

Samir Samman

List of Publications by Citations

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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.

90
papers

4,311
citations

28
h-index

65
g-index

100
ext. papers

4,852
ext. citations

4.7
avg, IF

5.63
L-index

#	Paper	IF	Citations
90	Phenolic compounds in plants and agri-industrial by-products: Antioxidant activity, occurrence, and potential uses. <i>Food Chemistry</i> , 2006 , 99, 191-203	8.5	1834
89	Comparison of 4 diets of varying glycemic load on weight loss and cardiovascular risk reduction in overweight and obese young adults: a randomized controlled trial. <i>Archives of Internal Medicine</i> , 2006 , 166, 1466-75		231
88	Vitamin B12 in health and disease. <i>Nutrients</i> , 2010 , 2, 299-316	6.7	178
87	Zinc and regulation of inflammatory cytokines: implications for cardiometabolic disease. <i>Nutrients</i> , 2012 , 4, 676-94	6.7	161
86	Green tea or rosemary extract added to foods reduces nonheme-iron absorption. <i>American Journal of Clinical Nutrition</i> , 2001 , 73, 607-12	7	132
85	Zinc and glycemic control: a meta-analysis of randomised placebo controlled supplementation trials in humans. <i>Journal of Trace Elements in Medicine and Biology</i> , 2013 , 27, 137-42	4.1	111
84	Zinc and redox signaling: perturbations associated with cardiovascular disease and diabetes mellitus. <i>Antioxidants and Redox Signaling</i> , 2010 , 13, 1549-73	8.4	106
83	Evaluation of the micronutrient composition of plant foods produced by organic and conventional agricultural methods. <i>Critical Reviews in Food Science and Nutrition</i> , 2011 , 51, 571-82	11.5	82
82	The effect of zinc supplementation in humans on plasma lipids, antioxidant status and thrombogenesis. <i>Journal of the American College of Nutrition</i> , 2006 , 25, 285-91	3.5	69
81	The effect of supplementation with isoflavones on plasma lipids and oxidisability of low density lipoprotein in premenopausal women. <i>Atherosclerosis</i> , 1999 , 147, 277-83	3.1	66
80	A mixed fruit and vegetable concentrate increases plasma antioxidant vitamins and folate and lowers plasma homocysteine in men. <i>Journal of Nutrition</i> , 2003 , 133, 2188-93	4.1	65
79	Vitamin B12 status, cognitive decline and dementia: a systematic review of prospective cohort studies. <i>British Journal of Nutrition</i> , 2012 , 108, 1948-61	3.6	63
78	The effect of zinc supplements on plasma zinc and copper levels and the reported symptoms in healthy volunteers. <i>Medical Journal of Australia</i> , 1987 , 146, 246-9	4	57
77	Effects of zinc on plasma lipoprotein cholesterol concentrations in humans: a meta-analysis of randomised controlled trials. <i>Atherosclerosis</i> , 2010 , 210, 344-52	3.1	56
76	Fatty acid composition of certified organic, conventional and omega-3 eggs. <i>Food Chemistry</i> , 2009 , 116, 911-914	8.5	54
75	Effect of vegetarian diets on zinc status: a systematic review and meta-analysis of studies in humans. <i>Journal of the Science of Food and Agriculture</i> , 2013 , 93, 2362-71	4.3	52
74	Comparison of in vitro starch digestibility methods for predicting the glycaemic index of grain foods. <i>Journal of the Science of Food and Agriculture</i> , 2008 , 88, 652-658	4.3	51

