

Caryl A Nowson

List of Publications by Citations

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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.

185
papers

8,444
citations

43
h-index

88
g-index

205
ext. papers

9,695
ext. citations

5.3
avg, IF

6.21
L-index

#	Paper	IF	Citations
185	Use of calcium or calcium in combination with vitamin D supplementation to prevent fractures and bone loss in people aged 50 years and older: a meta-analysis. <i>Lancet, The</i> , 2007 , 370, 657-66	4.0	918
184	Relationship between stress, eating behavior, and obesity. <i>Nutrition</i> , 2007 , 23, 887-94	4.8	915
183	Fruit and vegetable consumption and stroke: meta-analysis of cohort studies. <i>Lancet, The</i> , 2006 , 367, 320-6	4.0	752
182	BMI and all-cause mortality in older adults: a meta-analysis. <i>American Journal of Clinical Nutrition</i> , 2014 , 99, 875-90	7	381
181	Should older people in residential care receive vitamin D to prevent falls? Results of a randomized trial. <i>Journal of the American Geriatrics Society</i> , 2005 , 53, 1881-8	5.6	238
180	Vitamin D and health in adults in Australia and New Zealand: a position statement. <i>Medical Journal of Australia</i> , 2012 , 196, 686-7	4	213
179	Vitamin D and adult bone health in Australia and New Zealand: a position statement. <i>Medical Journal of Australia</i> , 2005 , 182, 281-5	4	194
178	Serum vitamin D and falls in older women in residential care in Australia. <i>Journal of the American Geriatrics Society</i> , 2003 , 51, 1533-8	5.6	188
177	Dietary salt intake, sugar-sweetened beverage consumption, and obesity risk. <i>Pediatrics</i> , 2013 , 131, 14-21.	4.4	168
176	Vitamin D intake and vitamin D status of Australians. <i>Medical Journal of Australia</i> , 2002 , 177, 149-52	4	153
175	Protein Requirements and Recommendations for Older People: A Review. <i>Nutrients</i> , 2015 , 7, 6874-99	6.7	139
174	Protein-enriched diet, with the use of lean red meat, combined with progressive resistance training enhances lean tissue mass and muscle strength and reduces circulating IL-6 concentrations in elderly women: a cluster randomized controlled trial. <i>American Journal of Clinical Nutrition</i> , 2014 , 99, 899-910	7	129
173	Determinants of bone mass in 10- to 26-year-old females: a twin study. <i>Journal of Bone and Mineral Research</i> , 1995 , 10, 558-67	6.3	125
172	Effects of resistance exercise and fortified milk on skeletal muscle mass, muscle size, and functional performance in middle-aged and older men: an 18-mo randomized controlled trial. <i>Journal of Applied Physiology</i> , 2009 , 107, 1864-73	3.7	119
171	Vitamin D and health in pregnancy, infants, children and adolescents in Australia and New Zealand: a position statement. <i>Medical Journal of Australia</i> , 2013 , 198, 142-3	4	115
170	School based education programme to reduce salt intake in children and their families (School-EduSalt): cluster randomised controlled trial. <i>BMJ, The</i> , 2015 , 350, h770	5.9	104
169	Consumer knowledge and attitudes to salt intake and labelled salt information. <i>Appetite</i> , 2009 , 53, 189-245	4.5	101

