

# Julia Warnberg

## 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.

161  
papers

7,003  
citations

44  
h-index

80  
g-index

179  
ext. papers

8,478  
ext. citations

4.6  
avg, IF

4.95  
L-index

#	Paper	IF	Citations
161	Dietary factors and low-grade inflammation in relation to overweight and obesity. <i>British Journal of Nutrition</i> , <b>2011</b> , 106 Suppl 3, S5-78	3.6	634
160	A 14-item Mediterranean diet assessment tool and obesity indexes among high-risk subjects: the PREDIMED trial. <i>PLoS ONE</i> , <b>2012</b> , 7, e43134	3.7	449
159	Cohort profile: design and methods of the PREDIMED study. <i>International Journal of Epidemiology</i> , <b>2012</b> , 41, 377-85	7.8	369
158	Interplay between weight loss and gut microbiota composition in overweight adolescents. <i>Obesity</i> , <b>2009</b> , 17, 1906-15	8	321
157	Shifts in clostridia, bacteroides and immunoglobulin-coating fecal bacteria associated with weight loss in obese adolescents. <i>International Journal of Obesity</i> , <b>2009</b> , 33, 758-67	5.5	244
156	Mediterranean dietary pattern and depression: the PREDIMED randomized trial. <i>BMC Medicine</i> , <b>2013</b> , 11, 208	11.4	233
155	Relations of total physical activity and intensity to fitness and fatness in children: the European Youth Heart Study. <i>American Journal of Clinical Nutrition</i> , <b>2006</b> , 84, 299-303	7	213
154	Relations of total physical activity and intensity to fitness and fatness in children: the European Youth Heart Study. <i>American Journal of Clinical Nutrition</i> , <b>2006</b> , 84, 299-303	7	202
153	Assessing, understanding and modifying nutritional status, eating habits and physical activity in European adolescents: the HELENA (Healthy Lifestyle in Europe by Nutrition in Adolescence) Study. <i>Public Health Nutrition</i> , <b>2008</b> , 11, 288-99	3.3	190
152	Dietary intake and major food sources of polyphenols in a Spanish population at high cardiovascular risk: the PREDIMED study. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , <b>2013</b> , 23, 953-9	4.5	174
151	Effect of a Lifestyle Intervention Program With Energy-Restricted Mediterranean Diet and Exercise on Weight Loss and Cardiovascular Risk Factors: One-Year Results of the PREDIMED-Plus Trial. <i>Diabetes Care</i> , <b>2019</b> , 42, 777-788	14.6	123
150	Inflammatory proteins are related to total and abdominal adiposity in a healthy adolescent population: the AVENA Study. <i>American Journal of Clinical Nutrition</i> , <b>2006</b> , 84, 505-12	7	120
149	Moderate alcohol consumption and the immune system: a review. <i>British Journal of Nutrition</i> , <b>2007</b> , 98 Suppl 1, S111-5	3.6	114
148	Cardiorespiratory fitness and sedentary activities are associated with adiposity in adolescents. <i>Obesity</i> , <b>2007</b> , 15, 1589-99	8	111
147	Frequency of nut consumption and mortality risk in the PREDIMED nutrition intervention trial. <i>BMC Medicine</i> , <b>2013</b> , 11, 164	11.4	107
146	Sampling and processing of fresh blood samples within a European multicenter nutritional study: evaluation of biomarker stability during transport and storage. <i>International Journal of Obesity</i> , <b>2008</b> , 32 Suppl 5, S66-75	5.5	106
145	Mediterranean diet reduces the adverse effect of the TCF7L2-rs7903146 polymorphism on cardiovascular risk factors and stroke incidence: a randomized controlled trial in a high-cardiovascular-risk population. <i>Diabetes Care</i> , <b>2013</b> , 36, 3803-11	14.6	102