73	The effect of zinc supplements on lipoproteins and copper status. <i>Atherosclerosis</i> , 1988 , 70, 247-52	3.1	46
72	Zinc Status and Risk of Cardiovascular Diseases and Type 2 Diabetes Mellitus-A Systematic Review of Prospective Cohort Studies. <i>Nutrients</i> , 2016 , 8,	6.7	44
71	Fatty acid composition of edible oils derived from certified organic and conventional agricultural methods. <i>Food Chemistry</i> , 2008 , 109, 670-674	8.5	41
70	Turnover of 125I-VLDL and 131I-LDL apolipoprotein B in rabbits fed diets containing casein or soy protein. <i>Lipids and Lipid Metabolism</i> , 1989 , 1002, 157-63		41
69	Vegetarian diets across the lifecycle: impact on zinc intake and status. <i>Advances in Food and Nutrition Research</i> , 2015 , 74, 93-131	6	40
68	Prevalence and correlates of dieting in college women: a cross sectional study. <i>International Journal of Women's Health</i> , 2012 , 4, 405-11	2.8	35
67	Inflammation markers predict zinc transporter gene expression in women with type 2 diabetes mellitus. <i>Journal of Nutritional Biochemistry</i> , 2013 , 24, 1655-61	6.3	32
66	Effects of dietary casein and soy protein on metabolism of radiolabelled low density apolipoprotein B in rabbits. <i>Lipids</i> , 1989 , 24, 169-72	1.6	32
65	Relative and biomarker-based validity of a food frequency questionnaire that measures the intakes of vitamin B(12), folate, iron, and zinc in young women. <i>Nutrition Research</i> , 2011 , 31, 14-20	4	31
64	Micronutrient status in female university students: iron, zinc, copper, selenium, vitamin B12 and folate. <i>Nutrients</i> , 2014 , 6, 5103-16	6.7	29
63	THE EFFECT OF MIGRATION ON DIETARY INTAKE, TYPE 2 DIABETES AND OBESITY: THE GHANAIAAN HEALTH AND NUTRITION ANALYSIS IN SYDNEY, AUSTRALIA (GHANAISA). <i>Ecology of Food and Nutrition</i> , 2002 , 41, 255-270	1.9	28
62	Effects of supplementation with purified red clover (<i>Trifolium pratense</i>) isoflavones on plasma lipids and insulin resistance in healthy premenopausal women. <i>British Journal of Nutrition</i> , 2003 , 89, 467-74	3.6	26
61	Zinc Status of Vegetarians during Pregnancy: A Systematic Review of Observational Studies and Meta-Analysis of Zinc Intake. <i>Nutrients</i> , 2015 , 7, 4512-25	6.7	25
60	Zinc intake and its dietary sources: results of the 2007 Australian National Children's Nutrition and Physical Activity Survey. <i>Nutrients</i> , 2012 , 4, 611-24	6.7	25
59	Folic acid enrichment of bread does not appear to affect zinc absorption in young women. <i>American Journal of Clinical Nutrition</i> , 2001 , 74, 125-9	7	25
58	Zinc transporter gene expression and glycemic control in post-menopausal women with Type 2 diabetes mellitus. <i>Journal of Trace Elements in Medicine and Biology</i> , 2014 , 28, 448-52	4.1	24
57	Zinc transporter genes are coordinately expressed in men and women independently of dietary or plasma zinc. <i>Journal of Nutrition</i> , 2011 , 141, 1195-201	4.1	23
56	Postprandial effects of dietary trans fatty acids on apolipoprotein(a) and cholesteryl ester transfer. <i>American Journal of Clinical Nutrition</i> , 2003 , 77, 1119-24	7	23

