

Leonie Heilbronn

List of Publications by Year in descending order

Source: <https://exaly.com/author-pdf/8189576/publications.pdf>

Version: 2024-02-01

136
papers

10,147
citations

50273

46
h-index

34984

98
g-index

139
all docs

139
docs citations

139
times ranked

12458
citing authors

#	ARTICLE	IF	CITATIONS
1	Does intermittent fasting impact mental disorders? A systematic review with meta-analysis. Critical Reviews in Food Science and Nutrition, 2023, 63, 11169-11184.	10.3	8
2	Eating architecture in adults at increased risk of type 2 diabetes: associations with body fat and glycaemic control. British Journal of Nutrition, 2022, 128, 324-333.	2.3	7
3	Time-restricted eating improves glycemic control and dampens energy-consuming pathways in human adipose tissue. Nutrition, 2022, 96, 111583.	2.4	22
4	Intermittent fasting activates markers of autophagy in mouse liver, but not muscle from mouse or humans. Nutrition, 2022, 101, 111662.	2.4	6
5	ADMA and homoarginine independently predict mortality in critically ill patients. Nitric Oxide - Biology and Chemistry, 2022, 122-123, 47-53.	2.7	4
6	Intermittent feeding and circadian rhythm in critical illness. Current Opinion in Critical Care, 2022, 28, 381-388.	3.2	9
7	Measurement of autophagic flux in humans: an optimized method for blood samples. Autophagy, 2021, 17, 3238-3255.	9.1	21
8	Effects of Intermittent Fasting or Calorie Restriction on Markers of Lipid Metabolism in Human Skeletal Muscle. Journal of Clinical Endocrinology and Metabolism, 2021, 106, e1389-e1399.	3.6	18
9	Early or delayed time-restricted feeding prevents metabolic impact of obesity in mice. Journal of Endocrinology, 2021, 248, 75-86.	2.6	29
10	Effects of intragastric administration of L-tryptophan on the glycaemic response to a nutrient drink in men with type 2 diabetes – impacts on gastric emptying, glucoregulatory hormones and glucose absorption. Nutrition and Diabetes, 2021, 11, 3.	3.2	5
11	The Inhibition of Metabolic Inflammation by EPA Is Associated with Enhanced Mitochondrial Fusion and Insulin Signaling in Human Primary Myotubes. Journal of Nutrition, 2021, 151, 810-819.	2.9	11
12	Carbohydrate intake and circadian synchronicity in the regulation of glucose homeostasis. Current Opinion in Clinical Nutrition and Metabolic Care, 2021, 24, 342-348.	2.5	11
13	An update to the study protocol for a randomized controlled trial comparing daily calorie restriction versus intermittent fasting to improve glycaemia in individuals at increased risk of developing type 2 diabetes. Obesity Research and Clinical Practice, 2021, 15, 306.	1.8	2
14	Eight weeks of intermittent fasting versus calorie restriction does not alter eating behaviors, mood, sleep quality, quality of life and cognitive performance in women with overweight. Nutrition Research, 2021, 92, 32-39.	2.9	19
15	Evidence gaps and potential roles of intermittent fasting in the prevention of chronic diseases. Experimental Gerontology, 2021, 153, 111506.	2.8	3
16	Periodic fasting prevents fat penalties in females. Nature Metabolism, 2021, 3, 1282-1283.	11.9	0
17	The impact of a meal, snack, or not eating during the night shift on simulated driving performance post-shift. Scandinavian Journal of Work, Environment and Health, 2021, 47, 78-84.	3.4	0
18	The impact of a meal, snack, or not eating during the night shift on simulated driving performance post-shift. Scandinavian Journal of Work, Environment and Health, 2021, 47, 78-84.	3.4	3