144	Bajo nivel de forma física en los adolescentes españoles. Importancia para la salud cardiovascular futura (Estudio AVENA). <i>Revista Espanola De Cardiologia</i> , <b>2005</b> , 58, 898-909	1.5	92
143	Cohort Profile: Design and methods of the PREDIMED-Plus randomized trial. <i>International Journal of Epidemiology</i> , <b>2019</b> , 48, 387-388o	7.8	87
142	Television watching, videogames, and excess of body fat in Spanish adolescents: the AVENA study. <i>Nutrition</i> , <b>2008</b> , 24, 654-62	4.8	82
141	Cross-sectional assessment of nut consumption and obesity, metabolic syndrome and other cardiometabolic risk factors: the PREDIMED study. <i>PLoS ONE</i> , <b>2013</b> , 8, e57367	3.7	78
140	Anthropometric body fat composition reference values in Spanish adolescents. The AVENA Study. <i>European Journal of Clinical Nutrition</i> , <b>2006</b> , 60, 191-6	5.2	75
139	Aerobic physical fitness in relation to blood lipids and fasting glycaemia in adolescents: influence of weight status. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , <b>2006</b> , 16, 285-93	4.5	72
138	Nutrition, inflammation, and cognitive function. <i>Annals of the New York Academy of Sciences</i> , <b>2009</b> , 1153, 164-75	6.5	71
137	The effect of milk fermented by yogurt cultures plus <i>Lactobacillus casei</i> DN-114001 on the immune response of subjects under academic examination stress. <i>European Journal of Nutrition</i> , <b>2004</b> , 43, 381-9	5.2	71
136	Body fat distribution reference standards in Spanish adolescents: the AVENA Study. <i>International Journal of Obesity</i> , <b>2007</b> , 31, 1798-805	5.5	64
135	Alcohol intake, wine consumption and the development of depression: the PREDIMED study. <i>BMC Medicine</i> , <b>2013</b> , 11, 192	11.4	63
134	Effect of a traditional Mediterranean diet on apolipoproteins B, A-I, and their ratio: a randomized, controlled trial. <i>Atherosclerosis</i> , <b>2011</b> , 218, 174-80	3.1	63
133	Inflammatory proteins and muscle strength in adolescents: the Avena study. <i>JAMA Pediatrics</i> , <b>2008</b> , 162, 462-8		62
132	Associations of low-grade inflammation with physical activity, fitness and fatness in prepubertal children; the European Youth Heart Study. <i>International Journal of Obesity</i> , <b>2007</b> , 31, 1545-51	5.5	62
131	White blood cell counts as risk markers of developing metabolic syndrome and its components in the PREDIMED study. <i>PLoS ONE</i> , <b>2013</b> , 8, e58354	3.7	61
130	Low-grade inflammation and the metabolic syndrome in children and adolescents. <i>Current Opinion in Lipidology</i> , <b>2008</b> , 19, 11-5	4.4	60
129	Physical activity, immunity and infection. <i>Proceedings of the Nutrition Society</i> , <b>2010</b> , 69, 390-9	2.9	59
128	Physical activity, exercise and low-grade systemic inflammation. <i>Proceedings of the Nutrition Society</i> , <b>2010</b> , 69, 400-6	2.9	58
127	Immunomodulatory effects of probiotics in different stages of life. <i>British Journal of Nutrition</i> , <b>2007</b> , 98 Suppl 1, S90-5	3.6	57

