

# Ahmad Esmailzadeh

## List of Publications by Year in descending order

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Version: 2024-02-01

460  
papers

18,303  
citations

11608

70  
h-index

22102

113  
g-index

490  
all docs

490  
docs citations

490  
times ranked

17976  
citing authors

#	ARTICLE	IF	CITATIONS
1	Clinical and metabolic response to probiotic administration in patients with major depressive disorder: A randomized, double-blind, placebo-controlled trial. <i>Nutrition</i> , 2016, 32, 315-320.	1.1	527
2	Beneficial Effects of a Dietary Approaches to Stop Hypertension Eating Plan on Features of the Metabolic Syndrome. <i>Diabetes Care</i> , 2005, 28, 2823-2831.	4.3	456
3	Fruit and vegetable intakes, C-reactive protein, and the metabolic syndrome. <i>American Journal of Clinical Nutrition</i> , 2006, 84, 1489-1497.	2.2	424
4	Dietary patterns, insulin resistance, and prevalence of the metabolic syndrome in women. <i>American Journal of Clinical Nutrition</i> , 2007, 85, 910-918.	2.2	405
5	Dietary Patterns and Markers of Systemic Inflammation among Iranian Women. <i>Journal of Nutrition</i> , 2007, 137, 992-998.	1.3	332
6	Influence of Dietary Approaches to Stop Hypertension (DASH) diet on blood pressure: A systematic review and meta-analysis on randomized controlled trials. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2014, 24, 1253-1261.	1.1	313
7	Effect of Multispecies Probiotic Supplements on Metabolic Profiles, hs-CRP, and Oxidative Stress in Patients with Type 2 Diabetes. <i>Annals of Nutrition and Metabolism</i> , 2013, 63, 1-9.	1.0	284
8	Dairy consumption is inversely associated with the prevalence of the metabolic syndrome in Tehranian adults. <i>American Journal of Clinical Nutrition</i> , 2005, 82, 523-530.	2.2	273
9	Dairy consumption is inversely associated with the prevalence of the metabolic syndrome in Tehranian adults. <i>American Journal of Clinical Nutrition</i> , 2005, 82, 523-530.	2.2	262
10	Major Dietary Patterns in Relation to General Obesity and Central Adiposity among Iranian Women , ,3. <i>Journal of Nutrition</i> , 2008, 138, 358-363.	1.3	259
11	Effects of the Dietary Approaches to Stop Hypertension (DASH) Eating Plan on Cardiovascular Risks Among Type 2 Diabetic Patients. <i>Diabetes Care</i> , 2011, 34, 55-57.	4.3	241
12	Whole-grain consumption and the metabolic syndrome: a favorable association in Tehranian adults. <i>European Journal of Clinical Nutrition</i> , 2005, 59, 353-362.	1.3	228
13	Soy Protein Intake, Cardiorenal Indices, and C-Reactive Protein in Type 2 Diabetes With Nephropathy. <i>Diabetes Care</i> , 2008, 31, 648-654.	4.3	209
14	Red Meat Intake Is Associated with Metabolic Syndrome and the Plasma C-Reactive Protein Concentration in Women. <i>Journal of Nutrition</i> , 2009, 139, 335-339.	1.3	206
15	Effect of dairy consumption on weight and body composition in adults: a systematic review and meta-analysis of randomized controlled clinical trials. <i>International Journal of Obesity</i> , 2012, 36, 1485-1493.	1.6	192
16	Favourable effects of the Dietary Approaches to Stop Hypertension diet on glucose tolerance and lipid profiles in gestational diabetes: a randomised clinical trial. <i>British Journal of Nutrition</i> , 2013, 109, 2024-2030.	1.2	183
17	Serum 25-hydroxy vitamin D levels in relation to body mass index: a systematic review and meta-analysis. <i>Obesity Reviews</i> , 2013, 14, 393-404.	3.1	168
18	High Prevalence of the Metabolic Syndrome in Iranian Adolescents. <i>Obesity</i> , 2006, 14, 377-382.	1.5	162

