

George Pounis

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.

50
papers

1,370
citations

22
h-index

36
g-index

58
ext. papers

1,655
ext. citations

4.9
avg, IF

3.93
L-index

#	Paper	IF	Citations
50	Effects of moderate beer consumption on health and disease: A consensus document. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2016 , 26, 443-67	4.5	124
49	Very high childhood obesity prevalence and low adherence rates to the Mediterranean diet in Greek children: the GRECO study. <i>Atherosclerosis</i> , 2011 , 217, 525-30	3.1	118
48	Mediterranean diet, dietary polyphenols and low grade inflammation: results from the MOLI-SANI study. <i>British Journal of Clinical Pharmacology</i> , 2017 , 83, 107-113	3.8	97
47	Adherence to a Mediterranean diet is associated with a better health-related quality of life: a possible role of high dietary antioxidant content. <i>BMJ Open</i> , 2013 , 3,	3	86
46	Polyphenol intake is associated with low-grade inflammation, using a novel data analysis from the Moli-sani study. <i>Thrombosis and Haemostasis</i> , 2016 , 115, 344-52	7	68
45	Repeatability and validation of a short, semi-quantitative food frequency questionnaire designed for older adults living in Mediterranean areas: the MEDIS-FFQ. <i>Journal of Nutrition in Gerontology and Geriatrics</i> , 2010 , 29, 311-24		65
44	Urban environment, physical inactivity and unhealthy dietary habits correlate to depression among elderly living in eastern Mediterranean islands: the MEDIS (MEDiterranean ISlands Elderly) study. <i>Journal of Nutrition, Health and Aging</i> , 2010 , 14, 449-55	5.2	60
43	A score of low-grade inflammation and risk of mortality: prospective findings from the Moli-sani study. <i>Haematologica</i> , 2016 , 101, 1434-1441	6.6	53
42	Phytosterols supplementation decreases plasma small and dense LDL levels in metabolic syndrome patients on a westernized type diet. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2012 , 22, 843-8	4.5	52
41	Association of proinflammatory diet with low-grade inflammation: results from the Moli-sani study. <i>Nutrition</i> , 2018 , 54, 182-188	4.8	46
40	High sodium intake of children through WiddenedWood sources and its association with the Mediterranean diet: the GRECO study. <i>Journal of Hypertension</i> , 2011 , 29, 1069-76	1.9	44
39	Consumption of healthy foods at different content of antioxidant vitamins and phytochemicals and metabolic risk factors for cardiovascular disease in men and women of the Moli-sani study. <i>European Journal of Clinical Nutrition</i> , 2013 , 67, 207-13	5.2	43
38	Homocysteine lowering by folate-rich diet or pharmacological supplementations in subjects with moderate hyperhomocysteinemia. <i>Nutrients</i> , 2013 , 5, 1531-43	6.7	41
37	High adherence to the Mediterranean diet is associated with cardiovascular protection in higher but not in lower socioeconomic groups: prospective findings from the Moli-sani study. <i>International Journal of Epidemiology</i> , 2017 , 46, 1478-1487	7.8	40
36	Flavonoid and lignan intake in a Mediterranean population: proposal for a holistic approach in polyphenol dietary analysis, the Moli-sani Study. <i>European Journal of Clinical Nutrition</i> , 2016 , 70, 338-45	5.2	32
35	Food group consumption in an Italian population using the updated food classification system FoodEx2: Results from the Italian Nutrition & HEalth Survey (INHES) study. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2017 , 27, 307-328	4.5	31
34	Long-term animal-protein consumption is associated with an increased prevalence of diabetes among the elderly: the Mediterranean Islands (MEDIS) study. <i>Diabetes and Metabolism</i> , 2010 , 36, 484-90	5.4	30