126	Total polyphenol excretion and blood pressure in subjects at high cardiovascular risk. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , <b>2011</b> , 21, 323-31	4.5	56
125	Dietary inflammatory index and all-cause mortality in large cohorts: The SUN and PREDIMED studies. <i>Clinical Nutrition</i> , <b>2019</b> , 38, 1221-1231	5.9	55
124	Associations between serum uric acid concentrations and metabolic syndrome and its components in the PREDIMED study. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , <b>2015</b> , 25, 173-80	4.5	53
123	Waist-to-height ratio and cardiovascular risk factors in elderly individuals at high cardiovascular risk. <i>PLoS ONE</i> , <b>2012</b> , 7, e43275	3.7	53
122	Lifestyle-related determinants of inflammation in adolescence. <i>British Journal of Nutrition</i> , <b>2007</b> , 98 Suppl 1, S116-20	3.6	49
121	Muscular fitness, fatness and inflammatory biomarkers in adolescents. <i>Pediatric Obesity</i> , <b>2014</b> , 9, 391-400	4.6	47
120	The tracking of dietary intakes of children and adolescents in Sweden over six years: the European Youth Heart Study. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , <b>2009</b> , 6, 91	8.4	47
119	Self-reported sleep duration, white blood cell counts and cytokine profiles in European adolescents: the HELENA study. <i>Sleep Medicine</i> , <b>2014</b> , 15, 1251-8	4.6	46
118	Small birth weight and later body composition and fat distribution in adolescents: the Avena study. <i>Obesity</i> , <b>2008</b> , 16, 1680-6	8	44
117	Self-reported physical activity in European adolescents: results from the HELENA (Healthy Lifestyle in Europe by Nutrition in Adolescence) study. <i>Public Health Nutrition</i> , <b>2011</b> , 14, 246-54	3.3	43
116	Inflammatory mediators in overweight and obese Spanish adolescents. The AVENA Study. <i>International Journal of Obesity</i> , <b>2004</b> , 28 Suppl 3, S59-63	5.5	43
115	Physical Activity Is Associated with Attention Capacity in Adolescents. <i>Journal of Pediatrics</i> , <b>2016</b> , 168, 126-131.e2	3.6	42
114	Mediterranean diet and risk of hyperuricemia in elderly participants at high cardiovascular risk. <i>Journals of Gerontology - Series A Biological Sciences and Medical Sciences</i> , <b>2013</b> , 68, 1263-70	6.4	42
113	Effect of a Nutritional and Behavioral Intervention on Energy-Reduced Mediterranean Diet Adherence Among Patients With Metabolic Syndrome: Interim Analysis of the PREDIMED-Plus Randomized Clinical Trial. <i>JAMA - Journal of the American Medical Association</i> , <b>2019</b> , 322, 1486-1499	27.4	38
112	Are muscular and cardiovascular fitness partially programmed at birth? Role of body composition. <i>Journal of Pediatrics</i> , <b>2009</b> , 154, 61-66.e1	3.6	38
111	Dietary fiber intake and its association with indicators of adiposity and serum biomarkers in European adolescents: the HELENA study. <i>European Journal of Nutrition</i> , <b>2015</b> , 54, 771-82	5.2	37
110	Changes in the immune system after moderate beer consumption. <i>Annals of Nutrition and Metabolism</i> , <b>2007</b> , 51, 359-66	4.5	37
109	A Mediterranean Diet Rich in Extra-Virgin Olive Oil Is Associated with a Reduced Prevalence of Nonalcoholic Fatty Liver Disease in Older Individuals at High Cardiovascular Risk. <i>Journal of Nutrition</i> , <b>2019</b> , 149, 1920-1929	4.1	35

