Ramon Estruch

List of Publications by Year
in descending order

259 papers	33,889 citations	5558 82 h-index	3815 178 g-index
266 all docs	266 docs citations	266 times ranked	32751 citing authors

#	Article	IF	Citations
1	Primary Prevention of Cardiovascular Disease with a Mediterranean Diet. New England Journal of Medicine, 2013, 368, 1279-1290.	13.9	3,677
2	Metabolite profiles and the risk of developing diabetes. Nature Medicine, 2011, 17, 448-453.	15.2	2,586
3	Primary Prevention of Cardiovascular Disease with a Mediterranean Diet Supplemented with Extra-Virgin Olive Oil or Nuts. New England Journal of Medicine, 2018, 378, e34.	13.9	2,065
4	Effects of a Mediterranean-Style Diet on Cardiovascular Risk Factors. Annals of Internal Medicine, 2006, 145, 1.	2.0	1,430
5	A Short Screener Is Valid for Assessing Mediterranean Diet Adherence among Older Spanish Men and Women. Journal of Nutrition, 2011, 141, 1140-1145.	1.3	973
6	Reduction in the Incidence of Type 2 Diabetes With the Mediterranean Diet. Diabetes Care, 2011, 34, 14-19.	4.3	721
7	A 14-Item Mediterranean Diet Assessment Tool and Obesity Indexes among High-Risk Subjects: The PREDIMED Trial. PLoS ONE, 2012, 7, e43134.	1.1	704
8	Mediterranean Diet and Age-Related Cognitive Decline. JAMA Internal Medicine, 2015, 175, 1094.	2.6	653
9	Metabolomics in Prediabetes and Diabetes: A Systematic Review and Meta-analysis. Diabetes Care, 2016, 39, 833-846.	4.3	642
10	Benefits of the Mediterranean Diet: Insights From the PREDIMED Study. Progress in Cardiovascular Diseases, 2015, 58, 50-60.	1.6	538
11	Mediterranean diet improves cognition: the PREDIMED-NAVARRA randomised trial. Journal of Neurology, Neurosurgery and Psychiatry, 2013, 84, 1318-1325.	0.9	534
12	Prevention of Diabetes With Mediterranean Diets. Annals of Internal Medicine, 2014, 160, 1-10.	2.0	533
13	Metabolite Profiling Identifies Pathways Associated With Metabolic Risk in Humans. Circulation, 2012, 125, 2222-2231.	1.6	514
14	Elevation of circulating branched-chain amino acids is an early event in human pancreatic adenocarcinoma development. Nature Medicine, 2014, 20, 1193-1198.	15.2	510
15	Cohort Profile: Design and methods of the PREDIMED study. International Journal of Epidemiology, 2012, 41, 377-385.	0.9	477
16	Scientific Evidence of Interventions Using the Mediterranean Diet: A Systematic Review. Nutrition Reviews, 2006, 64, S27-S47.	2.6	428
17	2-Aminoadipic acid is a biomarker for diabetes risk. Journal of Clinical Investigation, 2013, 123, 4309-4317.	3.9	397
18	Effect of a Mediterranean Diet Supplemented With Nuts on Metabolic Syndrome Status. Archives of Internal Medicine, 2008, 168, 2449.	4.3	396

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19	Mediterranean Diet and Invasive Breast Cancer Risk Among Women at High Cardiovascular Risk in the PREDIMED Trial. JAMA Internal Medicine, 2015, 175, 1752.	2.6	391
20	Wine, Beer, Alcohol and Polyphenols on Cardiovascular Disease and Cancer. Nutrients, 2012, 4, 759-781.	1.7	390
21	Effect of a Traditional Mediterranean Diet on Lipoprotein Oxidation. Archives of Internal Medicine, 2007, 167, 1195.	4.3	365
22	Mediterranean dietary pattern and depression: the PREDIMED randomized trial. BMC Medicine, 2013, 11, 208.	2.3	297
23	Lifestyle recommendations for the prevention and management of metabolic syndrome: an international panel recommendation. Nutrition Reviews, 2017, 75, 307-326.	2.6	294
24	Mediterranean Diet and Cardiovascular Health: Teachings of the PREDIMED Study. Advances in Nutrition, 2014, 5, 330S-336S.	2.9	283
25	Anti-inflammatory effects of the Mediterranean diet: the experience of the PREDIMED study. Proceedings of the Nutrition Society, 2010, 69, 333-340.	0.4	246