55	Postprandial lipoprotein(a) is affected differently by specific individual dietary fatty acids in healthy young men. <i>Journal of Nutrition</i> , 2004 , 134, 2550-5	4.1	20
54	B vitamin status, dietary intake and length of stay in a sample of elderly rehabilitation patients. <i>Journal of Nutrition, Health and Aging</i> , 2011 , 15, 485-9	5.2	19
53	Immediate Effects of Aerobic Exercise on Plasma/Serum Zinc Levels: A Meta-analysis. <i>Medicine and Science in Sports and Exercise</i> , 2016 , 48, 726-33	1.2	18
52	Zinc-induced upregulation of metallothionein (MT)-2A is predicted by gene expression of zinc transporters in healthy adults. <i>Genes and Nutrition</i> , 2015 , 10, 44	4.3	14
51	Dietary fiber intake increases the risk of zinc deficiency in healthy and diabetic women. <i>Biological Trace Element Research</i> , 2012 , 149, 135-42	4.5	14
50	Cross-sectional study of diet and risk factors for metabolic diseases in a Ghanaian population in Sydney, Australia. <i>Asia Pacific Journal of Clinical Nutrition</i> , 2002 , 11, 210-6	1	13
49	Biological variability and impact of oral contraceptives on vitamins B(6), B(12) and folate status in women of reproductive age. <i>Nutrients</i> , 2013 , 5, 3634-45	6.7	12
48	Urinary isoflavonoid excretion is inversely associated with the ratio of protein to dietary fibre intake in young women. <i>European Journal of Clinical Nutrition</i> , 2005 , 59, 284-90	5.2	12
47	Effects of zinc and linolenic acid supplementation on glycemia and lipidemia in women with type 2 diabetes mellitus: a randomized, double-blind, placebo-controlled trial. <i>Journal of Diabetes Research & Clinical Metabolism</i> , 2013 , 2, 3	0	12
46	Plasma/Serum Zinc Status During Aerobic Exercise Recovery: A Systematic Review and Meta-Analysis. <i>Sports Medicine</i> , 2017 , 47, 127-134	10.6	11
45	TNF- α gene expression is increased following zinc supplementation in type 2 diabetes mellitus. <i>Genes and Nutrition</i> , 2015 , 10, 440	4.3	11
44	Association between dietary zinc intake and mortality among Chinese adults: findings from 10-year follow-up in the Jiangsu Nutrition Study. <i>European Journal of Nutrition</i> , 2018 , 57, 2839-2846	5.2	11
43	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. <i>Journal of the American College of Nutrition</i> , 2012 , 31, 175-84	3.5	11
42	Dietary copper and cholesterol metabolism. <i>Nutrition Research</i> , 1985 , 5, 1021-1034	4	11
41	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. <i>Healthcare (Switzerland)</i> , 2016 , 4,	3.4	11
40	Lower Serum Zinc Concentration Despite Higher Dietary Zinc Intake in Athletes: A Systematic Review and Meta-analysis. <i>Sports Medicine</i> , 2018 , 48, 327-336	10.6	11
39	Modified Version of Baby-Led Weaning Does Not Result in Lower Zinc Intake or Status in Infants: A Randomized Controlled Trial. <i>Journal of the Academy of Nutrition and Dietetics</i> , 2018 , 118, 1006-1016.e1	3.9	10
38	Interrelationships among mediators of cellular zinc homeostasis in healthy and type 2 diabetes mellitus populations. <i>Molecular Nutrition and Food Research</i> , 2017 , 61, 1600838	5.9	9

37	Minor Dietary Factors in Relation to Coronary Heart Disease. Flavonoids, Isoflavones and Boron.. <i>Journal of Clinical Biochemistry and Nutrition</i> , 1996 , 20, 173-180	3.1	8
36	Simultaneous analysis of neopterin, kynurenine and tryptophan by amine-HPLC shows minor oxidative stress from short-term exhaustion exercise. <i>Pteridines</i> , 2019 , 30, 21-32	0.6	7
35	Development and validation of a short questionnaire for estimating the intake of zinc. <i>Biological Trace Element Research</i> , 2010 , 134, 226-34	4.5	6
34	Zinc and cholesterol metabolism. <i>Nutrition Research</i> , 1988 , 8, 559-570	4	6
33	Zinc Homeostasis in Exercise: Implications for Physical Performance. <i>Vitamins & Minerals</i> , 2014 , 03,		6
32	Iron supplementation decreases plasma zinc but has no effect on plasma fatty acids in non-anemic women. <i>Nutrition Research</i> , 2013 , 33, 272-8	4	5
31	Antioxidants and public health. <i>Antioxidants and Redox Signaling</i> , 2010 , 13, 1513-5	8.4	5
30	A food-based systems approach to improve the nutritional status of Australian aborigines: A focus on zinc. <i>Ecology of Food and Nutrition</i> , 1998 , 37, 523-555	1.9	5
29	Zinc supplement use and contribution to zinc intake in Australian children. <i>Public Health Nutrition</i> , 2015 , 18, 589-95	3.3	4
28	Challenges and Opportunities in Scaling-Up Nutrition in Healthcare. <i>Healthcare (Switzerland)</i> , 2015 , 3, 3-19	3.4	4
27	Challenges and opportunities in the assessment of zinc status. <i>Nutrition and Dietetics</i> , 2011 , 68, 95-96	2.5	4
26	Vitamin B12 status, dietary protein intake and proton pump inhibitor use in geriatric rehabilitation subjects. <i>Nutrition and Dietetics</i> , 2011 , 68, 109-114	2.5	3
25	Dietitians and naturopaths require evidence-based nutrition information on organic food. <i>Nutrition and Dietetics</i> , 2007 , 64, 31-36	2.5	3
24	The effect of a lipid-lowering diet on plasma lipids and lipoproteins in mildly hypercholesterolaemic subjects: a potential role for occasional treats. <i>Journal of Nutritional Biochemistry</i> , 2000 , 11, 250-4	6.3	3
23	Dietary trans fatty acids and CHD. <i>Lancet, The</i> , 1994 , 343, 1641	4.0	3
22	Quantifiable effects of regular exercise on zinc status in a healthy population-A systematic review. <i>PLoS ONE</i> , 2017 , 12, e0184827	3.7	3
21	Modifiable "Predictors" of Zinc Status in Toddlers. <i>Nutrients</i> , 2018 , 10,	6.7	3
20	Zinc Intake, Zinc Bioavailability and Plasma Zinc in Obese Adolescents with Clinical Insulin Resistance Following Low Energy Diets. <i>Annals of Nutrition and Metabolism</i> , 2016 , 69, 135-141	4.5	2

