

Llus Serra Majem

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555
papers

36,411
citations

80
h-index

174
g-index

635
ext. papers

44,085
ext. citations

4.9
avg, IF

7.06
L-index

#	Paper	IF	Citations
555	Primary prevention of cardiovascular disease with a Mediterranean diet. <i>New England Journal of Medicine</i> , 2013 , 368, 1279-90	59.2	3041
554	Worldwide trends in body-mass index, underweight, overweight, and obesity from 1975 to 2016: a pooled analysis of 2416 population-based measurement studies in 128.9 million children, adolescents, and adults. <i>Lancet, The</i> , 2017 , 390, 2627-2642	40	2980
553	National, regional, and global trends in body-mass index since 1980: systematic analysis of health examination surveys and epidemiological studies with 960 country-years and 9.1 million participants. <i>Lancet, The</i> , 2011 , 377, 557-67	40	2925
552	Primary Prevention of Cardiovascular Disease with a Mediterranean Diet Supplemented with Extra-Virgin Olive Oil or Nuts. <i>New England Journal of Medicine</i> , 2018 , 378, e34	59.2	1232
551	Mediterranean diet pyramid today. Science and cultural updates. <i>Public Health Nutrition</i> , 2011 , 14, 2274-84	3.4	893
550	Fetal programming and adult health. <i>Public Health Nutrition</i> , 2001 , 4, 611-24	3.3	663
549	A short screener is valid for assessing Mediterranean diet adherence among older Spanish men and women. <i>Journal of Nutrition</i> , 2011 , 141, 1140-5	4.1	649
548	Food, youth and the Mediterranean diet in Spain. Development of KIDMED, Mediterranean Diet Quality Index in children and adolescents. <i>Public Health Nutrition</i> , 2004 , 7, 931-5	3.3	577
547	The International Prevalence Study on Physical Activity: results from 20 countries. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2009 , 6, 21	8.4	502
546	A 14-item Mediterranean diet assessment tool and obesity indexes among high-risk subjects: the PREDIMED trial. <i>PLoS ONE</i> , 2012 , 7, e43134	3.7	449
545	Cardiovascular disease, chronic kidney disease, and diabetes mortality burden of cardiometabolic risk factors from 1980 to 2010: a comparative risk assessment. <i>Lancet Diabetes and Endocrinology, the</i> , 2014 , 2, 634-47	18.1	446
544	Prevention of diabetes with Mediterranean diets: a subgroup analysis of a randomized trial. <i>Annals of Internal Medicine</i> , 2014 , 160, 1-10	8	415
543	Association of the Mediterranean dietary pattern with the incidence of depression: the Seguimiento Universidad de Navarra/University of Navarra follow-up (SUN) cohort. <i>Archives of General Psychiatry</i> , 2009 , 66, 1090-8		409
542	Olive oil and health: summary of the II international conference on olive oil and health consensus report, Ja�n and C�rdoba (Spain) 2008. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2010 , 20, 284-94	4.5	383
541	Cohort profile: design and methods of the PREDIMED study. <i>International Journal of Epidemiology</i> , 2012 , 41, 377-85	7.8	369
540	Scientific evidence of interventions using the Mediterranean diet: a systematic review. <i>Nutrition Reviews</i> , 2006 , 64, S27-47	6.4	361
539	Mediterranean Diet and Invasive Breast Cancer Risk Among Women at High Cardiovascular Risk in the PREDIMED Trial: A Randomized Clinical Trial. <i>JAMA Internal Medicine</i> , 2015 , 175, 1752-1760	11.5	276

