

Elin M Ostman

List of Publications by Year in descending order

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53
papers

3,062
citations

172386

29
h-index

223716

46
g-index

53
all docs

53
docs citations

53
times ranked

3392
citing authors

#	ARTICLE	IF	CITATIONS
1	Including Indigestible Carbohydrates in the Evening Meal of Healthy Subjects Improves Glucose Tolerance, Lowers Inflammatory Markers, and Increases Satiety after a Subsequent Standardized Breakfast. <i>Journal of Nutrition</i> , 2008, 138, 732-739.	1.3	243
2	Low glycaemic-index foods. <i>British Journal of Nutrition</i> , 2000, 83, S149-S155.	1.2	236
3	Inconsistency between glycemic and insulinemic responses to regular and fermented milk products. <i>American Journal of Clinical Nutrition</i> , 2001, 74, 96-100.	2.2	213
4	Vinegar supplementation lowers glucose and insulin responses and increases satiety after a bread meal in healthy subjects. <i>European Journal of Clinical Nutrition</i> , 2005, 59, 983-988.	1.3	202
5	Effect of cereal test breakfasts differing in glycemic index and content of indigestible carbohydrates on daylong glucose tolerance in healthy subjects. <i>American Journal of Clinical Nutrition</i> , 2008, 87, 645-654.	2.2	148
6	Impact of Diet Composition on Blood Glucose Regulation. <i>Critical Reviews in Food Science and Nutrition</i> , 2016, 56, 541-590.	5.4	144
7	Endosperm and whole grain rye breads are characterized by low post-prandial insulin response and a beneficial blood glucose profile. <i>Nutrition Journal</i> , 2009, 8, 42.	1.5	130
8	Characterization of antioxidant polyphenols from <i>Myrciaria jaboticaba</i> peel and their effects on glucose metabolism and antioxidant status: A pilot clinical study. <i>Food Chemistry</i> , 2016, 211, 185-197.	4.2	130
9	Vinegar dressing and cold storage of potatoes lowers postprandial glycaemic and insulinaemic responses in healthy subjects. <i>European Journal of Clinical Nutrition</i> , 2005, 59, 1266-1271.	1.3	102
10	A Cereal-Based Evening Meal Rich in Indigestible Carbohydrates Increases Plasma Butyrate the Next Morning. <i>Journal of Nutrition</i> , 2010, 140, 1932-1936.	1.3	101
11	Effects of cereal breakfasts on postprandial glucose, appetite regulation and voluntary energy intake at a subsequent standardized lunch; focusing on rye products. <i>Nutrition Journal</i> , 2011, 10, 7.	1.5	99
12	On the Effect of Lactic Acid on Blood Glucose and Insulin Responses to Cereal Products: Mechanistic Studies in Healthy Subjects and In Vitro. <i>Journal of Cereal Science</i> , 2002, 36, 339-346.	1.8	98
13	The insulinogenic effect of whey protein is partially mediated by a direct effect of amino acids and GIP on β -cells. <i>Nutrition and Metabolism</i> , 2012, 9, 48.	1.3	88
14	Glucose and insulin responses in healthy men to barley bread with different levels of (1 \rightarrow 3;1 \rightarrow 4)- β -glucans; predictions using fluidity measurements of in vitro enzyme digests. <i>Journal of Cereal Science</i> , 2006, 43, 230-235.	1.8	82
15	A novel wheat variety with elevated content of amylose increases resistant starch formation and may beneficially influence glycaemia in healthy subjects. <i>Food and Nutrition Research</i> , 2011, 55, 7074.	1.2	82
16	Functionality of Short Chain Amylose \sim Lipid Complexes in Starch \sim Water Systems and Their Impact on in Vitro Starch Degradation. <i>Journal of Agricultural and Food Chemistry</i> , 2010, 58, 1939-1945.	2.4	81
17	Effects of indigestible carbohydrates in barley on glucose metabolism, appetite and voluntary food intake over 16 h in healthy adults. <i>Nutrition Journal</i> , 2013, 12, 46.	1.5	79
18	Cereal grains for nutrition and health benefits: Overview of results from in vitro, animal and human studies in the HEALTHGRAIN project. <i>Trends in Food Science and Technology</i> , 2012, 25, 87-100.	7.8	73

