

# Pablo Hernández-Alonso

## List of Publications by Year in descending order

Source: <https://exaly.com/author-pdf/7170507/publications.pdf>

Version: 2024-02-01

56  
papers

1,714  
citations

331259

21  
h-index

301761

39  
g-index

57  
all docs

57  
docs citations

57  
times ranked

2971  
citing authors

#	ARTICLE	IF	CITATIONS
1	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.	4.3	239
2	Effect of the glycemic index of the diet on weight loss, modulation of satiety, inflammation, and other metabolic risk factors: a randomized controlled trial. <i>American Journal of Clinical Nutrition</i> , 2014, 100, 27-35.	2.2	129
3	Beneficial Effect of Pistachio Consumption on Glucose Metabolism, Insulin Resistance, Inflammation, and Related Metabolic Risk Markers: A Randomized Clinical Trial. <i>Diabetes Care</i> , 2014, 37, 3098-3105.	4.3	104
4	Dietary Magnesium and Cardiovascular Disease: A Review with Emphasis in Epidemiological Studies. <i>Nutrients</i> , 2018, 10, 168.	1.7	98
5	Nutrition attributes and health effects of pistachio nuts. <i>British Journal of Nutrition</i> , 2015, 113, S79-S93.	1.2	91
6	Nuts and Dried Fruits: An Update of Their Beneficial Effects on Type 2 Diabetes. <i>Nutrients</i> , 2017, 9, 673.	1.7	69
7	Mediterranean Diet and Telomere Length: A Systematic Review and Meta-Analysis. <i>Advances in Nutrition</i> , 2020, 11, 1544-1554.	2.9	65
8	High dietary protein intake is associated with an increased body weight and total death risk. <i>Clinical Nutrition</i> , 2016, 35, 496-506.	2.3	64
9	Dietary Polyphenol Intake is Associated with HDL-Cholesterol and A Better Profile of other Components of the Metabolic Syndrome: A PREDIMED-Plus Sub-Study. <i>Nutrients</i> , 2020, 12, 689.	1.7	59
10	Effect of pistachio consumption on the modulation of urinary gut microbiota-related metabolites in prediabetic subjects. <i>Journal of Nutritional Biochemistry</i> , 2017, 45, 48-53.	1.9	48
11	Chronic pistachio intake modulates circulating microRNAs related to glucose metabolism and insulin resistance in prediabetic subjects. <i>European Journal of Nutrition</i> , 2017, 56, 2181-2191.	1.8	39
12	Plant-Based Fat, Dietary Patterns Rich in Vegetable Fat and Gut Microbiota Modulation. <i>Frontiers in Nutrition</i> , 2019, 6, 157.	1.6	38
13	Choline Metabolism and Risk of Atrial Fibrillation and Heart Failure in the PREDIMED Study. <i>Clinical Chemistry</i> , 2021, 67, 288-297.	1.5	31
14	Plasma metabolites predict both insulin resistance and incident type 2 diabetes: a metabolomics approach within the Prevención con Dieta Mediterránea (PREDIMED) study. <i>American Journal of Clinical Nutrition</i> , 2019, 109, 626-634.	2.2	30
15	Dairy consumption, plasma metabolites, and risk of type 2 diabetes. <i>American Journal of Clinical Nutrition</i> , 2021, 114, 163-174.	2.2	29
16	Nut consumption and type 2 diabetes risk: a systematic review and meta-analysis of observational studies. <i>American Journal of Clinical Nutrition</i> , 2021, 113, 960-971.	2.2	28
17	Effect of pistachio consumption on plasma lipoprotein subclasses in pre-diabetic subjects. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2015, 25, 396-402.	1.1	27
18	Pistachios for Health. <i>Nutrition Today</i> , 2016, 51, 133-138.	0.6	26