538	The use of indexes evaluating the adherence to the Mediterranean diet in epidemiological studies: a review. <i>Public Health Nutrition</i> , 2006 , 9, 132-46	3.3	276
537	Television food advertising to children: a global perspective. <i>American Journal of Public Health</i> , 2010 , 100, 1730-6	5.1	244
536	Obesity and the Mediterranean diet: a systematic review of observational and intervention studies. <i>Obesity Reviews</i> , 2008 , 9, 582-93	10.6	239
535	Mediterranean dietary pattern and depression: the PREDIMED randomized trial. <i>BMC Medicine</i> , 2013 , 11, 208	11.4	233
534	Projected prevalence of inadequate nutrient intakes in Europe. <i>Annals of Nutrition and Metabolism</i> , 2011 , 59, 84-95	4.5	201
533	Inverse association between habitual polyphenol intake and incidence of cardiovascular events in the PREDIMED study. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2014 , 24, 639-47	4.5	199
532	Olive oil intake and risk of cardiovascular disease and mortality in the PREDIMED Study. <i>BMC Medicine</i> , 2014 , 12, 78	11.4	198
531	Overweight and obesity in infants and pre-school children in the European Union: a review of existing data. <i>Obesity Reviews</i> , 2010 , 11, 389-98	10.6	188
530	Mediterranean diets and metabolic syndrome status in the PREDIMED randomized trial. <i>Cmaj</i> , 2014 , 186, E649-57	3.5	184
529	Worldwide variation of adherence to the Mediterranean diet, in 1961-1965 and 2000-2003. <i>Public Health Nutrition</i> , 2009 , 12, 1676-84	3.3	183
528	Effect of the Mediterranean diet on blood pressure in the PREDIMED trial: results from a randomized controlled trial. <i>BMC Medicine</i> , 2013 , 11, 207	11.4	180
527	Dietary intake and major food sources of polyphenols in a Spanish population at high cardiovascular risk: the PREDIMED study. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2013 , 23, 953-9	4.5	174
526	The Mediterranean diet and nutritional adequacy: a review. <i>Nutrients</i> , 2014 , 6, 231-48	6.7	173
525	Mapping low intake of micronutrients across Europe. <i>British Journal of Nutrition</i> , 2013 , 110, 755-73	3.6	170
524	Plasma Ceramides, Mediterranean Diet, and Incident Cardiovascular Disease in the PREDIMED Trial (Prevençió con Dieta Mediterrànea). <i>Circulation</i> , 2017 , 135, 2028-2040	16.7	161
523	Dietary fat intake and risk of cardiovascular disease and all-cause mortality in a population at high risk of cardiovascular disease. <i>American Journal of Clinical Nutrition</i> , 2015 , 102, 1563-73	7	159
522	Dietary inflammatory index and anthropometric measures of obesity in a population sample at high cardiovascular risk from the PREDIMED (PREvençió con Dieta MEDiterrànea) trial. <i>British Journal of Nutrition</i> , 2015 , 113, 984-95	3.6	157
521	Iron deficiency in Europe. <i>Public Health Nutrition</i> , 2001 , 4, 537-45	3.3	153

520	Dietary fat intake and the risk of depression: the SUN Project. <i>PLoS ONE</i> , 2011 , 6, e16268	3.7	146
519	Dietary Inflammatory Index and Incidence of Cardiovascular Disease in the PREDIMED Study. <i>Nutrients</i> , 2015 , 7, 4124-38	6.7	142
518	Extravirgin olive oil consumption reduces risk of atrial fibrillation: the PREDIMED (Prevenci3 con Dieta Mediterr3nea) trial. <i>Circulation</i> , 2014 , 130, 18-26	16.7	141
517	Med Diet 4.0: the Mediterranean diet with four sustainable benefits. <i>Public Health Nutrition</i> , 2017 , 20, 1322-1330	3.3	136
516	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
515	Mediterranean Diet Improves High-Density Lipoprotein Function in High-Cardiovascular-Risk Individuals: A Randomized Controlled Trial. <i>Circulation</i> , 2017 , 135, 633-643	16.7	129
514	Plasma Branched-Chain Amino Acids and Incident Cardiovascular Disease in the PREDIMED Trial. <i>Clinical Chemistry</i> , 2016 , 62, 582-92	5.5	129
513	Polyphenol intake and mortality risk: a re-analysis of the PREDIMED trial. <i>BMC Medicine</i> , 2014 , 12, 77	11.4	128
512	Environmental footprints of Mediterranean versus Western dietary patterns: beyond the health benefits of the Mediterranean diet. <i>Environmental Health</i> , 2013 , 12, 118	6	128
511	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
510	Effects of total dietary polyphenols on plasma nitric oxide and blood pressure in a high cardiovascular risk cohort. The PREDIMED randomized trial. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2015 , 25, 60-7	4.5	126
509	A provegetarian food pattern and reduction in total mortality in the Prevenci3 con Dieta Mediterr3nea (PREDIMED) study. <i>American Journal of Clinical Nutrition</i> , 2014 , 100 Suppl 1, 320S-8S	7	123
508	Effect of a Lifestyle Intervention Program With Energy-Restricted Mediterranean Diet and Exercise on Weight Loss and Cardiovascular Risk Factors: One-Year Results of the PREDIMED-Plus Trial. <i>Diabetes Care</i> , 2019 , 42, 777-788	14.6	123
507	Intake of selected nutrients from foods, from fortification and from supplements in various European countries. <i>Food and Nutrition Research</i> , 2009 , 53,	3.1	119
506	A review of the use of information and communication technologies for dietary assessment. <i>British Journal of Nutrition</i> , 2009 , 101 Suppl 2, S102-12	3.6	119
505	Prevalencia de obesidad general y obesidad abdominal en la poblaci3 adulta espa3la (2584 a3s) 2014-2015: estudio ENPE. <i>Revista Espanola De Cardiologia</i> , 2016 , 69, 579-587	1.5	113
504	Retraction and Republication: Primary Prevention of Cardiovascular Disease with a Mediterranean Diet. <i>N Engl J Med</i> 2013;368:1279-90. <i>New England Journal of Medicine</i> , 2018 , 378, 2441-2442	59.2	113
503	Inadvertent exposure to organochlorine pesticides DDT and derivatives in people from the Canary Islands (Spain). <i>Science of the Total Environment</i> , 2005 , 339, 49-62	10.2	111