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19	Effects of synbiotic food consumption on metabolic status of diabetic patients: A double-blind randomized cross-over controlled clinical trial. <i>Clinical Nutrition</i> , 2014, 33, 198-203.	2.3	159
20	Dietary intake of total, animal, and plant proteins and risk of all cause, cardiovascular, and cancer mortality: systematic review and dose-response meta-analysis of prospective cohort studies. <i>BMJ</i> , The, 2020, 370, m2412.	3.0	158
21	Maternal Vitamin D Status and Risk of Pre-Eclampsia: A Systematic Review and Meta-Analysis. <i>Journal of Clinical Endocrinology and Metabolism</i> , 2013, 98, 3165-3173.	1.8	152
22	Soy Consumption, Markers of Inflammation, and Endothelial Function: A cross-over study in postmenopausal women with the metabolic syndrome. <i>Diabetes Care</i> , 2007, 30, 967-973.	4.3	150
23	Soy inclusion in the diet improves features of the metabolic syndrome: a randomized crossover study in postmenopausal women. <i>American Journal of Clinical Nutrition</i> , 2007, 85, 735-741.	2.2	150
24	Probiotic supplementation in diabetic hemodialysis patients has beneficial metabolic effects. <i>Kidney International</i> , 2017, 91, 435-442.	2.6	148
25	Concentrated Pomegranate Juice Improves Lipid Profiles in Diabetic Patients with Hyperlipidemia. <i>Journal of Medicinal Food</i> , 2004, 7, 305-308.	0.8	142
26	The Dietary Approaches to Stop Hypertension Eating Plan Affects C-Reactive Protein, Coagulation Abnormalities, and Hepatic Function Tests among Type 2 Diabetic Patients. <i>Journal of Nutrition</i> , 2011, 141, 1083-1088.	1.3	139
27	Dairy consumption and body mass index: an inverse relationship. <i>International Journal of Obesity</i> , 2005, 29, 115-121.	1.6	138
28	Dietary diversity score is related to obesity and abdominal adiposity among Iranian female youth. <i>Public Health Nutrition</i> , 2011, 14, 62-69.	1.1	134
29	Fruit and vegetable consumption and risk of depression: accumulative evidence from an updated systematic review and meta-analysis of epidemiological studies. <i>British Journal of Nutrition</i> , 2018, 119, 1087-1101.	1.2	134
30	Effect of daily consumption of probiotic yoghurt on insulin resistance in pregnant women: a randomized controlled trial. <i>European Journal of Clinical Nutrition</i> , 2013, 67, 71-74.	1.3	133
31	A randomized controlled clinical trial investigating the effect of DASH diet on insulin resistance, inflammation, and oxidative stress in gestational diabetes. <i>Nutrition</i> , 2013, 29, 619-624.	1.1	129
32	Do lifestyle interventions work in developing countries? Findings from the Isfahan Healthy Heart Program in the Islamic Republic of Iran. <i>Bulletin of the World Health Organization</i> , 2009, 87, 39-50.	1.5	127
33	Waist-to-hip ratio is a better screening measure for cardiovascular risk factors than other anthropometric indicators in Tehranian adult men. <i>International Journal of Obesity</i> , 2004, 28, 1325-1332.	1.6	125
34	Development and Evaluation of a Questionnaire for Assessment of Determinants of Weight Disorders among Children and Adolescents: The Caspian-IV Study. <i>International Journal of Preventive Medicine</i> , 2012, 3, 699-705.	0.2	121
35	Dietary diversity score and cardiovascular risk factors in Tehranian adults. <i>Public Health Nutrition</i> , 2006, 9, 728-736.	1.1	120
36	Clustering of metabolic abnormalities in adolescents with the hypertriglyceridemic waist phenotype. <i>American Journal of Clinical Nutrition</i> , 2006, 83, 36-46.	2.2	119