#	ARTICLE	IF	CITATIONS
19	Changes in Plasma Metabolite Concentrations after a Low-Glycemic Index Diet Intervention. <i>Molecular Nutrition and Food Research</i> , 2019, 63, e1700975.	1.5	26
20	Changes in circulating miRNAs in healthy overweight and obese subjects: Effect of diet composition and weight loss. <i>Clinical Nutrition</i> , 2019, 38, 438-443.	2.3	26
21	Pistachio consumption modulates DNA oxidation and genes related to telomere maintenance: a crossover randomized clinical trial. <i>American Journal of Clinical Nutrition</i> , 2019, 109, 1738-1745.	2.2	25
22	Longitudinal changes in adherence to the portfolio and DASH dietary patterns and cardiometabolic risk factors in the PREDIMED-Plus study. <i>Clinical Nutrition</i> , 2021, 40, 2825-2836.	2.3	24
23	Vitamin D Intake and the Risk of Colorectal Cancer: An Updated Meta-Analysis and Systematic Review of Case-Control and Prospective Cohort Studies. <i>Cancers</i> , 2021, 13, 2814.	1.7	23
24	Association between variation of circulating 25-OH vitamin D and methylation of secreted frizzled-related protein 2 in colorectal cancer. <i>Clinical Epigenetics</i> , 2020, 12, 83.	1.8	22
25	Experimental Evolution of an Oncolytic Vesicular Stomatitis Virus with Increased Selectivity for p53-Deficient Cells. <i>PLoS ONE</i> , 2014, 9, e102365.	1.1	21
26	Plasma Metabolites Associated with Frequent Red Wine Consumption: A Metabolomics Approach within the PREDIMED Study. <i>Molecular Nutrition and Food Research</i> , 2019, 63, e1900140.	1.5	20
27	Metabolomics of the tryptophan-kynurenine degradation pathway and risk of atrial fibrillation and heart failure: potential modification effect of Mediterranean diet. <i>American Journal of Clinical Nutrition</i> , 2021, 114, 1646-1654.	2.2	20
28	Walnut Consumption, Plasma Metabolomics, and Risk of Type 2 Diabetes and Cardiovascular Disease. <i>Journal of Nutrition</i> , 2021, 151, 303-311.	1.3	20
29	Association between the 2018 WCRF/AICR and the Low-Risk Lifestyle Scores with Colorectal Cancer Risk in the Predimed Study. <i>Journal of Clinical Medicine</i> , 2020, 9, 1215.	1.0	19
30	Circulating vitamin D levels and colorectal cancer risk: A meta-analysis and systematic review of case-control and prospective cohort studies. <i>Critical Reviews in Food Science and Nutrition</i> , 2023, 63, 1-17.	5.4	19
31	Metabolic Syndrome Features and Excess Weight Were Inversely Associated with Nut Consumption after 1-Year Follow-Up in the PREDIMED-Plus Study. <i>Journal of Nutrition</i> , 2020, 150, 3161-3170.	1.3	19
32	Prediction of Cardiovascular Disease by the Framingham REGICOR Equation in the High-Risk PREDIMED Cohort: Impact of the Mediterranean Diet Across Different Risk Strata. <i>Journal of the American Heart Association</i> , 2017, 6, .	1.6	17
33	Plasma Metabolomics Profiles are Associated with the Amount and Source of Protein Intake: A Metabolomics Approach within the PREDIMED Study. <i>Molecular Nutrition and Food Research</i> , 2020, 64, e2000178.	1.5	17
34	Higher dietary glycemic index and glycemic load values increase the risk of osteoporotic fracture in the PREVENCIÓN con Dieta MEDITERRÁNEA (PREDIMED)-Reus trial. <i>American Journal of Clinical Nutrition</i> , 2018, 107, 1035-1042.	2.2	16
35	Plasma Metabolites Associated with Coffee Consumption: A Metabolomic Approach within the PREDIMED Study. <i>Nutrients</i> , 2019, 11, 1032.	1.7	16
36	Association between Serum Vitamin B12 and Global DNA Methylation in Colorectal Cancer Patients. <i>Nutrients</i> , 2020, 12, 3567.	1.7	15

