

# Elin M Ostman

## List of Publications by Citations

**Source:** <https://exaly.com/author-pdf/7579082/elin-m-ostman-publications-by-citations.pdf>

**Version:** 2024-04-27

This document has been generated based on the publications and citations recorded by exaly.com. For the latest version of this publication list, visit the link given above.

The third column is the impact factor (IF) of the journal, and the fourth column is the number of citations of the article.

52  
papers

2,495  
citations

27  
h-index

49  
g-index

53  
ext. papers

2,768  
ext. citations

5.1  
avg, IF

4.84  
L-index

#	Paper	IF	Citations
52	Low glycaemic-index foods. <i>British Journal of Nutrition</i> , <b>2000</b> , 83 Suppl 1, S149-55	3.6	208
51	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> , <b>2008</b> , 138, 732-9	4.1	206
50	Inconsistency between glycemic and insulinemic responses to regular and fermented milk products. <i>American Journal of Clinical Nutrition</i> , <b>2001</b> , 74, 96-100	7	181
49	Vinegar supplementation lowers glucose and insulin responses and increases satiety after a bread meal in healthy subjects. <i>European Journal of Clinical Nutrition</i> , <b>2005</b> , 59, 983-8	5.2	157
48	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> , <b>2008</b> , 87, 645-54	7	134
47	Endosperm and whole grain rye breads are characterized by low post-prandial insulin response and a beneficial blood glucose profile. <i>Nutrition Journal</i> , <b>2009</b> , 8, 42	4.3	119
46	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> , <b>2016</b> , 211, 185-97	8.5	100
45	Impact of Diet Composition on Blood Glucose Regulation. <i>Critical Reviews in Food Science and Nutrition</i> , <b>2016</b> , 56, 541-90	11.5	92
44	A cereal-based evening meal rich in indigestible carbohydrates increases plasma butyrate the next morning. <i>Journal of Nutrition</i> , <b>2010</b> , 140, 1932-6	4.1	89
43	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> , <b>2011</b> , 10, 7	4.3	86
42	Vinegar dressing and cold storage of potatoes lowers postprandial glycaemic and insulinaemic responses in healthy subjects. <i>European Journal of Clinical Nutrition</i> , <b>2005</b> , 59, 1266-71	5.2	83
41	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> , <b>2002</b> , 36, 339-346	3.8	82
40	The insulinogenic effect of whey protein is partially mediated by a direct effect of amino acids and GIP on $\beta$ cells. <i>Nutrition and Metabolism</i> , <b>2012</b> , 9, 48	4.6	72
39	Glucose and insulin responses in healthy men to barley bread with different levels of (1- $\beta$ ;1-4)- $\beta$ -glucans; predictions using fluidity measurements of in vitro enzyme digests. <i>Journal of Cereal Science</i> , <b>2006</b> , 43, 230-235	3.8	72
38	Effects of indigestible carbohydrates in barley on glucose metabolism, appetite and voluntary food intake over 16 h in healthy adults. <i>Nutrition Journal</i> , <b>2013</b> , 12, 46	4.3	67
37	Functionality of short chain amylose-lipid complexes in starch-water systems and their impact on in vitro starch degradation. <i>Journal of Agricultural and Food Chemistry</i> , <b>2010</b> , 58, 1939-45	5.7	66
36	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> , <b>2011</b> , 55,	3.1	65

