

Wim H M Saris

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.

121
papers

6,127
citations

38
h-index

76
g-index

125
ext. papers

6,937
ext. citations

6
avg, IF

5.26
L-index

#	Paper	IF	Citations
121	Diets with high or low protein content and glycemic index for weight-loss maintenance. <i>New England Journal of Medicine</i> , 2010 , 363, 2102-13	59.2	604
120	The effects of increasing exercise intensity on muscle fuel utilisation in humans. <i>Journal of Physiology</i> , 2001 , 536, 295-304	3.9	517
119	Plasma insulin responses after ingestion of different amino acid or protein mixtures with carbohydrate. <i>American Journal of Clinical Nutrition</i> , 2000 , 72, 96-105	7	271
118	Maximizing postexercise muscle glycogen synthesis: carbohydrate supplementation and the application of amino acid or protein hydrolysate mixtures. <i>American Journal of Clinical Nutrition</i> , 2000 , 72, 106-11	7	246
117	Ingestion of a protein hydrolysate is accompanied by an accelerated in vivo digestion and absorption rate when compared with its intact protein. <i>American Journal of Clinical Nutrition</i> , 2009 , 90, 106-15	7	229
116	Folate intake of the Dutch population according to newly established liquid chromatography data for foods. <i>American Journal of Clinical Nutrition</i> , 2001 , 73, 765-76	7	215
115	Exercising before protein intake allows for greater use of dietary protein-derived amino acids for de novo muscle protein synthesis in both young and elderly men. <i>American Journal of Clinical Nutrition</i> , 2011 , 93, 322-31	7	209
114	A dual-respiration chamber system with automated calibration. <i>Journal of Applied Physiology</i> , 1997 , 83, 2064-72	3.7	186
113	Long-term effect of physical activity on energy balance and body composition. <i>British Journal of Nutrition</i> , 1992 , 68, 21-30	3.6	166
112	Effect of a 28-d treatment with L-796568, a novel beta(3)-adrenergic receptor agonist, on energy expenditure and body composition in obese men. <i>American Journal of Clinical Nutrition</i> , 2002 , 76, 780-8	7	151
111	Predictors of weight maintenance. <i>Obesity</i> , 1999 , 7, 43-50		144
110	Effect of personalized nutrition on health-related behaviour change: evidence from the Food4Me European randomized controlled trial. <i>International Journal of Epidemiology</i> , 2017 , 46, 578-588	7.8	138
109	Very-low-calorie diets and sustained weight loss. <i>Obesity</i> , 2001 , 9 Suppl 4, 295S-301S		137
108	An alternative function for human uncoupling protein 3: protection of mitochondria against accumulation of nonesterified fatty acids inside the mitochondrial matrix. <i>FASEB Journal</i> , 2001 , 15, 2497-502	9.9	132
107	Effects of weight loss and long-term weight maintenance with diets varying in protein and glycemic index on cardiovascular risk factors: the diet, obesity, and genes (DiOGenes) study: a randomized, controlled trial. <i>Circulation</i> , 2011 , 124, 2829-38	16.7	131
106	Glucose kinetics during prolonged exercise in highly trained human subjects: effect of glucose ingestion. <i>Journal of Physiology</i> , 1999 , 515 (Pt 2), 579-89	3.9	115
105	Pretreatment fasting plasma glucose and insulin modify dietary weight loss success: results from 3 randomized clinical trials. <i>American Journal of Clinical Nutrition</i> , 2017 , 106, 499-505	7	114