#	ARTICLE	IF	CITATIONS
37	High Plasma Glutamate and a Low Glutamine-to-Glutamate Ratio Are Associated with Increased Risk of Heart Failure but Not Atrial Fibrillation in the Prevención con Dieta Mediterránea (PREDIMED) Study. <i>Journal of Nutrition</i> , 2020, 150, 2882-2889.	1.3	14
38	Effect of Functional Bread Rich in Potassium, $\beta$ -Aminobutyric Acid and Angiotensin-Converting Enzyme Inhibitors on Blood Pressure, Glucose Metabolism and Endothelial Function. <i>Medicine (United States)</i> , 2015, 94, e1807.	0.4	13
39	A comparison of the nutritional profile and price of gluten-free products and their gluten-containing counterparts available in the Spanish market. <i>Nutricion Hospitalaria</i> , 2020, 37, 814-822.	0.2	13
40	Modulation of Telomere Length by Mediterranean Diet, Caloric Restriction, and Exercise: Results from PREDIMED-Plus Study. <i>Antioxidants</i> , 2021, 10, 1596.	2.2	12
41	Modulation of Human Subcutaneous Adipose Tissue MicroRNA Profile Associated with Changes in Adiposity-Related Parameters. <i>Molecular Nutrition and Food Research</i> , 2018, 62, 1700594.	1.5	10
42	Plasma Metabolomic Profiles of Glycemic Index, Glycemic Load, and Carbohydrate Quality Index in the PREDIMED Study. <i>Journal of Nutrition</i> , 2021, 151, 50-58.	1.3	10
43	The Expression/Methylation Profile of Adipogenic and Inflammatory Transcription Factors in Adipose Tissue Are Linked to Obesity-Related Colorectal Cancer. <i>Cancers</i> , 2019, 11, 1629.	1.7	8
44	Carbohydrate quality and quantity affects the composition of the red blood cell fatty acid membrane in overweight and obese individuals. <i>Clinical Nutrition</i> , 2018, 37, 481-487.	2.3	7
45	Assessment of price and nutritional quality of gluten-free products versus their analogues with gluten through the algorithm of the nutri-score front-of-package labeling system. <i>Food and Function</i> , 2021, 12, 4424-4433.	2.1	7
46	Relationship between olive oil consumption and ankle-brachial pressure index in a population at high cardiovascular risk. <i>Atherosclerosis</i> , 2020, 314, 48-57.	0.4	6
47	Physical activity and metabolic syndrome severity among older adults at cardiovascular risk: 1-Year trends. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2021, 31, 2870-2886.	1.1	6
48	Plasma metabolites associated with homeostatic model assessment of insulin resistance: metabolite-model design and external validation. <i>Scientific Reports</i> , 2019, 9, 13895.	1.6	5
49	Dietary vitamin D intake and colorectal cancer risk: a longitudinal approach within the PREDIMED study. <i>European Journal of Nutrition</i> , 2021, 60, 4367-4378.	1.8	5
50	Dietary Quality Changes According to the Preceding Maximum Weight: A Longitudinal Analysis in the PREDIMED-Plus Randomized Trial. <i>Nutrients</i> , 2020, 12, 3023.	1.7	4
51	Glycolysis Metabolites and Risk of Atrial Fibrillation and Heart Failure in the PREDIMED Trial. <i>Metabolites</i> , 2021, 11, 306.	1.3	4
52	Experimental evolution of an RNA virus in cells with innate immunity defects. <i>Virus Evolution</i> , 2015, 1, vev008.	2.2	3
53	Association between the APOA2 rs3813627 Single Nucleotide Polymorphism and HDL and APOA1 Levels Through BMI. <i>Biomedicines</i> , 2020, 8, 44.	1.4	3
54	Plasma acylcarnitines and risk of incident heart failure and atrial fibrillation: the Prevención con dieta mediterránea study. <i>Revista Espanola De Cardiologia (English Ed)</i> , 2021, , .	0.4	2

#	ARTICLE	IF	CITATIONS
55	An Epigenetic Signature is Associated with Serum 25-Hydroxyvitamin D in Colorectal Cancer Tumors. Molecular Nutrition and Food Research, 2021, 65, 2100125.	1.5	1
56	Advances in understanding health benefits of pistachio. Burleigh Dodds Series in Agricultural Science, 2019, , 109-144.	0.1	0