19	Metabolic profiling of plasma amino acids shows that histidine increases following the consumption of pork. <i>Diabetes, Metabolic Syndrome and Obesity: Targets and Therapy</i> , 2014 , 7, 203-10	3.4	2
18	Red clover (<i>Trifolium pratense</i>) isoflavones and serum homocysteine in premenopausal women: a pilot study. <i>Journal of Women's Health</i> , 2009 , 18, 1813-6	3	2
17	Zinc supplementation improves glucose disposal in patients with cirrhosis. <i>Metabolism: Clinical and Experimental</i> , 1999 , 48, 1069-70	12.7	2
16	The reproducibility of the plasma response to a physiological dose of zinc in healthy subjects. Implications for study design. <i>Biological Trace Element Research</i> , 1993 , 37, 201-7	4.5	2
15	Effects of dietary protein on composition and metabolism of plasma lipoproteins in rabbits. <i>Journal of Nutritional Science and Vitaminology</i> , 1990 , 36 Suppl 2, S95-9	1.1	2
14	Zinc in Preventing the Progression of pre-Diabetes (ZIPPeD Study) - study protocol for a randomised placebo-controlled trial in Australia. <i>Trials</i> , 2019 , 20, 219	2.8	1
13	Phytochemicals and the Prevention of Cardiovascular Disease. <i>Oxidative Stress and Disease</i> , 2004 , 241-255		1
12	Regulation of Plasma and Hepatic Lipids by Dietary Fatty Acids: Effects of Oleic, Elaidic and Palmitic Acids.. <i>Journal of Clinical Biochemistry and Nutrition</i> , 1999 , 26, 63-75	3.1	1
11	The Role of Ascorbic Acid in the Mosaic of Coronary Heart Disease: Lipid Metabolism and Antioxidant Functions.. <i>Journal of Clinical Biochemistry and Nutrition</i> , 1999 , 26, 85-98	3.1	1
10	Defining core elements and outstanding practice in Nutritional Science through collaborative benchmarking. <i>Asia Pacific Journal of Clinical Nutrition</i> , 2006 , 15, 6-9	1	1
9	Vegetarian Nutrition for the Older Adult: Vitamin B12, Iron, and Zinc. <i>Current Nutrition Reports</i> , 2017 , 6, 80-92	6	0
8	Implications of a Plant-Based Diet on Zinc Requirements and Nutritional Status 2017 , 683-713		0
7	Dietary protein and cholesterol metabolism--interaction of minerals. <i>Journal of Nutritional Science and Vitaminology</i> , 1990 , 36 Suppl 2, S119-24	1.1	0
6	The effect of zinc supplementation on glucose homeostasis: a randomised double-blind placebo-controlled trial.. <i>Acta Diabetologica</i> , 2022 , 1	3.9	0
5	Zinc status at baseline is not related to acute changes in serum zinc concentration following bouts of running or cycling. <i>Journal of Trace Elements in Medicine and Biology</i> , 2018 , 50, 105-110	4.1	
4	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. <i>Nutrients</i> , 2014 , 6, 2320-32	6.7	
3	Reply to Watzl and Bub. <i>Journal of Nutrition</i> , 2003 , 133, 3726-3726	4.1	
2	Supplementation with predominantly methoxylated isoflavones derived from red clover has no effect on plasma homocysteine or folate concentrations in young women. <i>FASEB Journal</i> , 2006 , 20, A153 ^{0.9}		

1 Nutrition and therapeutics. *Current Opinion in Lipidology*, **1998**, 9, 599-601

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