

Ramon Estruch

List of Publications by Citations

Source: <https://exaly.com/author-pdf/7784182/ramon-estruch-publications-by-citations.pdf>

Version: 2024-04-25

This document has been generated based on the publications and citations recorded by exaly.com. For the latest version of this publication list, visit the link given above.

The third column is the impact factor (IF) of the journal, and the fourth column is the number of citations of the article.

241
papers

24,484
citations

74
h-index

155
g-index

266
ext. papers

29,618
ext. citations

7.3
avg, IF

6.64
L-index

#	Paper	IF	Citations
241	Primary prevention of cardiovascular disease with a Mediterranean diet. <i>New England Journal of Medicine</i> , 2013 , 368, 1279-90	59.2	3041
240	Metabolite profiles and the risk of developing diabetes. <i>Nature Medicine</i> , 2011 , 17, 448-53	50.5	2044
239	Primary Prevention of Cardiovascular Disease with a Mediterranean Diet Supplemented with Extra-Virgin Olive Oil or Nuts. <i>New England Journal of Medicine</i> , 2018 , 378, e34	59.2	1232
238	Effects of a Mediterranean-style diet on cardiovascular risk factors: a randomized trial. <i>Annals of Internal Medicine</i> , 2006 , 145, 1-11	8	1195
237	A short screener is valid for assessing Mediterranean diet adherence among older Spanish men and women. <i>Journal of Nutrition</i> , 2011 , 141, 1140-5	4.1	649
236	Reduction in the incidence of type 2 diabetes with the Mediterranean diet: results of the PREDIMED-Reus nutrition intervention randomized trial. <i>Diabetes Care</i> , 2011 , 34, 14-9	14.6	576
235	Mediterranean Diet and Age-Related Cognitive Decline: A Randomized Clinical Trial. <i>JAMA Internal Medicine</i> , 2015 , 175, 1094-1103	11.5	479
234	A 14-item Mediterranean diet assessment tool and obesity indexes among high-risk subjects: the PREDIMED trial. <i>PLoS ONE</i> , 2012 , 7, e43134	3.7	449
233	Metabolomics in Prediabetes and Diabetes: A Systematic Review and Meta-analysis. <i>Diabetes Care</i> , 2016 , 39, 833-46	14.6	418
232	Prevention of diabetes with Mediterranean diets: a subgroup analysis of a randomized trial. <i>Annals of Internal Medicine</i> , 2014 , 160, 1-10	8	415
231	Mediterranean diet improves cognition: the PREDIMED-NAVARRA randomised trial. <i>Journal of Neurology, Neurosurgery and Psychiatry</i> , 2013 , 84, 1318-25	5.5	414
230	Metabolite profiling identifies pathways associated with metabolic risk in humans. <i>Circulation</i> , 2012 , 125, 2222-31	16.7	401
229	Benefits of the Mediterranean Diet: Insights From the PREDIMED Study. <i>Progress in Cardiovascular Diseases</i> , 2015 , 58, 50-60	8.5	385
228	Elevation of circulating branched-chain amino acids is an early event in human pancreatic adenocarcinoma development. <i>Nature Medicine</i> , 2014 , 20, 1193-1198	50.5	383
227	Cohort profile: design and methods of the PREDIMED study. <i>International Journal of Epidemiology</i> , 2012 , 41, 377-85	7.8	369
226	Scientific evidence of interventions using the Mediterranean diet: a systematic review. <i>Nutrition Reviews</i> , 2006 , 64, S27-47	6.4	361
225	Effect of a Mediterranean diet supplemented with nuts on metabolic syndrome status: one-year results of the PREDIMED randomized trial. <i>Archives of Internal Medicine</i> , 2008 , 168, 2449-2458		335

224	Effect of a traditional Mediterranean diet on lipoprotein oxidation: a randomized controlled trial. <i>Archives of Internal Medicine</i> , 2007 , 167, 1195-1203		319
223	Wine, beer, alcohol and polyphenols on cardiovascular disease and cancer. <i>Nutrients</i> , 2012 , 4, 759-81	6.7	299
222	2-Aminoadipic acid is a biomarker for diabetes risk. <i>Journal of Clinical Investigation</i> , 2013 , 123, 4309-17	15.9	281
221	Mediterranean Diet and Invasive Breast Cancer Risk Among Women at High Cardiovascular Risk in the PREDIMED Trial: A Randomized Clinical Trial. <i>JAMA Internal Medicine</i> , 2015 , 175, 1752-1760	11.5	276
220	Mediterranean dietary pattern and depression: the PREDIMED randomized trial. <i>BMC Medicine</i> , 2013 , 11, 208	11.4	233
219	Mediterranean diet and cardiovascular health: Teachings of the PREDIMED study. <i>Advances in Nutrition</i> , 2014 , 5, 330S-6S	10	209
218	Inhibition of circulating immune cell activation: a molecular antiinflammatory effect of the Mediterranean diet. <i>American Journal of Clinical Nutrition</i> , 2009 , 89, 248-56	7	196
217	Different effects of red wine and gin consumption on inflammatory biomarkers of atherosclerosis: a prospective randomized crossover trial. Effects of wine on inflammatory markers. <i>Atherosclerosis</i> , 2004 , 175, 117-23	3.1	194
216	Anti-inflammatory effects of the Mediterranean diet: the experience of the PREDIMED study. <i>Proceedings of the Nutrition Society</i> , 2010 , 69, 333-40	2.9	187
215	Mediterranean diets and metabolic syndrome status in the PREDIMED randomized trial. <i>Cmaj</i> , 2014 , 186, E649-57	3.5	184
214	Lifestyle recommendations for the prevention and management of metabolic syndrome: an international panel recommendation. <i>Nutrition Reviews</i> , 2017 , 75, 307-326	6.4	183
213	Effect of the Mediterranean diet on blood pressure in the PREDIMED trial: results from a randomized controlled trial. <i>BMC Medicine</i> , 2013 , 11, 207	11.4	180
212	Effect of cocoa powder on the modulation of inflammatory biomarkers in patients at high risk of cardiovascular disease. <i>American Journal of Clinical Nutrition</i> , 2009 , 90, 1144-50	7	163
211	Effects of wine, alcohol and polyphenols on cardiovascular disease risk factors: evidences from human studies. <i>Alcohol and Alcoholism</i> , 2013 , 48, 270-7	3.5	162
210	The immune protective effect of the Mediterranean diet against chronic low-grade inflammatory diseases. <i>Endocrine, Metabolic and Immune Disorders - Drug Targets</i> , 2014 , 14, 245-54	2.2	162
209	Plasma Ceramides, Mediterranean Diet, and Incident Cardiovascular Disease in the PREDIMED Trial (Prevenci� con Dieta Mediterr�nea). <i>Circulation</i> , 2017 , 135, 2028-2040	16.7	161
208	Dietary fat intake and risk of cardiovascular disease and all-cause mortality in a population at high risk of cardiovascular disease. <i>American Journal of Clinical Nutrition</i> , 2015 , 102, 1563-73	7	159
207	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. <i>PLoS ONE</i> , 2014 , 9, e100084	3.7	152

