

# Joanne L Slavin

## List of Publications by Citations

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183  
papers

13,954  
citations

60  
h-index

116  
g-index

192  
ext. papers

15,877  
ext. citations

4.5  
avg, IF

7.26  
L-index

#	Paper	IF	Citations
183	Fiber and prebiotics: mechanisms and health benefits. <i>Nutrients</i> , <b>2013</b> , 5, 1417-35	6.7	1080
182	Health benefits of fruits and vegetables. <i>Advances in Nutrition</i> , <b>2012</b> , 3, 506-16	10	958
181	Carbohydrates, dietary fiber, and incident type 2 diabetes in older women. <i>American Journal of Clinical Nutrition</i> , <b>2000</b> , 71, 921-30	7	910
180	Dietary fiber and body weight. <i>Nutrition</i> , <b>2005</b> , 21, 411-8	4.8	641
179	Position of the American Dietetic Association: health implications of dietary fiber. <i>Journal of the American Dietetic Association</i> , <b>2002</b> , 102, 993-1000		423
178	Effect of whole grains on insulin sensitivity in overweight hyperinsulinemic adults. <i>American Journal of Clinical Nutrition</i> , <b>2002</b> , 75, 848-55	7	418
177	Position of the American Dietetic Association: health implications of dietary fiber. <i>Journal of the American Dietetic Association</i> , <b>2008</b> , 108, 1716-31		417
176	Why whole grains are protective: biological mechanisms. <i>Proceedings of the Nutrition Society</i> , <b>2003</b> , 62, 129-34	2.9	412
175	Whole grains and human health. <i>Nutrition Research Reviews</i> , <b>2004</b> , 17, 99-110	7	371
174	Whole-grain intake and cancer: an expanded review and meta-analysis. <i>Nutrition and Cancer</i> , <b>1998</b> , 30, 85-96	2.8	334
173	Plausible mechanisms for the protectiveness of whole grains. <i>American Journal of Clinical Nutrition</i> , <b>1999</b> , 70, 459S-463S	7	301
172	Urinary equol excretion with a soy challenge: influence of habitual diet. <i>Experimental Biology and Medicine</i> , <b>1998</b> , 217, 335-9	3.7	276
171	Dietary fibre and satiety. <i>Nutrition Bulletin</i> , <b>2007</b> , 32, 32-42	3.5	223
170	Concentrated oat beta-glucan, a fermentable fiber, lowers serum cholesterol in hypercholesterolemic adults in a randomized controlled trial. <i>Nutrition Journal</i> , <b>2007</b> , 6, 6	4.3	216
169	Nondigestible oligosaccharides. <i>Critical Reviews in Food Science and Nutrition</i> , <b>2000</b> , 40, 461-80	11.5	208
168	The effect of fiber on satiety and food intake: a systematic review. <i>Journal of the American College of Nutrition</i> , <b>2013</b> , 32, 200-11	3.5	201
167	Urinary isoflavonoid phytoestrogen and lignan excretion after consumption of fermented and unfermented soy products. <i>Journal of the American Dietetic Association</i> , <b>1995</b> , 95, 545-51		200