104	Design and baseline characteristics of the Food4Me study: a web-based randomised controlled trial of personalised nutrition in seven European countries. <i>Genes and Nutrition</i> , 2015 , 10, 450	4.3	109
103	Genetic variation in the leptin receptor gene, leptin, and weight gain in young Dutch adults. <i>Obesity</i> , 2003 , 11, 377-86		78
102	Intramyocellular lipid content and molecular adaptations in response to a 1-week high-fat diet. <i>Obesity</i> , 2005 , 13, 2088-94		78
101	Cold-induced adaptive thermogenesis in lean and obese. <i>Obesity</i> , 2010 , 18, 1092-9	8	75
100	Nutritional interventions to promote post-exercise muscle protein synthesis. <i>Sports Medicine</i> , 2007 , 37, 895-906	10.6	69
99	Effect of training status on fuel selection during submaximal exercise with glucose ingestion. <i>Journal of Applied Physiology</i> , 1999 , 87, 1413-20	3.7	69
98	Proteomic Biomarker Discovery in 1000 Human Plasma Samples with Mass Spectrometry. <i>Journal of Proteome Research</i> , 2016 , 15, 389-99	5.6	67
97	Impaired skeletal muscle substrate oxidation in glucose-intolerant men improves after weight loss. <i>Obesity</i> , 2008 , 16, 1025-32	8	61
96	Comparison of two physical activity questionnaires in obese subjects: the NUGENOB study. <i>Medicine and Science in Sports and Exercise</i> , 2005 , 37, 1535-41	1.2	57
95	Personalized weight loss strategies-the role of macronutrient distribution. <i>Nature Reviews Endocrinology</i> , 2014 , 10, 749-60	15.2	55
94	Adipose tissue transcriptome reflects variations between subjects with continued weight loss and subjects regaining weight 6 mo after caloric restriction independent of energy intake. <i>American Journal of Clinical Nutrition</i> , 2010 , 92, 975-84	7	52
93	Reliability of tests to determine peak aerobic power, anaerobic power and isokinetic muscle strength in children with spastic cerebral palsy. <i>Developmental Medicine and Child Neurology</i> , 1996 , 38, 1117-25	3.3	52
92	Effect of an Internet-based, personalized nutrition randomized trial on dietary changes associated with the Mediterranean diet: the Food4Me Study. <i>American Journal of Clinical Nutrition</i> , 2016 , 104, 288-97	7	49
91	A distinct adipose tissue gene expression response to caloric restriction predicts 6-mo weight maintenance in obese subjects. <i>American Journal of Clinical Nutrition</i> , 2011 , 94, 1399-409	7	48
90	Skeletal muscle fatty acid handling in insulin resistant men. <i>Obesity</i> , 2011 , 19, 1350-9	8	47
89	Short-term effects of weight loss with or without low-intensity exercise training on fat metabolism in obese men. <i>American Journal of Clinical Nutrition</i> , 2001 , 73, 523-31	7	44
88	Determinants of human adipose tissue gene expression: impact of diet, sex, metabolic status, and cis genetic regulation. <i>PLoS Genetics</i> , 2012 , 8, e1002959	6	41
87	The effect of low-intensity exercise training on fat metabolism of obese women. <i>Obesity</i> , 2001 , 9, 86-96		41

