

Maira Bes-Rastrollo

List of Publications by Citations

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230
papers

8,894
citations

50
h-index

85
g-index

267
ext. papers

10,852
ext. citations

4.3
avg, IF

6.31
L-index

#	Paper	IF	Citations
230	Adherence to Mediterranean diet and risk of developing diabetes: prospective cohort study. <i>BMJ, The</i> , 2008 , 336, 1348-51	5.9	368
229	Relationship between body image disturbance and incidence of depression: the SUN prospective cohort. <i>BMC Public Health</i> , 2009 , 9, 1	4.1	317
228	Ultraprocessed food consumption and risk of overweight and obesity: the University of Navarra Follow-Up (SUN) cohort study. <i>American Journal of Clinical Nutrition</i> , 2016 , 104, 1433-1440	7	252
227	Reproducibility of an FFQ validated in Spain. <i>Public Health Nutrition</i> , 2010 , 13, 1364-72	3.3	241
226	Association between consumption of ultra-processed foods and all cause mortality: SUN prospective cohort study. <i>BMJ, The</i> , 2019 , 365, l1949	5.9	180
225	Dietary patterns, Mediterranean diet, and cardiovascular disease. <i>Current Opinion in Lipidology</i> , 2014 , 25, 20-6	4.4	178
224	Alcohol consumption and body weight: a systematic review. <i>Nutrition Reviews</i> , 2011 , 69, 419-31	6.4	176
223	Mediterranean diet inversely associated with the incidence of metabolic syndrome: the SUN prospective cohort. <i>Diabetes Care</i> , 2007 , 30, 2957-9	14.6	174
222	Financial conflicts of interest and reporting bias regarding the association between sugar-sweetened beverages and weight gain: a systematic review of systematic reviews. <i>PLoS Medicine</i> , 2013 , 10, e1001578; discussion e1001578	11.6	169
221	Predictors of weight gain in a Mediterranean cohort: the Seguimiento Universidad de Navarra Study 1. <i>American Journal of Clinical Nutrition</i> , 2006 , 83, 362-70; quiz 394-5	7	165
220	Ultra-Processed Food Consumption and the Incidence of Hypertension in a Mediterranean Cohort: The Seguimiento Universidad de Navarra Project. <i>American Journal of Hypertension</i> , 2017 , 30, 358-366	2.3	163
219	Adherence to the Mediterranean diet, long-term weight change, and incident overweight or obesity: the Seguimiento Universidad de Navarra (SUN) cohort. <i>American Journal of Clinical Nutrition</i> , 2010 , 92, 1484-93	7	151
218	Prospective study of nut consumption, long-term weight change, and obesity risk in women. <i>American Journal of Clinical Nutrition</i> , 2009 , 89, 1913-9	7	149
217	Nut consumption and weight gain in a Mediterranean cohort: The SUN study. <i>Obesity</i> , 2007 , 15, 107-16	8	142
216	Sugar-Sweetened Beverages and Weight Gain in Children and Adults: A Systematic Review from 2013 to 2015 and a Comparison with Previous Studies. <i>Obesity Facts</i> , 2017 , 10, 674-693	5.1	141
215	Adherence to a Mediterranean dietary pattern and weight gain in a follow-up study: the SUN cohort. <i>International Journal of Obesity</i> , 2006 , 30, 350-8	5.5	134
214	Physical activity, sedentary index, and mental disorders in the SUN cohort study. <i>Medicine and Science in Sports and Exercise</i> , 2008 , 40, 827-34	1.2	132