166	Whole-grain consumption and chronic disease: protective mechanisms. <i>Nutrition and Cancer</i> , <b>1997</b> , 27, 14-21	2.8	187
165	Effects of dietary inulin on serum lipids, blood glucose and the gastrointestinal environment in hypercholesterolemic men. <i>Nutrition Research</i> , <b>2000</b> , 20, 191-201	4	182
164	The role of whole grains in disease prevention. <i>Journal of the American Dietetic Association</i> , <b>2001</b> , 101, 780-5		177
163	Mechanisms for the impact of whole grain foods on cancer risk. <i>Journal of the American College of Nutrition</i> , <b>2000</b> , 19, 300S-307S	3.5	158
162	Gastrointestinal effects of low-digestible carbohydrates. <i>Critical Reviews in Food Science and Nutrition</i> , <b>2009</b> , 49, 327-60	11.5	154
161	Health Effects and Sources of Prebiotic Dietary Fiber. <i>Current Developments in Nutrition</i> , <b>2018</b> , 2, nzy005o.4	0.4	136
160	Greater satiety response with resistant starch and corn bran in human subjects. <i>Nutrition Research</i> , <b>2009</b> , 29, 100-5	4	134
159	Prebiotics and the health benefits of fiber: current regulatory status, future research, and goals. <i>Journal of Nutrition</i> , <b>2012</b> , 142, 962-74	4.1	133
158	Fructooligosaccharides exhibit more rapid fermentation than long-chain inulin in an in vitro fermentation system. <i>Nutrition Research</i> , <b>2008</b> , 28, 329-34	4	108
157	Partially hydrolyzed guar gum: clinical nutrition uses. <i>Nutrition</i> , <b>2003</b> , 19, 549-52	4.8	108
156	Grain processing and nutrition. <i>Critical Reviews in Food Science and Nutrition</i> , <b>2000</b> , 40, 309-26	11.5	108
155	What Is a Snack, Why Do We Snack, and How Can We Choose Better Snacks? A Review of the Definitions of Snacking, Motivations to Snack, Contributions to Dietary Intake, and Recommendations for Improvement. <i>Advances in Nutrition</i> , <b>2016</b> , 7, 466-75	10	108
154	Urinary lignan and isoflavonoid excretion in men and women consuming vegetable and soy diets. <i>Nutrition and Cancer</i> , <b>1995</b> , 24, 1-12	2.8	105
153	Whole grain intake and cancer: a review of the literature. <i>Nutrition and Cancer</i> , <b>1995</b> , 24, 221-9	2.8	104
152	Prebiotic Dietary Fiber and Gut Health: Comparing the in Vitro Fermentations of Beta-Glucan, Inulin and Xylooligosaccharide. <i>Nutrients</i> , <b>2017</b> , 9,	6.7	102
151	Functionality of Sugars in Foods and Health. <i>Comprehensive Reviews in Food Science and Food Safety</i> , <b>2016</b> , 15, 433-470	16.4	97
150	Gastrointestinal tolerance of chicory inulin products. <i>Journal of the American Dietetic Association</i> , <b>2010</b> , 110, 865-8		96
149	Commonly consumed protein foods contribute to nutrient intake, diet quality, and nutrient adequacy. <i>American Journal of Clinical Nutrition</i> , <b>2015</b> , 101, 1346S-1352S	7	91

148	What do we know about dietary fiber intake in children and health? The effects of fiber intake on constipation, obesity, and diabetes in children. <i>Advances in Nutrition</i> , <b>2012</b> , 3, 47-53	10	91
147	Developing a standard definition of whole-grain foods for dietary recommendations: summary report of a multidisciplinary expert roundtable discussion. <i>Advances in Nutrition</i> , <b>2014</b> , 5, 164-76	10	85
146	A review of the role of soluble fiber in health with specific reference to wheat dextrin. <i>Journal of International Medical Research</i> , <b>2009</b> , 37, 1-17	1.4	84
145	Low-digestible carbohydrates in practice. <i>Journal of the American Dietetic Association</i> , <b>2008</b> , 108, 1677-81		84
144	Limitations of observational evidence: implications for evidence-based dietary recommendations. <i>Advances in Nutrition</i> , <b>2014</b> , 5, 7-15	10	83
143	Effect of Oligosaccharides and Fibre Substitutes on Short-chain Fatty Acid Production by Human Faecal Microflora. <i>Anaerobe</i> , <b>2000</b> , 6, 87-92	2.8	83
142	Effect of flaxseed consumption on urinary estrogen metabolites in postmenopausal women. <i>Nutrition and Cancer</i> , <b>1999</b> , 33, 188-95	2.8	82
141	Comparison of different fibers for in vitro production of short chain fatty acids by intestinal microflora. <i>Journal of Medicinal Food</i> , <b>2005</b> , 8, 113-6	2.8	81
140	Effect of fenugreek fiber on satiety, blood glucose and insulin response and energy intake in obese subjects. <i>Phytotherapy Research</i> , <b>2009</b> , 23, 1543-8	6.7	80
139	White potatoes, human health, and dietary guidance. <i>Advances in Nutrition</i> , <b>2013</b> , 4, 393S-401S	10	79
138	Filling America's fiber intake gap: summary of a roundtable to probe realistic solutions with a focus on grain-based foods. <i>Journal of Nutrition</i> , <b>2012</b> , 142, 1390S-401S	4.1	78
137	Vegetables, fruits, and legumes: effect on urinary isoflavonoid phytoestrogen and lignan excretion. <i>Journal of the American Dietetic Association</i> , <b>1995</b> , 95, 769-74		75
136	Role of plant protein in nutrition, wellness, and health. <i>Nutrition Reviews</i> , <b>2019</b> , 77, 735-747	6.4	74
135	Flaxseed consumption influences endogenous hormone concentrations in postmenopausal women. <i>Nutrition and Cancer</i> , <b>2001</b> , 39, 58-65	2.8	73
134	Effects of short-chain fructooligosaccharides on satiety responses in healthy men and women. <i>Appetite</i> , <b>2011</b> , 56, 128-34	4.5	72
133	Significance of Inulin Fructans in the Human Diet. <i>Comprehensive Reviews in Food Science and Food Safety</i> , <b>2015</b> , 14, 37-47	16.4	71
132	The University of Minnesota Cancer Prevention Research Unit vegetable and fruit classification scheme (United States). <i>Cancer Causes and Control</i> , <b>1995</b> , 6, 292-302	2.8	69
131	Grain processing and nutrition. <i>Critical Reviews in Biotechnology</i> , <b>2001</b> , 21, 49-66	9.4	68