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37	The Dietary Approaches to Stop Hypertension (DASH) Diet Affects Inflammation in Childhood Metabolic Syndrome: A Randomized Cross-Over Clinical Trial. <i>Annals of Nutrition and Metabolism</i> , 2014, 64, 20-27.	1.0	117
38	Effects of calcium+vitamin D co-supplementation on glycaemic control, inflammation and oxidative stress in gestational diabetes: a randomised placebo-controlled trial. <i>Diabetologia</i> , 2014, 57, 1798-1806.	2.9	116
39	Detection of cardiovascular risk factors by anthropometric measures in Tehranian adults: receiver operating characteristic (ROC) curve analysis. <i>European Journal of Clinical Nutrition</i> , 2004, 58, 1110-1118.	1.3	114
40	Whole-grain intake and the prevalence of hypertriglyceridemic waist phenotype in Tehranian adults+3. <i>American Journal of Clinical Nutrition</i> , 2005, 81, 55-63.	2.2	114
41	Cholesterol-Lowering Effect of Concentrated Pomegranate Juice Consumption in Type II Diabetic Patients with Hyperlipidemia. <i>International Journal for Vitamin and Nutrition Research</i> , 2006, 76, 147-151.	0.6	113
42	Food Intake Patterns May Explain the High Prevalence of Cardiovascular Risk Factors among Iranian Women. <i>Journal of Nutrition</i> , 2008, 138, 1469-1475.	1.3	113
43	Dietary diversity score in adolescents - a good indicator of the nutritional adequacy of diets: Tehran lipid and glucose study. <i>Asia Pacific Journal of Clinical Nutrition</i> , 2004, 13, 56-60.	0.3	112
44	Diet and its relationship to sarcopenia in community dwelling Iranian elderly: A cross sectional study. <i>Nutrition</i> , 2015, 31, 97-104.	1.1	109
45	A Dish-based Semi-quantitative Food Frequency Questionnaire for Assessment of Dietary Intakes in Epidemiologic Studies in Iran: Design and Development. <i>International Journal of Preventive Medicine</i> , 2014, 5, 29-36.	0.2	108
46	Effects of selenium supplementation on glucose homeostasis, inflammation, and oxidative stress in gestational diabetes: Randomized, double-blind, placebo-controlled trial. <i>Nutrition</i> , 2015, 31, 1235-1242.	1.1	107
47	Calcium plus vitamin D supplementation affects glucose metabolism and lipid concentrations in overweight and obese vitamin D deficient women with polycystic ovary syndrome. <i>Clinical Nutrition</i> , 2015, 34, 586-592.	2.3	107
48	Beneficiary effect of dietary soy protein on lowering plasma levels of lipid and improving kidney function in type II diabetes with nephropathy. <i>European Journal of Clinical Nutrition</i> , 2003, 57, 1292-1294.	1.3	104
49	Sleep deprivation is associated with lower diet quality indices and higher rate of general and central obesity among young female students in Iran. <i>Nutrition</i> , 2012, 28, 1146-1150.	1.1	104
50	Serum Vitamin D Levels in Relation to Schizophrenia: A Systematic Review and Meta-Analysis of Observational Studies. <i>Journal of Clinical Endocrinology and Metabolism</i> , 2014, 99, 3863-3872.	1.8	102
51	Immunomodulatory Effects of Flavonoids: Possible Induction of T CD4+ Regulatory Cells Through Suppression of mTOR Pathway Signaling Activity. <i>Frontiers in Immunology</i> , 2019, 10, 51.	2.2	99
52	Effects of DASH diet on lipid profiles and biomarkers of oxidative stress in overweight and obese women with polycystic ovary syndrome: A randomized clinical trial. <i>Nutrition</i> , 2014, 30, 1287-1293.	1.1	91
53	DASH Diet, Insulin Resistance, and Serum hs-CRP in Polycystic Ovary Syndrome: A Randomized Controlled Clinical Trial. <i>Hormone and Metabolic Research</i> , 2015, 47, 232-238.	0.7	91
54	Adherence to Mediterranean dietary pattern is inversely associated with depression, anxiety and psychological distress. <i>Nutritional Neuroscience</i> , 2021, 24, 248-259.	1.5	89