168	Effects of a targeted multimodal exercise program incorporating high-speed power training on falls and fracture risk factors in older adults: a community-based randomized controlled trial. <i>Journal of Bone and Mineral Research</i> , 2014 , 29, 182-91	6.3	99
167	Calcium- and vitamin D3-fortified milk reduces bone loss at clinically relevant skeletal sites in older men: a 2-year randomized controlled trial. <i>Journal of Bone and Mineral Research</i> , 2006 , 21, 397-405	6.3	99
166	Independent and combined effects of calcium-vitamin D3 and exercise on bone structure and strength in older men: an 18-month factorial design randomized controlled trial. <i>Journal of Clinical Endocrinology and Metabolism</i> , 2011 , 96, 955-63	5.6	91
165	Iron and zinc nutrition in the economically-developed world: a review. <i>Nutrients</i> , 2013 , 5, 3184-211	6.7	77
164	Accuracy and Usefulness of Select Methods for Assessing Complete Collection of 24-Hour Urine: A Systematic Review. <i>Journal of Clinical Hypertension</i> , 2016 , 18, 456-67	2.3	76
163	Vitamin D, obesity, and obesity-related chronic disease among ethnic minorities: a systematic review. <i>Nutrition</i> , 2011 , 27, 868-79	4.8	76
162	Low-sodium Dietary Approaches to Stop Hypertension-type diet including lean red meat lowers blood pressure in postmenopausal women. <i>Nutrition Research</i> , 2009 , 29, 8-18	4	71
161	An energy-dense, nutrient-poor dietary pattern is inversely associated with bone health in women. <i>Journal of Nutrition</i> , 2011 , 141, 1516-23	4.1	70
160	Does personality affect dietary intake?. <i>Nutrition</i> , 2014 , 30, 403-9	4.8	69
159	A worksite program for overweight middle-aged men achieves lesser weight loss with exercise than with dietary change. <i>Journal of the American Dietetic Association</i> , 1997 , 97, 37-42		66
158	Exercise and calcium combined results in a greater osteogenic effect than either factor alone: a blinded randomized placebo-controlled trial in boys. <i>Journal of Bone and Mineral Research</i> , 2007 , 22, 458-64	6.3	65
157	Pregnancy and lactation have no long-term deleterious effect on measures of bone mineral in healthy women: a twin study. <i>American Journal of Clinical Nutrition</i> , 2003 , 77, 707-14	7	62
156	Salt intake assessed by 24 h urinary sodium excretion in a random and opportunistic sample in Australia. <i>BMJ Open</i> , 2014 , 4, e003720	3	59
155	Dietary sodium intake is associated with total fluid and sugar-sweetened beverage consumption in US children and adolescents aged 2-18 y: NHANES 2005-2008. <i>American Journal of Clinical Nutrition</i> , 2013 , 98, 189-96	7	57
154	Nutrition competencies in health professionals' education and training: a new paradigm. <i>Advances in Nutrition</i> , 2015 , 6, 83-7	10	53
153	The effect of calcium supplementation on bone density in premenarcheal females: a co-twin approach. <i>Journal of Clinical Endocrinology and Metabolism</i> , 2004 , 89, 4916-22	5.6	53
152	Blood pressure response to dietary modifications in free-living individuals. <i>Journal of Nutrition</i> , 2004 , 134, 2322-9	4.1	50
151	Relationship of urinary sodium and sodium-to-potassium ratio to blood pressure in older adults in Australia. <i>Medical Journal of Australia</i> , 2011 , 195, 128-32	4	49

150	Evaluation of an interactive, Internet-based weight loss program: a pilot study. <i>Health Education Research</i> , 2008 , 23, 371-81	1.8	49
149	Patient recall of receiving lifestyle advice for overweight and hypertension from their General Practitioner. <i>BMC Family Practice</i> , 2010 , 11, 8	2.6	48
148	The association of knowledge, attitudes and behaviours related to salt with 24-hour urinary sodium excretion. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2014 , 11, 47	8.4	47
147	Blood pressure change with weight loss is affected by diet type in men. <i>American Journal of Clinical Nutrition</i> , 2005 , 81, 983-9	7	47
146	Energy, protein, calcium, vitamin D and fibre intakes from meals in residential care establishments in Australia. <i>Asia Pacific Journal of Clinical Nutrition</i> , 2003 , 12, 172-7	1	46
145	Effect of increasing dietary calcium through supplements and dairy food on body weight and body composition: a meta-analysis of randomised controlled trials. <i>British Journal of Nutrition</i> , 2015 , 114, 1013-25	3.6	44
144	Higher Dietary Calcium Intakes Are Associated With Reduced Risks of Fractures, Cardiovascular Events, and Mortality: A Prospective Cohort Study of Older Men and Women. <i>Journal of Bone and Mineral Research</i> , 2015 , 30, 1758-66	6.3	43
143	Sources of sodium in Australian children's diets and the effect of the application of sodium targets to food products to reduce sodium intake. <i>British Journal of Nutrition</i> , 2011 , 105, 468-77	3.6	43
142	Consumer awareness and self-reported behaviours related to salt consumption in Australia. <i>Asia Pacific Journal of Clinical Nutrition</i> , 2010 , 19, 550-4	1	42
141	Decreasing dietary sodium while following a self-selected potassium-rich diet reduces blood pressure. <i>Journal of Nutrition</i> , 2003 , 133, 4118-23	4.1	41
140	Long-term effects of calcium-vitamin-D3-fortified milk on bone geometry and strength in older men. <i>Bone</i> , 2006 , 39, 946-53	4.7	40
139	Calcium and bone health: position statement for the Australian and New Zealand Bone and Mineral Society, Osteoporosis Australia and the Endocrine Society of Australia. <i>Medical Journal of Australia</i> , 2009 , 190, 316-20	4	39
138	Dietary patterns are associated with cognition among older people with mild cognitive impairment. <i>Nutrients</i> , 2012 , 4, 1542-51	6.7	37
137	Australian National Health and Medical Research Council dietary salt study in mild hypertension. <i>Journal of Hypertension Supplement: Official Journal of the International Society of Hypertension</i> , 1986 , 4, S629-37		36
136	Salt consumption by Australian adults: a systematic review and meta-analysis. <i>Medical Journal of Australia</i> , 2018 , 208, 75-81	4	34
135	Nutrition screening of older people in a community general practice, using the MNA-SF. <i>Journal of Nutrition, Health and Aging</i> , 2013 , 17, 322-5	5.2	34
134	Effects of a 12-Month Supervised, Community-Based, Multimodal Exercise Program Followed by a 6-Month Research-to-Practice Transition on Bone Mineral Density, Trabecular Microarchitecture, and Physical Function in Older Adults: A Randomized Controlled Trial. <i>Journal of Bone and Mineral Research</i> , 2020 , 35, 419-429	6.3	31
133	Dietary intake and sources of sodium and potassium among Australian schoolchildren: results from the cross-sectional Salt and Other Nutrients in Children (SONIC) study. <i>BMJ Open</i> , 2017 , 7, e016639	3	30