502	Frequency of nut consumption and mortality risk in the PREDIMED nutrition intervention trial. <i>BMC Medicine</i> , 2013 , 11, 164	11.4	107
501	International Physical Activity Questionnaire: Reliability and validity in a Spanish population. <i>European Journal of Sport Science</i> , 2010 , 10, 297-304	3.9	104
500	Evaluating the quality of dietary intake validation studies. <i>British Journal of Nutrition</i> , 2009 , 102 Suppl 1, S3-9	3.6	103
499	Prevalence and determinants of obesity in Spanish children and young people. <i>British Journal of Nutrition</i> , 2006 , 96 Suppl 1, S67-72	3.6	103
498	Mediterranean diet reduces the adverse effect of the TCF7L2-rs7903146 polymorphism on cardiovascular risk factors and stroke incidence: a randomized controlled trial in a high-cardiovascular-risk population. <i>Diabetes Care</i> , 2013 , 36, 3803-11	14.6	102
497	Associations of the FTO rs9939609 and the MC4R rs17782313 polymorphisms with type 2 diabetes are modulated by diet, being higher when adherence to the Mediterranean diet pattern is low. <i>Cardiovascular Diabetology</i> , 2012 , 11, 137	8.7	102
496	Food patterns of Spanish schoolchildren and adolescents: The enKid Study. <i>Public Health Nutrition</i> , 2001 , 4, 1433-8	3.3	97
495	Effect of the Mediterranean diet on heart failure biomarkers: a randomized sample from the PREDIMED trial. <i>European Journal of Heart Failure</i> , 2014 , 16, 543-50	12.3	95
494	Dairy product consumption and risk of type 2 diabetes in an elderly Spanish Mediterranean population at high cardiovascular risk. <i>European Journal of Nutrition</i> , 2016 , 55, 349-60	5.2	94
493	Dietary patterns and nutritional adequacy in a Mediterranean country. <i>British Journal of Nutrition</i> , 2009 , 101 Suppl 2, S21-8	3.6	93
492	Consumption of Yogurt, Low-Fat Milk, and Other Low-Fat Dairy Products Is Associated with Lower Risk of Metabolic Syndrome Incidence in an Elderly Mediterranean Population. <i>Journal of Nutrition</i> , 2015 , 145, 2308-16	4.1	92
491	Nutrient adequacy and Mediterranean Diet in Spanish school children and adolescents. <i>European Journal of Clinical Nutrition</i> , 2003 , 57 Suppl 1, S35-9	5.2	92
490	Influence of a Mediterranean Dietary Pattern on Body Fat Distribution: Results of the PREDIMED-Canarias Intervention Randomized Trial. <i>Journal of the American College of Nutrition</i> , 2016 , 35, 568-580	3.5	91
489	Dietary patterns in six European populations: results from EURALIM, a collaborative European data harmonization and information campaign. <i>European Journal of Clinical Nutrition</i> , 2000 , 54, 253-62	5.2	91
488	Variables predictive of adherence to diet and physical activity recommendations in the treatment of obesity and overweight, in a group of Spanish subjects. <i>International Journal of Obesity</i> , 2004 , 28, 697-705	5.5	88
487	Usage of plant food supplements across six European countries: findings from the PlantLIBRA consumer survey. <i>PLoS ONE</i> , 2014 , 9, e92265	3.7	88
486	Effectiveness of the Mediterranean diet in the elderly. <i>Clinical Interventions in Aging</i> , 2008 , 3, 97-109	4	87
485	Scientific Evidence of Interventions Using the Mediterranean Diet: A Systematic Review. <i>Nutrition Reviews</i> , 2006 , 64, 27-47	6.4	87