213	Mediterranean food pattern and the primary prevention of chronic disease: recent developments. <i>Nutrition Reviews</i> , 2009 , 67 Suppl 1, S111-6	6.4	127
212	Mediterranean Diet and Health Outcomes in the SUN Cohort. <i>Nutrients</i> , 2018 , 10,	6.7	118
211	Adherence to the Mediterranean diet is inversely associated with metabolic syndrome occurrence: a meta-analysis of observational studies. <i>International Journal of Food Sciences and Nutrition</i> , 2017 , 68, 138-148	3.7	111
210	Mediterranean diet and depression. <i>Public Health Nutrition</i> , 2006 , 9, 1104-9	3.3	111
209	Mediterranean diet and the incidence of cardiovascular disease: a Spanish cohort. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2011 , 21, 237-44	4.5	110
208	Prospective study of dietary energy density and weight gain in women. <i>American Journal of Clinical Nutrition</i> , 2008 , 88, 769-77	7	102
207	Sedentary behaviors and the risk of incident hypertension: the SUN Cohort. <i>American Journal of Hypertension</i> , 2007 , 20, 1156-62	2.3	102
206	Association of fiber intake and fruit/vegetable consumption with weight gain in a Mediterranean population. <i>Nutrition</i> , 2006 , 22, 504-11	4.8	96
205	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	4.3	95
204	Nut consumption, weight gain and obesity: Epidemiological evidence. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2011 , 21 Suppl 1, S40-5	4.5	93
203	Dietary patterns and nutritional adequacy in a Mediterranean country. <i>British Journal of Nutrition</i> , 2009 , 101 Suppl 2, S21-8	3.6	93
202	Cohort Profile: Design and methods of the PREDIMED-Plus randomized trial. <i>International Journal of Epidemiology</i> , 2019 , 48, 387-388o	7.8	87
201	Association between folate, vitamin B(6) and vitamin B(12) intake and depression in the SUN cohort study. <i>Journal of Human Nutrition and Dietetics</i> , 2009 , 22, 122-33	3.1	85
200	Olive oil consumption and weight change: the SUN prospective cohort study. <i>Lipids</i> , 2006 , 41, 249-56	1.6	84
199	The Role of Dietary Inflammatory Index in Cardiovascular Disease, Metabolic Syndrome and Mortality. <i>International Journal of Molecular Sciences</i> , 2016 , 17,	6.3	81
198	A 3-year intervention with a Mediterranean diet modified the association between the rs9939609 gene variant in FTO and body weight changes. <i>International Journal of Obesity</i> , 2010 , 34, 266-72	5.5	76
197	Costs of Mediterranean and western dietary patterns in a Spanish cohort and their relationship with prospective weight change. <i>Journal of Epidemiology and Community Health</i> , 2009 , 63, 920-7	5.1	76
196	Factors that influence under-reporting of suspected adverse drug reactions among community pharmacists in a Spanish region. <i>Drug Safety</i> , 2007 , 30, 1073-82	5.1	76

195	Does the MIND diet decrease depression risk? A comparison with Mediterranean diet in the SUN cohort. <i>European Journal of Nutrition</i> , 2019 , 58, 1271-1282	5.2	74
194	A prospective study of eating away-from-home meals and weight gain in a Mediterranean population: the SUN (Seguimiento Universidad de Navarra) cohort. <i>Public Health Nutrition</i> , 2010 , 13, 1356-63	3.3	71
193	Vegetable protein and fiber from cereal are inversely associated with the risk of hypertension in a Spanish cohort. <i>Archives of Medical Research</i> , 2006 , 37, 778-86	6.6	71
192	Ultra-processed food consumption and the incidence of depression in a Mediterranean cohort: the SUN Project. <i>European Journal of Nutrition</i> , 2020 , 59, 1093-1103	5.2	66
191	Challenges to the Mediterranean diet at a time of economic crisis. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2016 , 26, 1057-1063	4.5	62
190	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, 1722-31	3.6	62
189	Prospective study of self-reported usual snacking and weight gain in a Mediterranean cohort: the SUN project. <i>Clinical Nutrition</i> , 2010 , 29, 323-30	5.9	61
188	Central obesity and the Mediterranean diet: A systematic review of intervention trials. <i>Critical Reviews in Food Science and Nutrition</i> , 2018 , 58, 3070-3084	11.5	59
187	Tobacco use among medical students in Europe: results of a multicentre study using the Global Health Professions Student Survey. <i>Public Health</i> , 2012 , 126, 159-64	4	59
186	The Mediterranean diet is associated with a reduction in premature mortality among middle-aged adults. <i>Journal of Nutrition</i> , 2012 , 142, 1672-8	4.1	56
185	Mediterranean diet and cognitive function: the SUN project. <i>Journal of Nutrition, Health and Aging</i> , 2015 , 19, 305-12	5.2	55
184	Dietary inflammatory index and all-cause mortality in large cohorts: The SUN and PREDIMED studies. <i>Clinical Nutrition</i> , 2019 , 38, 1221-1231	5.9	55
183	Mediterranean alcohol-drinking pattern and mortality in the SUN (Seguimiento Universidad de Navarra) Project: a prospective cohort study. <i>British Journal of Nutrition</i> , 2014 , 111, 1871-80	3.6	55
182	Validation of self-reported anthropometrics in the Adventist Health Study 2. <i>BMC Public Health</i> , 2011 , 11, 213	4.1	55
181	Total polyphenol intake, polyphenol subtypes and incidence of cardiovascular disease: The SUN cohort study. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2019 , 29, 69-78	4.5	54
180	Dietary Linolenic Acid, Marine Ω Fatty Acids, and Mortality in a Population With High Fish Consumption: Findings From the PREvenci3n con DIeta MEDiterr3nea (PREDIMED) Study. <i>Journal of the American Heart Association</i> , 2016 , 5,	6	48
179	Mediterranean-style diet in pregnant women with metabolic risk factors (ESTEEM): A pragmatic multicentre randomised trial. <i>PLoS Medicine</i> , 2019 , 16, e1002857	11.6	48
178	Consumption of fried foods and weight gain in a Mediterranean cohort: the SUN project. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2013 , 23, 144-50	4.5	47