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55	The effect of DASH diet on pregnancy outcomes in gestational diabetes: a randomized controlled clinical trial. <i>European Journal of Clinical Nutrition</i> , 2014, 68, 490-495.	1.3	87
56	Whole-Grain Intake and Mortality from All Causes, Cardiovascular Disease, and Cancer: A Systematic Review and Dose-Response Meta-Analysis of Prospective Cohort Studies. <i>Advances in Nutrition</i> , 2016, 7, 1052-1065.	2.9	87
57	Trace minerals intake: Risks and benefits for cardiovascular health. <i>Critical Reviews in Food Science and Nutrition</i> , 2019, 59, 1334-1346.	5.4	86
58	<i>Expression of Concern</i>: Calcium plus vitamin D supplementation influences biomarkers of inflammation and oxidative stress in overweight and vitamin D-deficient women with polycystic ovary syndrome: a randomized double-blind placebo-controlled clinical trial. <i>Clinical Endocrinology</i> , 2015, 83, 888-894.	1.2	83
59	Adherence to the Mediterranean diet and risk of depression: a systematic review and updated meta-analysis of observational studies. <i>Nutrition Reviews</i> , 2019, 77, 230-239.	2.6	83
60	Effects of calcium+vitamin D co-supplementation on metabolic profiles in vitamin D insufficient people with type 2 diabetes: a randomised controlled clinical trial. <i>Diabetologia</i> , 2014, 57, 2038-2047.	2.9	82
61	Effects of vitamin D-fortified low fat yogurt on glycemic status, anthropometric indexes, inflammation, and bone turnover in diabetic postmenopausal women: A randomised controlled clinical trial. <i>Clinical Nutrition</i> , 2016, 35, 67-76.	2.3	82
62	Relationship between major dietary patterns and metabolic syndrome among individuals with impaired glucose tolerance. <i>Nutrition</i> , 2010, 26, 986-992.	1.1	80
63	Vitamin D status in relation to Crohn's disease: Meta-analysis of observational studies. <i>Nutrition</i> , 2016, 32, 505-514.	1.1	80
64	Dietary patterns and attention deficit hyperactivity disorder among Iranian children. <i>Nutrition</i> , 2012, 28, 242-249.	1.1	78
65	Effects of recommendations to follow the Dietary Approaches to Stop Hypertension (DASH) diet <i>v</i>. usual dietary advice on childhood metabolic syndrome: a randomised cross-over clinical trial. <i>British Journal of Nutrition</i> , 2013, 110, 2250-2259.	1.2	78
66	Soy Milk Consumption, Inflammation, Coagulation, and Oxidative Stress Among Type 2 Diabetic Patients With Nephropathy. <i>Diabetes Care</i> , 2012, 35, 1981-1985.	4.3	76
67	Effects of beta-carotene fortified synbiotic food on metabolic control of patients with type 2 diabetes mellitus: A double-blind randomized cross-over controlled clinical trial. <i>Clinical Nutrition</i> , 2016, 35, 819-825.	2.3	76
68	Dietary magnesium intake, bone mineral density and risk of fracture: a systematic review and meta-analysis. <i>Osteoporosis International</i> , 2016, 27, 1389-1399.	1.3	74
69	Soy-Protein Consumption and Kidney-Related Biomarkers Among Type 2 Diabetics: A Crossover, Randomized Clinical Trial. , 2009, 19, 479-486.		69
70	Neighbourhood socioeconomic status and overweight/obesity: a systematic review and meta-analysis of epidemiological studies. <i>BMJ Open</i> , 2019, 9, e028238.	0.8	69
71	Effects of omega-3 fatty acid supplementation on insulin metabolism and lipid profiles in gestational diabetes: Randomized, double-blind, placebo-controlled trial. <i>Clinical Nutrition</i> , 2015, 34, 388-393.	2.3	67
72	Abdominal Obesity and Risk of Hip Fracture: A Systematic Review and Meta-Analysis of Prospective Studies. <i>Advances in Nutrition</i> , 2017, 8, 728-738.	2.9	67