108	Egg consumption and risk of cardiovascular disease in the SUN Project. <i>European Journal of Clinical Nutrition</i> , <b>2011</b> , 65, 676-82	5.2	35
107	Dietary energy density as a marker of dietary quality in Swedish children and adolescents: the European Youth Heart Study. <i>European Journal of Clinical Nutrition</i> , <b>2010</b> , 64, 356-63	5.2	34
106	Associations of physical activity, cardiorespiratory fitness and fatness with low-grade inflammation in adolescents: the AFINOS Study. <i>International Journal of Obesity</i> , <b>2010</b> , 34, 1501-7	5.5	34
105	Dietary Polyphenol Intake is Associated with HDL-Cholesterol and A Better Profile of other Components of the Metabolic Syndrome: A PREDIMED-Plus Sub-Study. <i>Nutrients</i> , <b>2020</b> , 12,	6.7	33
104	Type 2 diabetes and cognitive impairment in an older population with overweight or obesity and metabolic syndrome: baseline cross-sectional analysis of the PREDIMED-plus study. <i>Scientific Reports</i> , <b>2018</b> , 8, 16128	4.9	31
103	Total and Subtypes of Dietary Fat Intake and Its Association with Components of the Metabolic Syndrome in a Mediterranean Population at High Cardiovascular Risk. <i>Nutrients</i> , <b>2019</b> , 11,	6.7	30
102	Truncal and abdominal fat as determinants of high triglycerides and low HDL-cholesterol in adolescents. <i>Obesity</i> , <b>2009</b> , 17, 1086-91	8	30
101	Dietary Inflammatory Index and liver status in subjects with different adiposity levels within the PREDIMED trial. <i>Clinical Nutrition</i> , <b>2018</b> , 37, 1736-1743	5.9	28
100	Evaluation of food and nutrient intake assessment using concentration biomarkers in European adolescents from the Healthy Lifestyle in Europe by Nutrition in Adolescence study. <i>British Journal of Nutrition</i> , <b>2013</b> , 109, 736-47	3.6	27
99	Cross-sectional associations between macronutrient intake and chronic kidney disease in a population at high cardiovascular risk. <i>Clinical Nutrition</i> , <b>2013</b> , 32, 606-12	5.9	26
98	Daily consumption of milk enriched with fish oil, oleic acid, minerals and vitamins reduces cell adhesion molecules in healthy children. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , <b>2011</b> , 21, 113-20	4.5	24
97	Passive smoking alters circulating naïve/memory lymphocyte T-cell subpopulations in children. <i>Pediatric Allergy and Immunology</i> , <b>2010</b> , 21, 1171-8	4.2	23
96	Carbohydrate quality changes and concurrent changes in cardiovascular risk factors: a longitudinal analysis in the PREDIMED-Plus randomized trial. <i>American Journal of Clinical Nutrition</i> , <b>2020</b> , 111, 291-306	7	22
95	Cross-sectional associations of objectively-measured sleep characteristics with obesity and type 2 diabetes in the PREDIMED-Plus trial. <i>Sleep</i> , <b>2018</b> , 41,	1.1	22
94	Eating behaviour, insulin resistance and cluster of metabolic risk factors in European adolescents. The HELENA study. <i>Appetite</i> , <b>2012</b> , 59, 140-7	4.5	21
93	Beneficial effects of a synbiotic supplement on self-perceived gastrointestinal well-being and immunoinflammatory status of healthy adults. <i>Journal of Medicinal Food</i> , <b>2011</b> , 14, 79-85	2.8	21
92	Treatment of obesity in children and adolescents. How nutrition can work?. <i>Pediatric Obesity</i> , <b>2008</b> , 3 Suppl 1, 72-7		21
91	Seafood Consumption, Omega-3 Fatty Acids Intake, and Life-Time Prevalence of Depression in the PREDIMED-Plus Trial. <i>Nutrients</i> , <b>2018</b> , 10,	6.7	21