206	Virgin olive oil and nuts as key foods of the Mediterranean diet effects on inflammatory biomarkers related to atherosclerosis. <i>Pharmacological Research</i> , 2012 , 65, 577-83	10.2	151
205	A large randomized individual and group intervention conducted by registered dietitians increased adherence to Mediterranean-type diets: the PREDIMED study. <i>Journal of the American Dietetic Association</i> , 2008 , 108, 1134-44; discussion 1145		151
204	Mediterranean diet reduces 24-hour ambulatory blood pressure, blood glucose, and lipids: one-year randomized, clinical trial. <i>Hypertension</i> , 2014 , 64, 69-76	8.5	143
203	Polyphenol intake from a Mediterranean diet decreases inflammatory biomarkers related to atherosclerosis: a substudy of the PREDIMED trial. <i>British Journal of Clinical Pharmacology</i> , 2017 , 83, 114-128	3.8	142
202	Dietary Inflammatory Index and Incidence of Cardiovascular Disease in the PREDIMED Study. <i>Nutrients</i> , 2015 , 7, 4124-38	6.7	142
201	Extravirgin olive oil consumption reduces risk of atrial fibrillation: the PREDIMED (Prevenci� con Dieta Mediterr�ea) trial. <i>Circulation</i> , 2014 , 130, 18-26	16.7	141
200	Dietary patterns and the risk of obesity, type 2 diabetes mellitus, cardiovascular diseases, asthma, and neurodegenerative diseases. <i>Critical Reviews in Food Science and Nutrition</i> , 2018 , 58, 262-296	11.5	136
199	Effects of red wine polyphenols and alcohol on glucose metabolism and the lipid profile: a randomized clinical trial. <i>Clinical Nutrition</i> , 2013 , 32, 200-6	5.9	135
198	The Mediterranean diet improves the systemic lipid and DNA oxidative damage in metabolic syndrome individuals. A randomized, controlled, trial. <i>Clinical Nutrition</i> , 2013 , 32, 172-8	5.9	133
197	Mediterranean Diet Improves High-Density Lipoprotein Function in High-Cardiovascular-Risk Individuals: A Randomized Controlled Trial. <i>Circulation</i> , 2017 , 135, 633-643	16.7	129
196	Rapid Folin-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. <i>Analytica Chimica Acta</i> , 2009 , 634, 54-60	6.6	126
195	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. <i>American Journal of Clinical Nutrition</i> , 2012 , 95, 326-34	7	126
194	Protective Effects of the Mediterranean Diet on Type 2 Diabetes and Metabolic Syndrome. <i>Journal of Nutrition</i> , 2015 , 146, 920S-927S	4.1	125
193	A comprehensive characterisation of beer polyphenols by high resolution mass spectrometry (LC-ESI-LTQ-Orbitrap-MS). <i>Food Chemistry</i> , 2015 , 169, 336-43	8.5	124
192	A provegetarian food pattern and reduction in total mortality in the Prevenci� con Dieta Mediterr�ea (PREDIMED) study. <i>American Journal of Clinical Nutrition</i> , 2014 , 100 Suppl 1, 320S-8S	7	123
191	Effect of Mediterranean diet on the expression of pro-atherogenic genes in a population at high cardiovascular risk. <i>Atherosclerosis</i> , 2010 , 208, 442-50	3.1	123
190	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. <i>Diabetes Care</i> , 2019 , 42, 777-788	14.6	123
189	Association of Mediterranean diet with peripheral artery disease: the PREDIMED randomized trial. <i>JAMA - Journal of the American Medical Association</i> , 2014 , 311, 415-417	27.4	122