26	Effect of a Lifestyle Intervention Program With Energy-Restricted Mediterranean Diet and Exercise on Weight Loss and Cardiovascular Risk Factors: One-Year Results of the PREDIMED-Plus Trial. Diabetes Care, 2019, 42, 777-788.	4.3	239
27	Different effects of red wine and gin consumption on inflammatory biomarkers of atherosclerosis: a prospective randomized crossover trial. Atherosclerosis, 2004, 175, 117-123.	0.4	235
28	Mediterranean diets and metabolic syndrome status in the PREDIMED randomized trial. Cmaj, 2014, 186, E649-E657.	0.9	235
29	Inhibition of circulating immune cell activation: a molecular antiinflammatory effect of the Mediterranean diet. American Journal of Clinical Nutrition, 2009, 89, 248-256.	2.2	228
30	Effect of the Mediterranean diet on blood pressure in the PREDIMED trial: results from a randomized controlled trial. BMC Medicine, 2013, 11, 207.	2.3	227
31	Plasma Ceramides, Mediterranean Diet, and Incident Cardiovascular Disease in the PREDIMED Trial (PrevenciÃ³n con Dieta MediterrÃ¡nea). Circulation, 2017, 135, 2028-2040.	1.6	227
32	Dietary fat intake and risk of cardiovascular disease and all-cause mortality in a population at high risk of cardiovascular disease. American Journal of Clinical Nutrition, 2015, 102, 1563-1573.	2.2	219
33	The Immune Protective Effect of the Mediterranean Diet against Chronic Low-grade Inflammatory Diseases. Endocrine, Metabolic and Immune Disorders - Drug Targets, 2014, 14, 245-254.	0.6	215
34	Dietary patterns and the risk of obesity, type 2 diabetes mellitus, cardiovascular diseases, asthma, and neurodegenerative diseases. Critical Reviews in Food Science and Nutrition, 2018, 58, 262-296.	5.4	210
35	A provegetarian food pattern and reduction in total mortality in the PrevenciÃ³n con Dieta MediterrÃ¡nea (PREDIMED) study. American Journal of Clinical Nutrition, 2014, 100, 320S-328S.	2.2	207
36	Effects of Wine, Alcohol and Polyphenols on Cardiovascular Disease Risk Factors: Evidences from Human Studies. Alcohol and Alcoholism, 2013, 48, 270-277.	0.9	204

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37	Extravirgin Olive Oil Consumption Reduces Risk of Atrial Fibrillation. Circulation, 2014, 130, 18-26.	1.6	194
38	Virgin olive oil and nuts as key foods of the Mediterranean diet effects on inflammatory biomarkers related to atherosclerosis. Pharmacological Research, 2012, 65, 577-583.	3.1	190
39	Polyphenol intake from a Mediterranean diet decreases inflammatory biomarkers related to atherosclerosis: a substudy of the PREDIMED trial. British Journal of Clinical Pharmacology, 2017, 83, 114-128.	1.1	188
40	Mediterranean Diet Reduces 24-Hour Ambulatory Blood Pressure, Blood Glucose, and Lipids. Hypertension, 2014, 64, 69-76.	1.3	184
41	Effect of cocoa powder on the modulation of inflammatory biomarkers in patients at high risk of cardiovascular disease. American Journal of Clinical Nutrition, 2009, 90, 1144-1150.	2.2	183
42	Dietary Inflammatory Index and Incidence of Cardiovascular Disease in the PREDIMED Study. Nutrients, 2015, 7, 4124-4138.	1.7	182
43	The Effects of the Mediterranean Diet on Biomarkers of Vascular Wall Inflammation and Plaque Vulnerability in Subjects with High Risk for Cardiovascular Disease. A Randomized Trial. PLoS ONE, 2014, 9, e100084.	1.1	182
44	Dietary Strategies for Metabolic Syndrome: A Comprehensive Review. Nutrients, 2020, 12, 2983.	1.7	181
45	Cohort Profile: Design and methods of the PREDIMED-Plus randomized trial. International Journal of Epidemiology, 2019, 48, 387-388o.	0.9	179
46	Effects of red wine polyphenols and alcohol on glucose metabolism and the lipid profile: A randomized clinical trial. Clinical Nutrition, 2013, 32, 200-206.	2.3	178