132	Dietary Salt Intake and Discretionary Salt Use in Two General Population Samples in Australia: 2011 and 2014. <i>Nutrients</i> , 2015 , 7, 10501-12	6.7	30
131	The skeletal benefits of calcium- and vitamin D3-fortified milk are sustained in older men after withdrawal of supplementation: an 18-mo follow-up study. <i>American Journal of Clinical Nutrition</i> , 2008 , 87, 771-7	7	30
130	Compliance and the elderly hypertensive. <i>Drugs</i> , 1986 , 31 Suppl 4, 174-83	12.1	30
129	Paradoxical effect of sodium restriction on blood pressure in people on slow-channel calcium blocking drugs. <i>Lancet, The</i> , 1986 , 1, 793	40	30
128	24-h urinary sodium excretion is associated with obesity in a cross-sectional sample of Australian schoolchildren. <i>British Journal of Nutrition</i> , 2016 , 115, 1071-9	3.6	30
127	Vitamin D in Australia. Issues and recommendations. <i>Australian Family Physician</i> , 2004 , 33, 133-8		30
126	Depression, nutritional risk and eating behaviour in older caregivers. <i>Journal of Nutrition, Health and Aging</i> , 2010 , 14, 442-8	5.2	28
125	Prevalence and predictors of vitamin D deficiency in a nationally representative sample of adults participating in the 2011-2013 Australian Health Survey. <i>British Journal of Nutrition</i> , 2019 , 121, 894-904	3.6	27
124	Osteo-cise: strong bones for life: protocol for a community-based randomised controlled trial of a multi-modal exercise and osteoporosis education program for older adults at risk of falls and fractures. <i>BMC Musculoskeletal Disorders</i> , 2012 , 13, 78	2.8	27
123	An evaluation of the reported sodium content of Australian food products. <i>International Journal of Food Science and Technology</i> , 2008 , 43, 2219-2229	3.8	26
122	Anthropometric and biochemical markers for nutritional risk among residents within an Australian residential care facility. <i>Asia Pacific Journal of Clinical Nutrition</i> , 2007 , 16, 178-86	1	26
121	Knowledge, attitudes and behaviours related to dietary salt among adults in the state of Victoria, Australia 2015. <i>BMC Public Health</i> , 2017 , 17, 532	4.1	25
120	Inflammatory cytokine responses to progressive resistance training and supplementation with fortified milk in men aged 50+ years: an 18-month randomized controlled trial. <i>European Journal of Applied Physiology</i> , 2011 , 111, 3079-88	3.4	25
119	The effects of a protein enriched diet with lean red meat combined with a multi-modal exercise program on muscle and cognitive health and function in older adults: study protocol for a randomised controlled trial. <i>Trials</i> , 2015 , 16, 339	2.8	23
118	The effects of a low-sodium base-producing diet including red meat compared with a high-carbohydrate, low-fat diet on bone turnover markers in women aged 45-75 years. <i>British Journal of Nutrition</i> , 2009 , 102, 1161-70	3.6	23
117	Lower Protein-to-Carbohydrate Ratio in Maternal Diet is Associated with Higher Childhood Systolic Blood Pressure up to Age Four Years. <i>Nutrients</i> , 2015 , 7, 3078-93	6.7	22
116	Effects of a community-based salt reduction program in a regional Australian population. <i>BMC Public Health</i> , 2016 , 16, 388	4.1	22
115	Fat Taste Sensitivity Is Associated with Short-Term and Habitual Fat Intake. <i>Nutrients</i> , 2017 , 9,	6.7	22