130	The Scientific Basis of Guideline Recommendations on Sugar Intake: A Systematic Review. <i>Annals of Internal Medicine</i> , <b>2017</b> , 166, 257-267	8	67
129	Relationship between molecular structure of cereal dietary fiber and health effects: focus on glucose/insulin response and gut health. <i>Nutrition Reviews</i> , <b>2011</b> , 69, 22-33	6.4	67
128	Why Sugar Is Added to Food: Food Science 101. <i>Comprehensive Reviews in Food Science and Food Safety</i> , <b>2015</b> , 14, 644-656	16.4	65
127	Resistant starch and pullulan reduce postprandial glucose, insulin, and GLP-1, but have no effect on satiety in healthy humans. <i>Journal of Agricultural and Food Chemistry</i> , <b>2012</b> , 60, 11928-34	5.7	64
126	Neutral detergent fiber, hemicellulose and cellulose digestibility in human subjects. <i>Journal of Nutrition</i> , <b>1981</b> , 111, 287-97	4.1	64
125	Position of the American Dietetic Association: health implications of dietary fiber. <i>Journal of the American Dietetic Association</i> , <b>1997</b> , 97, 1157-9		63
124	Dietary fiber: Classification, chemical analyses, and food sources. <i>Journal of the American Dietetic Association</i> , <b>1987</b> , 87, 1164-1168		62
123	Relevance of the Glycemic Index and Glycemic Load for Body Weight, Diabetes, and Cardiovascular Disease. <i>Nutrients</i> , <b>2018</b> , 10,	6.7	59
122	Effects of soy intake on sex hormone metabolism in premenopausal women. <i>Nutrition and Cancer</i> , <b>1999</b> , 34, 133-9	2.8	58
121	Dietary guidance for pulses: the challenge and opportunity to be part of both the vegetable and protein food groups. <i>Annals of the New York Academy of Sciences</i> , <b>2017</b> , 1392, 58-66	6.5	56
120	Associations between dairy foods, diabetes, and metabolic health: potential mechanisms and future directions. <i>Metabolism: Clinical and Experimental</i> , <b>2014</b> , 63, 618-27	12.7	55
119	Physiological effects of concentrated barley beta-glucan in mildly hypercholesterolemic adults. <i>Journal of the American College of Nutrition</i> , <b>2008</b> , 27, 434-40	3.5	53
118	Oral contraceptive use and increased plasma concentration of C-reactive protein. <i>Life Sciences</i> , <b>2003</b> , 73, 1245-52	6.8	52
117	Particle size and fraction of wheat bran influence short-chain fatty acid production in vitro. <i>British Journal of Nutrition</i> , <b>2009</b> , 102, 1404-7	3.6	51
116	Whole Grains: Definition, Dietary Recommendations, and Health Benefits. <i>Cereal Foods World</i> , <b>2013</b> , 58, 191-198	2	50
115	Evaluation of the effect of four fibers on laxation, gastrointestinal tolerance and serum markers in healthy humans. <i>Annals of Nutrition and Metabolism</i> , <b>2010</b> , 56, 91-8	4.5	49
114	Total, added, and free sugars: are restrictive guidelines science-based or achievable?. <i>Nutrients</i> , <b>2015</b> , 7, 2866-78	6.7	48
113	Snacking for a cause: nutritional insufficiencies and excesses of U.S. children, a critical review of food consumption patterns and macronutrient and micronutrient intake of U.S. children. <i>Nutrients</i> , <b>2014</b> , 6, 4750-9	6.7	48