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19	Postprandial Glycemia, Insulinemia, and Satiety Responses in Healthy Subjects after Whole Grain Rye Bread Made from Different Rye Varieties. 2. <i>Journal of Agricultural and Food Chemistry</i> , 2011, 59, 12149-12154.	2.4	64
20	Effects of wheat bran extract rich in arabinoxylan oligosaccharides and resistant starch on overnight glucose tolerance and markers of gut fermentation in healthy young adults. <i>European Journal of Nutrition</i> , 2016, 55, 1661-1670.	1.8	63
21	Measurements of the gastric emptying rate by use of ultrasonography: studies in humans using bread with added sodium propionate. <i>American Journal of Clinical Nutrition</i> , 2001, 74, 254-258.	2.2	61
22	Effects of Pre-Meal Drinks with Protein and Amino Acids on Glycemic and Metabolic Responses at a Subsequent Composite Meal. <i>PLoS ONE</i> , 2012, 7, e44731.	1.1	61
23	Barley Bread Containing Lactic Acid Improves Glucose Tolerance at a Subsequent Meal in Healthy Men and Women. <i>Journal of Nutrition</i> , 2002, 132, 1173-1175.	1.3	53
24	Postprandial Glycemia, Insulinemia, and Satiety Responses in Healthy Subjects after Whole Grain Rye Bread Made from Different Rye Varieties. 1. <i>Journal of Agricultural and Food Chemistry</i> , 2011, 59, 12139-12148.	2.4	52
25	A dietary exchange of common bread for tailored bread of low glycaemic index and rich in dietary fibre improved insulin economy in young women with impaired glucose tolerance. <i>European Journal of Clinical Nutrition</i> , 2006, 60, 334-341.	1.3	50
26	The glycemic, insulinemic and plasma amino acid responses to equi-carbohydrate milk meals, a pilot-study of bovine and human milk. <i>Nutrition Journal</i> , 2012, 11, 83.	1.5	44
27	On the possibility to affect the course of glycaemia, insulinaemia, and perceived hunger/satiety to bread meals in healthy volunteers. <i>Food and Function</i> , 2013, 4, 522.	2.1	37
28	Oat β -glucan containing bread increases the glycaemic profile. <i>Journal of Functional Foods</i> , 2017, 32, 106-111.	1.6	31
29	Protein-Enriched Liquid Preloads Varying in Macronutrient Content Modulate Appetite and Appetite-Regulating Hormones in Healthy Adults. <i>Journal of Nutrition</i> , 2016, 146, 637-645.	1.3	30
30	Metabolic effects of whole grain wheat and whole grain rye in the C57BL/6J mouse. <i>Nutrition</i> , 2010, 26, 230-239.	1.1	25
31	Inclusion of Hass avocado-oil improves postprandial metabolic responses to a hypercaloric-hyperlipidic meal in overweight subjects. <i>Journal of Functional Foods</i> , 2017, 38, 349-354.	1.6	22
32	Polyphenol-rich spice-based beverages modulated postprandial early glycaemia, appetite and PYY after breakfast challenge in healthy subjects: A randomized, single blind, crossover study. <i>Journal of Functional Foods</i> , 2017, 35, 574-583.	1.6	22
33	Black pepper-based beverage induced appetite-suppressing effects without altering postprandial glycaemia, gut and thyroid hormones or gastrointestinal well-being: a randomized crossover study in healthy subjects. <i>Food and Function</i> , 2018, 9, 2774-2786.	2.1	17
34	Effect of bilberries, lingonberries and cinnamon on cardiometabolic risk-associated markers following a hypercaloric-hyperlipidic breakfast. <i>Journal of Functional Foods</i> , 2019, 60, 103443.	1.6	12
35	Maillard Reaction Products in Powder Based Food for Infants and Toddlers. <i>European Journal of Nutrition & Food Safety</i> , 2016, 6, 65-74.	0.2	12
36	A low glycaemic diet improves oral glucose tolerance but has no effect on β -cell function in C57BL/6J mice. <i>Diabetes, Obesity and Metabolism</i> , 2010, 12, 976-982.	2.2	10

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37	An oat bran-based beverage reduce postprandial glycaemia equivalent to yoghurt in healthy overweight subjects. <i>International Journal of Food Sciences and Nutrition</i> , 2015, 66, 700-705.	1.3	10
38	Difficulties in Translating Appetite Sensations Effect of Turmeric-Based Beverage When Given Prior to Isoenergetic Medium- or High-Fat Meals in Healthy Subjects. <i>Nutrients</i> , 2019, 11, 736.	1.7	10
39	A diet based on wheat bread baked with lactic acid improves glucose tolerance in hyperinsulinaemic Zucker (fa/fa) rats. <i>Journal of Cereal Science</i> , 2005, 42, 300-308.	1.8	9
40	The impact of liquid preloads varying in macronutrient content on postprandial kinetics of amino acids relative to appetite in healthy adults. <i>Appetite</i> , 2016, 107, 511-520.	1.8	8
41	An improved course of glycaemia after a bread based breakfast is associated with beneficial effects on acute and semi-acute markers of appetite. <i>Food and Function</i> , 2016, 7, 1040-1047.	2.1	7
42	Comparable effects of breakfast meals varying in protein source on appetite and subsequent energy intake in healthy males. <i>European Journal of Nutrition</i> , 2018, 57, 1097-1108.	1.8	6
43	Modulating Glycemia with Cereal Products. , 0, , 177-184.		5
44	Postprandial Responses of Serum Bile Acids in Healthy Humans after Ingestion of Turmeric before Medium/High-Fat Breakfasts. <i>Molecular Nutrition and Food Research</i> , 2019, 63, 1900672.	1.5	4
45	A drink containing amino acids and chromium picolinate improves postprandial glycemia at breakfast in healthy, overweight subjects. <i>Functional Foods in Health and Disease</i> , 2017, 7, 88.	0.3	3
46	A novel nutritional supplement containing amino acids and chromium decreases postprandial glucose response in a randomized, double-blind, placebo-controlled study. <i>PLoS ONE</i> , 2020, 15, e0234237.	1.1	2
47	On the Importance of Processing Conditions for the Nutritional Characteristics of Homogenized Composite Meals Intended for Infants. <i>Nutrients</i> , 2016, 8, 340.	1.7	1
48	Title is missing!. , 2020, 15, e0234237.		0
49	Title is missing!. , 2020, 15, e0234237.		0
50	Title is missing!. , 2020, 15, e0234237.		0
51	Title is missing!. , 2020, 15, e0234237.		0
52	Title is missing!. , 2020, 15, e0234237.		0
53	Title is missing!. , 2020, 15, e0234237.		0