47	Metabolic Predictors of Incident Coronary Heart Disease in Women. Circulation, 2018, 137, 841-853.	1.6	177
48	Nutrition and Cardiovascular Health. International Journal of Molecular Sciences, 2018, 19, 3988.	1.8	173
49	A Large Randomized Individual and Group Intervention Conducted by Registered Dietitians Increased Adherence to Mediterranean-Type Diets: The PREDIMED Study. Journal of the American Dietetic Association, 2008, 108, 1134-1144.	1.3	172
50	Mediterranean Diet Improves High-Density Lipoprotein Function in High-Cardiovascular-Risk Individuals. Circulation, 2017, 135, 633-643.	1.6	171
51	The Mediterranean diet improves the systemic lipid and DNA oxidative damage in metabolic syndrome individuals. A randomized, controlled, trial. Clinical Nutrition, 2013, 32, 172-178.	2.3	164
52	A comprehensive characterisation of beer polyphenols by high resolution mass spectrometry (LCâ€“ESI-LTQ-Orbitrap-MS). Food Chemistry, 2015, 169, 336-343.	4.2	163
53	Rapid Folinâ€“Ciocalteu method using microtiter 96-well plate cartridges for solid phase extraction to assess urinary total phenolic compounds, as a biomarker of total polyphenols intake. Analytica Chimica Acta, 2009, 634, 54-60.	2.6	158
54	Association of Mediterranean Diet With Peripheral Artery Disease. JAMA - Journal of the American Medical Association, 2014, 311, 415.	3.8	158

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55	Differential effects of polyphenols and alcohol of red wine on the expression of adhesion molecules and inflammatory cytokines related to atherosclerosis: a randomized clinical trial. American Journal of Clinical Nutrition, 2012, 95, 326-334.	2.2	157
56	Protective Effects of the Mediterranean Diet on Type 2 Diabetes and Metabolic Syndrome. Journal of Nutrition, 2016, 146, 920S-927S.	1.3	155
57	Effect of Mediterranean diet on the expression of pro-atherogenic genes in a population at high cardiovascular risk. Atherosclerosis, 2010, 208, 442-450.	0.4	138
58	Plasma Lipidomic Profiling and Risk of Type 2 Diabetes in the PREDIMED Trial. Diabetes Care, 2018, 41, 2617-2624.	4.3	138
59	The Mediterranean diet, plasma metabolome, and cardiovascular disease risk. European Heart Journal, 2020, 41, 2645-2656.	1.0	138
60	Frequency of nut consumption and mortality risk in the PREDIMED nutrition intervention trial. BMC Medicine, 2013, 11, 164.	2.3	135
61	Long-Term Immunomodulatory Effects of a Mediterranean Diet in Adults at High Risk of Cardiovascular Disease in the PREvenciÃ³n con DIeta MEDiterrÃ¡nea (PREDIMED) Randomized Controlled Trial. Journal of Nutrition, 2016, 146, 1684-1693.	1.3	133
62	Mediterranean diet supplemented with nuts reduces waist circumference and shifts lipoprotein subfractions to a less atherogenic pattern in subjects at high cardiovascular risk. Atherosclerosis, 2013, 230, 347-353.	0.4	130
63	Associations of the FTO rs9939609 and the MC4R rs17782313 polymorphisms with type 2 diabetes are modulated by diet, being higher when adherence to the Mediterranean diet pattern is low. Cardiovascular Diabetology, 2012, 11, 137.	2.7	129
64	Down-regulation of adhesion molecules and other inflammatory biomarkers after moderate wine consumption in healthy women: a randomized trial. American Journal of Clinical Nutrition, 2007, 86, 1463-1469.	2.2	127
65	Consumption of Yogurt, Low-Fat Milk, and Other Low-Fat Dairy Products Is Associated with Lower Risk of Metabolic Syndrome Incidence in an Elderly Mediterranean Population. Journal of Nutrition, 2015, 145, 2308-2316.	1.3	127
66	Mediterranean Diet Reduces the Adverse Effect of the TCF7L2-rs7903146 Polymorphism on Cardiovascular Risk Factors and Stroke Incidence. Diabetes Care, 2013, 36, 3803-3811.	4.3	125