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73	Adherence to Mediterranean diet in relation to bone mineral density and risk of fracture: a systematic review and meta-analysis of observational studies. <i>European Journal of Nutrition</i> , 2018, 57, 2147-2160.	1.8	67
74	Cereal fibre intake and risk of mortality from all causes, CVD, cancer and inflammatory diseases: a systematic review and meta-analysis of prospective cohort studies. <i>British Journal of Nutrition</i> , 2016, 116, 343-352.	1.2	66
75	Effects of a novel therapeutic diet on liver enzymes and coagulating factors in patients with non-alcoholic fatty liver disease: A parallel randomized trial. <i>Nutrition</i> , 2014, 30, 814-821.	1.1	63
76	Empirically derived dietary patterns in relation to psychological disorders. <i>Public Health Nutrition</i> , 2016, 19, 204-217.	1.1	63
77	Effects of probiotic supplementation on pancreatic $\beta$ -cell function and c-reactive protein in women with polycystic ovary syndrome: A randomized double-blind placebo-controlled clinical trial. <i>International Journal of Preventive Medicine</i> , 2015, 6, 27.	0.2	62
78	Dietary and non-dietary determinants of central adiposity among Tehrani women. <i>Public Health Nutrition</i> , 2008, 11, 528-534.	1.1	61
79	Healthy and Unhealthy Dietary Patterns Are Related to Depression: A Case-Control Study. <i>Psychiatry Investigation</i> , 2015, 12, 434.	0.7	61
80	Glycemic index, glycemic load, and common psychological disorders. <i>American Journal of Clinical Nutrition</i> , 2016, 103, 201-209.	2.2	59
81	Comparative evaluation of anthropometric measures to predict cardiovascular risk factors in Teheranian adult women. <i>Public Health Nutrition</i> , 2006, 9, 61-69.	1.1	58
82	Dietary soya intake alters plasma antioxidant status and lipid peroxidation in postmenopausal women with the metabolic syndrome. <i>British Journal of Nutrition</i> , 2007, 98, 807-13.	1.2	58
83	Effect of Daily Consumption of Probiotic Yogurt on Oxidative Stress in Pregnant Women: A Randomized Controlled Clinical Trial. <i>Annals of Nutrition and Metabolism</i> , 2012, 60, 62-68.	1.0	58
84	The effects of caffeine intake on weight loss: a systematic review and dose-response meta-analysis of randomized controlled trials. <i>Critical Reviews in Food Science and Nutrition</i> , 2019, 59, 2688-2696.	5.4	58
85	Consumption of Hydrogenated Versus Nonhydrogenated Vegetable Oils and Risk of Insulin Resistance and the Metabolic Syndrome Among Iranian Adult Women. <i>Diabetes Care</i> , 2008, 31, 223-226.	4.3	57
86	Legume Consumption Is Inversely Associated with Serum Concentrations of Adhesion Molecules and Inflammatory Biomarkers among Iranian Women. <i>Journal of Nutrition</i> , 2012, 142, 334-339.	1.3	57
87	Consumption of sugar sweetened beverages and dietary fructose in relation to risk of gout and hyperuricemia: a systematic review and meta-analysis. <i>Critical Reviews in Food Science and Nutrition</i> , 2020, 60, 1-10.	5.4	57
88	Adherence to Healthy Eating Index-2010 is inversely associated with metabolic syndrome and its features among Iranian adult women. <i>European Journal of Clinical Nutrition</i> , 2017, 71, 425-430.	1.3	56
89	Whole-grain intake favorably affects markers of systemic inflammation in obese children: A randomized controlled crossover clinical trial. <i>Molecular Nutrition and Food Research</i> , 2014, 58, 1301-1308.	1.5	55
90	The effect of probiotics on inflammatory biomarkers: a meta-analysis of randomized clinical trials. <i>European Journal of Nutrition</i> , 2020, 59, 633-649.	1.8	55