188	Retraction and Republication: Primary Prevention of Cardiovascular Disease with a Mediterranean Diet. <i>N Engl J Med</i> 2013;368:1279-90. <i>New England Journal of Medicine</i> , 2018 , 378, 2441-2442	59.2	113
187	Down-regulation of adhesion molecules and other inflammatory biomarkers after moderate wine consumption in healthy women: a randomized trial. <i>American Journal of Clinical Nutrition</i> , 2007 , 86, 1463-9	7.9	111
186	Frequency of nut consumption and mortality risk in the PREDIMED nutrition intervention trial. <i>BMC Medicine</i> , 2013 , 11, 164	11.4	107
185	Metabolic Predictors of Incident Coronary Heart Disease in Women. <i>Circulation</i> , 2018 , 137, 841-853	16.7	105
184	Mediterranean diet reduces the adverse effect of the TCF7L2-rs7903146 polymorphism on cardiovascular risk factors and stroke incidence: a randomized controlled trial in a high-cardiovascular-risk population. <i>Diabetes Care</i> , 2013 , 36, 3803-11	14.6	102
183	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. <i>Cardiovascular Diabetology</i> , 2012 , 11, 137	8.7	102
182	Mediterranean diet supplemented with nuts reduces waist circumference and shifts lipoprotein subfractions to a less atherogenic pattern in subjects at high cardiovascular risk. <i>Atherosclerosis</i> , 2013 , 230, 347-53	3.1	101
181	Long-Term Immunomodulatory Effects of a Mediterranean Diet in Adults at High Risk of Cardiovascular Disease in the PREvenci3 con Dieta MEDiterr3nea (PREDIMED) Randomized Controlled Trial. <i>Journal of Nutrition</i> , 2016 , 146, 1684-93	4.1	99
180	Dealcoholized red wine decreases systolic and diastolic blood pressure and increases plasma nitric oxide: short communication. <i>Circulation Research</i> , 2012 , 111, 1065-8	15.7	98
179	Effect of the Mediterranean diet on heart failure biomarkers: a randomized sample from the PREDIMED trial. <i>European Journal of Heart Failure</i> , 2014 , 16, 543-50	12.3	95
178	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. <i>Journal of Nutrition</i> , 2015 , 145, 2308-16	4.1	92
177	Mediterranean diet and cardiometabolic health: a review. <i>Nutrients</i> , 2014 , 6, 3474-500	6.7	90
176	Cohort Profile: Design and methods of the PREDIMED-Plus randomized trial. <i>International Journal of Epidemiology</i> , 2019 , 48, 387-388o	7.8	87
175	Plasma acylcarnitines and risk of cardiovascular disease: effect of Mediterranean diet interventions. <i>American Journal of Clinical Nutrition</i> , 2016 , 103, 1408-16	7	86
174	Changes in ultrasound-assessed carotid intima-media thickness and plaque with a Mediterranean diet: a substudy of the PREDIMED trial. <i>Arteriosclerosis, Thrombosis, and Vascular Biology</i> , 2014 , 34, 439-45	8.4	83
173	Cross-sectional assessment of nut consumption and obesity, metabolic syndrome and other cardiometabolic risk factors: the PREDIMED study. <i>PLoS ONE</i> , 2013 , 8, e57367	3.7	78
172	Nutrition and Cardiovascular Health. <i>International Journal of Molecular Sciences</i> , 2018 , 19,	6.3	78
171	Plasma Lipidomic Profiling and Risk of Type 2 Diabetes in the PREDIMED Trial. <i>Diabetes Care</i> , 2018 , 41, 2617-2624	14.6	78

170	Relationship between Mediterranean Dietary Polyphenol Intake and Obesity. <i>Nutrients</i> , 2018 , 10,	6.7	78
169	Total polyphenol intake estimated by a modified Folin-Ciocalteu assay of urine. <i>Clinical Chemistry</i> , 2006 , 52, 749-52	5.5	75
168	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. <i>Journal of Nutrition</i> , 2012 , 142, 1019-25	4.1	72
167	Carotid intima-media thickness changes with Mediterranean diet: a randomized trial (PREDIMED-Navarra). <i>Atherosclerosis</i> , 2011 , 219, 158-62	3.1	66
166	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. <i>Cardiovascular Diabetology</i> , 2016 , 15, 4	8.7	65
165	Mediterranean diet and quality of life: Baseline cross-sectional analysis of the PREDIMED-PLUS trial. <i>PLoS ONE</i> , 2018 , 13, e0198974	3.7	65
164	Cardioprotective effects of cocoa: clinical evidence from randomized clinical intervention trials in humans. <i>Molecular Nutrition and Food Research</i> , 2013 , 57, 936-47	5.9	65
163	Total and subtypes of dietary fat intake and risk of type 2 diabetes mellitus in the Prevenci3 con Dieta Mediterr3nea (PREDIMED) study. <i>American Journal of Clinical Nutrition</i> , 2017 , 105, 723-735	7	62
162	Intake of Total Polyphenols and Some Classes of Polyphenols Is Inversely Associated with Diabetes in Elderly People at High Cardiovascular Disease Risk. <i>Journal of Nutrition</i> , 2015 , 146, 767-777	4.1	62
161	White blood cell counts as risk markers of developing metabolic syndrome and its components in the PREDIMED study. <i>PLoS ONE</i> , 2013 , 8, e58354	3.7	61
160	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. <i>Nutrients</i> , 2017 , 10,	6.7	58
159	Serum sterol responses to increasing plant sterol intake from natural foods in the Mediterranean diet. <i>European Journal of Nutrition</i> , 2009 , 48, 373-82	5.2	57
158	Worldwide adherence to Mediterranean Diet between 1960 and 2011. <i>European Journal of Clinical Nutrition</i> , 2019 , 72, 83-91	5.2	57
157	Dietary inflammatory index and all-cause mortality in large cohorts: The SUN and PREDIMED studies. <i>Clinical Nutrition</i> , 2019 , 38, 1221-1231	5.9	55
156	Mediterranean alcohol-drinking pattern and mortality in the SUN (Seguimiento Universidad de Navarra) Project: a prospective cohort study. <i>British Journal of Nutrition</i> , 2014 , 111, 1871-80	3.6	55
155	The Mediterranean diet, plasma metabolome, and cardiovascular disease risk. <i>European Heart Journal</i> , 2020 , 41, 2645-2656	9.5	54
154	Anti-Inflammatory Effects of the Mediterranean Diet in the Early and Late Stages of Atheroma Plaque Development. <i>Mediators of Inflammation</i> , 2017 , 2017, 3674390	4.3	53
153	Plasma branched chain/aromatic amino acids, enriched Mediterranean diet and risk of type 2 diabetes: case-cohort study within the PREDIMED Trial. <i>Diabetologia</i> , 2018 , 61, 1560-1571	10.3	53