67	Plasma acylcarnitines and risk of cardiovascular disease: effect of Mediterranean diet interventions. American Journal of Clinical Nutrition, 2016, 103, 1408-1416.	2.2	124
68	Relationship between Mediterranean Dietary Polyphenol Intake and Obesity. Nutrients, 2018, 10, 1523.	1.7	123
69	Effect of the Mediterranean diet on heart failure biomarkers: a randomized sample from the <scp>PREDIMED</scp> trial. European Journal of Heart Failure, 2014, 16, 543-550.	2.9	121
70	Dealcoholized Red Wine Decreases Systolic and Diastolic Blood Pressure and Increases Plasma Nitric Oxide. Circulation Research, 2012, 111, 1065-1068.	2.0	117
71	Mediterranean Diet and Cardiodiabesity: A Review. Nutrients, 2014, 6, 3474-3500.	1.7	108
72	Intake of Total Polyphenols and Some Classes of Polyphenols Is Inversely Associated with Diabetes in Elderly People at High Cardiovascular Disease Risk. Journal of Nutrition, 2016, 146, 767-777.	1.3	108

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73	Worldwide adherence to Mediterranean Diet between 1960 and 2011. European Journal of Clinical Nutrition, 2019, 72, 83-91.	1.3	108
74	Cross-Sectional Assessment of Nut Consumption and Obesity, Metabolic Syndrome and Other Cardiometabolic Risk Factors: The PREDIMED Study. PLoS ONE, 2013, 8, e57367.	1.1	102
75	Mediterranean diet and quality of life: Baseline cross-sectional analysis of the PREDIMED-PLUS trial. PLoS ONE, 2018, 13, e0198974.	1.1	100
76	Effect of a Nutritional and Behavioral Intervention on Energy-Reduced Mediterranean Diet Adherence Among Patients With Metabolic Syndrome. JAMA - Journal of the American Medical Association, 2019, 322, 1486.	3.8	100
77	CLOCK gene variation is associated with incidence of type-2 diabetes and cardiovascular diseases in type-2 diabetic subjects: dietary modulation in the PREDIMED randomized trial. Cardiovascular Diabetology, 2016, 15, 4.	2.7	99
78	Changes in Ultrasound-Assessed Carotid Intima-Media Thickness and Plaque With a Mediterranean Diet. Arteriosclerosis, Thrombosis, and Vascular Biology, 2014, 34, 439-445.	1.1	96
79	Effect of a high-fat Mediterranean diet on bodyweight and waist circumference: a prespecified secondary outcomes analysis of the PREDIMED randomised controlled trial. Lancet Diabetes and Endocrinology,the, 2019, 7, e6-e17.	5.5	90
80	Plasma branched chain/aromatic amino acids, enriched Mediterranean diet and risk of type 2 diabetes: case-cohort study within the PREDIMED Trial. Diabetologia, 2018, 61, 1560-1571.	2.9	89
81	Dietary inflammatory index and all-cause mortality in large cohorts: The SUN and PREDIMED studies. Clinical Nutrition, 2019, 38, 1221-1231.	2.3	87
82	The Mediterranean Diet Pattern and Its Main Components Are Associated with Lower Plasma Concentrations of Tumor Necrosis Factor Receptor 60 in Patients at High Risk for Cardiovascular Disease. Journal of Nutrition, 2012, 142, 1019-1025.	1.3	86
83	Total and subtypes of dietary fat intake and risk of type 2 diabetes mellitus in the PrevenciÃ³n con Dieta MediterrÃ¡nea (PREDIMED) study. American Journal of Clinical Nutrition, 2017, 105, 723-735.	2.2	86
84	Total Polyphenol Intake Estimated by a Modified Folinâ€“Ciocalteu Assay of Urine. Clinical Chemistry, 2006, 52, 749-752.	1.5	83
85	Carotid intima-media thickness changes with Mediterranean diet: A randomized trial (PREDIMED-Navarra). Atherosclerosis, 2011, 219, 158-162.	0.4	79
86	Plasma lipidomic profiles and cardiovascular events in a randomized intervention trial with the Mediterranean diet. American Journal of Clinical Nutrition, 2017, 106, 973-983.	2.2	79