177	Similar prediction of total mortality, diabetes incidence and cardiovascular events using relative- and absolute-component Mediterranean diet score: the SUN cohort. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2013 , 23, 451-8	4.5	47
176	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, 2000-9	3.6	46
175	Association between sleeping hours and siesta and the risk of obesity: the SUN Mediterranean Cohort. <i>Obesity Facts</i> , 2013 , 6, 337-47	5.1	45
174	Television viewing, computer use, time driving and all-cause mortality: the SUN cohort. <i>Journal of the American Heart Association</i> , 2014 , 3, e000864	6	44
173	Long-Term Coffee Consumption Is Associated with Decreased Incidence of New-Onset Hypertension: A Dose-Response Meta-Analysis. <i>Nutrients</i> , 2017 , 9,	6.7	43
172	High Sodium Intake Is Associated With Self-Reported Rheumatoid Arthritis: A Cross Sectional and Case Control Analysis Within the SUN Cohort. <i>Medicine (United States)</i> , 2015 , 94, e0924	1.8	43
171	Frequent Consumption of Sugar- and Artificially Sweetened Beverages and Natural and Bottled Fruit Juices Is Associated with an Increased Risk of Metabolic Syndrome in a Mediterranean Population at High Cardiovascular Disease Risk. <i>Journal of Nutrition</i> , 2016 , 146, 1528-36	4.1	43
170	Association between yogurt consumption and the risk of metabolic syndrome over 6 years in the SUN study. <i>BMC Public Health</i> , 2015 , 15, 170	4.1	42
169	Yogurt consumption, weight change and risk of overweight/obesity: the SUN cohort study. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2014 , 24, 1189-96	4.5	42
168	Prevalence of obesity and diabetes in Spanish adults 1987-2012. <i>Medicina Clínica</i> , 2017 , 148, 250-256	1	41
167	Adherence to the Mediterranean diet is inversely associated with visceral abdominal tissue in Caucasian subjects. <i>Clinical Nutrition</i> , 2015 , 34, 1266-72	5.9	39
166	Associations between Yogurt Consumption and Weight Gain and Risk of Obesity and Metabolic Syndrome: A Systematic Review. <i>Advances in Nutrition</i> , 2017 , 8, 146S-154S	10	38
165	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	5.2	38
164	Nutritional adequacy according to carbohydrates and fat quality. <i>European Journal of Nutrition</i> , 2016 , 55, 93-106	5.2	37
163	Nut consumption and incidence of metabolic syndrome after 6-year follow-up: the SUN (Seguimiento Universidad de Navarra, University of Navarra Follow-up) cohort. <i>Public Health Nutrition</i> , 2013 , 16, 2064-72	3.3	37
162	Timing of renal replacement therapy after cardiac surgery: a retrospective multicenter Spanish cohort study. <i>Blood Purification</i> , 2011 , 32, 104-11	3.1	37
161	Nut consumption and incidence of hypertension: the SUN prospective cohort. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2010 , 20, 359-65	4.5	36
160	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	4.1	35