152	Statistical and biological gene-lifestyle interactions of MC4R and FTO with diet and physical activity on obesity: new effects on alcohol consumption. <i>PLoS ONE</i> , 2012 , 7, e52344	3.7	53
151	Determinants of the omega-3 index in a Mediterranean population at increased risk for CHD. <i>British Journal of Nutrition</i> , 2011 , 106, 425-31	3.6	52
150	Mediterranean diet and risk of heart failure: results from the PREDIMED randomized controlled trial. <i>European Journal of Heart Failure</i> , 2017 , 19, 1179-1185	12.3	50
149	Dietary Strategies for Metabolic Syndrome: A Comprehensive Review. <i>Nutrients</i> , 2020 , 12,	6.7	50
148	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. <i>Oxidative Medicine and Cellular Longevity</i> , 2016 , 2016, 2572606	6.7	50
147	Increases in Plasma Tryptophan Are Inversely Associated with Incident Cardiovascular Disease in the Prevenci3 con Dieta Mediterr3ea (PREDIMED) Study. <i>Journal of Nutrition</i> , 2017 , 147, 314-322	4.1	49
146	Plasma lipidomic profiles and cardiovascular events in a randomized intervention trial with the Mediterranean diet. <i>American Journal of Clinical Nutrition</i> , 2017 , 106, 973-983	7	49
145	High urinary levels of resveratrol metabolites are associated with a reduction in the prevalence of cardiovascular risk factors in high-risk patients. <i>Pharmacological Research</i> , 2012 , 65, 615-20	10.2	49
144	Effect of a high-fat Mediterranean diet on bodyweight and waist circumference: a prespecified secondary outcomes analysis of the PREDIMED randomised controlled trial. <i>Lancet Diabetes and Endocrinology</i> , 2019 , 7, e6-e17	18.1	47
143	Moderate red wine consumption is associated with a lower prevalence of the metabolic syndrome in the PREDIMED population. <i>British Journal of Nutrition</i> , 2015 , 113 Suppl 2, S121-30	3.6	44
142	The Protective Effects of Extra Virgin Olive Oil on Immune-mediated Inflammatory Responses. <i>Endocrine, Metabolic and Immune Disorders - Drug Targets</i> , 2018 , 18, 23-35	2.2	44
141	Metabolites of Glutamate Metabolism Are Associated With Incident Cardiovascular Events in the PREDIMED PREvenci3 con Dieta MEDiterr3ea (PREDIMED) Trial. <i>Journal of the American Heart Association</i> , 2016 , 5,	6	44
140	Association of Tryptophan Metabolites with Incident Type 2 Diabetes in the PREDIMED Trial: A Case-Cohort Study. <i>Clinical Chemistry</i> , 2018 , 64, 1211-1220	5.5	42
139	Dietary magnesium intake is inversely associated with mortality in adults at high cardiovascular disease risk. <i>Journal of Nutrition</i> , 2014 , 144, 55-60	4.1	40
138	Tomato Sauce Enriched with Olive Oil Exerts Greater Effects on Cardiovascular Disease Risk Factors than Raw Tomato and Tomato Sauce: A Randomized Trial. <i>Nutrients</i> , 2016 , 8, 170	6.7	40
137	The Mediterranean Diet decreases LDL atherogenicity in high cardiovascular risk individuals: a randomized controlled trial. <i>Molecular Nutrition and Food Research</i> , 2017 , 61, 1601015	5.9	39
136	Influence of olive oil on carotenoid absorption from tomato juice and effects on postprandial lipemia. <i>Food Chemistry</i> , 2015 , 168, 203-10	8.5	39
135	Effect of a Nutritional and Behavioral Intervention on Energy-Reduced Mediterranean Diet Adherence Among Patients With Metabolic Syndrome: Interim Analysis of the PREDIMED-Plus Randomized Clinical Trial. <i>JAMA - Journal of the American Medical Association</i> , 2019 , 322, 1486-1499	27.4	38

134	Nutritional adequacy according to carbohydrates and fat quality. <i>European Journal of Nutrition</i> , 2016 , 55, 93-106	5.2	37
133	Predictors of adherence to a Mediterranean-type diet in the PREDIMED trial. <i>European Journal of Nutrition</i> , 2010 , 49, 91-9	5.2	37
132	Wine and cardiovascular disease. <i>Food Research International</i> , 2000 , 33, 219-226	7	37
131	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. <i>Journal of Nutrition</i> , 2019 , 149, 1920-1929	4.1	35
130	Leisure-time physical activity, sedentary behaviors, sleep, and cardiometabolic risk factors at baseline in the PREDIMED-PLUS intervention trial: A cross-sectional analysis. <i>PLoS ONE</i> , 2017 , 12, e0172253	3.7	35
129	Polyphenol Levels Are Inversely Correlated with Body Weight and Obesity in an Elderly Population after 5 Years of Follow Up (The Randomised PREDIMED Study). <i>Nutrients</i> , 2017 , 9,	6.7	34
128	Dietary Polyphenol Intake is Associated with HDL-Cholesterol and A Better Profile of other Components of the Metabolic Syndrome: A PREDIMED-Plus Sub-Study. <i>Nutrients</i> , 2020 , 12,	6.7	33
127	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. <i>Journal of Nutrition</i> , 2009 , 139, 128-34	4.1	32
126	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. <i>Scientific Reports</i> , 2018 , 8, 16128	4.9	31
125	Plasma lipidome patterns associated with cardiovascular risk in the PREDIMED trial: A case-cohort study. <i>International Journal of Cardiology</i> , 2018 , 253, 126-132	3.2	30
124	Total and Subtypes of Dietary Fat Intake and Its Association with Components of the Metabolic Syndrome in a Mediterranean Population at High Cardiovascular Risk. <i>Nutrients</i> , 2019 , 11,	6.7	30
123	Latest evidence of the effects of the Mediterranean diet in prevention of cardiovascular disease. <i>Current Atherosclerosis Reports</i> , 2014 , 16, 446	6	30
122	Dysfunctional High-Density Lipoproteins Are Associated With a Greater Incidence of Acute Coronary Syndrome in a Population at High Cardiovascular Risk: A Nested Case-Control Study. <i>Circulation</i> , 2020 , 141, 444-453	16.7	28
121	Relation of Fruits and Vegetables with Major Cardiometabolic Risk Factors, Markers of Oxidation, and Inflammation. <i>Nutrients</i> , 2019 , 11,	6.7	27
120	New insights into the role of nutrition in CVD prevention. <i>Current Cardiology Reports</i> , 2015 , 17, 26	4.2	26
119	High plasma glutamate and low glutamine-to-glutamate ratio are associated with type 2 diabetes: Case-cohort study within the PREDIMED trial. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2019 , 29, 1040-1049	4.5	26
118	Metabolic Architecture of Acute Exercise Response in Middle-Aged Adults in the Community. <i>Circulation</i> , 2020 , 142, 1905-1924	16.7	26
117	Quality of Dietary Fat Intake and Body Weight and Obesity in a Mediterranean Population: Secondary Analyses within the PREDIMED Trial. <i>Nutrients</i> , 2018 , 10,	6.7	26