484	Cohort Profile: Design and methods of the PREDIMED-Plus randomized trial. <i>International Journal of Epidemiology</i> , 2019 , 48, 387-388o	7.8	87
483	Plasma acylcarnitines and risk of cardiovascular disease: effect of Mediterranean diet interventions. <i>American Journal of Clinical Nutrition</i> , 2016 , 103, 1408-16	7	86
482	The Effect of the Mediterranean Diet on Hypertension: A Systematic Review and Meta-Analysis. <i>Journal of Nutrition Education and Behavior</i> , 2016 , 48, 42-53.e1	2	85
481	Dietary exposure assessments for children in europe (the EXPOCHI project): rationale, methods and design. <i>Archives of Public Health</i> , 2011 , 69, 4	2.6	84
480	Comparison and evaluation of the reliability of indexes of adherence to the Mediterranean diet. <i>Public Health Nutrition</i> , 2011 , 14, 2338-45	3.3	82
479	Association between the Mediterranean diet and cancer risk: a review of observational studies. <i>Nutrition and Cancer</i> , 2010 , 62, 860-70	2.8	80
478	Association between red meat consumption and metabolic syndrome in a Mediterranean population at high cardiovascular risk: cross-sectional and 1-year follow-up assessment. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2012 , 22, 200-7	4.5	79
477	Mediterranean Diet, Retinopathy, Nephropathy, and Microvascular Diabetes Complications: A Post Hoc Analysis of a Randomized Trial. <i>Diabetes Care</i> , 2015 , 38, 2134-41	14.6	78
476	Cross-sectional assessment of nut consumption and obesity, metabolic syndrome and other cardiometabolic risk factors: the PREDIMED study. <i>PLoS ONE</i> , 2013 , 8, e57367	3.7	78
475	Factors Associated to Weight Gain During Confinement Due to COVID-19 Pandemic in a Sample of Adults in Spain. <i>Current Developments in Nutrition</i> , 2021 , 5, 244-244	0.4	78
474	Urea Cycle Metabolites and Atrial Fibrillation or Heart Failure Risk: Two Case-Control Studies in the PREDIMED Trial. <i>Current Developments in Nutrition</i> , 2021 , 5, 18-18	0.4	78
473	Plasma Lipidomic Profiling and Risk of Type 2 Diabetes in the PREDIMED Trial. <i>Diabetes Care</i> , 2018 , 41, 2617-2624	14.6	78
472	Benefits of the Mediterranean diet: Epidemiological and molecular aspects. <i>Molecular Aspects of Medicine</i> , 2019 , 67, 1-55	16.7	77
471	Mediterranean diet and metabolic syndrome: a cross-sectional study in the Canary Islands. <i>Public Health Nutrition</i> , 2006 , 9, 1089-98	3.3	76
470	Dietary methods and biomarkers of omega 3 fatty acids: a systematic review. <i>British Journal of Nutrition</i> , 2012 , 107 Suppl 2, S64-76	3.6	74
469	Determinants of nutrient intake among children and adolescents: results from the enKid Study. <i>Annals of Nutrition and Metabolism</i> , 2002 , 46 Suppl 1, 31-8	4.5	73
468	Weight status of European preschool children and associations with family demographics and energy balance-related behaviours: a pooled analysis of six European studies. <i>Obesity Reviews</i> , 2012 , 13 Suppl 1, 29-41	10.6	72
467	KIDMED TEST; PREVALENCE OF LOW ADHERENCE TO THE MEDITERRANEAN DIET IN CHILDREN AND YOUNG; A SYSTEMATIC REVIEW. <i>Nutricion Hospitalaria</i> , 2015 , 32, 2390-9	1	72