33	Mediterranean-type diet is associated with higher psychological resilience in a general adult population: findings from the Moli-sani study. <i>European Journal of Clinical Nutrition</i> , 2018 , 72, 154-160	5.2	28
32	Factors Associated with the Prevalence of Diabetes Mellitus Among Elderly Men and Women Living in Mediterranean Islands: The MEDIS Study. <i>Review of Diabetic Studies</i> , 2009 , 6, 54-63	3.6	28
31	Nutrient intake in relation to central and overall obesity status among elderly people living in the Mediterranean islands: the MEDIS study. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2011 , 21, 438-45	4.5	23
30	Relative contribution of health-related behaviours and chronic diseases to the socioeconomic patterning of low-grade inflammation. <i>International Journal of Public Health</i> , 2017 , 62, 551-562	4	22
29	Reduction by coffee consumption of prostate cancer risk: Evidence from the Moli-sani cohort and cellular models. <i>International Journal of Cancer</i> , 2017 , 141, 72-82	7.5	22
28	Dietary patterns and fatty acids levels of three European populations. Results from the IMMIDIET study. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2014 , 24, 883-90	4.5	22
27	Mushroom and dietary selenium intakes in relation to fasting glucose levels in a free-living Italian adult population: the Moli-sani Project. <i>Diabetes and Metabolism</i> , 2014 , 40, 34-42	5.4	22
26	Folate intake and folate serum levels in men and women from two European populations: The IMMIDIET project. <i>Nutrition</i> , 2014 , 30, 822-30	4.8	20
25	Dietary meat fats and burden of cardiovascular disease risk factors, in the elderly: a report from the MEDIS study. <i>Lipids in Health and Disease</i> , 2010 , 9, 30	4.4	19
24	Reduced mortality risk by a polyphenol-rich diet: An analysis from the Moli-sani study. <i>Nutrition</i> , 2018 , 48, 87-95	4.8	18
23	Consumer perception and use of iron fortified foods is associated with their knowledge and understanding of nutritional issues. <i>Food Quality and Preference</i> , 2011 , 22, 683-688	5.8	18
22	Association of pasta consumption with body mass index and waist-to-hip ratio: results from Moli-sani and INHES studies. <i>Nutrition and Diabetes</i> , 2016 , 6, e218	4.7	17
21	Favorable association of polyphenol-rich diets with lung function: Cross-sectional findings from the Moli-sani study. <i>Respiratory Medicine</i> , 2018 , 136, 48-57	4.6	16
20	Serum vitamin D deficiency and risk of hospitalization for heart failure: Prospective results from the Moli-sani study. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2018 , 28, 298-307	4.5	16
19	Iron or zinc dialyzability obtained from a modified in vitro digestion procedure compare well with iron or zinc absorption from meals. <i>Food Chemistry</i> , 2011 , 127, 716-21	8.5	13
18	Correlates of low dietary energy reporting in free-living elderly: the MEDIS study. <i>Maturitas</i> , 2011 , 69, 63-8	5	9
17	Long-term fish consumption is associated with lower risk of 30-day cardiovascular disease events in survivors from an acute coronary syndrome. <i>International Journal of Cardiology</i> , 2009 , 136, 344-6	3.2	9
16	Associations of energy intake and type 2 diabetes with hypertriglyceridemia in older adults living in the Mediterranean islands: the MEDIS study. <i>Journal of Nutrition in Gerontology and Geriatrics</i> , 2010 , 29, 72-86		3

15	Dietary Pattern Analysis 2019 , 75-101		3
14	Meta-analysis of Nutrition Studies 2019 , 163-196		3
13	Polyphenol-Rich Diets in Cardiovascular Disease Prevention 2019 , 259-298		2
12	Population Level Divergence from the Mediterranean Diet and the Risk of Cancer and Metabolic Disease 2015 , 209-223		1
11	Dietary fats in relation to depressive symptoms by cardiovascular disease risk factors status of elderly people living in Mediterranean islands. <i>International Journal of Food Sciences and Nutrition</i> , 2010 ,	3.7	1
10	Study Design in Experimental Settings 2019 , 23-41		1
9	Collection and Management of Dietary Data 2019 , 43-73		1
8	Statistical Analysis of Retrospective Health and Nutrition Data 2019 , 103-144		1
7	Principles of Research Publication 2019 , 197-230		1
6	Antegrade cardioplegia as a possible cause of acute saphenous vein endothelial damage in patients undergoing on pump coronary artery bypass surgery. <i>Journal of Thoracic Disease</i> , 2018 , 10, 4302-4310	2.6	1
5	Design of Observational Nutrition Studies 2019 , 3-22		
4	Statistical Analysis of Prospective Health and Nutrition Data 2019 , 145-161		
3	Mediterranean Diet 2019 , 233-258		
2	Diet, Healthy Aging, and Cognitive Function 2019 , 321-336		
1	Diet and Lung Health 2019 , 355-382		