114	Increasing iron and zinc in pre-menopausal women and its effects on mood and cognition: a systematic review. <i>Nutrients</i> , 2014 , 6, 5117-41	6.7	22
113	Effect of calcium carbonate on blood pressure in normotensive and hypertensive people. <i>Hypertension</i> , 1989 , 13, 630-9	8.5	22
112	The effect of perindopril on blood pressure in humans on different sodium intakes. <i>Journal of Cardiovascular Pharmacology</i> , 1987 , 10 Suppl 7, S116-8	3.1	22
111	Salt reduction in Australia: from advocacy to action. <i>Cardiovascular Diagnosis and Therapy</i> , 2015 , 5, 207-18.6		22
110	Effects of progressive resistance training and weight loss versus weight loss alone on inflammatory and endothelial biomarkers in older adults with type 2 diabetes. <i>European Journal of Applied Physiology</i> , 2017 , 117, 1669-1678	3.4	21
109	(1)H-NMR analysis of the human urinary metabolome in response to an 18-month multi-component exercise program and calcium-vitamin-D3 supplementation in older men. <i>Applied Physiology, Nutrition and Metabolism</i> , 2014 , 39, 1294-304	3	20
108	A school-based education programme to reduce salt intake in children and their families (School-EduSalt): protocol of a cluster randomised controlled trial. <i>BMJ Open</i> , 2013 , 3,	3	20
107	Dietary electrolytes are related to mood. <i>British Journal of Nutrition</i> , 2008 , 100, 1038-45	3.6	20
106	Effect of dietary fat intake and genetics on fat taste sensitivity: a co-twin randomized controlled trial. <i>American Journal of Clinical Nutrition</i> , 2018 , 107, 683-694	7	19
105	Nutritional and functional status indicators in residents of a long-term care facility. <i>Journal of Nutrition in Gerontology and Geriatrics</i> , 2009 , 28, 47-60		19
104	The Impact of Dietary Factors on Indices of Chronic Disease in Older People: A Systematic Review. <i>Journal of Nutrition, Health and Aging</i> , 2018 , 22, 282-296	5.2	19
103	Advancing Nutrition Education, Training, and Research for Medical Students, Residents, Fellows, Attending Physicians, and Other Clinicians: Building Competencies and Interdisciplinary Coordination. <i>Advances in Nutrition</i> , 2019 , 10, 1181-1200	10	19
102	Expression of the candidate fat taste receptors in human fungiform papillae and the association with fat taste function. <i>British Journal of Nutrition</i> , 2018 , 120, 64-73	3.6	19
101	Sources and correlates of sodium consumption in the first 2 years of life. <i>Journal of the Academy of Nutrition and Dietetics</i> , 2014 , 114, 1525-1532.e2	3.9	18
100	Effectiveness of dual-task functional power training for preventing falls in older people: study protocol for a cluster randomised controlled trial. <i>Trials</i> , 2015 , 16, 120	2.8	17
99	Is socioeconomic status associated with dietary sodium intake in Australian children? A cross-sectional study. <i>BMJ Open</i> , 2013 , 3,	3	17
98	Mobile Phone App Aimed at Improving Iron Intake and Bioavailability in Premenopausal Women: A Qualitative Evaluation. <i>JMIR MHealth and UHealth</i> , 2015 , 3, e92	5.5	17
97	Cross-Sectional Study of 24-Hour Urinary Electrolyte Excretion and Associated Health Outcomes in a Convenience Sample of Australian Primary Schoolchildren: The Salt and Other Nutrients in Children (SONIC) Study Protocol. <i>JMIR Research Protocols</i> , 2015 , 4, e7	2	17