87	Anti-Inflammatory Effects of the Mediterranean Diet in the Early and Late Stages of Atheroma Plaque Development. Mediators of Inflammation, 2017, 2017, 1-12.	1.4	78
88	Mediterranean alcohol-drinking pattern and mortality in the SUN (Seguimiento Universidad de) Tj ETQq0 0 0 rgBT /Overlock 10 Tf 50 14	1.2	76
89	Association of Tryptophan Metabolites with Incident Type 2 Diabetes in the PREDIMED Trial: A Caseâ€“Cohort Study. Clinical Chemistry, 2018, 64, 1211-1220.	1.5	76
90	White Blood Cell Counts as Risk Markers of Developing Metabolic Syndrome and Its Components in the Predimed Study. PLoS ONE, 2013, 8, e58354.	1.1	76

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91	Impact of Consuming Extra-Virgin Olive Oil or Nuts within a Mediterranean Diet on DNA Methylation in Peripheral White Blood Cells within the PREDIMED-Navarra Randomized Controlled Trial: A Role for Dietary Lipids. Nutrients, 2018, 10, 15.	1.7	75
92	The role of the Mediterranean diet on weight loss and obesity-related diseases. Reviews in Endocrine and Metabolic Disorders, 2020, 21, 315-327.	2.6	74
93	Cardioprotective effects of cocoa: Clinical evidence from randomized clinical intervention trials in humans. Molecular Nutrition and Food Research, 2013, 57, 936-947.	1.5	73
94	Metabolites of Glutamate Metabolism Are Associated With Incident Cardiovascular Events in the PREDIMED PREvenciÃ³n con DIeta MEDiterrÃ¡nea (PREDIMED) Trial. Journal of the American Heart Association, 2016, 5, .	1.6	73
95	Mediterranean diet and risk of heart failure: results from the PREDIMED randomized controlled trial. European Journal of Heart Failure, 2017, 19, 1179-1185.	2.9	71
96	Moderate red wine consumption is associated with a lower prevalence of the metabolic syndrome in the PREDIMED population. British Journal of Nutrition, 2015, 113, S121-S130.	1.2	65
97	Metabolic Architecture of Acute Exercise Response in Middle-Aged Adults in the Community. Circulation, 2020, 142, 1905-1924.	1.6	65
98	Increases in Plasma Tryptophan Are Inversely Associated with Incident Cardiovascular Disease in the PrevenciÃ³n con Dieta MediterrÃ¡nea (PREDIMED) Study. Journal of Nutrition, 2017, 147, jn241711.	1.3	64
99	Type 2 diabetes and cognitive impairment in an older population with overweight or obesity and metabolic syndrome: baseline cross-sectional analysis of the PREDIMED-plus study. Scientific Reports, 2018, 8, 16128.	1.6	64
100	Serum sterol responses to increasing plant sterol intake from natural foods in the Mediterranean diet. European Journal of Nutrition, 2009, 48, 373-382.	1.8	63
101	Statistical and Biological Gene-Lifestyle Interactions of MC4R and FTO with Diet and Physical Activity on Obesity: New Effects on Alcohol Consumption. PLoS ONE, 2012, 7, e52344.	1.1	63
102	Determinants of the omega-3 index in a Mediterranean population at increased risk for CHD. British Journal of Nutrition, 2011, 106, 425-431.	1.2	62
103	The Protective Effects of Extra Virgin Olive Oil on Immune-mediated Inflammatory Responses. Endocrine, Metabolic and Immune Disorders - Drug Targets, 2017, 18, 23-35.	0.6	60
104	A Mediterranean Diet Rich in Extra-Virgin Olive Oil Is Associated with a Reduced Prevalence of Nonalcoholic Fatty Liver Disease in Older Individuals at High Cardiovascular Risk. Journal of Nutrition, 2019, 149, 1920-1929.	1.3	59
105	Relation of Fruits and Vegetables with Major Cardiometabolic Risk Factors, Markers of Oxidation, and Inflammation. Nutrients, 2019, 11, 2381.	1.7	59
106	Dietary Polyphenol Intake is Associated with HDL-Cholesterol and A Better Profile of other Components of the Metabolic Syndrome: A PREDIMED-Plus Sub-Study. Nutrients, 2020, 12, 689.	1.7	59