112	The confusing world of dietary sugars: definitions, intakes, food sources and international dietary recommendations. <i>Food and Function</i> , <b>2012</b> , 3, 477-86	6.1	48
111	Association between major patterns of dietary intake and weight status in adolescents. <i>British Journal of Nutrition</i> , <b>2012</b> , 108, 349-56	3.6	48
110	Effects of dietary arabinogalactan on gastrointestinal and blood parameters in healthy human subjects. <i>Journal of the American College of Nutrition</i> , <b>2001</b> , 20, 279-85	3.5	48
109	Enhancing nutrition with pulses: defining a recommended serving size for adults. <i>Nutrition Reviews</i> , <b>2017</b> , 75, 990-1006	6.4	44
108	Benefits of dietary fiber in clinical nutrition. <i>Nutrition in Clinical Practice</i> , <b>2011</b> , 26, 625-35	3.6	44
107	Molecular weight of guar gum affects short-chain fatty acid profile in model intestinal fermentation. <i>Molecular Nutrition and Food Research</i> , <b>2006</b> , 50, 971-6	5.9	42
106	A review of the characteristics of dietary fibers relevant to appetite and energy intake outcomes in human intervention trials. <i>American Journal of Clinical Nutrition</i> , <b>2017</b> , 106, 747-754	7	41
105	Fermentable fibers do not affect satiety or food intake by women who do not practice restrained eating. <i>Journal of the Academy of Nutrition and Dietetics</i> , <b>2012</b> , 112, 1356-1362	3.9	41
104	The use of a wireless motility device (SmartPill <sup>®</sup> ) for the measurement of gastrointestinal transit time after a dietary fibre intervention. <i>British Journal of Nutrition</i> , <b>2011</b> , 105, 1337-42	3.6	40
103	Impact of the proposed definition of dietary fiber on nutrient databases. <i>Journal of Food Composition and Analysis</i> , <b>2003</b> , 16, 287-291	4.1	37
102	Chicory inulin does not increase stool weight or speed up intestinal transit time in healthy male subjects. <i>Food and Function</i> , <b>2011</b> , 2, 72-7	6.1	36
101	Systematic Review of Pears and Health. <i>Nutrition Today</i> , <b>2015</b> , 50, 301-305	1.6	34
100	Fermentation profiles of wheat dextrin, inulin and partially hydrolyzed guar gum using an in vitro digestion pretreatment and in vitro batch fermentation system model. <i>Nutrients</i> , <b>2013</b> , 5, 1500-10	6.7	34
99	Healthy Dietary Patterns for Preventing Cardiometabolic Disease: The Role of Plant-Based Foods and Animal Products. <i>Current Developments in Nutrition</i> , <b>2017</b> , 1,	0.4	33
98	Carbohydrates. <i>Advances in Nutrition</i> , <b>2014</b> , 5, 760-1	10	33
97	Assessment of dietary fiber fermentation: effect of <i>Lactobacillus reuteri</i> and reproducibility of short-chain fatty acid concentrations. <i>Molecular Nutrition and Food Research</i> , <b>2009</b> , 53 Suppl 1, S114-20	5.9	33
96	Methane production and bowel function parameters in healthy subjects on low- and high-fiber diets. <i>Nutrition and Cancer</i> , <b>1991</b> , 16, 85-92	2.8	33
95	Effect of prebiotics on biomarkers of colorectal cancer in humans: a systematic review. <i>Nutrition Reviews</i> , <b>2012</b> , 70, 436-43	6.4	32