116	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. <i>Diabetes Care</i> , 2019 , 42, 1390-1397	14.6	25
115	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. <i>Nutrients</i> , 2016 , 8,	6.7	24
114	Urinary tartaric acid as a potential biomarker for the dietary assessment of moderate wine consumption: a randomised controlled trial. <i>British Journal of Nutrition</i> , 2014 , 111, 1680-5	3.6	23
113	Carbohydrate quality changes and concurrent changes in cardiovascular risk factors: a longitudinal analysis in the PREDIMED-Plus randomized trial. <i>American Journal of Clinical Nutrition</i> , 2020 , 111, 291-306	7	22
112	The role of the Mediterranean diet on weight loss and obesity-related diseases. <i>Reviews in Endocrine and Metabolic Disorders</i> , 2020 , 21, 315-327	10.5	22
111	Association between taste perception and adiposity in overweight or obese older subjects with metabolic syndrome and identification of novel taste-related genes. <i>American Journal of Clinical Nutrition</i> , 2019 , 109, 1709-1723	7	21
110	Influence of Bioactive Nutrients on the Atherosclerotic Process: A Review. <i>Nutrients</i> , 2018 , 10,	6.7	21
109	Seafood Consumption, Omega-3 Fatty Acids Intake, and Life-Time Prevalence of Depression in the PREDIMED-Plus Trial. <i>Nutrients</i> , 2018 , 10,	6.7	21
108	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. <i>Atherosclerosis</i> , 2014 , 233, 518-524	3.1	20
107	Glycolysis/gluconeogenesis- and tricarboxylic acid cycle-related metabolites, Mediterranean diet, and type 2 diabetes. <i>American Journal of Clinical Nutrition</i> , 2020 , 111, 835-844	7	19
106	Is complying with the recommendations of sodium intake beneficial for health in individuals at high cardiovascular risk? Findings from the PREDIMED study. <i>American Journal of Clinical Nutrition</i> , 2015 , 101, 440-8	7	19
105	Gene-environment interactions of CETP gene variation in a high cardiovascular risk Mediterranean population. <i>Journal of Lipid Research</i> , 2010 , 51, 2798-807	6.3	19
104	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. <i>Nutrients</i> , 2020 , 12,	6.7	18
103	Polyphenols excreted in urine as biomarkers of total polyphenol intake. <i>Bioanalysis</i> , 2012 , 4, 2705-13	2.1	18
102	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. <i>Antioxidants</i> , 2019 , 8,	7.1	17
101	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. <i>Clinical Nutrition</i> , 2020 , 39, 1161-1173	5.9	17
100	Physical fitness and physical activity association with cognitive function and quality of life: baseline cross-sectional analysis of the PREDIMED-Plus trial. <i>Scientific Reports</i> , 2020 , 10, 3472	4.9	16
99	Development of a LC-ESI-MS/MS approach for the rapid quantification of main wine organic acids in human urine. <i>Journal of Agricultural and Food Chemistry</i> , 2013 , 61, 6763-8	5.7	16

98	Analytical condition setting a crucial step in the quantification of unstable polyphenols in acidic conditions: analyzing prenylflavanoids in biological samples by liquid chromatography-electrospray ionization triple quadruple mass spectrometry. <i>Analytical Chemistry</i> , 2013 , 85, 5547-54	7.8	16
97	Urinary isoxanthohumol is a specific and accurate biomarker of beer consumption. <i>Journal of Nutrition</i> , 2014 , 144, 484-8	4.1	15
96	Dietary Diversity and Nutritional Adequacy among an Older Spanish Population with Metabolic Syndrome in the PREDIMED-Plus Study: A Cross-Sectional Analysis. <i>Nutrients</i> , 2019 , 11,	6.7	14
95	Rationale and design of the school-based SI! Program to face obesity and promote health among Spanish adolescents: A cluster-randomized controlled trial. <i>American Heart Journal</i> , 2019 , 215, 27-40	4.9	14
94	A New Method to Simultaneously Quantify the Antioxidants: Carotenes, Xanthophylls, and Vitamin A in Human Plasma. <i>Oxidative Medicine and Cellular Longevity</i> , 2015 , 2015, 9268531	6.7	13
93	The year in cardiovascular medicine 2020: epidemiology and prevention. <i>European Heart Journal</i> , 2021 , 42, 813-821	9.5	13
92	Lipid metabolic networks, Mediterranean diet and cardiovascular disease in the PREDIMED trial. <i>International Journal of Epidemiology</i> , 2018 , 47, 1830-1845	7.8	13
91	Wine Intake in the Framework of a Mediterranean Diet and Chronic Non-Communicable Diseases: A Short Literature Review of the Last 5 Years. <i>Molecules</i> , 2020 , 25,	4.8	12
90	The Mediterranean diet decreases prothrombotic microvesicle release in asymptomatic individuals at high cardiovascular risk. <i>Clinical Nutrition</i> , 2020 , 39, 3377-3384	5.9	12
89	Multiple approaches to associations of physical activity and adherence to the Mediterranean diet with all-cause mortality in older adults: the PREvenci3n con Dieta MEDiterr3nea study. <i>European Journal of Nutrition</i> , 2019 , 58, 1569-1578	5.2	12
88	Adherence to a priori dietary indexes and baseline prevalence of cardiovascular risk factors in the PREDIMED-Plus randomised trial. <i>European Journal of Nutrition</i> , 2020 , 59, 1219-1232	5.2	12
87	Validity of the energy-restricted Mediterranean Diet Adherence Screener. <i>Clinical Nutrition</i> , 2021 , 40, 4971-4979	5.9	12
86	Dietary energy density and body weight changes after 3 years in the PREDIMED study. <i>International Journal of Food Sciences and Nutrition</i> , 2017 , 68, 865-872	3.7	11
85	Prediction of Cardiovascular Disease by the Framingham-REGICOR Equation in the High-Risk PREDIMED Cohort: Impact of the Mediterranean Diet Across Different Risk Strata. <i>Journal of the American Heart Association</i> , 2017 , 6,	6	11
84	Potato Consumption Does Not Increase Blood Pressure or Incident Hypertension in 2 Cohorts of Spanish Adults. <i>Journal of Nutrition</i> , 2017 , 147, 2272-2281	4.1	11
83	Plasma Metabolites Associated with Coffee Consumption: A Metabolomic Approach within the PREDIMED Study. <i>Nutrients</i> , 2019 , 11,	6.7	11
82	Comprehensive Metabolic Phenotyping Refines Cardiovascular Risk in Young Adults. <i>Circulation</i> , 2020 , 142, 2110-2127	16.7	11
81	Moderate Consumption of Beer and Its Effects on Cardiovascular and Metabolic Health: An Updated Review of Recent Scientific Evidence. <i>Nutrients</i> , 2021 , 13,	6.7	11