107	Effects of Polyphenol, Measured by a Biomarker of Total Polyphenols in Urine, on Cardiovascular Risk Factors After a Long-Term Follow-Up in the PREDIMED Study. Oxidative Medicine and Cellular Longevity, 2016, 2016, 1-11.	1.9	58
108	High plasma glutamate and low glutamine-to-glutamate ratio are associated with type 2 diabetes: Case-cohort study within the PREDIMED trial. Nutrition, Metabolism and Cardiovascular Diseases, 2019, 29, 1040-1049.	1.1	58

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109	High urinary levels of resveratrol metabolites are associated with a reduction in the prevalence of cardiovascular risk factors in high-risk patients. Pharmacological Research, 2012, 65, 615-620.	3.1	57
110	Validity of the energy-restricted Mediterranean Diet Adherence Screener. Clinical Nutrition, 2021, 40, 4971-4979.	2.3	57
111	The Mediterranean Diet decreases LDL atherogenicity in high cardiovascular risk individuals: a randomized controlled trial. Molecular Nutrition and Food Research, 2017, 61, 1601015.	1.5	56
112	Glycolysis/gluconeogenesis- and tricarboxylic acid cycleâ€“related metabolites, Mediterranean diet, and type 2 diabetes. American Journal of Clinical Nutrition, 2020, 111, 835-844.	2.2	56
113	Dysfunctional High-Density Lipoproteins Are Associated With a Greater Incidence of Acute Coronary Syndrome in a Population at High Cardiovascular Risk. Circulation, 2020, 141, 444-453.	1.6	54
114	Dietary Magnesium Intake Is Inversely Associated with Mortality in Adults at High Cardiovascular Disease Risk. Journal of Nutrition, 2014, 144, 55-60.	1.3	52
115	Influence of olive oil on carotenoid absorption from tomato juice and effects on postprandial lipemia. Food Chemistry, 2015, 168, 203-210.	4.2	52
116	Plasma lipidome patterns associated with cardiovascular risk in the PREDIMED trial: A case-cohort study. International Journal of Cardiology, 2018, 253, 126-132.	0.8	52
117	Quality of Dietary Fat Intake and Body Weight and Obesity in a Mediterranean Population: Secondary Analyses within the PREDIMED Trial. Nutrients, 2018, 10, 2011.	1.7	51
118	Tomato Sauce Enriched with Olive Oil Exerts Greater Effects on Cardiovascular Disease Risk Factors than Raw Tomato and Tomato Sauce: A Randomized Trial. Nutrients, 2016, 8, 170.	1.7	50
119	Carbohydrate quality changes and concurrent changes in cardiovascular risk factors: a longitudinal analysis in the PREDIMED-Plus randomized trial. American Journal of Clinical Nutrition, 2020, 111, 291-306.	2.2	50
120	Nutritional adequacy according to carbohydrates and fat quality. European Journal of Nutrition, 2016, 55, 93-106.	1.8	49
121	Polyphenol Levels Are Inversely Correlated with Body Weight and Obesity in an Elderly Population after 5 Years of Follow Up (The Randomised PREDIMED Study). Nutrients, 2017, 9, 452.	1.7	48
122	Leisure-Time Physical Activity, Sedentary Behaviour and Diet Quality are Associated with Metabolic Syndrome Severity: The PREDIMED-Plus Study. Nutrients, 2020, 12, 1013.	1.7	48
123	Leisure-time physical activity, sedentary behaviors, sleep, and cardiometabolic risk factors at baseline in the PREDIMED-PLUS intervention trial: A cross-sectional analysis. PLoS ONE, 2017, 12, e0172253.	1.1	48
124	Physical fitness and physical activity association with cognitive function and quality of life: baseline cross-sectional analysis of the PREDIMED-Plus trial. Scientific Reports, 2020, 10, 3472.	1.6	47
125	Effects of Mediterranean Diet or Mindfulness-Based Stress Reduction on Prevention of Small-for-Gestational Age Birth Weights in Newborns Born to At-Risk Pregnant Individuals. JAMA - Journal of the American Medical Association, 2021, 326, 2150.	3.8	47