159	Catering services and HACCP: Temperature assessment and surface hygiene control before and after audits and a specific training session. <i>Food Control</i> , 2014 , 43, 193-198	6.2	35
158	A longitudinal assessment of alcohol intake and incident depression: the SUN project. <i>BMC Public Health</i> , 2012 , 12, 954	4.1	35
157	Egg consumption and risk of cardiovascular disease in the SUN Project. <i>European Journal of Clinical Nutrition</i> , 2011 , 65, 676-82	5.2	35
156	Impact of sugars and sugar taxation on body weight control: A comprehensive literature review. <i>Obesity</i> , 2016 , 24, 1410-26	8	35
155	Global sustainability (health, environment and monetary costs) of three dietary patterns: results from a Spanish cohort (the SUN project). <i>BMJ Open</i> , 2019 , 9, e021541	3	33
154	Healthy Lifestyle and Incidence of Metabolic Syndrome in the SUN Cohort. <i>Nutrients</i> , 2018 , 11,	6.7	33
153	Empirically derived dietary patterns and health-related quality of life in the SUN project. <i>PLoS ONE</i> , 2013 , 8, e61490	3.7	32
152	Type of alcoholic beverage and incidence of overweight/obesity in a Mediterranean cohort: the SUN project. <i>Nutrition</i> , 2011 , 27, 802-8	4.8	32
151	Egg consumption and risk of type 2 diabetes in a Mediterranean cohort; the sun project. <i>Nutricion Hospitalaria</i> , 2013 , 28, 105-11	1	32
150	Primary prevention of gestational diabetes mellitus through nutritional factors: a systematic review. <i>BMC Pregnancy and Childbirth</i> , 2017 , 17, 30	3.2	31
149	Cardiac-surgery associated acute kidney injury requiring renal replacement therapy. A Spanish retrospective case-cohort study. <i>BMC Nephrology</i> , 2009 , 10, 27	2.7	30
148	A Provegetarian Food Pattern Emphasizing Preference for Healthy Plant-Derived Foods Reduces the Risk of Overweight/Obesity in the SUN Cohort. <i>Nutrients</i> , 2019 , 11,	6.7	29
147	Modern hydroxyethyl starch and acute kidney injury after cardiac surgery: a prospective multicentre cohort. <i>British Journal of Anaesthesia</i> , 2016 , 117, 458-463	5.4	28
146	The impact of computer use in myopia progression: a cohort study in Spain. <i>Preventive Medicine</i> , 2015 , 71, 67-71	4.3	28
145	Consumption of fried foods and risk of metabolic syndrome: the SUN cohort study. <i>Clinical Nutrition</i> , 2014 , 33, 545-9	5.9	28
144	Consumo de alcohol e incidencia de hipertensi3n en una cohorte mediterr3nea: el estudio SUN. <i>Revista Espanola De Cardiologia</i> , 2009 , 62, 633-641	1.5	28
143	Prognosis and serum creatinine levels in acute renal failure at the time of nephrology consultation: an observational cohort study. <i>BMC Nephrology</i> , 2007 , 8, 14	2.7	28
142	Fast food consumption and gestational diabetes incidence in the SUN project. <i>PLoS ONE</i> , 2014 , 9, e106637	3.7	28