35	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> , <b>2012</b> , 25, 87-100	15.3	58
34	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> , <b>2001</b> , 74, 254-8	7	49
33	Effects of pre-meal drinks with protein and amino acids on glycemic and metabolic responses at a subsequent composite meal. <i>PLoS ONE</i> , <b>2012</b> , 7, e44731	3.7	48
32	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> , <b>2016</b> , 55, 1661-70	5.2	47
31	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> , <b>2011</b> , 59, 12139-48	5.7	47
30	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> , <b>2006</b> , 60, 334-41	5.2	43
29	Barley bread containing lactic acid improves glucose tolerance at a subsequent meal in healthy men and women. <i>Journal of Nutrition</i> , <b>2002</b> , 132, 1173-5	4.1	42
28	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> , <b>2012</b> , 11, 83	4.3	32
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> , <b>2013</b> , 4, 522-9	6.1	31
26	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> , <b>2011</b> , 59, 12149-54	5.7	30
25	Oat β-glucan containing bread increases the glycaemic profile. <i>Journal of Functional Foods</i> , <b>2017</b> , 32, 106-111	5.1	25
24	Protein-Enriched Liquid Preloads Varying in Macronutrient Content Modulate Appetite and Appetite-Regulating Hormones in Healthy Adults. <i>Journal of Nutrition</i> , <b>2016</b> , 146, 637-45	4.1	24
23	Metabolic effects of whole grain wheat and whole grain rye in the C57BL/6J mouse. <i>Nutrition</i> , <b>2010</b> , 26, 230-9	4.8	24
22	Inclusion of Hass avocado-oil improves postprandial metabolic responses to a hypercaloric-hyperlipidic meal in overweight subjects. <i>Journal of Functional Foods</i> , <b>2017</b> , 38, 349-354	5.1	19
21	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> , <b>2017</b> , 35, 574-583	5.1	19
20	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> , <b>2018</b> , 9, 2774-2786	6.1	10
19	An oat bran-based beverage reduce postprandial glycaemia equivalent to yoghurt in healthy overweight subjects. <i>International Journal of Food Sciences and Nutrition</i> , <b>2015</b> , 66, 700-5	3.7	9
18	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> , <b>2010</b> , 12, 976-82	6.7	8

17	Maillard Reaction Products in Powder Based Food for Infants and Toddlers. <i>European Journal of Nutrition &amp; Food Safety</i> , <b>2016</b> , 6, 65-74	0	8
16	Effect of bilberries, lingonberries and cinnamon on cardiometabolic risk-associated markers following a hypercaloric-hyperlipidic breakfast. <i>Journal of Functional Foods</i> , <b>2019</b> , 60, 103443	5.1	7
15	The impact of liquid preloads varying in macronutrient content on postprandial kinetics of amino acids relative to appetite in healthy adults. <i>Appetite</i> , <b>2016</b> , 107, 511-520	4.5	6
14	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> , <b>2005</b> , 42, 300-308	3.8	6
13	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> , <b>2019</b> , 11,	6.7	5
12	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> , <b>2016</b> , 7, 1040-7	6.1	5
11	Modulating Glycemia with Cereal Products177-184		5
10	Comparable effects of breakfast meals varying in protein source on appetite and subsequent energy intake in healthy males. <i>European Journal of Nutrition</i> , <b>2018</b> , 57, 1097-1108	5.2	4
9	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> , <b>2019</b> , 63, e1900672	5.9	3
8	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> , <b>2017</b> , 7, 88	2.5	2
7	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> , <b>2020</b> , 15, e0234237	3.7	0
6	A novel nutritional supplement containing amino acids and chromium decreases postprandial glucose response in a randomized, double-blind, placebo-controlled study <b>2020</b> , 15, e0234237		
5	A novel nutritional supplement containing amino acids and chromium decreases postprandial glucose response in a randomized, double-blind, placebo-controlled study <b>2020</b> , 15, e0234237		
4	A novel nutritional supplement containing amino acids and chromium decreases postprandial glucose response in a randomized, double-blind, placebo-controlled study <b>2020</b> , 15, e0234237		
3	A novel nutritional supplement containing amino acids and chromium decreases postprandial glucose response in a randomized, double-blind, placebo-controlled study <b>2020</b> , 15, e0234237		
2	A novel nutritional supplement containing amino acids and chromium decreases postprandial glucose response in a randomized, double-blind, placebo-controlled study <b>2020</b> , 15, e0234237		
1	A novel nutritional supplement containing amino acids and chromium decreases postprandial glucose response in a randomized, double-blind, placebo-controlled study <b>2020</b> , 15, e0234237		