86	Can genetic-based advice help you lose weight? Findings from the Food4Me European randomized controlled trial. <i>American Journal of Clinical Nutrition</i> , 2017 , 105, 1204-1213	7	40
85	Appetite and blood glucose profiles in humans after glycogen-depleting exercise. <i>Journal of Applied Physiology</i> , 1999 , 87, 947-54	3.7	40
84	Genotype-by-nutrient interactions assessed in European obese women. A case-only study. <i>European Journal of Nutrition</i> , 2006 , 45, 454-62	5.2	38
83	Physical activity attenuates the effect of the FTO genotype on obesity traits in European adults: The Food4Me study. <i>Obesity</i> , 2016 , 24, 962-9	8	38
82	How reliable is internet-based self-reported identity, socio-demographic and obesity measures in European adults?. <i>Genes and Nutrition</i> , 2015 , 10, 28	4.3	37
81	Association between Diet-Quality Scores, Adiposity, Total Cholesterol and Markers of Nutritional Status in European Adults: Findings from the Food4Me Study. <i>Nutrients</i> , 2018 , 10,	6.7	36
80	Transcriptome profiling from adipose tissue during a low-calorie diet reveals predictors of weight and glycemic outcomes in obese, nondiabetic subjects. <i>American Journal of Clinical Nutrition</i> , 2017 , 106, 736-746	7	36
79	Protein quantitative trait locus study in obesity during weight-loss identifies a leptin regulator. <i>Nature Communications</i> , 2017 , 8, 2084	17.4	36
78	The effect of the apolipoprotein E genotype on response to personalized dietary advice intervention: findings from the Food4Me randomized controlled trial. <i>American Journal of Clinical Nutrition</i> , 2016 , 104, 827-36	7	34
77	Application of dried blood spots to determine vitamin D status in a large nutritional study with unsupervised sampling: the Food4Me project. <i>British Journal of Nutrition</i> , 2016 , 115, 202-11	3.6	33
76	Differential response of UCP3 to medium versus long chain triacylglycerols; manifestation of a functional adaptation. <i>FEBS Letters</i> , 2003 , 555, 631-7	3.8	31
75	In vivo beta3-adrenergic stimulation of human thermogenesis and lipid use. <i>Clinical Pharmacology and Therapeutics</i> , 2000 , 67, 558-66	6.1	30
74	System model network for adipose tissue signatures related to weight changes in response to calorie restriction and subsequent weight maintenance. <i>PLoS Computational Biology</i> , 2015 , 11, e1004047 ⁵		28
73	Glycemic carbohydrate and body weight regulation. <i>Nutrition Reviews</i> , 2003 , 61, S10-6	6.4	28
72	Profile of European adults interested in internet-based personalised nutrition: the Food4Me study. <i>European Journal of Nutrition</i> , 2016 , 55, 759-769	5.2	27
71	Obesity shows preserved plasma proteome in large independent clinical cohorts. <i>Scientific Reports</i> , 2018 , 8, 16981	4.9	27
70	Interaction between hormone-sensitive lipase and ChREBP in fat cells controls insulin sensitivity. <i>Nature Metabolism</i> , 2019 , 1, 133-146	14.6	26
69	The differential plasma proteome of obese and overweight individuals undergoing a nutritional weight loss and maintenance intervention. <i>Proteomics - Clinical Applications</i> , 2018 , 12, 1600150	3.1	24