90	Effects of moderate beer consumption on blood lipid profile in healthy Spanish adults. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , <b>2008</b> , 18, 365-72	4.5	20
89	Mercury exposure and risk of cardiovascular disease: a nested case-control study in the PREDIMED (PREvention with MEDiterranean Diet) study. <i>BMC Cardiovascular Disorders</i> , <b>2017</b> , 17, 9	2.3	19
88	Gene-environment interactions of CETP gene variation in a high cardiovascular risk Mediterranean population. <i>Journal of Lipid Research</i> , <b>2010</b> , 51, 2798-807	6.3	19
87	Effects of moderate beer consumption on first-line immunity of healthy adults. <i>Journal of Physiology and Biochemistry</i> , <b>2007</b> , 63, 153-9	5	19
86	Serum lipids, body mass index and waist circumference during pubertal development in Spanish adolescents: the AVENA Study. <i>Hormone and Metabolic Research</i> , <b>2006</b> , 38, 832-7	3.1	19
85	Design and evaluation of a treatment programme for Spanish adolescents with overweight and obesity. The EVASYON Study. <i>BMC Public Health</i> , <b>2009</b> , 9, 414	4.1	18
84	Drinking pattern and socio-cultural aspects on immune response: an overview. <i>Proceedings of the Nutrition Society</i> , <b>2010</b> , 69, 341-6	2.9	18
83	Effectiveness of the physical activity intervention program in the PREDIMED-Plus study: a randomized controlled trial. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , <b>2018</b> , 15, 110	8.4	18
82	Associations between Dietary Polyphenols and Type 2 Diabetes in a Cross-Sectional Analysis of the PREDIMED-Plus Trial: Role of Body Mass Index and Sex. <i>Antioxidants</i> , <b>2019</b> , 8,	7.1	17
81	Physical fitness and physical activity association with cognitive function and quality of life: baseline cross-sectional analysis of the PREDIMED-Plus trial. <i>Scientific Reports</i> , <b>2020</b> , 10, 3472	4.9	16
80	Immunological changes after a single bout of moderate-intensity exercise in a hot environment. <i>Journal of Physiology and Biochemistry</i> , <b>2008</b> , 64, 197-204	5	16
79	Changes in fatty liver index after consuming a Mediterranean diet: 6-year follow-up of the PREDIMED-Malaga trial. <i>Medicina Clínica</i> , <b>2017</b> , 148, 435-443	1	15
78	Relation between plasma antioxidant vitamin levels, adiposity and cardio-metabolic profile in adolescents: Effects of a multidisciplinary obesity programme. <i>Clinical Nutrition</i> , <b>2017</b> , 36, 209-217	5.9	14
77	Dietary Diversity and Nutritional Adequacy among an Older Spanish Population with Metabolic Syndrome in the PREDIMED-Plus Study: A Cross-Sectional Analysis. <i>Nutrients</i> , <b>2019</b> , 11,	6.7	14
76	Changes in plasma fatty acid composition are associated with improvements in obesity and related metabolic disorders: A therapeutic approach to overweight adolescents. <i>Clinical Nutrition</i> , <b>2018</b> , 37, 149-156	5.9	14
75	Haematological reference values in Spanish adolescents: the AVENA study. <i>European Journal of Haematology</i> , <b>2009</b> , 83, 586-94	3.8	14
74	Low Level of Physical Fitness in Spanish Adolescents. Relevance for Future Cardiovascular Health (AVENA Study). <i>Revista Espanola De Cardiologia (English Ed)</i> , <b>2005</b> , 58, 898-909	0.7	14
73	Influence of sex, age, pubertal maturation and body mass index on circulating white blood cell counts in healthy European adolescents the HELENA study. <i>European Journal of Pediatrics</i> , <b>2015</b> , 174, 999-1014	4.1	13



72	The relationship between cotinine concentrations and inflammatory markers among highly secondhand smoke exposed non-smoking adolescents. <i>Cytokine</i> , <b>2014</b> , 66, 17-22	4	13
71	Reference values for serum lipids and lipoproteins in Spanish adolescents: the AVENA study. <i>International Journal of Public Health</i> , <b>2006</b> , 51, 99-109		13
70	Effect of the Ala12 allele in the PPARgamma-2 gene on the relationship between birth weight and body composition in adolescents: the AVENA study. <i>Pediatric Research</i> , <b>2007</b> , 62, 615-9	3.2	13
69	Fermented dairy products, diet quality, and cardio-metabolic profile of a Mediterranean cohort at high cardiovascular risk. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , <b>2018</b> , 28, 1002-1011	4.5	13
68	Diet as a moderator in the association of sedentary behaviors with inflammatory biomarkers among adolescents in the HELENA study. <i>European Journal of Nutrition</i> , <b>2019</b> , 58, 2051-2065	5.2	12
67	Prospective association of physical activity and inflammatory biomarkers in older adults from the PREDIMED-Plus study with overweight or obesity and metabolic syndrome. <i>Clinical Nutrition</i> , <b>2020</b> , 39, 3092-3098	5.9	12
66	Validity of the energy-restricted Mediterranean Diet Adherence Screener. <i>Clinical Nutrition</i> , <b>2021</b> , 40, 4971-4979	5.9	12
65	Adherence to an Energy-restricted Mediterranean Diet Score and Prevalence of Cardiovascular Risk Factors in the PREDIMED-Plus: A Cross-sectional Study. <i>Revista Espanola De Cardiologia (English Ed)</i> , <b>2019</b> , 72, 925-934	0.7	11
64	Association Between Lifestyle and Hypertriglyceridemic Waist Phenotype in the PREDIMED-Plus Study. <i>Obesity</i> , <b>2020</b> , 28, 537-543	8	10
63	Sources of saturated fat and sucrose in the diets of Swedish children and adolescents in the European Youth Heart Study: strategies for improving intakes. <i>Public Health Nutrition</i> , <b>2010</b> , 13, 1955-64 <sup>3.3</sup>		10
62	Variety in fruits and vegetables, diet quality and lifestyle in an older adult mediterranean population. <i>Clinical Nutrition</i> , <b>2021</b> , 40, 1510-1518	5.9	10
61	Dieta mediterránea hipocalórica y factores de riesgo cardiovascular: análisis transversal de PREDIMED-Plus. <i>Revista Espanola De Cardiologia</i> , <b>2019</b> , 72, 925-934	1.5	10
60	Leisure-Time Physical Activity, Sedentary Behaviour and Diet Quality are Associated with Metabolic Syndrome Severity: The PREDIMED-Plus Study. <i>Nutrients</i> , <b>2020</b> , 12,	6.7	10
59	Nut Consumptions as a Marker of Higher Diet Quality in a Mediterranean Population at High Cardiovascular Risk. <i>Nutrients</i> , <b>2019</b> , 11,	6.7	9
58	Long Daytime Napping Is Associated with Increased Adiposity and Type 2 Diabetes in an Elderly Population with Metabolic Syndrome. <i>Journal of Clinical Medicine</i> , <b>2019</b> , 8,	5.1	9
57	Changes in cardiometabolic risk factors, appetite-controlling hormones and cytokines after a treatment program in overweight adolescents: preliminary findings from the EVASYON study. <i>Pediatric Diabetes</i> , <b>2011</b> , 12, 372-80	3.6	9
56	Validity of the Bouchard activity diary in Spanish adolescents. <i>Public Health Nutrition</i> , <b>2010</b> , 13, 261-8	3.3	9
55	Study protocol of a population-based cohort investigating Physical Activity, Sedentarism, lifestyles and Obesity in Spanish youth: the PASOS study. <i>BMJ Open</i> , <b>2020</b> , 10, e036210	3	9