466	Legume consumption is inversely associated with type 2 diabetes incidence in adults: A prospective assessment from the PREDIMED study. <i>Clinical Nutrition</i> , 2018 , 37, 906-913	5.9	71
465	Comparative analysis of nutrition data from national, household, and individual levels: results from a WHO-CINDI collaborative project in Canada, Finland, Poland, and Spain. <i>Journal of Epidemiology and Community Health</i> , 2003 , 57, 74-80	5.1	71
464	Socio-economic determinants of micronutrient intake and status in Europe: a systematic review. <i>Public Health Nutrition</i> , 2014 , 17, 1031-45	3.3	70
463	Dietary assessment methods for micronutrient intake: a systematic review on vitamins. <i>British Journal of Nutrition</i> , 2009 , 102 Suppl 1, S10-37	3.6	68
462	Prevalence of abdominal obesity in Spanish children and adolescents. Do we need waist circumference measurements in pediatric practice?. <i>PLoS ONE</i> , 2014 , 9, e87549	3.7	68
461	Does the definition of the Mediterranean diet need to be updated?. <i>Public Health Nutrition</i> , 2004 , 7, 927-33	3.3	67
460	Lifestyles and risk factors associated with adherence to the Mediterranean diet: a baseline assessment of the PREDIMED trial. <i>PLoS ONE</i> , 2013 , 8, e60166	3.7	66
459	CLOCK gene variation is associated with incidence of type-2 diabetes and cardiovascular diseases in type-2 diabetic subjects: dietary modulation in the PREDIMED randomized trial. <i>Cardiovascular Diabetology</i> , 2016 , 15, 4	8.7	65
458	Mediterranean diet and quality of life: Baseline cross-sectional analysis of the PREDIMED-PLUS trial. <i>PLoS ONE</i> , 2018 , 13, e0198974	3.7	65
457	The contribution of ready-to-eat cereals to daily nutrient intake and breakfast quality in a Mediterranean setting. <i>Journal of the American College of Nutrition</i> , 2006 , 25, 135-43	3.5	65
456	Olive oil and the Mediterranean diet: beyond the rhetoric. <i>European Journal of Clinical Nutrition</i> , 2003 , 57 Suppl 1, S2-7	5.2	65
455	Availability of Mediterranean and non-Mediterranean foods during the last four decades: comparison of several geographical areas. <i>Public Health Nutrition</i> , 2009 , 12, 1667-75	3.3	64
454	Bone mineral density in two different socio-economic population groups. <i>Bone and Mineral</i> , 1992 , 18, 159-68		64
453	Alcohol intake, wine consumption and the development of depression: the PREDIMED study. <i>BMC Medicine</i> , 2013 , 11, 192	11.4	63
452	Effect of a traditional Mediterranean diet on apolipoproteins B, A-I, and their ratio: a randomized, controlled trial. <i>Atherosclerosis</i> , 2011 , 218, 174-80	3.1	63
451	Total and subtypes of dietary fat intake and risk of type 2 diabetes mellitus in the Prevenci3n con Dieta Mediterr3nea (PREDIMED) study. <i>American Journal of Clinical Nutrition</i> , 2017 , 105, 723-735	7	62
450	Intake of Total Polyphenols and Some Classes of Polyphenols Is Inversely Associated with Diabetes in Elderly People at High Cardiovascular Disease Risk. <i>Journal of Nutrition</i> , 2015 , 146, 767-777	4.1	62
449	Energy Intake, Profile, and Dietary Sources in the Spanish Population: Findings of the ANIBES Study. <i>Nutrients</i> , 2015 , 7, 4739-62	6.7	61