80	Longitudinal association of changes in diet with changes in body weight and waist circumference in subjects at high cardiovascular risk: the PREDIMED trial. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2019 , 16, 139	8.4	11
79	Adherence to an Energy-restricted Mediterranean Diet Score and Prevalence of Cardiovascular Risk Factors in the PREDIMED-Plus: A Cross-sectional Study. <i>Revista Espanola De Cardiologia (English Ed)</i> , 2019 , 72, 925-934	0.7	11
78	Fatty Acids Composition of Blood Cell Membranes and Peripheral Inflammation in the PREDIMED Study: A Cross-Sectional Analysis. <i>Nutrients</i> , 2019 , 11,	6.7	10
77	Association Between Fatty Acids of Blood Cell Membranes and Incidence of Coronary Heart Disease. <i>Arteriosclerosis, Thrombosis, and Vascular Biology</i> , 2019 , 39, 819-825	9.4	10
76	Candidate Gene and Genome-Wide Association Studies for Circulating Leptin Levels Reveal Population and Sex-Specific Associations in High Cardiovascular Risk Mediterranean Subjects. <i>Nutrients</i> , 2019 , 11,	6.7	10
75	The Effect of a Mediterranean Diet on the Incidence of Cataract Surgery. <i>Nutrients</i> , 2017 , 9,	6.7	10
74	Dieta mediterránea hipocalórica y factores de riesgo cardiovascular: análisis transversal de PREDIMED-Plus. <i>Revista Espanola De Cardiologia</i> , 2019 , 72, 925-934	1.5	10
73	Leisure-Time Physical Activity, Sedentary Behaviour and Diet Quality are Associated with Metabolic Syndrome Severity: The PREDIMED-Plus Study. <i>Nutrients</i> , 2020 , 12,	6.7	10
72	Document of recommendations of the SEA 2018. Lifestyle in cardiovascular prevention. <i>Clinica E Investigaci3n En Arteriosclerosis</i> , 2018 , 30, 280-310	1.4	10
71	Nut Consumptions as a Marker of Higher Diet Quality in a Mediterranean Population at High Cardiovascular Risk. <i>Nutrients</i> , 2019 , 11,	6.7	9
70	Sensitive and Rapid UHPLC-MS/MS for the Analysis of Tomato Phenolics in Human Biological Samples. <i>Molecules</i> , 2015 , 20, 20409-25	4.8	9
69	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). <i>Nutrients</i> , 2021 , 13,	6.7	9
68	Consumption of aged white wine modulates cardiovascular risk factors via circulating endothelial progenitor cells and inflammatory biomarkers. <i>Clinical Nutrition</i> , 2019 , 38, 1036-1044	5.9	8
67	A Functional Virgin Olive Oil Enriched with Olive Oil and Thyme Phenolic Compounds Improves the Expression of Cholesterol Efflux-Related Genes: A Randomized, Crossover, Controlled Trial. <i>Nutrients</i> , 2019 , 11,	6.7	8
66	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: The IMPACT BCN Randomized Clinical Trial. <i>JAMA - Journal of the American Medical Association</i> , 2021 , 326, 2150-2160	27.4	8
65	Adherence to the Mediterranean Lifestyle and Desired Body Weight Loss in a Mediterranean Adult Population with Overweight: A PREDIMED-Plus Study. <i>Nutrients</i> , 2020 , 12,	6.7	8
64	Reliability and Concurrent and Construct Validity of a Food Frequency Questionnaire for Pregnant Women at High Risk to Develop Fetal Growth Restriction. <i>Nutrients</i> , 2021 , 13,	6.7	8
63	Consumption of peanut products improves memory and stress response in healthy adults from the ARISTOTLE study: A 6-month randomized controlled trial. <i>Clinical Nutrition</i> , 2021 , 40, 5556-5567	5.9	8

