

Ramon Estruch

List of Publications by Year in Descending Order

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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.

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	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
240	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	
239	Changes in Spanish lifestyle and dietary habits during the COVID-19 lockdown.. <i>European Journal of Nutrition</i> , 2022 , 1	5.2	1
238	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
237	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
236	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
235	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
234	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	
233	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	
232	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
231	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
230	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
229	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
228	Energy Balance and Risk of Mortality in Spanish Older Adults. <i>Nutrients</i> , 2021 , 13,	6.7	1
227	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
226	Glycolysis Metabolites and Risk of Atrial Fibrillation and Heart Failure in the PREDIMED Trial. <i>Metabolites</i> , 2021 , 11,	5.6	2
225	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

224	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
223	Mediterranean Diet and White Blood Cell Count-A Randomized Controlled Trial. <i>Foods</i> , 2021 , 10,	4.9	4
222	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
221	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
220	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	
219	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
218	The 3-Year Effect of the Mediterranean Diet Intervention on Inflammatory Biomarkers Related to Cardiovascular Disease. <i>Biomedicines</i> , 2021 , 9,	4.8	3
217	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
216	The year in cardiovascular medicine 2020: epidemiology and prevention. <i>European Heart Journal</i> , 2021 , 42, 813-821	9.5	13
215	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
214	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
213	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
212	Urinary Tartaric Acid, a Biomarker of Wine Intake, Correlates with Lower Total and LDL Cholesterol. <i>Nutrients</i> , 2021 , 13,	6.7	3
211	Validity of the energy-restricted Mediterranean Diet Adherence Screener. <i>Clinical Nutrition</i> , 2021 , 40, 4971-4979	5.9	12
210	¿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	
209	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
208	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
207	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

206	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
205	The Mediterranean diet, plasma metabolome, and cardiovascular disease risk. <i>European Heart Journal</i> , 2020 , 41, 2645-2656	9.5	54
204	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
203	Reformulation of Pastry Products to Improve Effects on Health. <i>Nutrients</i> , 2020 , 12,	6.7	1
202	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
201	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
200	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
199	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
198	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
197	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
196	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
195	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
194	Dietary Strategies for Metabolic Syndrome: A Comprehensive Review. <i>Nutrients</i> , 2020 , 12,	6.7	50
193	Cancer Signaling Transcriptome Is Upregulated in Type 2 Diabetes Mellitus. <i>Journal of Clinical Medicine</i> , 2020 , 10,	5.1	1
192	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
191	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
190	Mediterranean Diet and Atherothrombosis Biomarkers: A Randomized Controlled Trial. <i>Molecular Nutrition and Food Research</i> , 2020 , 64, e2000350	5.9	6
189	Comprehensive Metabolic Phenotyping Refines Cardiovascular Risk in Young Adults. <i>Circulation</i> , 2020 , 142, 2110-2127	16.7	11

188	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
187	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
186	Impact of Sugary Food Consumption on Pregnancy: A Review. <i>Nutrients</i> , 2020 , 12,	6.7	4
185	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
184	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
183	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
182	Metabolic Architecture of Acute Exercise Response in Middle-Aged Adults in the Community. <i>Circulation</i> , 2020 , 142, 1905-1924	16.7	26
181	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
180	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
179	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
178	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
177	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
176	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
175	Genetic Individuality and Alcohol Consumption 2020 , 231-235		
174	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
173	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
172	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
171	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

170	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
169	Plasma Metabolites Associated with Coffee Consumption: A Metabolomic Approach within the PREDIMED Study. <i>Nutrients</i> , 2019 , 11,	6.7	11
168	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
167	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
166	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
165	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
164	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
163	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
162	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
161	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
160	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
159	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
158	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
157	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
156	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
155	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
154	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
153	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

152	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
151	Relation of Fruits and Vegetables with Major Cardiometabolic Risk Factors, Markers of Oxidation, and Inflammation. <i>Nutrients</i> , 2019 , 11,	6.7	27
150	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
149	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
148	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
147	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
146	Cohort Profile: Design and methods of the PREDIMED-Plus randomized trial. <i>International Journal of Epidemiology</i> , 2019 , 48, 387-388o	7.8	87
145	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
144	Worldwide adherence to Mediterranean Diet between 1960 and 2011. <i>European Journal of Clinical Nutrition</i> , 2019 , 72, 83-91	5.2	57
143	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
142	Multiple approaches to associations of physical activity and adherence to the Mediterranean diet with all-cause mortality in older adults: the PREvenci3n con Dieta MEDiterránea study. <i>European Journal of Nutrition</i> , 2019 , 58, 1569-1578	5.2	12
141	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
140	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
139	Metabolic Predictors of Incident Coronary Heart Disease in Women. <i>Circulation</i> , 2018 , 137, 841-853	16.7	105
138	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
137	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
136	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
135	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

134	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
133	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
132	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
131	Influence of Bioactive Nutrients on the Atherosclerotic Process: A Review. <i>Nutrients</i> , 2018 , 10,	6.7	21
130	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
129	Document of recommendations of the SEA 2018. Lifestyle in cardiovascular prevention. <i>Clínica E Investigaci3n En Arteriosclerosis</i> , 2018 , 30, 280-310	1.4	10
128	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
127	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
126	Document of recommendations of the SEA 2018. Lifestyle in cardiovascular prevention. <i>Clínica E Investigaci3n En Arteriosclerosis (English Edition)</i> , 2018 , 30, 280-310	0.3	2
125	Claves para disfrutar de una vida larga y sana. <i>Revista Espanola De Cardiologia</i> , 2018 , 71, 993-995	1.5	0
124	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
123	Nutrition and Cardiovascular Health. <i>International Journal of Molecular Sciences</i> , 2018 , 19,	6.3	78
122	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
121	Plasma Lipidomic Profiling and Risk of Type 2 Diabetes in the PREDIMED Trial. <i>Diabetes Care</i> , 2018 , 41, 2617-2624	14.6	78
120	Relationship between Mediterranean Dietary Polyphenol Intake and Obesity. <i>Nutrients</i> , 2018 , 10,	6.7	78
119	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
118	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
117	Total and subtypes of dietary fat intake and risk of type 2 diabetes mellitus in the Prevenci3n con Dieta Mediterr3nea (PREDIMED) study. <i>American Journal of Clinical Nutrition</i> , 2017 , 105, 723-735	7	62

116	Plasma Ceramides, Mediterranean Diet, and Incident Cardiovascular Disease in the PREDIMED Trial (Prevenci3 con Dieta Mediterr3ea). <i>Circulation</i> , 2017 , 135, 2028-2040	16.7	161
115	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
114	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
113	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
112	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
111	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
110	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
109	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
108	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
107	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
106	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
105	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
104	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
103	The Effect of a Mediterranean Diet on the Incidence of Cataract Surgery. <i>Nutrients</i> , 2017 , 9,	6.7	10
102	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
101	Long-Term Immunomodulatory Effects of a Mediterranean Diet in Adults at High Risk of Cardiovascular Disease in the PREvenci3 con Dieta MEDiterr3ea (PREDIMED) Randomized Controlled Trial. <i>Journal of Nutrition</i> , 2016 , 146, 1684-93	4.1	99
100	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
99	Nutritional adequacy according to carbohydrates and fat quality. <i>European Journal of Nutrition</i> , 2016 , 55, 93-106	5.2	37

98	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
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