68	Fat balance in obese subjects: role of glycogen stores. <i>American Journal of Physiology - Endocrinology and Metabolism</i> , 1998 , 274, E1027-33	6	23
67	A Dietary Feedback System for the Delivery of Consistent Personalized Dietary Advice in the Web-Based Multicenter Food4Me Study. <i>Journal of Medical Internet Research</i> , 2016 , 18, e150	7.6	23
66	Distinct lipid profiles predict improved glycemic control in obese, nondiabetic patients after a low-caloric diet intervention: the Diet, Obesity and Genes randomized trial. <i>American Journal of Clinical Nutrition</i> , 2016 , 104, 566-75	7	21
65	Increased Oxidation with improved glucose uptake capacity in adipose tissue from obese after weight loss and maintenance. <i>Obesity</i> , 2014 , 22, 819-27	8	21
64	Limits of energy turnover in relation to physical performance, achievement of energy balance on a daily basis. <i>Journal of Sports Sciences</i> , 1991 , 9 Spec No, 1-13; discussion 13-5	3.6	21
63	Changes in Physical Activity Following a Genetic-Based Internet-Delivered Personalized Intervention: Randomized Controlled Trial (Food4Me). <i>Journal of Medical Internet Research</i> , 2016 , 18, e30	7.6	21
62	Physiological aspects of exercise in weight cycling. <i>American Journal of Clinical Nutrition</i> , 1989 , 49, 1099-1104	4	21
61	Apolipoprotein M: a novel adipokine decreasing with obesity and upregulated by calorie restriction. <i>American Journal of Clinical Nutrition</i> , 2019 , 109, 1499-1510	7	20
60	Metabolic syndrome, circulating RBP4, testosterone, and SHBG predict weight regain at 6 months after weight loss in men. <i>Obesity</i> , 2013 , 21, 1997-2006	8	20
59	The effect of high-fat feeding on intramuscular lipid and lipid peroxidation levels in UCP3-ablated mice. <i>FEBS Letters</i> , 2006 , 580, 1371-5	3.8	20
58	Effects of a Web-Based Personalized Intervention on Physical Activity in European Adults: A Randomized Controlled Trial. <i>Journal of Medical Internet Research</i> , 2015 , 17, e231	7.6	20
57	Reproducibility of the Online Food4Me Food-Frequency Questionnaire for Estimating Dietary Intakes across Europe. <i>Journal of Nutrition</i> , 2016 , 146, 1068-75	4.1	20
56	Molecular Biomarkers for Weight Control in Obese Individuals Subjected to a Multiphase Dietary Intervention. <i>Journal of Clinical Endocrinology and Metabolism</i> , 2017 , 102, 2751-2761	5.6	19
55	Metabotyping for the development of tailored dietary advice solutions in a European population: the Food4Me study. <i>British Journal of Nutrition</i> , 2017 , 118, 561-569	3.6	18
54	Associations of vitamin D status with dietary intakes and physical activity levels among adults from seven European countries: the Food4Me study. <i>European Journal of Nutrition</i> , 2018 , 57, 1357-1368	5.2	18
53	Subcutaneous Adipose Tissue and Systemic Inflammation Are Associated With Peripheral but Not Hepatic Insulin Resistance in Humans. <i>Diabetes</i> , 2019 , 68, 2247-2258	0.9	18
52	Plasma lipid profiling of tissue-specific insulin resistance in human obesity. <i>International Journal of Obesity</i> , 2019 , 43, 989-998	5.5	18
51	Fat mass- and obesity-associated genotype, dietary intakes and anthropometric measures in European adults: the Food4Me study. <i>British Journal of Nutrition</i> , 2016 , 115, 440-8	3.6	17

50	Variation in extracellular matrix genes is associated with weight regain after weight loss in a sex-specific manner. <i>Genes and Nutrition</i> , 2015 , 10, 56	4.3	16
49	Prolonged changes in protein and amino acid metabolism after zymosan treatment in rats. <i>Clinical Science</i> , 1994 , 87, 619-26	6.5	16
48	Weight loss predictability by plasma metabolic signatures in adults with obesity and morbid obesity of the DiOGenes study. <i>Obesity</i> , 2016 , 24, 379-88	8	16
47	Metabolic profiling of tissue-specific insulin resistance in human obesity: results from the Diogenes study and the Maastricht Study. <i>International Journal of Obesity</i> , 2020 , 44, 1376-1386	5.5	15
46	Plasma metabolites and lipids predict insulin sensitivity improvement in obese, nondiabetic individuals after a 2-phase dietary intervention. <i>American Journal of Clinical Nutrition</i> , 2018 , 108, 13-23	7	15
45	Impact of geographical region on urinary metabolomic and plasma fatty acid profiles in subjects with the metabolic syndrome across Europe: the LIPGENE study. <i>British Journal of Nutrition</i> , 2014 , 111, 424-31	3.6	15
44	Effect of aging on beta-adrenergically mediated thermogenesis in men. <i>American Journal of Physiology - Endocrinology and Metabolism</i> , 1998 , 274, E1075-9	6	14
43	Analysis of circulating angiotensin-like protein 3 and genetic variants in lipid metabolism and liver health: the DiOGenes study. <i>Genes and Nutrition</i> , 2018 , 13, 7	4.3	13
42	Correlates of overall and central obesity in adults from seven European countries: findings from the Food4Me Study. <i>European Journal of Clinical Nutrition</i> , 2018 , 72, 207-219	5.2	13
41	Sexual Dimorphism, Age, and Fat Mass Are Key Phenotypic Drivers of Proteomic Signatures. <i>Journal of Proteome Research</i> , 2017 , 16, 4122-4133	5.6	12
40	PASSCLAIM - Physical performance and fitness. <i>European Journal of Nutrition</i> , 2003 , 42 Suppl 1, I50-95	5.2	12
39	Gene methylation parallelisms between peripheral blood cells and oral mucosa samples in relation to overweight. <i>Journal of Physiology and Biochemistry</i> , 2016 , 73, 465-474	5	12
38	Genome-wide gene-based analyses of weight loss interventions identify a potential role for NKX6.3 in metabolism. <i>Nature Communications</i> , 2019 , 10, 540	17.4	11
37	Frequent Nutritional Feedback, Personalized Advice, and Behavioral Changes: Findings from the European Food4Me Internet-Based RCT. <i>American Journal of Preventive Medicine</i> , 2019 , 57, 209-219	6.1	11
36	Energy expenditure and dietary intake in professional football players in the Dutch Premier League: Implications for nutritional counselling. <i>Journal of Sports Sciences</i> , 2019 , 37, 2759-2767	3.6	11
35	Within-person reproducibility and sensitivity to dietary change of C15:0 and C17:0 levels in dried blood spots: Data from the European Food4Me Study. <i>Molecular Nutrition and Food Research</i> , 2017 , 61, 1700142	5.9	10
34	Body characteristics, [corrected] dietary protein and body weight regulation. Reconciling conflicting results from intervention and observational studies?. <i>PLoS ONE</i> , 2014 , 9, e101134	3.7	10
33	Integrative phenotyping of glycemic responders upon clinical weight loss using multi-omics. <i>Scientific Reports</i> , 2020 , 10, 9236	4.9	9

