

Maira Bes-Rastrollo

List of Publications by Year in Descending Order

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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.

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	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	
229	Integrative development of a short screening questionnaire of highly processed food consumption (sQ-HPF).. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2022 , 19, 6	8.4	
228	Association between pre-conceptional carbohydrate quality index and the incidence of gestational diabetes: the SUN cohort study.. <i>British Journal of Nutrition</i> , 2022 , 1-30	3.6	
227	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
226	Olive oil consumption is associated with a lower risk of cardiovascular disease and stroke. <i>Clinical Nutrition</i> , 2021 , 41, 122-130	5.9	4
225	Intervention for promoting intake of fruits and vegetables in Brazilians: a randomised controlled trial. <i>Public Health Nutrition</i> , 2021 , 1-13	3.3	
224	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
223	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
222	Associations of Total Legume, Pulse, and Soy Consumption with Incident Type 2 Diabetes: Federated Meta-Analysis of 27 Studies from Diverse World Regions. <i>Journal of Nutrition</i> , 2021 , 151, 1234-1240 ⁶	4.1	1240
221	Heterogeneity of Associations between Total and Types of Fish Intake and the Incidence of Type 2 Diabetes: Federated Meta-Analysis of 28 Prospective Studies Including 956,122 Participants. <i>Nutrients</i> , 2021 , 13,	6.7	2
220	Mediterranean diet and the risk of COVID-19 in the 'Seguimiento Universidad de Navarra' cohort. <i>Clinical Nutrition</i> , 2021 ,	5.9	16
219	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
218	Association between ideal cardiovascular health and telomere length in participants older than 55 years old from the SUN cohort. <i>Revista Espanola De Cardiologia (English Ed)</i> , 2021 ,	0.7	1
217	Public support for healthy supermarket initiatives focused on product placement: a multi-country cross-sectional analysis of the 2018 International Food Policy Study. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2021 , 18, 78	8.4	4
216	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
215	Pre-Gestational Consumption of Ultra-Processed Foods and Risk of Gestational Diabetes in a Mediterranean Cohort. The SUN Project. <i>Nutrients</i> , 2021 , 13,	6.7	2
214	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

213	Mediterranean diet, alcohol-drinking pattern and their combined effect on all-cause mortality: the Seguimiento Universidad de Navarra (SUN) cohort. <i>European Journal of Nutrition</i> , 2021 , 60, 1489-1498	5.2	5
212	Association between the nutrient profile system underpinning the Nutri-Score front-of-pack nutrition label and mortality in the SUN project: A prospective cohort study. <i>Clinical Nutrition</i> , 2021 , 40, 1085-1094	5.9	8
211	Promoting exercise, reducing sedentarism or both for diabetes prevention: The "Seguimiento Universidad De Navarra" (SUN) cohort. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2021 , 31, 411-419	4.5	3
210	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
209	An Active Lifestyle Is Associated with Better Cognitive Function Over Time in APOE e4 Non-Carriers. <i>Journal of Alzheimers Disease</i> , 2021 , 79, 1257-1268	4.3	2
208	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	3.9	2
207	Lifestyle-Related Factors and Total Mortality in a Mediterranean Prospective Cohort. <i>American Journal of Preventive Medicine</i> , 2020 , 59, e59-e67	6.1	7
206	Lifestyle behavior and the risk of type 2 diabetes in the Seguimiento Universidad de Navarra (SUN) cohort. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2020 , 30, 1355-1364	4.5	2
205	Mediterranean diet, Dietary Approaches to Stop Hypertension, and Pro-vegetarian dietary pattern in relation to the risk of basal cell carcinoma: a nested case-control study within the Seguimiento Universidad de Navarra (SUN) cohort. <i>American Journal of Clinical Nutrition</i> , 2020 , 112, 364-372	7	3
204	A three-dimensional dietary index (nutritional quality, environment and price) and reduced mortality: The "Seguimiento Universidad de Navarra" cohort. <i>Preventive Medicine</i> , 2020 , 137, 106124	4.3	2
203	Nutritional Determinants of Quality of Life in a Mediterranean Cohort: The SUN Study. <i>International Journal of Environmental Research and Public Health</i> , 2020 , 17,	4.6	5
202	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
201	Total Sugar Intake and Macro and Micronutrients in Children Aged 6-8 Years: The ANIVA Study. <i>Nutrients</i> , 2020 , 12,	6.7	2
200	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	7	15
199	Cured ham consumption and incidence of hypertension: The "Seguimiento Universidad de Navarra" (SUN) cohort. <i>Medicina Clínica</i> , 2020 , 155, 9-17	1	3
198	Body shape trajectories and mortality in the Seguimiento universidad de Navarra (SUN) cohort. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2020 , 30, 1742-1750	4.5	
197	Cured ham consumption and incidence of hypertension: The Seguimiento Universidad de Navarra (SUN) cohort. <i>Medicina Clínica (English Edition)</i> , 2020 , 155, 9-17	0.3	
196	Nutritional Quality and Health Effects of Low Environmental Impact Diets: The "Seguimiento Universidad de Navarra" (SUN) Cohort. <i>Nutrients</i> , 2020 , 12,	6.7	3