141	Different types of alcoholic beverages and incidence of metabolic syndrome and its components in a Mediterranean cohort. <i>Clinical Nutrition</i> , 2013 , 32, 797-804	5.9	27
140	Validation of metabolic syndrome using medical records in the SUN cohort. <i>BMC Public Health</i> , 2011 , 11, 867	4.1	27
139	Smoking status, changes in smoking status and health-related quality of life: findings from the SUN ("Seguimiento Universidad de Navarra") cohort. <i>International Journal of Environmental Research and Public Health</i> , 2009 , 6, 310-20	4.6	27
138	Impact of prealbumin levels on mortality in patients with acute kidney injury: an observational cohort study. <i>Journal of Renal Nutrition</i> , 2008 , 18, 262-8	3	27
137	Mediterranean Alcohol-Drinking Pattern and the Incidence of Cardiovascular Disease and Cardiovascular Mortality: The SUN Project. <i>Nutrients</i> , 2015 , 7, 9116-26	6.7	26
136	Magnesium intake is not related to depression risk in Spanish university graduates. <i>Journal of Nutrition</i> , 2012 , 142, 1053-9	4.1	26
135	Living at Higher Altitude and Incidence of Overweight/Obesity: Prospective Analysis of the SUN Cohort. <i>PLoS ONE</i> , 2016 , 11, e0164483	3.7	26
134	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	3.9	26
133	Association between cognitive function and supplementation with omega-3 PUFAs and other nutrients in 75 years old patients: A randomized multicenter study. <i>PLoS ONE</i> , 2018 , 13, e0193568	3.7	25
132	Effects of antidepressant and antipsychotic use on weight gain: A systematic review. <i>Obesity Reviews</i> , 2019 , 20, 1680-1690	10.6	25
131	Association between dietary intakes of PCBs and the risk of obesity: the SUN project. <i>Journal of Epidemiology and Community Health</i> , 2014 , 68, 834-41	5.1	25
130	Sugar-sweetened carbonated beverage consumption and childhood/adolescent obesity: a case-control study. <i>Public Health Nutrition</i> , 2014 , 17, 2185-93	3.3	25
129	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	4.1	24
128	Balancing Upstream and Downstream Measures to Tackle the Obesity Epidemic: A Position Statement from the European Association for the Study of Obesity. <i>Obesity Facts</i> , 2017 , 10, 61-63	5.1	23
127	Relationship between adherence to Dietary Approaches to Stop Hypertension (DASH) diet indices and incidence of depression during up to 8 years of follow-up. <i>Public Health Nutrition</i> , 2017 , 20, 2383-2392	3.3	22
126	The Mediterranean diet, an environmentally friendly option: evidence from the Seguimiento Universidad de Navarra (SUN) cohort. <i>Public Health Nutrition</i> , 2018 , 21, 1573-1582	3.3	22
125	Association between pre-pregnancy consumption of meat, iron intake, and the risk of gestational diabetes: the SUN project. <i>European Journal of Nutrition</i> , 2018 , 57, 939-949	5.2	22
124	Adherence to the Mediterranean Dietary Pattern and Incidence of Nephrolithiasis in the Seguimiento Universidad de Navarra Follow-up (SUN) Cohort. <i>American Journal of Kidney Diseases</i> , 2017 , 70, 778-786	7.4	22

123	Substitution Models of Water for Other Beverages, and the Incidence of Obesity and Weight Gain in the SUN Cohort. <i>Nutrients</i> , 2016 , 8,	6.7	22
122	Association between a dietary carbohydrate index and cardiovascular disease in the SUN (Seguimiento Universidad de Navarra) Project. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2016 , 26, 1048-1056	4.5	21
121	Living at a Geographically Higher Elevation Is Associated with Lower Risk of Metabolic Syndrome: Prospective Analysis of the SUN Cohort. <i>Frontiers in Physiology</i> , 2016 , 7, 658	4.6	21
120	Evaluation of the prognostic value of the risk, injury, failure, loss and end-stage renal failure (RIFLE) criteria for acute kidney injury. <i>Nephrology</i> , 2008 , 13, 361-6	2.2	21
119	Association between dietary and beverage consumption patterns in the SUN (Seguimiento Universidad de Navarra) cohort study. <i>Public Health Nutrition</i> , 2009 , 12, 351-8	3.3	21
118	Intake of High-Fat Yogurt, but Not of Low-Fat Yogurt or Prebiotics, Is Related to Lower Risk of Depression in Women of the SUN Cohort Study. <i>Journal of Nutrition</i> , 2016 , 146, 1731-9	4.1	21
117	Exercise Intensity and Incidence of Metabolic Syndrome: The SUN Project. <i>American Journal of Preventive Medicine</i> , 2017 , 52, e95-e101	6.1	20
116	Pre-pregnancy adherences to empirically derived dietary patterns and gestational diabetes risk in a Mediterranean cohort: the Seguimiento Universidad de Navarra (SUN) project. <i>British Journal of Nutrition</i> , 2017 , 118, 715-721	3.6	20
115	Environmental Impact of Dietary Choices: Role of the Mediterranean and Other Dietary Patterns in an Italian Cohort. <i>International Journal of Environmental Research and Public Health</i> , 2020 , 17,	4.6	20
114	Obesity indexes and total mortality among elderly subjects at high cardiovascular risk: the PREDIMED study. <i>PLoS ONE</i> , 2014 , 9, e103246	3.7	20
113	External validation and comparison of three scores to predict renal replacement therapy after cardiac surgery: a multicenter cohort. <i>International Journal of Artificial Organs</i> , 2011 , 34, 329-38	1.9	20
112	Meat Consumption and Risk of Developing Type 2 Diabetes in the SUN Project: A Highly Educated Middle-Class Population. <i>PLoS ONE</i> , 2016 , 11, e0157990	3.7	20
111	Soft drink consumption and gestational diabetes risk in the SUN project. <i>Clinical Nutrition</i> , 2018 , 37, 638-645	3.45	19
110	Working hours and incidence of metabolic syndrome and its components in a Mediterranean cohort: the SUN project. <i>European Journal of Public Health</i> , 2015 , 25, 683-8	2.1	18
109	Adherence to the Mediterranean diet is inversely related to binge eating disorder in patients seeking a weight loss program. <i>Clinical Nutrition</i> , 2015 , 34, 107-14	5.9	18
108	A brief assessment of eating habits and weight gain in a Mediterranean cohort. <i>British Journal of Nutrition</i> , 2011 , 105, 765-75	3.6	18
107	Changes in weight and physical activity over two years in Spanish alumni. <i>Medicine and Science in Sports and Exercise</i> , 2009 , 41, 516-22	1.2	18
106	Lifestyle factors associated with BMI in a Spanish graduate population: the SUN Study. <i>Obesity Facts</i> , 2008 , 1, 80-7	5.1	18