32	Capturing health and eating status through a nutritional perception screening questionnaire (NPSQ9) in a randomised internet-based personalised nutrition intervention: the Food4Me study. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2017 , 14, 168	8.4	9
31	Predicting fatty acid profiles in blood based on food intake and the FADS1 rs174546 SNP. <i>Molecular Nutrition and Food Research</i> , 2015 , 59, 2565-73	5.9	9
30	Associations between dairy protein intake and body weight and risk markers of diabetes and CVD during weight maintenance. <i>British Journal of Nutrition</i> , 2014 , 111, 944-53	3.6	9
29	Phenotypic factors influencing the variation in response of circulating cholesterol level to personalised dietary advice in the Food4Me study. <i>British Journal of Nutrition</i> , 2016 , 116, 2011-2019	3.6	9
28	Salivary Amylase copy number is not associated with weight trajectories and glycemic improvements following clinical weight loss: results from a 2-phase dietary intervention study. <i>American Journal of Clinical Nutrition</i> , 2019 , 109, 1029-1037	7	8
27	A fully joint Bayesian quantitative trait locus mapping of human protein abundance in plasma. <i>PLoS Computational Biology</i> , 2020 , 16, e1007882	5	8
26	The impact of 677C-T risk knowledge on changes in folate intake: findings from the Food4Me study. <i>Genes and Nutrition</i> , 2016 , 11, 25	4.3	8
25	FADS1 genotype is distinguished by human subcutaneous adipose tissue fatty acids, but not inflammatory gene expression. <i>International Journal of Obesity</i> , 2019 , 43, 1539-1548	5.5	8
24	The Impact of Gender and Protein Intake on the Success of Weight Maintenance and Associated Cardiovascular Risk Benefits, Independent of the Mode of Food Provision: The DiOGenes Randomized Trial. <i>Journal of the American College of Nutrition</i> , 2016 , 35, 20-30	3.5	7
23	Characteristics of European adults who dropped out from the Food4Me Internet-based personalised nutrition intervention. <i>Public Health Nutrition</i> , 2017 , 20, 53-63	3.3	7
22	Fast and Accurate Approaches for Large-Scale, Automated Mapping of Food Diaries on Food Composition Tables. <i>Frontiers in Nutrition</i> , 2018 , 5, 38	6.2	7
21	Weekday sunlight exposure, but not vitamin D intake, influences the association between vitamin D receptor genotype and circulating concentration 25-hydroxyvitamin D in a pan-European population: the Food4Me study. <i>Molecular Nutrition and Food Research</i> , 2017 , 61, 1600476	5.9	7
20	Adipose tissue CIDEA is associated, independently of weight variation, to change in insulin resistance during a longitudinal weight control dietary program in obese individuals. <i>PLoS ONE</i> , 2014 , 9, e98707	3.7	7
19	Sagittal abdominal diameter and waist circumference appear to be equally good as identifiers of cardiometabolic risk. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2021 , 31, 518-527	4.5	7
18	Clustering of adherence to personalised dietary recommendations and changes in healthy eating index within the Food4Me study. <i>Public Health Nutrition</i> , 2016 , 19, 3296-3305	3.3	6
17	Characteristics of participants who benefit most from personalised nutrition: findings from the pan-European Food4Me randomised controlled trial. <i>British Journal of Nutrition</i> , 2020 , 123, 1396-1405	3.6	5
16	Effects of dietary protein and glycaemic index on biomarkers of bone turnover in children. <i>British Journal of Nutrition</i> , 2014 , 111, 1253-62	3.6	5
15	Personalised nutrition advice reduces intake of discretionary foods and beverages: findings from the Food4Me randomised controlled trial. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2021 , 18, 70	8.4	5