195	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
194	Oral contraceptives use and development of obesity in a Mediterranean cohort: the SUN (Seguimiento Universidad de Navarra) Project. <i>International Journal of Obesity</i> , 2020 , 44, 320-329	5.5	3
193	Use of non-steroidal anti-inflammatory drugs, aspirin and the risk of depression: The "Seguimiento Universidad de Navarra (SUN)" cohort. <i>Journal of Affective Disorders</i> , 2019 , 247, 161-167	6.6	6
192	Healthful and Unhealthful Provegetarian Food Patterns and the Incidence of Overweight/obesity in the Seguimiento Universidad De Navarra (SUN) Cohort (OR33-05-19). <i>Current Developments in Nutrition</i> , 2019 , 3,	0.4	1
191	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
190	Trends of obesity prevalence among Spanish adults with diabetes, 1987-2012. <i>Medicina Clínica (English Edition)</i> , 2019 , 152, 181-184	0.3	
189	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
188	Body shape trajectories and incidence of depression in the "Seguimiento Universidad de Navarra" (SUN) prospective cohort. <i>Journal of Affective Disorders</i> , 2019 , 251, 170-179	6.6	3
187	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
186	Body shape trajectories and the incidence of hypertension in a Mediterranean cohort: The sun study. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2019 , 29, 244-253	4.5	4
185	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
184	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
183	Association of the Dietary-Based Diabetes-Risk Score (DDS) with the risk of gestational diabetes mellitus in the Seguimiento Universidad de Navarra (SUN) project. <i>British Journal of Nutrition</i> , 2019 , 122, 800-807	3.6	5
182	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
181	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
180	Lifestyles and the risk of depression in the "Seguimiento Universidad de Navarra" cohort. <i>European Psychiatry</i> , 2019 , 61, 33-40	6	12
179	Effects of antidepressant and antipsychotic use on weight gain: A systematic review. <i>Obesity Reviews</i> , 2019 , 20, 1680-1690	10.6	25
178	Plant-Based Dietary Patterns and Incidence of Type 2 Diabetes. <i>JAMA Internal Medicine</i> , 2019 , 179, 1604-1615	11.5	

177	Vitamin D and Cardio-Metabolic Risk Factors in Overweight Adults: An Overview of the Evidence. <i>Current Pharmaceutical Design</i> , 2019 , 25, 2407-2420	3.3	2
176	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	11.4	7
175	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
174	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
173	Cohort Profile: Design and methods of the PREDIMED-Plus randomized trial. <i>International Journal of Epidemiology</i> , 2019 , 48, 387-388o	7.8	87
172	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
171	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
170	Trends of obesity prevalence among Spanish adults with diabetes, 1987-2012. <i>Medicina Clínica</i> , 2019 , 152, 181-184	1	3
169	Dietary fiber intake and mortality in a Mediterranean population: the "Seguimiento Universidad de Navarra" (SUN) project. <i>European Journal of Nutrition</i> , 2019 , 58, 3009-3022	5.2	7
168	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
167	Fat Quality Index and Risk of Cardiovascular Disease in the Sun Project. <i>Journal of Nutrition, Health and Aging</i> , 2018 , 22, 526-533	5.2	4
166	Adherence to the Mediterranean dietary pattern and incidence of anorexia and bulimia nervosa in women: The SUN cohort. <i>Nutrition</i> , 2018 , 54, 19-25	4.8	3
165	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
164	Soft drink consumption and gestational diabetes risk in the SUN project. <i>Clinical Nutrition</i> , 2018 , 37, 638-645	5.5	19
163	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
162	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
161	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
160	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