105	Baseline consumption and changes in sugar-sweetened beverage consumption and the incidence of hypertension: The SUN project. <i>Clinical Nutrition</i> , 2015 , 34, 1133-40	5.9	17
104	Nut consumption and 5-y all-cause mortality in a Mediterranean cohort: the SUN project. <i>Nutrition</i> , 2014 , 30, 1022-7	4.8	17
103	Association between dietary intake of polychlorinated biphenyls and the incidence of hypertension in a Spanish cohort: the Seguimiento Universidad de Navarra project. <i>Hypertension</i> , 2015 , 65, 714-21	8.5	17
102	Dietary fat intake and quality of life: the SUN project. <i>Nutrition Journal</i> , 2011 , 10, 121	4.3	17
101	Evoluci3n de los cambios en el peso corporal seg3n h3bito tab3quico: an3lisis longitudinal de la cohorte SUN. <i>Revista Espanola De Cardiologia</i> , 2010 , 63, 20-27	1.5	17
100	Macronutrient intake and metabolic syndrome in subjects at high cardiovascular risk. <i>Annals of Nutrition and Metabolism</i> , 2010 , 56, 152-9	4.5	16
99	Mediterranean diet and the risk of COVID-19 in the 'Seguimiento Universidad de Navarra' cohort. <i>Clinical Nutrition</i> , 2021 ,	5.9	16
98	Ultra-processed food consumption and the risk of short telomeres in an elderly population of the Seguimiento Universidad de Navarra (SUN) Project. <i>American Journal of Clinical Nutrition</i> , 2020 , 111, 1259-1266 ¹⁵		
97	Geographical and climatic factors and depression risk in the SUN project. <i>European Journal of Public Health</i> , 2014 , 24, 626-31	2.1	15
96	Association of a Dietary Score with Incident Type 2 Diabetes: The Dietary-Based Diabetes-Risk Score (DDS). <i>PLoS ONE</i> , 2015 , 10, e0141760	3.7	15
95	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	4.1	14
94	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, 984-91	3.6	14
93	Work hours and incidence of hypertension among Spanish university graduates: the Seguimiento Universidad de Navarra prospective cohort. <i>Journal of Hypertension</i> , 2009 , 27, 34-40	1.9	14
92	Karnofsky performance score in acute renal failure as a predictor of short-term survival. <i>Nephrology</i> , 2007 , 12, 533-8	2.2	14
91	Lifestyles and the risk of depression in the "Seguimiento Universidad de Navarra" cohort. <i>European Psychiatry</i> , 2019 , 61, 33-40	6	12
90	Contribution of ultra-processed foods in visceral fat deposition and other adiposity indicators: Prospective analysis nested in the PREDIMED-Plus trial. <i>Clinical Nutrition</i> , 2021 , 40, 4290-4300	5.9	12
89	Dietary energy density and body weight changes after 3 years in the PREDIMED study. <i>International Journal of Food Sciences and Nutrition</i> , 2017 , 68, 865-872	3.7	11
88	Effect of pregnancy in myopia progression: the SUN cohort. <i>Eye</i> , 2017 , 31, 1085-1092	4.4	11