96	Dietary sources and sodium intake in a sample of Australian preschool children. <i>BMJ Open</i> , 2016 , 6, e008698		17
95	Recruitment of older adults with type 2 diabetes into a community-based exercise and nutrition randomised controlled trial. <i>Trials</i> , 2016 , 17, 467	2.8	16
94	Nutrition Knowledge, Attitudes, and Confidence of Australian General Practice Registrars. <i>Journal of Biomedical Education</i> , 2015 , 2015, 1-6		16
93	Dietary salt intake assessed by 24 h urinary sodium excretion in Australian schoolchildren aged 5-13 years. <i>Public Health Nutrition</i> , 2013 , 16, 1789-95	3.3	16
92	Prevention of fractures in older people with calcium and vitamin D. <i>Nutrients</i> , 2010 , 2, 975-84	6.7	16
91	Influence of dietary modifications on the blood pressure response to antihypertensive medication. <i>British Journal of Nutrition</i> , 2011 , 105, 248-55	3.6	16
90	Associations between dietary iron and zinc intakes, and between biochemical iron and zinc status in women. <i>Nutrients</i> , 2015 , 7, 2983-99	6.7	15
89	Nutritional challenges for the elderly. <i>Nutrition and Dietetics</i> , 2007 , 64, S150-S155	2.5	15
88	The use of table and cooking salt in a sample of Australian adults. <i>Asia Pacific Journal of Clinical Nutrition</i> , 2010 , 19, 256-60	1	15
87	Medical students' perceptions regarding the importance of nutritional knowledge and their confidence in providing competent nutrition practice. <i>Public Health</i> , 2016 , 140, 27-34	4	14
86	Dietary sodium intake and overweight and obesity in children and adults: a protocol for a systematic review and meta-analysis. <i>Systematic Reviews</i> , 2016 , 5, 7	3	14
85	A low-fat diet up-regulates expression of fatty acid taste receptor gene in fungiform papillae in humans: a co-twin randomised controlled trial. <i>British Journal of Nutrition</i> , 2019 , 122, 1212-1220	3.6	13
84	Effects of progressive resistance training combined with a protein-enriched lean red meat diet on health-related quality of life in elderly women: secondary analysis of a 4-month cluster randomised controlled trial. <i>British Journal of Nutrition</i> , 2017 , 117, 1550-1559	3.6	13
83	Nutrition competencies for the prevention and treatment of disease in Australian medical courses. <i>Medical Journal of Australia</i> , 2012 , 197, 147	4	13
82	Association between Parent and Child Dietary Sodium and Potassium Intakes as Assessed by 24-h Urinary Excretion. <i>Nutrients</i> , 2016 , 8, 191	6.7	13
81	The effects of progressive resistance training combined with a whey-protein drink and vitamin D supplementation on glycaemic control, body composition and cardiometabolic risk factors in older adults with type 2 diabetes: study protocol for a randomized controlled trial. <i>Trials</i> , 2014 , 15, 431	2.8	12
80	Association of early childhood abdominal circumference and weight gain with blood pressure at 36 months of age: secondary analysis of data from a prospective cohort study. <i>BMJ Open</i> , 2014 , 4, e005412	3.2	12
79	Does stress induce salt intake?. <i>British Journal of Nutrition</i> , 2010 , 103, 1562-8	3.6	12