159	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
158	Mediterranean Diet and Health Outcomes in the SUN Cohort. <i>Nutrients</i> , 2018 , 10,	6.7	118
157	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
156	Egg consumption and dyslipidemia in a Mediterranean cohort. <i>Nutricion Hospitalaria</i> , 2018 , 35, 153-161	1	4
155	Healthy Lifestyle and Incidence of Metabolic Syndrome in the SUN Cohort. <i>Nutrients</i> , 2018 , 11,	6.7	33
154	Determinants of Self-Rated Health Perception in a Sample of a Physically Active Population: PLENUFAR VI Study. <i>International Journal of Environmental Research and Public Health</i> , 2018 , 15,	4.6	8
153	Physical Activity Intensity and Cardiovascular Disease Prevention-From the Seguimiento Universidad de Navarra Study. <i>American Journal of Cardiology</i> , 2018 , 122, 1871-1878	3	4
152	A Small Handful of Mixed Nuts 2018 , 89-99		
151	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
150	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
149	Primary prevention of gestational diabetes mellitus through nutritional factors: a systematic review. <i>BMC Pregnancy and Childbirth</i> , 2017 , 17, 30	3.2	31
148	Exercise Intensity and Incidence of Metabolic Syndrome: The SUN Project. <i>American Journal of Preventive Medicine</i> , 2017 , 52, e95-e101	6.1	20
147	Prevalence of obesity and diabetes in Spanish adults 1987-2012. <i>Medicina Clínica</i> , 2017 , 148, 250-256	1	41
146	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
145	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
144	Prevalence of obesity and diabetes in Spanish adults 1987-2012. <i>Medicina Clínica (English Edition)</i> , 2017 , 148, 250-256	0.3	2
143	Mediterranean diet based intervention in pregnancy to improve maternal and fetal outcomes: Methodological challenges and lessons learned from the multicentre ESTEEM study. <i>Contemporary Clinical Trials Communications</i> , 2017 , 6, 72-77	1.8	2
142	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

141	May the Mediterranean diet attenuate the risk of type 2 diabetes associated with obesity: the Seguimiento Universidad de Navarra (SUN) cohort. <i>British Journal of Nutrition</i> , 2017 , 117, 1478-1485	3.6	7
140	Reply to JM Cullin and CI Fernandez. <i>American Journal of Clinical Nutrition</i> , 2017 , 105, 1013-1014	7	1
139	Effect of pregnancy in myopia progression: the SUN cohort. <i>Eye</i> , 2017 , 31, 1085-1092	4.4	11
138	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
137	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
136	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
135	Reply. <i>Medicina Clnica</i> , 2017 , 149, 319	1	
134	Substitution of water or fresh juice for bottled juice and type 2 diabetes incidence: The SUN cohort study. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2017 , 27, 874-880	4.5	3
133	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
132	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
131	Reply to T Bhurosy et al. <i>American Journal of Clinical Nutrition</i> , 2017 , 105, 1012-1013	7	1
130	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
129	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
128	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
127	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
126	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
125	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
124	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

123	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
122	Nutritional adequacy according to carbohydrates and fat quality. <i>European Journal of Nutrition</i> , 2016 , 55, 93-106	5.2	37
121	Dietary Linolenic Acid, Marine 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
120	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
119	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
118	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
117	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
116	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
115	Impact of sugars and sugar taxation on body weight control: A comprehensive literature review. <i>Obesity</i> , 2016 , 24, 1410-26	8	35
114	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
113	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
112	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
111	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
110	Mediterranean diet and cognitive function: the SUN project. <i>Journal of Nutrition, Health and Aging</i> , 2015 , 19, 305-12	5.2	55
109	The Diet from the North: a new paradigm of a healthy dietary pattern?. <i>British Journal of Nutrition</i> , 2015 , 113, 380-1	3.6	
108	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
107	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
106	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