54	Use of Different Food Classification Systems to Assess the Association between Ultra-Processed Food Consumption and Cardiometabolic Health in an Elderly Population with Metabolic Syndrome (PREDIMED-Plus Cohort). <i>Nutrients</i> , <b>2021</b> , 13,	6.7	9
53	Convergent validity of a questionnaire for assessing physical activity in Spanish adolescents with overweight. <i>Medicina Clínica</i> , <b>2011</b> , 136, 13-5	1	8
52	Breastfeeding in infancy is not associated with inflammatory status in healthy adolescents. <i>Journal of Nutrition</i> , <b>2011</b> , 141, 411-7	4.1	8
51	Adherence to the Mediterranean Lifestyle and Desired Body Weight Loss in a Mediterranean Adult Population with Overweight: A PREDIMED-Plus Study. <i>Nutrients</i> , <b>2020</b> , 12,	6.7	8
50	Association between coffee consumption and total dietary caffeine intake with cognitive functioning: cross-sectional assessment in an elderly Mediterranean population. <i>European Journal of Nutrition</i> , <b>2021</b> , 60, 2381-2396	5.2	8
49	Differences in the prevalence of diagnosis of overweight-obesity in Spanish children according to the diagnostic criteria set used. <i>Gaceta Sanitaria</i> , <b>2018</b> , 32, 477-480	2.2	7
48	Metabolic Syndrome Features and Excess Weight Were Inversely Associated with Nut Consumption after 1-Year Follow-Up in the PREDIMED-Plus Study. <i>Journal of Nutrition</i> , <b>2020</b> , 150, 3161-3170	4.1	7
47	Isotemporal substitution of inactive time with physical activity and time in bed: cross-sectional associations with cardiometabolic health in the PREDIMED-Plus study. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , <b>2019</b> , 16, 137	8.4	7
46	Targeting body composition in an older population: do changes in movement behaviours matter? Longitudinal analyses in the PREDIMED-Plus trial. <i>BMC Medicine</i> , <b>2021</b> , 19, 3	11.4	7
45	Sleep Duration is Inversely Associated with Serum Uric Acid Concentrations and Uric Acid to Creatinine Ratio in an Elderly Mediterranean Population at High Cardiovascular Risk. <i>Nutrients</i> , <b>2019</b> , 11,	6.7	6
44	Neuroimmunomodulation by nutrition in stress situations. <i>NeuroImmunoModulation</i> , <b>2008</b> , 15, 165-9	2.5	6
43	Physical activity, hydration and health. <i>Nutricion Hospitalaria</i> , <b>2014</b> , 29, 1224-39	1	6
42	Association between dairy product consumption and hyperuricemia in an elderly population with metabolic syndrome. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , <b>2020</b> , 30, 214-222	4.5	6
41	Fruit consumption and cardiometabolic risk in the PREDIMED-plus study: A cross-sectional analysis. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , <b>2021</b> , 31, 1702-1713	4.5	6
40	Screen Time and ParentsTEducation Level Are Associated with Poor Adherence to the Mediterranean Diet in Spanish Children and Adolescents: The PASOS Study. <i>Journal of Clinical Medicine</i> , <b>2021</b> , 10,	5.1	6
39	The Effect of Physical Activity and High Body Mass Index on Health-Related Quality of Life in Individuals with Metabolic Syndrome. <i>International Journal of Environmental Research and Public Health</i> , <b>2020</b> , 17,	4.6	5
38	Cross-sectional association between non-soy legume consumption, serum uric acid and hyperuricemia: the PREDIMED-Plus study. <i>European Journal of Nutrition</i> , <b>2020</b> , 59, 2195-2206	5.2	5
37	Associations of early life and sociodemographic factors with menarcheal age in European adolescents. <i>European Journal of Pediatrics</i> , <b>2015</b> , 174, 271-8	4.1	4