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91	Fast Food Consumption, Quality of Diet, and Obesity among Isfahanian Adolescent Girls. <i>Journal of Obesity</i> , 2012, 2012, 1-8.	1.1	54
92	Dietary Quality Indices and Biochemical Parameters Among Patients With Non Alcoholic Fatty Liver Disease (NAFLD). <i>Hepatitis Monthly</i> , 2013, 13, e10943.	0.1	54
93	Adherence to the DASH diet in relation to psychological profile of Iranian adults. <i>European Journal of Nutrition</i> , 2017, 56, 309-320.	4.6	54
94	Home use of vegetable oils, markers of systemic inflammation, and endothelial dysfunction among women. <i>American Journal of Clinical Nutrition</i> , 2008, 88, 913-921.	2.2	52
95	Dairy consumption and circulating levels of inflammatory markers among Iranian women. <i>Public Health Nutrition</i> , 2010, 13, 1395-1402.	1.1	52
96	Effect of daily consumption of probiotic yoghurt on lipid profiles in pregnant women: a randomized controlled clinical trial. <i>Journal of Maternal-Fetal and Neonatal Medicine</i> , 2012, 25, 1552-1556.	0.7	52
97	Fish consumption is inversely associated with the metabolic syndrome. <i>European Journal of Clinical Nutrition</i> , 2014, 68, 474-480.	1.3	52
98	Calcium-Vitamin D Cosupplementation Influences Circulating Inflammatory Biomarkers and Adipocytokines in Vitamin D-Insufficient Diabetics: A Randomized Controlled Clinical Trial. <i>Journal of Clinical Endocrinology and Metabolism</i> , 2014, 99, E2485-E2493.	1.8	52
99	Nutrient patterns and their relation to general and abdominal obesity in Iranian adults: findings from the SEPAHAN study. <i>European Journal of Nutrition</i> , 2016, 55, 505-518.	1.8	52
100	An Overview of FGF19 and FGF21: The Therapeutic Role in the Treatment of the Metabolic Disorders and Obesity. <i>Hormone and Metabolic Research</i> , 2018, 50, 441-452.	0.7	51
101	Resveratrol supplementation significantly influences obesity measures: a systematic review and doseâ€‘response metaâ€‘analysis of randomized controlled trials. <i>Obesity Reviews</i> , 2019, 20, 487-498.	3.1	51
102	Adherence to the DASH diet and prevalence of the metabolic syndrome among Iranian women. <i>European Journal of Nutrition</i> , 2015, 54, 421-428.	1.8	50
103	<i>Expression of Concern</i>: The effects of vitamin D plus calcium supplementation on metabolic profiles, biomarkers of inflammation, oxidative stress and pregnancy outcomes in pregnant women at risk for preâ€‘eclampsia. <i>Journal of Human Nutrition and Dietetics</i> , 2016, 29, 505-515.	1.3	50
104	Breakfast eating pattern and its association with dietary quality indices and anthropometric measurements in young women in Isfahan. <i>Nutrition</i> , 2013, 29, 420-425.	1.1	49
105	Concurrent anemia and stunting in young children: prevalence, dietary and non-dietary associated factors. <i>Nutrition Journal</i> , 2019, 18, 10.	1.5	48
106	Dietary energy density and the metabolic syndrome among Iranian women. <i>European Journal of Clinical Nutrition</i> , 2011, 65, 598-605.	1.3	47
107	Zinc supplementation and the effects on metabolic status in gestational diabetes: A randomized, double-blind, placebo-controlled trial. <i>Journal of Diabetes and Its Complications</i> , 2015, 29, 1314-1319.	1.2	46
108	The association of whole and refined grains consumption with psychological disorders among Iranian adults. <i>European Journal of Nutrition</i> , 2019, 58, 211-225.	1.8	46