126	Use of Different Food Classification Systems to Assess the Association between Ultra-Processed Food Consumption and Cardiometabolic Health in an Elderly Population with Metabolic Syndrome (PREDIMED-Plus Cohort). Nutrients, 2021, 13, 2471.	1.7	46

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127	Seafood Consumption, Omega-3 Fatty Acids Intake, and Life-Time Prevalence of Depression in the PREDIMED-Plus Trial. Nutrients, 2018, 10, 2000.	1.7	43
128	Wine and cardiovascular disease. Food Research International, 2000, 33, 219-226.	2.9	41
129	Predictors of adherence to a Mediterranean-type diet in the PREDIMED trial. European Journal of Nutrition, 2010, 49, 91-99.	1.8	41
130	Latest Evidence of the Effects of the Mediterranean Diet in Prevention of Cardiovascular Disease. Current Atherosclerosis Reports, 2014, 16, 446.	2.0	41
131	Total and Subtypes of Dietary Fat Intake and Its Association with Components of the Metabolic Syndrome in a Mediterranean Population at High Cardiovascular Risk. Nutrients, 2019, 11, 1493.	1.7	41
132	Genome-Wide Association Study for Serum Omega-3 and Omega-6 Polyunsaturated Fatty Acids: Exploratory Analysis of the Sex-Specific Effects and Dietary Modulation in Mediterranean Subjects with Metabolic Syndrome. Nutrients, 2020, 12, 310.	1.7	41
133	Polymorphism of the Transcription Factor 7-Like 2 Gene (TCF7L2) Interacts with Obesity on Type-2 Diabetes in the PREDIMED Study Emphasizing the Heterogeneity of Genetic Variants in Type-2 Diabetes Risk Prediction: Time for Obesity-Specific Genetic Risk Scores. Nutrients, 2016, 8, 793.	1.7	38
134	Polymorphisms Cyclooxygenase-2 -765G>C and Interleukin-6 -174G>C Are Associated with Serum Inflammation Markers in a High Cardiovascular Risk Population and Do Not Modify the Response to a Mediterranean Diet Supplemented with Virgin Olive Oil or Nuts. Journal of Nutrition, 2009, 139, 128-134.	1.3	36
135	Dietary Diversity and Nutritional Adequacy among an Older Spanish Population with Metabolic Syndrome in the PREDIMED-Plus Study: A Cross-Sectional Analysis. Nutrients, 2019, 11, 958.	1.7	35
136	New Insights into the Role of Nutrition in CVD Prevention. Current Cardiology Reports, 2015, 17, 26.	1.3	34
137	Effects of a Mediterranean Eating Plan on the Need for Glucose-Lowering Medications in Participants With Type 2 Diabetes: A Subgroup Analysis of the PREDIMED Trial. Diabetes Care, 2019, 42, 1390-1397.	4.3	34
138	Wine Intake in the Framework of a Mediterranean Diet and Chronic Non-Communicable Diseases: A Short Literature Review of the Last 5 Years. Molecules, 2020, 25, 5045.	1.7	33
139	Moderate Consumption of Beer and Its Effects on Cardiovascular and Metabolic Health: An Updated Review of Recent Scientific Evidence. Nutrients, 2021, 13, 879.	1.7	33
140	The non-alcoholic fraction of beer increases stromal cell derived factor 1 and the number of circulating endothelial progenitor cells in high cardiovascular risk subjects: A randomized clinical trial. Atherosclerosis, 2014, 233, 518-524.	0.4	32
141	Influence of Bioactive Nutrients on the Atherosclerotic Process: A Review. Nutrients, 2018, 10, 1630.	1.7	31
142	Association between taste perception and adiposity in overweight or obese older subjects with metabolic syndrome and identification of novel taste-related genes. American Journal of Clinical Nutrition, 2019, 109, 1709-1723.	2.2	31
143	Associations between Dietary Polyphenols and Type 2 Diabetes in a Cross-Sectional Analysis of the PREDIMED-Plus Trial: Role of Body Mass Index and Sex. Antioxidants, 2019, 8, 537.	2.2	31
144	Urinary tartaric acid as a potential biomarker for the dietary assessment of moderate wine consumption: a randomised controlled trial. British Journal of Nutrition, 2014, 111, 1680-1685.	1.2	29