78	Predictors of Vitamin D-Containing Supplement Use in the Australian Population and Associations between Dose and Serum 25-Hydroxyvitamin D Concentrations. <i>Nutrients</i> , 2016 , 8,	6.7	12
77	Knowledge and Attitudes Are Related to Selected Salt-Specific Behaviours among Australian Parents. <i>Nutrients</i> , 2018 , 10,	6.7	11
76	Use of calcium, folate, and vitamin D-Fortified milk for 6 months improves nutritional status but not bone mass or turnover, in a group of Australian aged care residents. <i>Journal of Nutrition in Gerontology and Geriatrics</i> , 2009 , 28, 236-54		11
75	Estimating mean change in population salt intake using spot urine samples. <i>International Journal of Epidemiology</i> , 2017 , 46, 1542-1550	7.8	11
74	An investigation of Australian midwifery curricula for obesity management and health behaviour change training. <i>Nurse Education in Practice</i> , 2019 , 36, 54-57	3.2	10
73	Iron status and dietary iron intake of female blood donors. <i>Transfusion</i> , 2014 , 54, 770-4	2.9	10
72	Protocol for the implementation and evaluation of a community-based intervention seeking to reduce dietary salt intake in Lithgow, Australia. <i>BMC Public Health</i> , 2014 , 14, 357	4.1	10
71	The effect of overweight/obesity on cardiovascular responses to acute psychological stress in men aged 50-70 years. <i>Obesity Facts</i> , 2014 , 7, 339-50	5.1	10
70	Does diet-induced weight change effect anxiety in overweight and obese adults?. <i>Nutrition</i> , 2014 , 30, 10-5	4.8	10
69	Dietary approaches for weight loss with increased intakes of fruit, vegetables and dairy products. <i>Nutrition and Dietetics</i> , 2008 , 65, 115-120	2.5	10
68	Nutrition Practice and Knowledge of First-Year Medical Students. <i>Journal of Biomedical Education</i> , 2017 , 2017, 1-10		9
67	Nutrient and core and non-core food intake of Australian schoolchildren differs on school days compared to non-school days. <i>Appetite</i> , 2014 , 83, 104-111	4.5	9
66	Protocol for the Process Evaluation of a Complex, Statewide Intervention to Reduce Salt Intake in Victoria, Australia. <i>Nutrients</i> , 2018 , 10,	6.7	9
65	Food and nutrition education opportunities within Australian primary schools. <i>Health Promotion International</i> , 2020 , 35, 1291-1301	3	8
64	Dietary sources and meal distribution of sodium and potassium in a sample of Australian adults. <i>Nutrition and Dietetics</i> , 2013 , 70, 294-299	2.5	8
63	Evaluation of a brief pilot nutrition and exercise intervention for the prevention of weight gain in general practice patients. <i>Public Health Nutrition</i> , 2006 , 9, 1055-1061	3.3	8
62	Dietary Intake and Sources of Potassium and the Relationship to Dietary Sodium in a Sample of Australian Pre-School Children. <i>Nutrients</i> , 2016 , 8,	6.7	8
61	Effect of lean red meat combined with a multicomponent exercise program on muscle and cognitive function in older adults: a 6-month randomized controlled trial. <i>American Journal of Clinical Nutrition</i> , 2020 , 112, 113-128	7	7

60	Diet-Induced Weight Loss Has No Effect on Psychological Stress in Overweight and Obese Adults: A Meta-Analysis of Randomized Controlled Trials. <i>Nutrients</i> , 2018 , 10,	6.7	7
59	Greater Circulating Copper Concentrations and Copper/Zinc Ratios are Associated with Lower Psychological Distress, But Not Cognitive Performance, in a Sample of Australian Older Adults. <i>Nutrients</i> , 2019 , 11,	6.7	7
58	Iodine status in Melbourne adults in the early 1990s and 2007-08. <i>Australian and New Zealand Journal of Public Health</i> , 2011 , 35, 408-11	2.3	7
57	Effect of a weight-loss program on mental stress-induced cardiovascular responses and recovery. <i>Nutrition</i> , 2007 , 23, 521-8	4.8	7
56	Sources of dietary sodium and implications for a statewide salt reduction initiative in Victoria, Australia. <i>British Journal of Nutrition</i> , 2020 , 123, 1165-1175	3.6	7
55	Strategies and challenges associated with recruiting retirement village communities and residents into a group exercise intervention. <i>BMC Medical Research Methodology</i> , 2018 , 18, 173	4.7	7
54	The provision of ultra-processed foods and their contribution to sodium availability in Australian long day care centres. <i>Public Health Nutrition</i> , 2018 , 21, 134-141	3.3	6
53	Effect of dietary fat reduction and increased aerobic exercise on cardiovascular risk factors. <i>Clinical and Experimental Pharmacology and Physiology</i> , 1997 , 24, 901-3	3	6
52	Association of Birth Weight and Current Body Size to Blood Pressure in Female Twins. <i>Twin Research and Human Genetics</i> , 2001 , 4, 378-384		6
51	Associations between dietary patterns and blood pressure in a sample of Australian adults. <i>Nutrition Journal</i> , 2020 , 19, 5	4.3	5
50	Nutrition Education for the Health Care Professions. <i>Journal of Biomedical Education</i> , 2015 , 2015, 1-2		5
49	The Digital Education to Limit Salt in the Home Program Improved Salt-Related Knowledge, Attitudes, and Behaviors in Parents. <i>Journal of Medical Internet Research</i> , 2019 , 21, e12234	7.6	5
48	The Development of a Web-Based Program to Reduce Dietary Salt Intake in Schoolchildren: Study Protocol. <i>JMIR Research Protocols</i> , 2017 , 6, e103	2	5
47	Dietary Intake and Sources of Potassium in a Cross-Sectional Study of Australian Adults. <i>Nutrients</i> , 2019 , 11,	6.7	5
46	Urinary sodium is positively associated with urinary free cortisol and total cortisol metabolites in a cross-sectional sample of Australian schoolchildren aged 5-12 years and their mothers. <i>British Journal of Nutrition</i> , 2019 , 121, 164-171	3.6	5
45	Effects of whey protein plus vitamin D supplementation combined with progressive resistance training on glycaemic control, body composition, muscle function and cardiometabolic risk factors in middle-aged and older overweight/obese adults with type 2 diabetes: A 24-week randomized controlled trial. <i>Diabetes, Obesity and Metabolism</i> , 2021 , 23, 938-949	6.7	5
44	Trends in Dietary Sodium from Food Sources in Australian Children and Adolescents from 2007 to 2011/12. <i>Journal of the Academy of Nutrition and Dietetics</i> , 2018 , 118, 1183-1195.e6	3.9	5
43	Emerging Nutritional and Lifestyle Risk Factors for Bone Health in Young Women: A Mixed Longitudinal Twin Study 2013 , 61-69		5