94	Wheat dextrin, psyllium, and inulin produce distinct fermentation patterns, gas volumes, and short-chain fatty acid profiles in vitro. <i>Journal of Medicinal Food</i> , <b>2010</b> , 13, 961-6	2.8	32
93	Apparent fiber digestibility and fecal short-chain fatty acid concentrations with ingestion of two types of dietary fiber. <i>Journal of Parenteral and Enteral Nutrition</i> , <b>1994</b> , 18, 14-9	4.2	30
92	Beverages and body weight: challenges in the evidence-based review process of the Carbohydrate Subcommittee from the 2010 Dietary Guidelines Advisory Committee. <i>Nutrition Reviews</i> , <b>2012</b> , 70 Suppl 2, S111-20	6.4	29
91	Estimation and interpretation of fermentation in the gut: coupling results from a 24 h batch in vitro system with fecal measurements from a human intervention feeding study using fructo-oligosaccharides, inulin, gum acacia, and pea fiber. <i>Journal of Agricultural and Food Chemistry</i> , <b>2014</b> , 62, 1332-7	5.7	28
90	Identifying practical solutions to meet America's fiber needs: proceedings from the Food & Fiber Summit. <i>Nutrients</i> , <b>2014</b> , 6, 2540-51	6.7	28
89	Polydextrose and soluble corn fiber increase five-day fecal wet weight in healthy men and women. <i>Journal of Nutrition</i> , <b>2013</b> , 143, 473-8	4.1	28
88	Carbohydrates, dietary fiber, and resistant starch in white vegetables: links to health outcomes. <i>Advances in Nutrition</i> , <b>2013</b> , 4, 351S-5S	10	27
87	Whole Grains and Digestive Health. <i>Cereal Chemistry</i> , <b>2010</b> , 87, 292-296	2.4	27
86	Dairy Foods: Current Evidence of their Effects on Bone, Cardiometabolic, Cognitive, and Digestive Health. <i>Comprehensive Reviews in Food Science and Food Safety</i> , <b>2016</b> , 15, 251-268	16.4	27
85	Impact of Agaricus bisporus Mushroom Consumption on Gut Health Markers in Healthy Adults. <i>Nutrients</i> , <b>2018</b> , 10,	6.7	27
84	Feasibility of measuring gastric emptying time, with a wireless motility device, after subjects consume fiber-matched liquid and solid breakfasts. <i>Appetite</i> , <b>2011</b> , 57, 38-44	4.5	25
83	The future of recommendations on grain foods in dietary guidance. <i>Journal of Nutrition</i> , <b>2013</b> , 143, 1527S-1532S	4.1	25
82	Effect of refined cellulose on apparent energy, fat and nitrogen digestibilities. <i>Journal of Nutrition</i> , <b>1980</b> , 110, 2020-6	4.1	22
81	Thinking critically about whole-grain definitions: summary report of an interdisciplinary roundtable discussion at the 2015 Whole Grains Summit. <i>American Journal of Clinical Nutrition</i> , <b>2016</b> , 104, 1508-1514	7	22
80	Increasing doses of fiber do not influence short-term satiety or food intake and are inconsistently linked to gut hormone levels. <i>Food and Nutrition Research</i> , <b>2010</b> , 54,	3.1	21
79	Effect of flaxseed and wheat bran on serum hormones and lignan excretion in premenopausal women. <i>Journal of the American College of Nutrition</i> , <b>2003</b> , 22, 550-4	3.5	21
78	Whole grains, refined grains and fortified refined grains: What's the difference?. <i>Asia Pacific Journal of Clinical Nutrition</i> , <b>2000</b> , 9 Suppl 1, S23-7	1	21
77	Potential Cardiometabolic Health Benefits of Full-Fat Dairy: The Evidence Base. <i>Advances in Nutrition</i> , <b>2020</b> , 11, 533-547	10	20