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145	Rationale and design of the school-based SI! Program to face obesity and promote health among Spanish adolescents: A cluster-randomized controlled trial. American Heart Journal, 2019, 215, 27-40.	1.2	29
146	Dieta mediterrÃ¡nea hipocalÃ³rica y factores de riesgo cardiovascular: anÃ¡lisis transversal de PREDIMED-Plus. Revista Espanola De Cardiologia, 2019, 72, 925-934.	0.6	28
147	Diet quality and nutrient density in subjects with metabolic syndrome: Influence of socioeconomic status and lifestyle factors. A cross-sectional assessment in the PREDIMED-Plus study. Clinical Nutrition, 2020, 39, 1161-1173.	2.3	28
148	Adherence to an Energy-restricted Mediterranean Diet Score and Prevalence of Cardiovascular Risk Factors in the PREDIMED-Plus: A Cross-sectional Study. Revista Espanola De Cardiologia (English Ed), 2019, 72, 925-934.	0.4	26
149	Is complying with the recommendations of sodium intake beneficial for health in individuals at high cardiovascular risk? Findings from the PREDIMED study. American Journal of Clinical Nutrition, 2015, 101, 440-448.	2.2	25
150	Longitudinal association of changes in diet with changes in body weight and waist circumference in subjects at high cardiovascular risk: the PREDIMED trial. International Journal of Behavioral Nutrition and Physical Activity, 2019, 16, 139.	2.0	25
151	Urinary Isoxanthohumol Is a Specific and Accurate Biomarker of Beer Consumptionce. Journal of Nutrition, 2014, 144, 484-488.	1.3	24
152	Adherence to a priori dietary indexes and baseline prevalence of cardiovascular risk factors in the PREDIMED-Plus randomised trial. European Journal of Nutrition, 2020, 59, 1219-1232.	1.8	24
153	Comprehensive Metabolic Phenotyping Refines Cardiovascular Risk in Young Adults. Circulation, 2020, 142, 2110-2127.	1.6	23
154	Reliability and Concurrent and Construct Validity of a Food Frequency Questionnaire for Pregnant Women at High Risk to Develop Fetal Growth Restriction. Nutrients, 2021, 13, 1629.	1.7	23
155	Gene-environment interactions of CETP gene variation in a high cardiovascular risk Mediterranean population. Journal of Lipid Research, 2010, 51, 2798-2807.	2.0	22
156	Consumption of peanut products improves memory and stress response in healthy adults from the ARISTOTLE study: A 6-month randomized controlled trial. Clinical Nutrition, 2021, 40, 5556-5567.	2.3	22
157	Development of a LCâ€“ESI-MS/MS Approach for the Rapid Quantification of Main Wine Organic Acids in Human Urine. Journal of Agricultural and Food Chemistry, 2013, 61, 6763-6768.	2.4	21
158	Isotemporal substitution of inactive time with physical activity and time in bed: cross-sectional associations with cardiometabolic health in the PREDIMED-Plus study. International Journal of Behavioral Nutrition and Physical Activity, 2019, 16, 137.	2.0	21
159	Mediterranean diet â€“ promotion and dissemination of healthy eating: proceedings of an exploratory seminar at the Radcliffe institute for advanced study. International Journal of Food Sciences and Nutrition, 2022, 73, 158-171.	1.3	21
160	Polyphenols excreted in urine as biomarkers of total polyphenol intake. Bioanalysis, 2012, 4, 2705-2713.	0.6	20
161	Analytical Condition Setting a Crucial Step in the Quantification of Unstable Polyphenols in Acidic Conditions: Analyzing Prenylflavanoids in Biological Samples by Liquid Chromatographyâ€“Electrospray Ionization Triple Quadruple Mass Spectrometry. Analytical Chemistry, 2013, 85, 5547-5554.	3.2	20
162	The Effect of a Mediterranean Diet on the Incidence of Cataract Surgery. Nutrients, 2017, 9, 453.	1.7	20

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