

# Itziar Zazpe

## List of Publications by Year in descending order

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Version: 2024-02-01

68  
papers

3,685  
citations

136950

32  
h-index

133252

59  
g-index

76  
all docs

76  
docs citations

76  
times ranked

5072  
citing authors

#	ARTICLE	IF	CITATIONS
1	A score appraising Paleolithic diet and the risk of cardiovascular disease in a Mediterranean prospective cohort. <i>European Journal of Nutrition</i> , 2022, 61, 957-971.	3.9	6
2	Change to a healthy diet in people over 70 years old: the PREDIMED experience. <i>European Journal of Nutrition</i> , 2022, 61, 1429-1444.	3.9	3
3	Macronutrient quality index and cardiovascular disease risk in the Seguimiento Universidad de Navarra (SUN) cohort. <i>European Journal of Nutrition</i> , 2022, 61, 3517-3530.	3.9	5
4	Higher adherence to an empirically derived Mediterranean dietary pattern is positively associated with telomere length: the Seguimiento Universidad de Navarra (SUN) project. <i>British Journal of Nutrition</i> , 2021, 126, 531-540.	2.3	5
5	Scoping review of Paleolithic dietary patterns: a definition proposal. <i>Nutrition Research Reviews</i> , 2021, 34, 78-106.	4.1	16
6	Association of carbohydrate quality and all-cause mortality in the SUN Project: A prospective cohort study. <i>Clinical Nutrition</i> , 2021, 40, 2364-2372.	5.0	12
7	Carbohydrate quality index and breast cancer risk in a Mediterranean cohort: The SUN project. <i>Clinical Nutrition</i> , 2021, 40, 137-145.	5.0	18
8	Macronutrient Quality and All-Cause Mortality in the SUN Cohort. <i>Nutrients</i> , 2021, 13, 972.	4.1	11
9	Diet Quality Indices in the SUN Cohort: Observed Changes and Predictors of Changes in Scores Over a 10-Year Period. <i>Journal of the Academy of Nutrition and Dietetics</i> , 2021, 121, 1948-1960.e7.	0.8	8
10	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> , 2020, 111, 291-306.	4.7	50
11	Association between diet quality indexes and the risk of short telomeres in an elderly population of the SUN project. <i>Clinical Nutrition</i> , 2020, 39, 2487-2494.	5.0	26
12	Associations of telomere length with two dietary quality indices after a lifestyle intervention in children with abdominal obesity: a randomized controlled trial. <i>Pediatric Obesity</i> , 2020, 15, e12661.	2.8	9
13	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> , 2019, 149, 1920-1929.	2.9	59
14	Paper-Based Versus Web-Based Versions of Self-Administered Questionnaires, Including Food-Frequency Questionnaires: Prospective Cohort Study. <i>JMIR Public Health and Surveillance</i> , 2019, 5, e11997.	2.6	15
15	Fat Quality Index and Risk of Cardiovascular Disease in the Sun Project. <i>Journal of Nutrition, Health and Aging</i> , 2018, 22, 526-533.	3.3	9
16	Self-perceived level of competitiveness, tension, and dependency and lifestyles in the "Seguimiento Universidad de Navarra" cohort study. <i>Public Health</i> , 2018, 157, 32-42.	2.9	1
17	Added sugars and sugar-sweetened beverage consumption, dietary carbohydrate index and depression risk in the Seguimiento Universidad de Navarra (SUN) Project. <i>British Journal of Nutrition</i> , 2018, 119, 211-221.	2.3	61
18	Mediterranean diet, physical activity and their combined effect on all-cause mortality: The Seguimiento Universidad de Navarra (SUN) cohort. <i>Preventive Medicine</i> , 2018, 106, 45-52.	3.4	120