76	Epidemiological evidence for the impact of whole grains on health. <i>Critical Reviews in Food Science and Nutrition</i> , <b>1994</b> , 34, 427-34	11.5	19
75	Gastrointestinal effects of modified guar gum and soy polysaccharide as part of an enteral formula diet. <i>Journal of Parenteral and Enteral Nutrition</i> , <b>1992</b> , 16, 538-44	4.2	19
74	Dietary fiber and digestive health in children. <i>Nutrition Reviews</i> , <b>2017</b> , 75, 241-259	6.4	18
73	Prebiotic Effects and Fermentation Kinetics of Wheat Dextrin and Partially Hydrolyzed Guar Gum in an Batch Fermentation System. <i>Foods</i> , <b>2015</b> , 4, 349-358	4.9	17
72	Healthy subjects experience bowel changes on enteral diets: addition of a fiber blend attenuates stool weight and gut bacteria decreases without changes in gas. <i>Journal of Parenteral and Enteral Nutrition</i> , <b>2015</b> , 39, 337-43	4.2	16
71	No effect of 14 day consumption of whole grain diet compared to refined grain diet on antioxidant measures in healthy, young subjects: a pilot study. <i>Nutrition Journal</i> , <b>2010</b> , 9, 12	4.3	16
70	The effects of the combination of egg and fiber on appetite, glycemic response and food intake in normal weight adults - a randomized, controlled, crossover trial. <i>International Journal of Food Sciences and Nutrition</i> , <b>2016</b> , 67, 723-31	3.7	15
69	Impact of <i>Agaricus bisporus</i> mushroom consumption on satiety and food intake. <i>Appetite</i> , <b>2017</b> , 117, 179-185	4.5	15
68	Should There Be a Recommended Daily Intake of Microbes?. <i>Journal of Nutrition</i> , <b>2020</b> , 150, 3061-3067	4.1	15
67	Effect of whole-grain consumption on changes in fecal microbiota: a review of human intervention trials. <i>Nutrition Reviews</i> , <b>2019</b> , 77, 487-497	6.4	14
66	In vitro analysis of partially hydrolyzed guar gum fermentation differences between six individuals. <i>Food and Function</i> , <b>2016</b> , 7, 1833-8	6.1	14
65	In vitro analysis of partially hydrolyzed guar gum fermentation on identified gut microbiota. <i>Anaerobe</i> , <b>2016</b> , 42, 60-66	2.8	14
64	Glucose and insulin do not decrease in a dose-dependent manner after increasing doses of mixed fibers that are consumed in muffins for breakfast. <i>Nutrition Research</i> , <b>2011</b> , 31, 42-7	4	13
63	Dietary fibers reduce obesity-related disorders: mechanisms of action. <i>Current Opinion in Clinical Nutrition and Metabolic Care</i> , <b>2020</b> , 23, 445-450	3.8	13
62	Understanding the Intersection of Climate/Environmental Change, Health, Agriculture, and Improved Nutrition: A Case Study on Micronutrient Nutrition and Animal Source Foods. <i>Current Developments in Nutrition</i> , <b>2020</b> , 4, nzaa087	0.4	13
61	The challenges of nutrition policymaking. <i>Nutrition Journal</i> , <b>2015</b> , 14, 15	4.3	12
60	The Influence of Diet Interventions Using Whole, Plant Food on the Gut Microbiome: A Narrative Review. <i>Journal of the Academy of Nutrition and Dietetics</i> , <b>2020</b> , 120, 608-623	3.9	12
59	The Nutrient Density of Snacks: A Comparison of Nutrient Profiles of Popular Snack Foods Using the Nutrient-Rich Foods Index. <i>Global Pediatric Health</i> , <b>2017</b> , 4, 2333794X17698525	1.2	11



58	The benefits of defining "snacks". <i>Physiology and Behavior</i> , <b>2018</b> , 193, 284-287	3.5	11
57	Fermentability of Novel Type-4 Resistant Starches in In Vitro System. <i>Foods</i> , <b>2018</b> , 7,	4.9	11
56	Bran fibers and satiety in women who do not exhibit restrained eating. <i>Appetite</i> , <b>2014</b> , 80, 257-63	4.5	11
55	Healthy Snacks: Using Nutrient Profiling to Evaluate the Nutrient-Density of Common Snacks in the United States. <i>Journal of Food Science</i> , <b>2017</b> , 82, 2213-2220	3.4	11
54	Laxation and the Like. <i>Nutrition Today</i> , <b>2008</b> , 43, 193-198	1.6	11
53	Are restrictive guidelines for added sugars science based?. <i>Nutrition Journal</i> , <b>2015</b> , 14, 124	4.3	10
52	The Effects of a Beef-Based Meal Compared to a Calorie Matched Bean-Based Meal on Appetite and Food Intake. <i>Journal of Food Science</i> , <b>2015</b> , 80, H2088-93	3.4	10
51	Definitions, regulations, and new frontiers for dietary fiber and whole grains. <i>Nutrition Reviews</i> , <b>2020</b> , 78, 6-12	6.4	9
50	High Protein Pasta is Not More Satiating than High Fiber Pasta at a Lunch Meal, Nor Does it Decrease Mid-Afternoon Snacking in Healthy Men and Women. <i>Journal of Food Science</i> , <b>2016</b> , 81, S2240-5	3.4	8
49	Toward an Evidence-Based Definition and Classification of Carbohydrate Food Quality: An Expert Panel Report. <i>Nutrients</i> , <b>2021</b> , 13,	6.7	7
48	Dietary Fiber: All Fibers are not Alike <b>2010</b> , 13-24		6
47	Health Benefits of Oligosaccharides. <i>Journal of Nutraceuticals, Functional and Medical Foods</i> , <b>1999</b> , 1, 43-55		6
46	Perspective: Defining Carbohydrate Quality for Human Health and Environmental Sustainability. <i>Advances in Nutrition</i> , <b>2021</b> , 12, 1108-1121	10	6
45	What is Causing the Worldwide Rise in Body Weight?. <i>European Endocrinology</i> , <b>2014</b> , 10, 136-144	3.4	5
44	Fermented Foods and the Gut Microbiome. <i>Nutrition Today</i> , <b>2020</b> , 55, 163-167	1.6	5
43	Gastrointestinal tolerance of low FODMAP oral nutrition supplements in healthy human subjects: a randomized controlled trial. <i>Nutrition Journal</i> , <b>2017</b> , 16, 35	4.3	4
42	Satiety Effects of Lentils in a Calorie Matched Fruit Smoothie. <i>Journal of Food Science</i> , <b>2016</b> , 81, H2866-H2871	3.4	4
41	REVIEW: Wild Rice: Both an Ancient Grain and a Whole Grain. <i>Cereal Chemistry</i> , <b>2014</b> , 91, 207-210	2.4	3