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109	Calcium plus vitamin D supplementation affects pregnancy outcomes in gestational diabetes: randomized, double-blind, placebo-controlled trial. <i>Public Health Nutrition</i> , 2016, 19, 156-163.	1.1	45
110	Association of Dietary Fiber, Fruit, and Vegetable Consumption with Risk of Inflammatory Bowel Disease: A Systematic Review and Meta-Analysis. <i>Advances in Nutrition</i> , 2021, 12, 735-743.	2.9	45
111	Adherence to the Dietary Approaches to Stop Hypertension (DASH) diet in relation to obesity among Iranian female nurses. <i>Public Health Nutrition</i> , 2015, 18, 705-712.	1.1	44
112	Consumption of spicy foods and the prevalence of irritable bowel syndrome. <i>World Journal of Gastroenterology</i> , 2013, 19, 6465.	1.4	43
113	The effects of alcoholic extract of saffron ( <i>Crocus sativus</i> L.) on mild to moderate comorbid depression-anxiety, sleep quality, and life satisfaction in type 2 diabetes mellitus: A double-blind, randomized and placebo-controlled clinical trial. <i>Complementary Therapies in Medicine</i> , 2018, 41, 196-202.	1.3	43
114	Metformin use and risk of fracture: a systematic review and meta-analysis of observational studies. <i>Osteoporosis International</i> , 2019, 30, 1167-1173.	1.3	43
115	The effects of curcumin supplementation on body weight, body mass index and waist circumference: a systematic review and dose-response meta-analysis of randomized controlled trials. <i>Critical Reviews in Food Science and Nutrition</i> , 2020, 60, 171-180.	5.4	43
116	Metabolic response to folate supplementation in overweight women with polycystic ovary syndrome: A randomized double-blind placebo-controlled clinical trial. <i>Molecular Nutrition and Food Research</i> , 2014, 58, 1465-1473.	1.5	42
117	Combined Healthy Lifestyle Is Inversely Associated with Psychological Disorders among Adults. <i>PLoS ONE</i> , 2016, 11, e0146888.	1.1	42
118	The effects of vitamin D, K and calcium co-supplementation on carotid intima-media thickness and metabolic status in overweight type 2 diabetic patients with CHD. <i>British Journal of Nutrition</i> , 2016, 116, 286-293.	1.2	42
119	Effect of Vitamin C Supplementation on Oxidative Stress and Lipid Profiles in Hemodialysis Patients. <i>International Journal for Vitamin and Nutrition Research</i> , 2009, 79, 281-287.	0.6	41
120	The Effects of Chromium Supplementation on Endocrine Profiles, Biomarkers of Inflammation, and Oxidative Stress in Women with Polycystic Ovary Syndrome: a Randomized, Double-Blind, Placebo-Controlled Trial. <i>Biological Trace Element Research</i> , 2016, 172, 72-78.	1.9	41
121	Total, dietary, and supplemental calcium intake and mortality from all-causes, cardiovascular disease, and cancer: A meta-analysis of observational studies. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2015, 25, 623-634.	1.1	40
122	Adherence to the MIND diet and prevalence of psychological disorders in adults. <i>Journal of Affective Disorders</i> , 2019, 256, 96-102.	2.0	40
123	Better dietary adherence and weight maintenance achieved by a long-term moderate-fat diet. <i>British Journal of Nutrition</i> , 2007, 97, 399-404.	1.2	39
124	Adherence to Alternative Healthy Eating Index in relation to depression and anxiety in Iranian adults. <i>British Journal of Nutrition</i> , 2016, 116, 335-342.	1.2	39
125	Consumption of fruit and vegetables in relation with psychological disorders in Iranian adults. <i>European Journal of Nutrition</i> , 2018, 57, 2295-2306.	1.8	39
126	Association between the dietary inflammatory index and common mental health disorders profile scores. <i>Clinical Nutrition</i> , 2019, 38, 1643-1650.	2.3	39