62	Metabolic Syndrome Features and Excess Weight Were Inversely Associated with Nut Consumption after 1-Year Follow-Up in the PREDIMED-Plus Study. <i>Journal of Nutrition</i> , 2020 , 150, 3161-3170	4.1	7
61	MicroRNAs and Drinking: Association between the Pre-miR-27a rs895819 Polymorphism and Alcohol Consumption in a Mediterranean Population. <i>International Journal of Molecular Sciences</i> , 2016 , 17,	6.3	7
60	Isotemporal substitution of inactive time with physical activity and time in bed: cross-sectional associations with cardiometabolic health in the PREDIMED-Plus study. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2019 , 16, 137	8.4	7
59	Consumption of Aged White Wine under a Veil of Flor Reduces Blood Pressure-Increasing Plasma Nitric Oxide in Men at High Cardiovascular Risk. <i>Nutrients</i> , 2019 , 11,	6.7	6
58	Sleep Duration is Inversely Associated with Serum Uric Acid Concentrations and Uric Acid to Creatinine Ratio in an Elderly Mediterranean Population at High Cardiovascular Risk. <i>Nutrients</i> , 2019 , 11,	6.7	6
57	Dieta mediterránea y perfil lipídico plasmático. <i>Revista Espanola De Cardiologia</i> , 2015 , 68, 279-281	1.5	6
56	Alcohol, wine and cardiovascular disease, two sides of the same coin. <i>Internal and Emergency Medicine</i> , 2010 , 5, 277-9	3.7	6
55	Mediterranean Diet and Atherothrombosis Biomarkers: A Randomized Controlled Trial. <i>Molecular Nutrition and Food Research</i> , 2020 , 64, e2000350	5.9	6
54	Dietary Intake in Population with Metabolic Syndrome: Is the Prevalence of Inadequate Intake Influenced by Geographical Area? Cross-Sectional Analysis from PREDIMED-Plus Study. <i>Nutrients</i> , 2018 , 10,	6.7	6
53	Metabolomics of the tryptophan-kynurenine degradation pathway and risk of atrial fibrillation and heart failure: potential modification effect of Mediterranean diet. <i>American Journal of Clinical Nutrition</i> , 2021 , 114, 1646-1654	7	6
52	Dietary Patterns and Cardiovascular Risk Factors in Spanish Adolescents: A Cross-Sectional Analysis of the SI! Program for Health Promotion in Secondary Schools. <i>Nutrients</i> , 2019 , 11,	6.7	5
51	The Effect of Physical Activity and High Body Mass Index on Health-Related Quality of Life in Individuals with Metabolic Syndrome. <i>International Journal of Environmental Research and Public Health</i> , 2020 , 17,	4.6	5
50	Impact of Sugary Food Consumption on Pregnancy: A Review. <i>Nutrients</i> , 2020 , 12,	6.7	4
49	Effects of the Non-Alcoholic Fraction of Beer on Abdominal Fat, Osteoporosis, and Body Hydration in Women. <i>Molecules</i> , 2020 , 25,	4.8	4
48	Mediterranean diet, Mindfulness-Based Stress Reduction and usual care during pregnancy for reducing fetal growth restriction and adverse perinatal outcomes: IMPACT BCN (Improving Mothers for a better Prenatal Care Trial Barcelona): a study protocol for a randomized controlled trial. <i>Trials</i> , 2021 , 22, 362	2.8	4
47	Mediterranean Diet and White Blood Cell Count-A Randomized Controlled Trial. <i>Foods</i> , 2021 , 10,	4.9	4
46	Mediterranean diet - promotion and dissemination of healthy eating: proceedings of an exploratory seminar at the Radcliffe institute for advanced study. <i>International Journal of Food Sciences and Nutrition</i> , 2021 , 1-14	3.7	4
45	Effect of changes in adherence to Mediterranean diet on nutrient density after 1-year of follow-up: results from the PREDIMED-Plus Study. <i>European Journal of Nutrition</i> , 2020 , 59, 2395-2409	5.2	4

44	Effects of a Novel Nutraceutical Combination (Aquilea Colesterol) on the Lipid Profile and Inflammatory Biomarkers: A Randomized Control Trial. <i>Nutrients</i> , 2019 , 11,	6.7	3
43	Association between the 2018 WCRF/AICR and the Low-Risk Lifestyle Scores with Colorectal Cancer Risk in the Predimed Study. <i>Journal of Clinical Medicine</i> , 2020 , 9,	5.1	3
42	Acute consumption of Andalusian aged wine and gin decreases the expression of genes related to atherosclerosis in men with high cardiovascular risk: Randomized intervention trial. <i>Clinical Nutrition</i> , 2019 , 38, 1599-1606	5.9	3
41	High Plasma Glutamate and a Low Glutamine-to-Glutamate Ratio Are Associated with Increased Risk of Heart Failure but Not Atrial Fibrillation in the Prevenci3 con Dieta Mediterr3nea (PREDIMED) Study. <i>Journal of Nutrition</i> , 2020 , 150, 2882-2889	4.1	3
40	Mediterranean Diet Decreases the Initiation of Use of Vitamin K Epoxide Reductase Inhibitors and Their Associated Cardiovascular Risk: A Randomized Controlled Trial. <i>Nutrients</i> , 2020 , 12,	6.7	3
39	Adherence to a Supplemented Mediterranean Diet Drives Changes in the Gut Microbiota of HIV-1-Infected Individuals. <i>Nutrients</i> , 2021 , 13,	6.7	3
38	The 3-Year Effect of the Mediterranean Diet Intervention on Inflammatory Biomarkers Related to Cardiovascular Disease. <i>Biomedicines</i> , 2021 , 9,	4.8	3
37	Transcriptional response to a Mediterranean diet intervention exerts a modulatory effect on neuroinflammation signaling pathway. <i>Nutritional Neuroscience</i> , 2020 , 1-10	3.6	3
36	Circulating Adiponectin and Its Association with Metabolic Traits and Type 2 Diabetes: Gene-Diet Interactions Focusing on Selected Gene Variants and at the Genome-Wide Level in High-Cardiovascular Risk Mediterranean Subjects. <i>Nutrients</i> , 2021 , 13,	6.7	3
35	Urinary Tartaric Acid, a Biomarker of Wine Intake, Correlates with Lower Total and LDL Cholesterol. <i>Nutrients</i> , 2021 , 13,	6.7	3
34	Red Blood Cell Eicosapentaenoic Acid Inversely Relates to MRI-Assessed Carotid Plaque Lipid Core Burden in Elders at High Cardiovascular Risk. <i>Nutrients</i> , 2017 , 9,	6.7	2
33	High Fruit and Vegetable Consumption and Moderate Fat Intake Are Associated with Higher Carotenoid Concentration in Human Plasma. <i>Antioxidants</i> , 2021 , 10,	7.1	2
32	Glycolysis Metabolites and Risk of Atrial Fibrillation and Heart Failure in the PREDIMED Trial. <i>Metabolites</i> , 2021 , 11,	5.6	2
31	Moderate Consumption of Beer (with and without Ethanol) and Menopausal Symptoms: Results from a Parallel Clinical Trial in Postmenopausal Women. <i>Nutrients</i> , 2021 , 13,	6.7	2
30	Nutrient adequacy and diet quality in a Mediterranean population with metabolic syndrome: A cross-sectional study. <i>Clinical Nutrition</i> , 2020 , 39, 853-861	5.9	2
29	Plasma Metabolomic Profiles of Glycemic Index, Glycemic Load, and Carbohydrate Quality Index in the PREDIMED Study. <i>Journal of Nutrition</i> , 2021 , 151, 50-58	4.1	2
28	Document of recommendations of the SEA 2018. Lifestyle in cardiovascular prevention. <i>C3nica E Investigaci3 En Arteriosclerosis (English Edition)</i> , 2018 , 30, 280-310	0.3	2
27	Reformulation of Pastry Products to Improve Effects on Health. <i>Nutrients</i> , 2020 , 12,	6.7	1