87	The role of lifestyle behaviour on the risk of hypertension in the SUN cohort: The hypertension preventive score. <i>Preventive Medicine</i> , 2019 , 123, 171-178	4.3	11
86	Evaluation of Prerequisite Programs Implementation and Hygiene Practices at Social Food Services through Audits and Microbiological Surveillance. <i>Journal of Food Science</i> , 2016 , 81, M921-7	3.4	11
85	Optical coherence tomography evaluation of posterior capsule opacification related to intraocular lens design. <i>Journal of Cataract and Refractive Surgery</i> , 2008 , 34, 643-50	2.3	11
84	Should we recommend reductions in saturated fat intake or in red/processed meat consumption? The SUN prospective cohort study. <i>Clinical Nutrition</i> , 2018 , 37, 1389-1398	5.9	10
83	Annual motor vehicle travel distance and incident obesity: a prospective cohort study. <i>American Journal of Preventive Medicine</i> , 2013 , 44, 254-9	6.1	9
82	Ultra-processed foods and type-2 diabetes risk in the SUN project: A prospective cohort study. <i>Clinical Nutrition</i> , 2021 , 40, 2817-2824	5.9	9
81	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> , 2021 , 13,	6.7	9
80	Effect of simple, targeted diet in pregnant women with metabolic risk factors on maternal and fetal outcomes (ESTEEM): study protocol for a pragmatic multicentre randomised trial. <i>BMJ Open</i> , 2016 , 6, e013495	3	9
79	Ten-Year Changes in Healthy Eating Attitudes in the SUN Cohort. <i>Journal of the American College of Nutrition</i> , 2017 , 36, 319-329	3.5	8
78	The influence of obesity and weight gain on quality of life according to the SF-36 for individuals of the dynamic follow-up cohort of the University of Navarra. <i>Revista Clinica Espanola</i> , 2018 , 218, 408-416	0.7	8
77	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> , 2021 , 60, 2381-2396	5.2	8
76	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, 658-66	3.3	8
75	Adherence to the 2015 Dietary Guidelines for Americans and mortality risk in a Mediterranean cohort: The SUN project. <i>Preventive Medicine</i> , 2019 , 118, 317-324	4.3	8
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39	Adherence to dietary guidelines for the Spanish population and risk of overweight/obesity in the SUN cohort. <i>PLoS ONE</i> , 2019 , 14, e0226565	3.7	3
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35	Prevalence of obesity and diabetes in Spanish adults 1987-2012. <i>Medicina Clínica (English Edition)</i> , 2017 , 148, 250-256	0.3	2
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18	A score appraising Paleolithic diet and the risk of cardiovascular disease in a Mediterranean prospective cohort. <i>European Journal of Nutrition</i> , 2021 , 1	5.2	0
17	The influence of alcohol intake in myopia development or progression: The SUN cohort study. <i>Drug and Alcohol Dependence</i> , 2021 , 229, 109149	4.9	0
16	A food-based score and incidence of overweight/obesity: The Dietary Obesity-Prevention Score (DOS). <i>Clinical Nutrition</i> , 2019 , 38, 2607-2615	5.9	0

15	The association between self-perceived walking pace with the incidence of hypertension: the 'Seguimiento Universidad de Navarra' cohort. <i>Journal of Hypertension</i> , 2021 , 39, 1188-1194	1.9	0
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8	Reply - Letter to the editor - Association between olive oil consumption and the risk of cardiovascular disease and stroke YCLNU-D-21-02208.. <i>Clinical Nutrition</i> , 2022 ,	5.9	
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2	A Small Handful of Mixed Nuts 2018 , 89-99		
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