus populations. Molecular Nutrition and Food Research, 2017, 61, 1600838.	1.5	9
57	Development and Validation of a Short Questionnaire for Estimating the Intake of Zinc. Biological Trace Element Research, 2010, 134, 226-234.	1.9	8
58	Challenges and Opportunities in Scaling-Up Nutrition in Healthcare. Healthcare (Switzerland), 2015, 3, 3-19.	1.0	8
59	Simultaneous analysis of neopterin, kynurenine and tryptophan by amine-HPLC shows minor oxidative stress from short-term exhaustion exercise. Pteridines, 2019, 30, 21-32.	0.5	8
60	Iron supplementation decreases plasma zinc but has no effect on plasma fatty acids in non-anemic women. Nutrition Research, 2013, 33, 272-278.	1.3	7
61	Zinc Homeostasis in Exercise: Implications for Physical Performance. Vitamins & Minerals, 2014, 03, .	0.2	7
62	The effect of zinc supplementation on glucose homeostasis: a randomised double-blind placebo-controlled trial. Acta Diabetologica, 2022, 59, 965-975.	1.2	7
63	A foodâ€based systems approach to improve the nutritional status of Australian aborigines: A focus on zinc. Ecology of Food and Nutrition, 1998, 37, 523-555.	0.8	6
64	Zinc Intake, Zinc Bioavailability and Plasma Zinc in Obese Adolescents with Clinical Insulin Resistance Following Low Energy Diets. Annals of Nutrition and Metabolism, 2016, 69, 135-141.	1.0	6
65	Quantifiable effects of regular exercise on zinc status in a healthy populationâ€"A systematic review. PLoS ONE, 2017, 12, e0184827.	1.1	6
66	Effects of Dietary Protein on Composition and Metabolism of Plasma Lipoproteins in Rabbits. Journal of Nutritional Science and Vitaminology, 1990, 36, S95-S99.	0.2	5
67	Antioxidants and Public Health. Antioxidants and Redox Signaling, 2010, 13, 1513-1515.	2.5	5
68	Challenges and opportunities in the assessment of zinc status. Nutrition and Dietetics, 2011, 68, 95-96.	0.9	5
69	Modifiable â€œPredictorsâ€•of Zinc Status in Toddlers. Nutrients, 2018, 10, 306.	1.7	5
70	Zinc in Preventing the Progression of pre-Diabetes (ZIPPeD Study) â€“ study protocol for a randomised placebo-controlled trial in Australia. Trials, 2019, 20, 219.	0.7	5
71	Dietary trans fatty acids and CHD. Lancet, The, 1994, 343, 1641-1642.	6.3	4
72	Metabolic profiling of plasma amino acids shows that histidine increases following the consumption of pork. Diabetes, Metabolic Syndrome and Obesity: Targets and Therapy, 2014, 7, 203.	1.1	4

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73	Zinc supplement use and contribution to zinc intake in Australian children. Public Health Nutrition, 2015, 18, 589-595.	1.1	4
74	The effect of a lipid-lowering diet on plasma lipids and lipoproteins in mildly hypercholesterolaemic subjects: a potential role for occasional treats. Journal of Nutritional Biochemistry, 2000, 11, 250-254.	1.9	3
75	Hyperlipidaemia and cardiovascular disease: oxidative damage and atherosclerosis. Current Opinion in Lipidology, 2006, 17, 92-94.	1.2	3
76	Dietitians and naturopaths require evidence-based nutrition information on organic food. Nutrition and Dietetics, 2007, 64, 31-36.	0.9	3
77	Red Clover (Trifolium pratense) Isoflavones and Serum Homocysteine in Premenopausal Women: A Pilot Study. Journal of Women's Health, 2009, 18, 1813-1816.	1.5	3
78	Vitamin B₁₂ status, dietary protein intake and proton pump inhibitor use in geriatric rehabilitation subjects. Nutrition and Dietetics, 2011, 68, 109-114.	0.9	3
79	Implications of a Plant-Based Diet on Zinc Requirements and Nutritional Status. , 2017, , 683-713.		3
80	The reproducibility of the plasma response to a physiological dose of zinc in healthy subjects. Biological Trace Element Research, 1993, 37, 201-207.	1.9	2
81	Regulation of Plasma and Hepatic Lipids by Dietary Fatty Acids: Effects of Oleic, Elaidic and Palmitic Acids.. Journal of Clinical Biochemistry and Nutrition, 1999, 26, 63-75.	0.6	2
82	Using the AUSDRISK score to screen for preâ€diabetes and diabetes in GP practices: a caseâ€finding approach. Australian and New Zealand Journal of Public Health, 2022, 46, 203-207.	0.8	2
83	Dietary Protein and Cholesterol Metabolism-Interaction of Minerals. Journal of Nutritional Science and Vitaminology, 1990, 36, S119-S124.	0.2	1
84	Inclusion of Pork Meat in the Diets of Young Women Reduces Their Intakes of Energy-Dense, Nutrient-Poor Foods: Results from a Randomized Controlled Trial. Nutrients, 2014, 6, 2320-2332.	1.7	1
85	Vegetarian Nutrition for the Older Adult: Vitamin B12, Iron, and Zinc. Current Nutrition Reports, 2017, 6, 80-92.	2.1	1
86	Zinc status at baseline is not related to acute changes in serum zinc concentration following bouts of running or cycling. Journal of Trace Elements in Medicine and Biology, 2018, 50, 105-110.	1.5	1
87	Phytochemicals and the Prevention of Cardiovascular Disease. Oxidative Stress and Disease, 2004, , 241-255.	0.3	1
88	The Role of Ascorbic Acid in the Mosaic of Coronary Heart Disease: Lipid Metabolism and Antioxidant Functions.. Journal of Clinical Biochemistry and Nutrition, 1999, 26, 85-98.	0.6	1
89	Defining core elements and outstanding practice in Nutritional Science through collaborative benchmarking. Asia Pacific Journal of Clinical Nutrition, 2006, 15, 6-9.	0.3	1
90	Nutrition and therapeutics. Current Opinion in Lipidology, 1997, 8, U47-U48.	1.2	0

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91	Nutrition and metabolism. Current Opinion in Lipidology, 2000, 11, 83-85.	1.2	0
92	Nutrition and metabolism. Current Opinion in Lipidology, 2001, 12, 221-222.	1.2	0
93	Nutrition and metabolism. Current Opinion in Lipidology, 2002, 13, 439-440.	1.2	0
94	Reply to Watzl and Bub. Journal of Nutrition, 2003, 133, 3726.	1.3	0
95	Nutrition and metabolism. Current Opinion in Lipidology, 2004, 15, 215-217.	1.2	0
96	Feeding baby: consequences of over-nutrition in utero. Current Opinion in Lipidology, 2007, 18, 224-226.	1.2	0
97	Supplementation with predominantly methoxylated isoflavones derived from red clover has no effect on plasma homocysteine or folate concentrations in young women. FASEB Journal, 2006, 20, A153.	0.2	0
98	Nutrition and therapeutics. Current Opinion in Lipidology, 1998, 9, 599-601.	1.2	0