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19	Micronutrient intake adequacy and depression risk in the SUN cohort study. <i>European Journal of Nutrition</i> , 2018, 57, 2409-2419.	3.9	33
20	Influence of Parental Healthy-Eating Attitudes and Nutritional Knowledge on Nutritional Adequacy and Diet Quality among Preschoolers: The SENDO Project. <i>Nutrients</i> , 2018, 10, 1875.	4.1	66
21	Improved Diet Quality and Nutrient Adequacy in Children and Adolescents with Abdominal Obesity after a Lifestyle Intervention. <i>Nutrients</i> , 2018, 10, 1500.	4.1	75
22	Self-perceived level of competitiveness, tension and dependency and depression risk in the SUN cohort. <i>BMC Psychiatry</i> , 2018, 18, 241.	2.6	15
23	A Healthy-Eating Model Called Mediterranean Diet. , 2018, , 1-24.		4
24	Strong inverse associations of Mediterranean diet, physical activity and their combination with cardiovascular disease: The Seguimiento Universidad de Navarra (SUN) cohort. <i>European Journal of Preventive Cardiology</i> , 2018, 25, 1186-1197.	1.8	41
25	Validation of the English Version of the 14-Item Mediterranean Diet Adherence Screener of the PREDIMED Study, in People at High Cardiovascular Risk in the UK. <i>Nutrients</i> , 2018, 10, 138.	4.1	106
26	Comparison of nutritional status between children with autism spectrum disorder and typically developing children in the Mediterranean Region (Valencia, Spain). <i>Autism</i> , 2017, 21, 310-322.	4.1	30
27	Ten-Year Changes in Healthy Eating Attitudes in the SUN Cohort. <i>Journal of the American College of Nutrition</i> , 2017, 36, 319-329.	1.8	10
28	Healthy-eating attitudes and the incidence of cardiovascular disease: the SUN cohort. <i>International Journal of Food Sciences and Nutrition</i> , 2017, 68, 595-604.	2.8	8
29	Transferability of the Mediterranean Diet to Non-Mediterranean Countries. <i>What Is and What Is Not the Mediterranean Diet</i> . <i>Nutrients</i> , 2017, 9, 1226.	4.1	195
30	Association between dietary fibre intake and fruit, vegetable or whole-grain consumption and the risk of CVD: results from the PREVENCIÓN con Dieta MEDiterránea (PREDIMED) trial. <i>British Journal of Nutrition</i> , 2016, 116, 534-546.	2.3	67
31	Snacking between main meals is associated with a higher risk of metabolic syndrome in a Mediterranean cohort: the SUN Project (Seguimiento Universidad de Navarra). <i>Public Health Nutrition</i> , 2016, 19, 658-666.	2.2	10
32	Association between a dietary carbohydrate index and cardiovascular disease in the SUN (Seguimiento) Tj ETQq0 0 0 rgBT /Overlock 10 1048-1056.	2.6	37
33	Predictors of short- and long-term adherence with a Mediterranean-type diet intervention: the PREDIMED randomized trial. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2016, 13, 67.	4.6	52
34	Beneficial changes in food consumption and nutrient intake after 10 years of follow-up in a Mediterranean cohort: the SUN project. <i>BMC Public Health</i> , 2016, 16, 203.	2.9	19
35	Nutritional adequacy according to carbohydrates and fat quality. <i>European Journal of Nutrition</i> , 2016, 55, 93-106.	3.9	49
36	Dietary Î±â€Linolenic Acid, Marine Î‰â€ Fatty Acids, and Mortality in a Population With High Fish Consumption: Findings From the PREVENCIÓN con Dieta MEDiterránea (PREDIMED) Study. <i>Journal of the American Heart Association</i> , 2016, 5, .	3.7	60

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37	Fat intake in children with autism spectrum disorder in the Mediterranean region (Valencia, Spain). <i>Nutritional Neuroscience</i> , 2016, 19, 377-386.	3.1	9
38	Nutritional Impact of a Gluten-Free Casein-Free Diet in Children with Autism Spectrum Disorder. <i>Journal of Autism and Developmental Disorders</i> , 2016, 46, 673-684.	2.7	39
39	Dietary inflammatory index and anthropometric measures of obesity in a population sample at high cardiovascular risk from the PREDIMED (PREvención con Dieta MEDiterránea) trial. <i>British Journal of Nutrition</i> , 2015, 113, 984-995.	2.3	209
40	Carbohydrate quality, weight change and incident obesity in a Mediterranean cohort: the SUN Project. <i>European Journal of Clinical Nutrition</i> , 2015, 69, 297-302.	2.9	59
41	Empirically-derived food patterns and the risk of total mortality and cardiovascular events in the PREDIMED study. <i>Clinical Nutrition</i> , 2015, 34, 859-867.	5.0	38
42	Nutritional Status of Children with Autism Spectrum Disorders (ASDs): A Case-Control Study. <i>Journal of Autism and Developmental Disorders</i> , 2015, 45, 203-212.	2.7	62
43	Anthropometric measurements and nutritional assessment in autism spectrum disorders: A systematic review. <i>Research in Autism Spectrum Disorders</i> , 2015, 9, 130-143.	1.5	15
44	Anthropometric measures of Spanish children with autism spectrum disorder. <i>Research in Autism Spectrum Disorders</i> , 2015, 9, 26-33.	1.5	14
45	Parity implications for anthropometrical variables, lifestyle behaviors and dietary habits in pregnant women. <i>Anales Del Sistema Sanitario De Navarra</i> , 2014, 37, 349-362.	0.5	5
46	Association between dietary carbohydrate intake quality and micronutrient intake adequacy in a Mediterranean cohort: the SUN (Seguimiento Universidad de Navarra) Project. <i>British Journal of Nutrition</i> , 2014, 111, 2000-2009.	2.3	68
47	Fiber intake and all-cause mortality in the Prevención con Dieta Mediterránea (PREDIMED) study. <i>American Journal of Clinical Nutrition</i> , 2014, 100, 1498-1507.	4.7	78
48	Glycemic load, glycemic index, bread and incidence of overweight/obesity in a Mediterranean cohort: the SUN project. <i>BMC Public Health</i> , 2014, 14, 1091.	2.9	31
49	Reported fried food consumption and the incidence of hypertension in a Mediterranean cohort: the SUN (Seguimiento Universidad de Navarra) project. <i>British Journal of Nutrition</i> , 2014, 112, 984-991.	2.3	25
50	Evidence of the Gluten-Free and Casein-Free Diet in Autism Spectrum Disorders. <i>Journal of Child Neurology</i> , 2014, 29, 1718-1727.	1.4	113
51	Dietary Patterns and Total Mortality in a Mediterranean Cohort: The SUN Project. <i>Journal of the Academy of Nutrition and Dietetics</i> , 2014, 114, 37-47.	0.8	58
52	Food Selectivity in Autism Spectrum Disorders. <i>Journal of Child Neurology</i> , 2014, 29, 1554-1561.	1.4	162
53	Sociodemographic and dietary profile of 4,471 childbearing-age women planning a pregnancy. <i>Nutricion Hospitalaria</i> , 2014, 29, 337-43.	0.3	2
54	Gender differences in lifestyle determinants of overweight prevalence in a sample of Southern European children. <i>Obesity Research and Clinical Practice</i> , 2013, 7, e391-e400.	1.8	20

