

# Elin M Ostman

## List of Publications by Year in Descending Order

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**Version:** 2024-04-27

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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	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
51	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		
50	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		
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46	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		
45	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
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> , <b>2019</b> , 63, e1900672	5.9	3
43	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
42	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
41	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
40	Oat $\beta$ glucan containing bread increases the glycaemic profile. <i>Journal of Functional Foods</i> , <b>2017</b> , 32, 106-111	5.1	25
39	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
38	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
37	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
36	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

35	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
34	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
33	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
32	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
31	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
30	Characterization of antioxidant polyphenols from Myrciaria jaboticaba 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
29	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
28	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
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	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
25	The glyceimic, 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
24	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
23	Effects of pre-meal drinks with protein and amino acids on glyceimic and metabolic responses at a subsequent composite meal. <i>PLoS ONE</i> , <b>2012</b> , 7, e44731	3.7	48
22	Postprandial glyceimic, 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
21	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
20	Postprandial glyceimic, 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
19	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
18	A low glycaemic diet improves oral glucose tolerance but has no effect on $\beta$ cell function in C57BL/6J mice. <i>Diabetes, Obesity and Metabolism</i> , <b>2010</b> , 12, 976-82	6.7	8

17	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
16	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
15	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
14	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
13	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
12	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
11	Glucose and insulin responses in healthy men to barley bread with different levels of (1- $\beta$ ;1- $\alpha$ )-D-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
10	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
9	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
8	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
7	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
6	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
5	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
4	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
3	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
2	Low glycaemic-index foods. <i>British Journal of Nutrition</i> , <b>2000</b> , 83 Suppl 1, S149-55	3.6	208
1	Modulating Glycemia with Cereal Products 177-184		5