40	Commercially available enteral formulas with fiber and bowel function measures. <i>Nutrition in Clinical Practice</i> , <b>1990</b> , 5, 247-50	3.6	3
39	Eating Disorders in Athletes. <i>Journal of Physical Education, Recreation and Dance</i> , <b>1987</b> , 58, 33-36	0.7	3
38	Acacia Gum Is Well Tolerated While Increasing Satiety and Lowering Peak Blood Glucose Response in Healthy Human Subjects. <i>Nutrients</i> , <b>2021</b> , 13,	6.7	3
37	Effects of Oats and $\beta$ -Glucan on Gut Health <b>2013</b> , 299-309		2
36	Dietary Fiber and Other Alternative Therapies and Irritable Bowel Syndrome. <i>Topics in Clinical Nutrition</i> , <b>2009</b> , 24, 262-271	0.4	2
35	Low-digestible carbohydrates and bowel function. <i>FASEB Journal</i> , <b>2007</b> , 21, A1101	0.9	2
34	A Pilot and Feasibility Study of Oatmeal Consumption in Children to Assess Markers of Bowel Function. <i>Journal of Medicinal Food</i> , <b>2020</b> , 23, 554-559	2.8	2
33	Do Refined Grains Have a Place in a Healthy Dietary Pattern: Perspectives from an Expert Panel Consensus Meeting. <i>Current Developments in Nutrition</i> , <b>2020</b> , 4, nzaa125	0.4	2
32	A New Carbohydrate Food Quality Scoring System to Reflect Dietary Guidelines: An Expert Panel Report.. <i>Nutrients</i> , <b>2022</b> , 14,	6.7	2
31	The Challenges of Dietary Guidance. <i>Nutrition Today</i> , <b>2015</b> , 50, 169-171	1.6	1
30	In vitro fermentability of inulin and fructo-oligosaccharides (FOS) is dependent on chain length. <i>FASEB Journal</i> , <b>2006</b> , 20, A600	0.9	1
29	Novel maize-based dietary fibers have comparable in vitro fermentability to inulin and partially-hydrolyzed guar gum. <i>FASEB Journal</i> , <b>2007</b> , 21, A178	0.9	1
28	In Vitro Batch Fermentation Analysis of Wheat Dextrin and Partially Hydrolyzed Guar Gum - Fermentation Kinetics and Prebiotics Effects. <i>FASEB Journal</i> , <b>2015</b> , 29, 606.1	0.9	1
27	FOUR DIFFERENT FIBERS FROM MAIZE AND TAPIOCA ARE WELL TOLERATED IN A PLACEBO-CONTROLLED STUDY IN HUMANS. <i>FASEB Journal</i> , <b>2009</b> , 23, 560.1	0.9	1
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18	Method of extraction influences the detected short chain fatty acid (SCFA) concentration in human fecal samples. <i>FASEB Journal</i> , <b>2008</b> , 22, 702.35	0.9
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15	Addition of protein or fiber to pasta does not alter satiety or mid-afternoon snacking in healthy men and women (1040.4). <i>FASEB Journal</i> , <b>2014</b> , 28, 1040.4	0.9
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