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55	Prospective study of changes in sugar-sweetened beverage consumption and the incidence of the metabolic syndrome and its components: the SUN cohort. <i>British Journal of Nutrition</i> , 2013, 110, 1722-1731.	2.3	77
56	Are There Anthropometric Differences Between Autistic and Healthy Children?. <i>Journal of Child Neurology</i> , 2013, 28, 1226-1232.	1.4	15
57	Egg consumption and risk of type 2 diabetes in a Mediterranean cohort; the sun project. <i>Nutricion Hospitalaria</i> , 2013, 28, 105-11.	0.3	35
58	Repeatability of Food Frequency Assessment Tools in Relation to the Number of Items and Response Categories Included. <i>Food and Nutrition Bulletin</i> , 2012, 33, 288-295.	1.4	2
59	Perinatal and parental determinants of childhood overweight in 6-12 years old children. <i>Nutricion Hospitalaria</i> , 2012, 27, 599-605.	0.3	17
60	Predictores de adhesi3n a tratamiento diet3tico: experiencia del PREDIMED. <i>Revista Espanola De Nutricion Humana Y Dietetica</i> , 2011, 15, 97-98.	0.3	0
61	Egg consumption and risk of cardiovascular disease in the SUN Project. <i>European Journal of Clinical Nutrition</i> , 2011, 65, 676-682.	2.9	43
62	A brief assessment of eating habits and weight gain in a Mediterranean cohort. <i>British Journal of Nutrition</i> , 2011, 105, 765-775.	2.3	21
63	Relative validity of a semi-quantitative food-frequency questionnaire in an elderly Mediterranean population of Spain. <i>British Journal of Nutrition</i> , 2010, 103, 1808-1816.	2.3	666
64	Predictors of adherence to a Mediterranean-type diet in the PREDIMED trial. <i>European Journal of Nutrition</i> , 2010, 49, 91-99.	3.9	41
65	Eating Competence of Elderly Spanish Adults Is Associated with a Healthy Diet and a Favorable Cardiovascular Disease Risk Profile. <i>Journal of Nutrition</i> , 2010, 140, 1322-1327.	2.9	40
66	Serum sterol responses to increasing plant sterol intake from natural foods in the Mediterranean diet. <i>European Journal of Nutrition</i> , 2009, 48, 373-382.	3.9	63
67	A Large Randomized Individual and Group Intervention Conducted by Registered Dietitians Increased Adherence to Mediterranean-Type Diets: The PREDIMED Study. <i>Journal of the American Dietetic Association</i> , 2008, 108, 1134-1144.	1.1	172
68	Adherence to a Mediterranean-type diet and reduced prevalence of clustered cardiovascular risk factors in a cohort of 3204 high-risk patients. <i>European Journal of Cardiovascular Prevention and Rehabilitation</i> , 2008, 15, 589-593.	2.8	126