36	Prevalence of metabolically discordant phenotypes in a mediterranean population-The IMAP study. <i>Endocrine Practice</i> , <b>2013</b> , 19, 758-68	3.2	4
35	Effect of changes in adherence to Mediterranean diet on nutrient density after 1-year of follow-up: results from the PREDIMED-Plus Study. <i>European Journal of Nutrition</i> , <b>2020</b> , 59, 2395-2409	5.2	4
34	Neighbourhood walkability and physical activity: moderating role of a physical activity intervention in overweight and obese older adults with metabolic syndrome. <i>Age and Ageing</i> , <b>2021</b> , 50, 963-968	3	4
33	Mediterranean Built Environment and Precipitation as Modulator Factors on Physical Activity in Obese Mid-Age and Old-Age Adults with Metabolic Syndrome: Cross-Sectional Study. <i>International Journal of Environmental Research and Public Health</i> , <b>2019</b> , 16,	4.6	3
32	Consumption of caffeinated beverages and kidney function decline in an elderly Mediterranean population with metabolic syndrome. <i>Scientific Reports</i> , <b>2021</b> , 11, 8719	4.9	3
31	Predictors of sleep disturbances in caregivers of patients with advanced cancer receiving home palliative care: A descriptive cross-sectional study. <i>European Journal of Oncology Nursing</i> , <b>2021</b> , 51, 101907 <sup>8</sup>	3	3
30	Longitudinal changes in adherence to the portfolio and DASH dietary patterns and cardiometabolic risk factors in the PREDIMED-Plus study. <i>Clinical Nutrition</i> , <b>2021</b> , 40, 2825-2836	5.9	3
29	How do energy balance-related behaviors cluster in adolescents?. <i>International Journal of Public Health</i> , <b>2019</b> , 64, 195-208	4	3
28	Dietary folate intake and metabolic syndrome in participants of PREDIMED-Plus study: a cross-sectional study. <i>European Journal of Nutrition</i> , <b>2021</b> , 60, 1125-1136	5.2	3
27	Do dietary patterns determine levels of vitamin B, folate, and vitamin B intake and corresponding biomarkers in European adolescents? The Healthy Lifestyle in Europe by Nutrition in Adolescence (HELENA) study. <i>Nutrition</i> , <b>2018</b> , 50, 8-17	4.8	3
26	Changes in fatty liver index after consuming a Mediterranean diet: 6-Year follow-up of the PREDIMED-Malaga trial. <i>Medicina Clínica (English Edition)</i> , <b>2017</b> , 148, 435-443	0.3	2
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