#	ARTICLE	IF	CITATIONS
19	A Time to Eat and a Time to Exercise. Exercise and Sport Sciences Reviews, 2020, 48, 4-10.	3.0	41
20	Intermittent fasting: What questions should we be asking?. Physiology and Behavior, 2020, 218, 112827.	2.1	19
21	The Effect of Isoleucine Supplementation on Body Weight Gain and Blood Glucose Response in Lean and Obese Mice. Nutrients, 2020, 12, 2446.	4.1	9
22	Time-Restricted Eating: Benefits, Mechanisms, and Challenges in Translation. IScience, 2020, 23, 101161.	4.1	96
23	Rationale and protocol for a randomized controlled trial comparing daily calorie restriction versus intermittent fasting to improve glycaemia in individuals at increased risk of developing type 2 diabetes. Obesity Research and Clinical Practice, 2020, 14, 176-183.	1.8	7
24	Relative Hyperglycemia Is an Independent Determinant of In-Hospital Mortality in Patients With Critical Illness. Critical Care Medicine, 2020, 48, e115-e122.	0.9	51
25	Intermittent Fasting Does Not Uniformly Impact Genes Involved in Circadian Regulation in Women with Obesity. Obesity, 2020, 28, S63-S67.	3.0	3
26	Will Delaying Breakfast Mitigate the Metabolic Health Benefits of Time-Restricted Eating?. Obesity, 2020, 28, S6-S7.	3.0	10
27	Hyperbaric oxygen but not hyperbaric air increases insulin sensitivity in men with type 2 diabetes mellitus. Diving and Hyperbaric Medicine, 2020, 50, 386-390.	0.5	2
28	Assessment of insulin sensitivity during hyperbaric oxygen treatment. Diving and Hyperbaric Medicine, 2020, 50, 238-243.	0.5	1
29	Assessment of insulin sensitivity during hyperbaric oxygen treatment. Diving and Hyperbaric Medicine, 2020, 50, 238-243.	0.5	1
30	How much is left in your "sleep tank"? Proof of concept for a simple model for sleep history feedback. Accident Analysis and Prevention, 2019, 126, 177-183.	5.7	3
31	Clinical Trials Corner. Nutrition and Healthy Aging, 2019, 5, 165-166.	1.1	0
32	Small-protein Enrichment Assay Enables the Rapid, Unbiased Analysis of Over 100 Low Abundance Factors from Human Plasma. Molecular and Cellular Proteomics, 2019, 18, 1899-1915.	3.8	37
33	Markers of adipose tissue inflammation are transiently elevated during intermittent fasting in women who are overweight or obese. Obesity Research and Clinical Practice, 2019, 13, 408-415.	1.8	29
34	Subjective Hunger, Gastric Upset, and Sleepiness in Response to Altered Meal Timing during Simulated Shiftwork. Nutrients, 2019, 11, 1352.	4.1	26
35	Altering meal timing to improve cognitive performance during simulated nightshifts. Chronobiology International, 2019, 36, 1691-1713.	2.0	20
36	Alternate-Day Fasting Gets a Safe Bill of Health. Cell Metabolism, 2019, 30, 411-413.	16.2	3

#	ARTICLE	IF	CITATIONS
37	Longitudinal Changes in Insulin Resistance in Normal Weight, Overweight and Obese Individuals. Journal of Clinical Medicine, 2019, 8, 623.	2.4	10
38	Time-Restricted Feeding Improves Glucose Tolerance in Men at Risk for Type 2 Diabetes: A Randomized Crossover Trial. Obesity, 2019, 27, 724-732.	3.0	306
39	Intermittent fasting increases energy expenditure and promotes adipose tissue browning in mice. Nutrition, 2019, 66, 38-43.	2.4	38
40	Proteomic Analysis of Human Plasma during Intermittent Fasting. Journal of Proteome Research, 2019, 18, 2228-2240.	3.7	63
41	Differential impacts of gonadotrophins, IVF and embryo culture on mouse blastocyst development. Reproductive BioMedicine Online, 2019, 39, 372-382.	2.4	10
42	Higher Serum Sex Hormone-Binding Globulin Levels Are Associated With Incident Cardiovascular Disease in Men. Journal of Clinical Endocrinology and Metabolism, 2019, 104, 6301-6315.	3.6	31
43	Clinical Trials Corner. Nutrition and Healthy Aging, 2019, 5, 237-238.	1.1	0
44	Intermittent Fasting Improves Glucose Tolerance and Promotes Adipose Tissue Remodeling in Male Mice Fed a High-Fat Diet. Endocrinology, 2019, 160, 169-180.	2.8	44
45	Effects of Intermittent Versus Continuous Energy Intakes on Insulin Sensitivity and Metabolic Risk in Women with Overweight. Obesity, 2019, 27, 50-58.	3.0	105
46	Clinical Trials Corner. Nutrition and Healthy Aging, 2018, 4, 355-356.	1.1	0
47	The role of sex hormone-binding globulin (SHBG), testosterone, and other sex steroids, on the development of type 2 diabetes in a cohort of community-dwelling middle-aged to elderly men. Acta Diabetologica, 2018, 55, 861-872.	2.5	42
48	Age-related changes in estradiol and longitudinal associations with fat mass in men. PLoS ONE, 2018, 13, e0201912.	2.5	12
49	Cross-sectional and longitudinal determinants of serum sex hormone binding globulin (SHBG) in a cohort of community-dwelling men. PLoS ONE, 2018, 13, e0200078.	2.5	21
50	Food Overconsumption in Healthy Adults Triggers Early and Sustained Increases in Serum Branched-Chain Amino Acids and Changes in Cysteine Linked to Fat Gain. Journal of Nutrition, 2018, 148, 1073-1080.	2.9	18
51	The health outcomes of human offspring conceived by assisted reproductive technologies (ART). Journal of Developmental Origins of Health and Disease, 2017, 8, 388-402.	1.4	113
52	Timing of food intake during simulated night shift impacts glucose metabolism: A controlled study. Chronobiology International, 2017, 34, 1003-1013.	2.0	69
53	Skeletal muscle extracellular matrix remodeling after short-term overfeeding in healthy humans. Metabolism: Clinical and Experimental, 2017, 67, 26-30.	3.4	29
54	It's not just what you eat but when: The impact of eating a meal during simulated shift work on driving performance. Chronobiology International, 2017, 34, 66-77.	2.0	32