14	Energy Expenditure during Extreme Endurance Exercise: The Giro d'Italia. <i>Medicine and Science in Sports and Exercise</i> , 2019 , 51, 568-574	1.2	5
13	Microdialysis assessment of local adipose tissue lipolysis during beta-adrenergic stimulation in upper-body-obese subjects with type II diabetes. <i>Clinical Science</i> , 1999 , 97, 421-8	6.5	4
12	Reply to Kariluoto et al. <i>American Journal of Clinical Nutrition</i> , 2002 , 76, 690-691	7	2
11	Microdialysis on Adipose Tissue: Monitoring Tissue Metabolism and Blood Flow in Humans 2011 , 335-358		1
10	1 The use of an ad libitum higher-protein, low-glycemic index diet in overweight children: the Diogenes Study. <i>FASEB Journal</i> , 2013 , 27, 249.8	0.9	1
9	Interactions of Carbohydrate Intake and Physical Activity with Regulatory Genes Affecting Glycaemia: A Food4Me Study Analysis. <i>Lifestyle Genomics</i> , 2021 , 14, 63-72	2	1
8	The association between vitamin D receptor polymorphisms and tissue-specific insulin resistance in human obesity. <i>International Journal of Obesity</i> , 2021 , 45, 818-827	5.5	1
7	Differential Mitochondrial Gene Expression in Adipose Tissue Following Weight Loss Induced by Diet or Bariatric Surgery. <i>Journal of Clinical Endocrinology and Metabolism</i> , 2021 , 106, 1312-1324	5.6	1
6	Network analyses reveal negative link between changes in adipose tissue GDF15 and BMI during dietary induced weight loss. <i>Journal of Clinical Endocrinology and Metabolism</i> , 2021 ,	5.6	1
5	Personalized Nutrition Advice Reduces Intake of Discretionary Foods and Beverages: Findings From the Food4Me Randomized Controlled Trial. <i>Current Developments in Nutrition</i> , 2021 , 5, 152-152	0.4	0
4	Associations between dietary patterns, FTO genotype and obesity in adults from seven European countries.. <i>European Journal of Nutrition</i> , 2022 , 1	5.2	0
3	The Role of Protein and Carbohydrates for Long-Term Weight Control: Lessons from the Diogenes Trial. <i>Current Nutrition Reports</i> , 2014 , 3, 379-386	6	
2	Mild cold and overfeeding adaptive thermogenesis: role of mitochondrial uncoupling. <i>FASEB Journal</i> , 2008 , 22, 958.12	0.9	
1	AuthorsReply to Kahn's comment. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2021 , 31, 1940-1941	15	