42	Impact of fractional excretion of sodium on a single morning void urine collection as an estimate of 24-hour urine sodium. <i>Journal of Clinical Hypertension</i> , 2019 , 21, 1763-1770	2.3	4
41	RESPONSE LETTER TO DR. GAU ET AL.. <i>Journal of the American Geriatrics Society</i> , 2006 , 54, 1021-1022	5.6	4
40	Vitamin D and adult bone health in Australia and New Zealand: a position statement. <i>Medical Journal of Australia</i> , 2005 , 183, 52-54	4	4
39	Association of birth weight and current body size to blood pressure in female twins. <i>Twin Research and Human Genetics</i> , 2001 , 4, 378-84		4
38	Reliable Quantification of the Potential for Equations Based on Spot Urine Samples to Estimate Population Salt Intake: Protocol for a Systematic Review and Meta-Analysis. <i>JMIR Research Protocols</i> , 2016 , 5, e190	2	4
37	A systematic review and meta-analysis of 24-h urinary output of children and adolescents: impact on the assessment of iodine status using urinary biomarkers. <i>European Journal of Nutrition</i> , 2020 , 59, 3113-3131	5.2	4
36	The association between dietary sodium intake, adiposity and sugar-sweetened beverages in children and adults: a systematic review and meta-analysis. <i>British Journal of Nutrition</i> , 2021 , 126, 409-427 ^{3.6}		4
35	Hepcidin is a Better Predictor of Iron Stores in Premenopausal Women than Blood Loss or Dietary Intake. <i>Nutrients</i> , 2016 , 8,	6.7	4
34	Effects of a multicomponent exercise program combined with calcium-vitamin D-enriched milk on health-related quality of life and depressive symptoms in older men: secondary analysis of a randomized controlled trial. <i>European Journal of Nutrition</i> , 2020 , 59, 1081-1091	5.2	4
33	Selenium Status Is Not Associated with Cognitive Performance: A Cross-Sectional Study in 154 Older Australian Adults. <i>Nutrients</i> , 2018 , 10,	6.7	4
32	Salt-Related Knowledge, Attitudes and Behaviors (KABs) among Victorian Adults Following 22-Months of a Consumer Awareness Campaign. <i>Nutrients</i> , 2020 , 12,	6.7	3
31	Iodine Intakes of Victorian Schoolchildren Measured Using 24-h Urinary Iodine Excretion. <i>Nutrients</i> , 2017 , 9,	6.7	3
30	Evaluation of a brief pilot nutrition and exercise intervention for the prevention of weight gain in general practice patients. <i>Public Health Nutrition</i> , 2006 , 9, 1055-61	3.3	3
29	Salt Preference and Ability to Discriminate between Salt Content of Two Commercially Available Products of Australian Primary Schoolchildren. <i>Nutrients</i> , 2019 , 11,	6.7	3
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