105 The Mediterranean diet and weight management **2015**, 109-122

104 Baseline consumption and changes in sugar-sweetened beverage consumption and the incidence of hypertension: The SUN project. *Clinical Nutrition*, **2015**, 34, 1133-40 5.9 17

103 Prebiotic consumption and the incidence of overweight in a Mediterranean cohort: the Seguimiento Universidad de Navarra Project. *American Journal of Clinical Nutrition*, **2015**, 102, 1554-62 7 5

102 Adherence to the Mediterranean diet is inversely related to binge eating disorder in patients seeking a weight loss program. *Clinical Nutrition*, **2015**, 34, 107-14 5.9 18

101 Adherence to the Mediterranean diet is inversely associated with visceral abdominal tissue in Caucasian subjects. *Clinical Nutrition*, **2015**, 34, 1266-72 5.9 39

100 Mediterranean Alcohol-Drinking Pattern and the Incidence of Cardiovascular Disease and Cardiovascular Mortality: The SUN Project. *Nutrients*, **2015**, 7, 9116-26 6.7 26

99 Association of a Dietary Score with Incident Type 2 Diabetes: The Dietary-Based Diabetes-Risk Score (DDS). *PLoS ONE*, **2015**, 10, e0141760 3.7 15

98 High Sodium Intake Is Associated With Self-Reported Rheumatoid Arthritis: A Cross Sectional and Case Control Analysis Within the SUN Cohort. *Medicine (United States)*, **2015**, 94, e0924 1.8 43

97 The impact of computer use in myopia progression: a cohort study in Spain. *Preventive Medicine*, **2015**, 71, 67-71 4.3 28

96 Association between dietary intake of polychlorinated biphenyls and the incidence of hypertension in a Spanish cohort: the Seguimiento Universidad de Navarra project. *Hypertension*, **2015**, 65, 714-21 8.5 17

95 Catering services and HACCP: Temperature assessment and surface hygiene control before and after audits and a specific training session. *Food Control*, **2014**, 43, 193-198 6.2 35

94 Geographical and climatic factors and depression risk in the SUN project. *European Journal of Public Health*, **2014**, 24, 626-31 2.1 15

93 Yogurt consumption, weight change and risk of overweight/obesity: the SUN cohort study. *Nutrition, Metabolism and Cardiovascular Diseases*, **2014**, 24, 1189-96 4.5 42

92 Nut consumption and 5-y all-cause mortality in a Mediterranean cohort: the SUN project. *Nutrition*, **2014**, 30, 1022-7 4.8 17

91 Obesity indexes and total mortality among elderly subjects at high cardiovascular risk: the PREDIMED study. *PLoS ONE*, **2014**, 9, e103246 3.7 20

90 Association between dietary carbohydrate intake quality and micronutrient intake adequacy in a Mediterranean cohort: the SUN (Seguimiento Universidad de Navarra) Project. *British Journal of Nutrition*, **2014**, 111, 2000-9 3.6 46

89 Glycemic load, glycemic index, bread and incidence of overweight/obesity in a Mediterranean cohort: the SUN project. *BMC Public Health*, **2014**, 14, 1091 4.1 24

88 Television viewing, computer use, time driving and all-cause mortality: the SUN cohort. *Journal of the American Heart Association*, **2014**, 3, e000864 6 44

87	Dietary patterns, Mediterranean diet, and cardiovascular disease. <i>Current Opinion in Lipidology</i> , 2014 , 25, 20-6	4.4	178
86	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
85	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
84	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
83	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
82	Consumption of fried foods and risk of metabolic syndrome: the SUN cohort study. <i>Clinical Nutrition</i> , 2014 , 33, 545-9	5.9	28
81	Fast food consumption and gestational diabetes incidence in the SUN project. <i>PLoS ONE</i> , 2014 , 9, e106637	3.7	28
80	Longitudinal association between yogurt consumption and the risk of overweight/obesity: the SUN cohort study (1018.7). <i>FASEB Journal</i> , 2014 , 28, 1018.7	0.9	
79	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
78	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
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