448	Dietary assessment methods for micronutrient intake in infants, children and adolescents: a systematic review. <i>British Journal of Nutrition</i> , 2009 , 102 Suppl 1, S87-117	3.6	61
447	White blood cell counts as risk markers of developing metabolic syndrome and its components in the PREDIMED study. <i>PLoS ONE</i> , 2013 , 8, e58354	3.7	61
446	Dietary Marine Ω Fatty Acids and Incident Sight-Threatening Retinopathy in Middle-Aged and Older Individuals With Type 2 Diabetes: Prospective Investigation From the PREDIMED Trial. <i>JAMA Ophthalmology</i> , 2016 , 134, 1142-1149	3.9	60
445	Evaluating associations between Mediterranean diet adherence indexes and biomarkers of diet and disease. <i>Public Health Nutrition</i> , 2006 , 9, 1110-7	3.3	60
444	Fiber intake and all-cause mortality in the Prevenci3 con Dieta Mediterr3nea (PREDIMED) study. <i>American Journal of Clinical Nutrition</i> , 2014 , 100, 1498-507	7	59
443	Complex organochlorine pesticide mixtures as determinant factor for breast cancer risk: a population-based case-control study in the Canary Islands (Spain). <i>Environmental Health</i> , 2012 , 11, 28	6	59
442	Systematic reviews of the role of omega-3 fatty acids in the prevention and treatment of disease. <i>British Journal of Nutrition</i> , 2012 , 107 Suppl 2, S1-2	3.6	59
441	Effectiveness of interventions in the prevention of childhood obesity. <i>European Journal of Epidemiology</i> , 2004 , 19, 617-22	12.1	59
440	Macronutrient Distribution and Dietary Sources in the Spanish Population: Findings from the ANIBES Study. <i>Nutrients</i> , 2016 , 8, 177	6.7	59
439	Plasma Metabolites From Choline Pathway and Risk of Cardiovascular Disease in the PREDIMED (Prevention With Mediterranean Diet) Study. <i>Journal of the American Heart Association</i> , 2017 , 6,	6	58
438	Reported Dietary Intake, Disparity between the Reported Consumption and the Level Needed for Adequacy and Food Sources of Calcium, Phosphorus, Magnesium and Vitamin D in the Spanish Population: Findings from the ANIBES Study. <i>Nutrients</i> , 2017 , 9,	6.7	58
437	Remnant Cholesterol, Not LDL Cholesterol, Is Associated With Incident Cardiovascular Disease. <i>Journal of the American College of Cardiology</i> , 2020 , 76, 2712-2724	15.1	58
436	Physical Activity Patterns of the Spanish Population Are Mostly Determined by Sex and Age: Findings in the ANIBES Study. <i>PLoS ONE</i> , 2016 , 11, e0149969	3.7	57
435	Association between dietary fibre intake and fruit, vegetable or whole-grain consumption and the risk of CVD: results from the PREvenci3 con Dieta MEDiterr3nea (PREDIMED) trial. <i>British Journal of Nutrition</i> , 2016 , 116, 534-46	3.6	57
434	Total polyphenol excretion and blood pressure in subjects at high cardiovascular risk. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2011 , 21, 323-31	4.5	56
433	Nutrient adequacy in Spanish children and adolescents. <i>British Journal of Nutrition</i> , 2006 , 96 Suppl 1, S49-57	3.6	56
432	Nutritional objectives for the Spanish population. Consensus from the Spanish Society of Community Nutrition. <i>Public Health Nutrition</i> , 2001 , 4, 1409-13	3.3	56
431	Clustering of Dietary Patterns, Lifestyles, and Overweight among Spanish Children and Adolescents in the ANIBES Study. <i>Nutrients</i> , 2015 , 8,	6.7	56