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127	Association between dietary inflammatory index and psychological profile in adults. <i>Clinical Nutrition</i> , 2019, 38, 2360-2368.	2.3	39
128	Patterns of dietary behaviours identified by latent class analysis are associated with chronic uninvestigated dyspepsia. <i>British Journal of Nutrition</i> , 2015, 113, 803-812.	1.2	37
129	Glycemic index, glycemic load, and depression: a systematic review and meta-analysis. <i>European Journal of Clinical Nutrition</i> , 2019, 73, 356-365.	1.3	37
130	Cinnamon supplementation positively affects obesity: A systematic review and dose-response meta-analysis of randomized controlled trials. <i>Clinical Nutrition</i> , 2020, 39, 123-133.	2.3	37
131	Dietary Intake of Linoleic Acid, Its Concentrations, and the Risk of Type 2 Diabetes: A Systematic Review and Dose-Response Meta-analysis of Prospective Cohort Studies. <i>Diabetes Care</i> , 2021, 44, 2173-2181.	4.3	37
132	Consumption of milk and dairy products and risk of osteoporosis and hip fracture: a systematic review and Meta-analysis. <i>Critical Reviews in Food Science and Nutrition</i> , 2020, 60, 1722-1737.	5.4	36
133	Patterns of diet-related practices and prevalence of gastroesophageal reflux disease. <i>Neurogastroenterology and Motility</i> , 2013, 25, 831.	1.6	35
134	Favorable Effects of Vitamin D Supplementation on Pregnancy Outcomes in Gestational Diabetes: A Double Blind Randomized Controlled Clinical Trial. <i>Hormone and Metabolic Research</i> , 2015, 47, 565-570.	0.7	35
135	Effect of Selenium Supplementation on Glycemic Control and Lipid Profiles in Patients with Diabetic Nephropathy. <i>Biological Trace Element Research</i> , 2016, 172, 282-289.	1.9	35
136	Whole-Grain Consumption Does Not Affect Obesity Measures: An Updated Systematic Review and Meta-analysis of Randomized Clinical Trials. <i>Advances in Nutrition</i> , 2020, 11, 280-292.	2.9	35
137	Dietary intake and serum levels of trans fatty acids and risk of breast cancer: A systematic review and dose-response meta-analysis of prospective studies. <i>Clinical Nutrition</i> , 2020, 39, 755-764.	2.3	34
138	Inflammatory potential of the diet and risk of sarcopenia and its components. <i>Nutrition Journal</i> , 2020, 19, 129.	1.5	34
139	Quantity and quality of carbohydrate intake in Iran: a target for nutritional intervention. <i>Archives of Iranian Medicine</i> , 2012, 15, 648-9.	0.2	34
140	Effect of the cumin cyminum L. Intake on Weight Loss, Metabolic Profiles and Biomarkers of Oxidative Stress in Overweight Subjects: A Randomized Double-Blind Placebo-Controlled Clinical Trial. <i>Annals of Nutrition and Metabolism</i> , 2015, 66, 117-124.	1.0	33
141	Dietary patterns and prevalence of irritable bowel syndrome in Iranian adults. <i>Neurogastroenterology and Motility</i> , 2016, 28, 1921-1933.	1.6	33
142	Dietary patterns and mortality from cardiovascular disease: Isfahan Cohort Study. <i>European Journal of Clinical Nutrition</i> , 2017, 71, 252-258.	1.3	33
143	The association between dietary intake of magnesium and psychiatric disorders among Iranian adults: a cross-sectional study. <i>British Journal of Nutrition</i> , 2018, 120, 693-702.	1.2	33
144	Association between dietary insulin index and load with obesity in adults. <i>European Journal of Nutrition</i> , 2020, 59, 1563-1575.	1.8	33

#	ARTICLE	IF	CITATIONS
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150	Food taboo among pregnant Ethiopian women: magnitude, drivers, and association with anemia. <i>Nutrition Journal</i> , 2019, 18, 19.	1.5	31
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250	Drinking plain water is associated with decreased risk of depression and anxiety in adults: Results from a large cross-sectional study. <i>World Journal of Psychiatry</i> , 2018, 8, 88-96.	1.3	13
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260	Consumption of energy-dense diets in relation to metabolic syndrome and inflammatory markers in Iranian female nurses. <i>Public Health Nutrition</i> , 2017, 20, 893-901.	1.1	12
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#	ARTICLE	IF	CITATIONS
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275	Association between dietary insulin index and load and psychological disorders. <i>British Journal of Nutrition</i> , 2020, 123, 161-171.	1.2	11
276	Healthy lifestyle score and irritable bowel syndrome: A cross-sectional study in adults. <i>Neurogastroenterology and Motility</i> , 2020, 32, e13793.	1.6	11
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278	Patterns of Nutrient Intake in Relation to Sarcopenia and Its Components. <i>Frontiers in Nutrition</i> , 2021, 8, 645072.	1.6	11
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282	Potato consumption as high glycemic index food, blood pressure, and body mass index among Iranian adolescent girls. <i>ARYA Atherosclerosis</i> , 2015, 11, 81-7.	0.4	11
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284	The Effect of Iron-Vitamin C Co-supplementation on Biomarkers of Oxidative Stress in Iron-Deficient Female Youth. <i>Biological Trace Element Research</i> , 2013, 153, 171-177.	1.9	10
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287	Evaluation of the relationship between major dietary patterns and uninvestigated reflux among Iranian adults. <i>Nutrition</i> , 2016, 32, 573-583.	1.1	10
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291	The association between the dietary inflammatory index and glioma: A case-control study. <i>Clinical Nutrition</i> , 2020, 39, 433-439.	2.3	10
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