26	Quños ha enseado y quños queda por aprender del estudio PREDIMED. <i>Avances En Diabetologia</i> , 2013 , 29, 81-87		1
25	Fruit and Vegetable Polyphenol Consumption Decreases Blood Pressure. <i>ACS Symposium Series</i> , 2012 , 443-461	0.4	1
24	Changes in Spanish lifestyle and dietary habits during the COVID-19 lockdown.. <i>European Journal of Nutrition</i> , 2022 , 1	5.2	1
23	Risk factors differentially associated with non-alcoholic fatty liver disease in males and females with metabolic syndrome. <i>Revista Espanola De Enfermedades Digestivas</i> , 2020 , 112, 94-100	0.9	1
22	Cancer Signaling Transcriptome Is Upregulated in Type 2 Diabetes Mellitus. <i>Journal of Clinical Medicine</i> , 2020 , 10,	5.1	1
21	Polyphenols in Urine and Cardiovascular Risk Factors: A Cross-Sectional Analysis Reveals Gender Differences in Spanish Adolescents from the SI! Program. <i>Antioxidants</i> , 2020 , 9,	7.1	1
20	Dietary Quality Changes According to the Preceding Maximum Weight: A Longitudinal Analysis in the PREDIMED-Plus Randomized Trial. <i>Nutrients</i> , 2020 , 12,	6.7	1
19	Energy Balance and Risk of Mortality in Spanish Older Adults. <i>Nutrients</i> , 2021 , 13,	6.7	1
18	Fruit and Vegetable Consumption is Inversely Associated with Plasma Saturated Fatty Acids at Baseline in Predimed Plus Trial. <i>Molecular Nutrition and Food Research</i> , 2021 , 65, e2100363	5.9	1
17	Mediterranean Diet Maintained Platelet Count within a Healthy Range and Decreased Thrombocytopenia-Related Mortality Risk: A Randomized Controlled Trial. <i>Nutrients</i> , 2021 , 13,	6.7	1
16	Physical activity and metabolic syndrome severity among older adults at cardiovascular risk: 1-Year trends. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2021 , 31, 2870-2886	4.5	1
15	Circulating metabolite profile in young adulthood identifies long-term diabetes susceptibility: the Coronary Artery Risk Development in Young Adults (CARDIA) study.. <i>Diabetologia</i> , 2022 , 65, 657	10.3	0
14	Tricarboxylic acid cycle related-metabolites and risk of atrial fibrillation and heart failure. <i>Metabolism: Clinical and Experimental</i> , 2021 , 125, 154915	12.7	0
13	Claves para disfrutar de una vida larga y sana. <i>Revista Espanola De Cardiologia</i> , 2018 , 71, 993-995	1.5	0
12	Simple sugar intake and cancer incidence, cancer mortality and all-cause mortality: A cohort study from the PREDIMED trial. <i>Clinical Nutrition</i> , 2021 , 40, 5269-5277	5.9	0
11	Contribution of cardio-vascular risk factors to depressive status in the PREDIMED-PLUS Trial. A cross-sectional and a 2-year longitudinal study.. <i>PLoS ONE</i> , 2022 , 17, e0265079	3.7	0
10	Changes in plasma total saturated fatty acids and palmitic acid are related to pro-inflammatory molecule IL-6 concentrations after nutritional intervention for one year.. <i>Biomedicine and Pharmacotherapy</i> , 2022 , 150, 113028	7.5	0
9	Maternal Dietary Inflammatory Index during Pregnancy Is Associated with Perinatal Outcomes: Results from the IMPACT BCN Trial. <i>Nutrients</i> , 2022 , 14, 2284	6.7	0

- | | | |
|---|---|-----|
| 8 | Commentary: Frequent nut consumption protects against cardiovascular and cancer mortality, but the effects may be even greater if nuts are included in a healthy diet. <i>International Journal of Epidemiology</i> , 2015 , 44, 1049-50 | 7.8 |
| 7 | What should we advise about alcohol consumption: reply letter by R. Estruch. <i>Internal and Emergency Medicine</i> , 2011 , 6, 91-2 | 3.7 |
| 6 | Integrative development of a short screening questionnaire of highly processed food consumption (sQ-HPF).. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2022 , 19, 6 | 8.4 |
| 5 | The alcohol-intake paradox: caution in a field of developing evidence. Response. <i>Revista Espanola De Cardiologia (English Ed)</i> , 2021 , 75, 191-191 | 0.7 |
| 4 | La paradoja del consumo de alcohol: cautela ante una evidencia en desarrollo. Respuesta. <i>Revista Espanola De Cardiologia</i> , 2021 , 75, 191-191 | 1.5 |
| 3 | Is a picture worth a thousand words in cardiovascular risk assessment?. <i>Revista Espanola De Cardiologia (English Ed)</i> , 2021 , 74, 1006-1007 | 0.7 |
| 2 | Genetic Individuality and Alcohol Consumption 2020 , 231-235 | |
| 1 | ¿Mejor una imagen que mil palabras tambi en la valoraci del riesgo vascular?. <i>Revista Espanola De Cardiologia</i> , 2021 , 74, 1007-1007 | 1.5 |