430	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
429	Obesity and overweight trends in Catalonia, Spain (1992-2003): gender and socio-economic determinants. <i>Public Health Nutrition</i> , 2007 , 10, 1368-78	3.3	55
428	How could changes in diet explain changes in coronary heart disease mortality in Spain? The Spanish paradox. <i>American Journal of Clinical Nutrition</i> , 1995 , 61, 1351S-1359S	7	55
427	Maternal obesity in early pregnancy and risk of adverse outcomes. <i>PLoS ONE</i> , 2013 , 8, e80410	3.7	54
426	Mediterranean diet and waist circumference in a representative national sample of young Spaniards. <i>Pediatric Obesity</i> , 2010 , 5, 516-9		54
425	Mediterranean Diet and Cardiometabolic Risk: A Systematic Review through Evidence-Based Answers to Key Clinical Questions. <i>Nutrients</i> , 2019 , 11,	6.7	53
424	Plasma branched chain/aromatic amino acids, enriched Mediterranean diet and risk of type 2 diabetes: case-cohort study within the PREDIMED Trial. <i>Diabetologia</i> , 2018 , 61, 1560-1571	10.3	53
423	Associations between serum uric acid concentrations and metabolic syndrome and its components in the PREDIMED study. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2015 , 25, 173-80	4.5	53
422	Waist-to-height ratio and cardiovascular risk factors in elderly individuals at high cardiovascular risk. <i>PLoS ONE</i> , 2012 , 7, e43275	3.7	53
421	The Mediterranean diet in Spain: adherence trends during the past two decades using the Mediterranean Adequacy Index. <i>Public Health Nutrition</i> , 2011 , 14, 622-8	3.3	53
420	Statistical and biological gene-lifestyle interactions of MC4R and FTO with diet and physical activity on obesity: new effects on alcohol consumption. <i>PLoS ONE</i> , 2012 , 7, e52344	3.7	53
419	The relationship between zinc intake and serum/plasma zinc concentration in children: a systematic review and dose-response meta-analysis. <i>Nutrients</i> , 2012 , 4, 841-58	6.7	52
418	Reported Dietary Intake and Food Sources of Zinc, Selenium, and Vitamins A, E and C in the Spanish Population: Findings from the ANIBES Study. <i>Nutrients</i> , 2017 , 9,	6.7	51
417	Mediterranean diet and risk of heart failure: results from the PREDIMED randomized controlled trial. <i>European Journal of Heart Failure</i> , 2017 , 19, 1179-1185	12.3	50
416	Increased serum calcium levels and risk of type 2 diabetes in individuals at high cardiovascular risk. <i>Diabetes Care</i> , 2014 , 37, 3084-91	14.6	50
415	The relationship between zinc intake and serum/plasma zinc concentration in adults: a systematic review and dose-response meta-analysis by the EURRECA Network. <i>British Journal of Nutrition</i> , 2012 , 108, 1962-71	3.6	50
414	Increases in Plasma Tryptophan Are Inversely Associated with Incident Cardiovascular Disease in the Prevenci3n con Dieta Mediterr3nea (PREDIMED) Study. <i>Journal of Nutrition</i> , 2017 , 147, 314-322	4.1	49
413	Plasma lipidomic profiles and cardiovascular events in a randomized intervention trial with the Mediterranean diet. <i>American Journal of Clinical Nutrition</i> , 2017 , 106, 973-983	7	49

412	Dietary assessment methods for intakes of iron, calcium, selenium, zinc and iodine. <i>British Journal of Nutrition</i> , 2009 , 102 Suppl 1, S38-55	3.6	49
411	Sociodemographic risk factors associated with metabolic syndrome in a Mediterranean population. <i>Public Health Nutrition</i> , 2008 , 11, 1372-8	3.3	49
410	Trends in energy and nutrient intake and risk of inadequate intakes in Catalonia, Spain (1992-2003). <i>Public Health Nutrition</i> , 2007 , 10, 1354-67	3.3	49
409	Dairy products and health: a review of the epidemiological evidence. <i>British Journal of Nutrition</i> , 2006 , 96 Suppl 1, S94-9	3.6	49
408	Updating the Mediterranean Diet Pyramid towards Sustainability: Focus on Environmental Concerns. <i>International Journal of Environmental Research and Public Health</i> , 2020 , 17,	4.6	49
407	Legume consumption and risk of all-cause, cardiovascular, and cancer mortality in the PREDIMED study. <i>Clinical Nutrition</i> , 2019 , 38, 348-356	5.9	49
406	Zinc intake, status and indices of cognitive function in adults and children: a systematic review and meta-analysis. <i>European Journal of Clinical Nutrition</i> , 2015 , 69, 649-61	5.2	48
405	Dietary ω -linolenic Acid, Marine ω 3 Fatty Acids, and Mortality in a Population With High Fish Consumption: Findings From the PREvenci3 con Dieta MEDiterr3nea (PREDIMED) Study. <i>Journal of the American Heart Association</i> , 2016 , 5,	6	48
404	How we will produce the evidence-based EURRECA toolkit to support nutrition and food policy. <i>European Journal of Nutrition</i> , 2008 , 47 Suppl 1, 2-16	5.2	48
403	Vitamin and mineral intakes in European children. Is food fortification needed?. <i>Public Health Nutrition</i> , 2001 , 4, 101-7	3.3	48
402	What and how much do we eat? 24-hour dietary recall method. <i>Nutricion Hospitalaria</i> , 2015 , 31 Suppl 3, 46-8	1	48
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