#	ARTICLE	IF	CITATIONS
55	Selenoprotein P is elevated in individuals with obesity, but is not independently associated with insulin resistance. Obesity Research and Clinical Practice, 2017, 11, 227-232.	1.8	25
56	Clinical Trials Corner. Nutrition and Healthy Aging, 2017, 4, 265-266.	1.1	3
57	Relative hyperglycemia is associated with complications following an acute myocardial infarction: a post-hoc analysis of HI-5 data. Cardiovascular Diabetology, 2017, 16, 157.	6.8	40
58	Matching Meals to Body Clocksâ€”Impact on Weight and Glucose Metabolism. Nutrients, 2017, 9, 222.	4.1	31
59	Clinical Trials Corner. Nutrition and Healthy Aging, 2017, 4, 193-194.	1.1	5
60	Effects of prednisolone on energy and fat metabolism in patients with rheumatoid arthritis: tissue-specific insulin resistance with commonly used prednisolone doses. Clinical Endocrinology, 2016, 85, 741-747.	2.4	18
61	Serum S-adenosylmethionine, but not methionine, increases in response to overfeeding in humans. Nutrition and Diabetes, 2016, 6, e192-e192.	3.2	40
62	Acute Overfeeding Does Not Alter Liver or Adipose Tissue-Derived Cytokines in Healthy Humans. Annals of Nutrition and Metabolism, 2016, 69, 165-170.	1.9	11
63	Effect of acute and chronic glucocorticoid therapy on insulin sensitivity and postprandial vascular function. Clinical Endocrinology, 2016, 84, 501-508.	2.4	19
64	Energy Adaptations Persist 2ÂYears After Sleeve Gastrectomy and Gastric Bypass. Obesity Surgery, 2016, 26, 459-463.	2.1	29
65	Dietary acid load, metabolic acidosis and insulin resistance â€“ Lessons from cross-sectional and overfeeding studies in humans. Clinical Nutrition, 2016, 35, 1084-1090.	5.0	42
66	Metabolic impacts of altering meal frequency and timing â€“ Does when we eat matter?. Biochimie, 2016, 124, 187-197.	2.6	59
67	Dietary Enrichment with Fish Oil Prevents High Fat-Induced Metabolic Dysfunction in Skeletal Muscle in Mice. PLoS ONE, 2015, 10, e0117494.	2.5	42
68	Supporting the callout for people first language in obesity. Obesity Research and Clinical Practice, 2015, 9, 309.	1.8	10
69	Hyperbaric oxygen therapy increases insulin sensitivity in overweight men with and without type 2 diabetes. Diving and Hyperbaric Medicine, 2015, 45, 30-6.	0.5	21
70	Do adipose tissue macrophages promote insulin resistance or adipose tissue remodelling in humans?. Hormone Molecular Biology and Clinical Investigation, 2014, 20, 3-13.	0.7	11
71	Serum sex steroids and steroidogenesis-related enzyme expression in skeletal muscle during experimental weight gain in men. Diabetes and Metabolism, 2014, 40, 439-444.	2.9	11
72	Altered Glucose Metabolism in Mouse and Humans Conceived by IVF. Diabetes, 2014, 63, 3189-3198.	0.6	108

#	ARTICLE	IF	CITATIONS
73	Impaired Glucose Metabolism in Response to High Fat Diet in Female Mice Conceived by In Vitro Fertilization (IVF) or Ovarian Stimulation Alone. PLoS ONE, 2014, 9, e113155.	2.5	24
74	The effect of short-term overfeeding on serum lipids in healthy humans. Obesity, 2013, 21, E649-59.	3.0	48
75	Metabolically Protective Cytokines Adiponectin and Fibroblast Growth Factor-21 Are Increased by Acute Overfeeding in Healthy Humans. PLoS ONE, 2013, 8, e78864.	2.5	32
76	Inflammatory and Oxidative Stress Responses to High-Carbohydrate and High-Fat Meals in Healthy Humans. Journal of Nutrition and Metabolism, 2012, 2012, 1-8.	1.8	80
77	Obesity is associated with activated and insulin resistant immune cells. Diabetes/Metabolism Research and Reviews, 2012, 28, 447-454.	4.0	63
78	Hyperbaric oxygen therapy improves peripheral insulin sensitivity in humans. Diabetic Medicine, 2012, 29, 986-989.	2.3	41
79	Overfeeding Reduces Insulin Sensitivity and Increases Oxidative Stress, without Altering Markers of Mitochondrial Content and Function in Humans. PLoS ONE, 2012, 7, e36320.	2.5	72
80	Obesity alone or with type 2 diabetes is associated with tissue specific alterations in DNA methylation and gene expression of PPARGC1A and IGF2. Journal of Diabetes Research & Clinical Metabolism, 2012, 1, 16.	0.2	11
81	Does in vitro Fertilisation Increase Type 2 Diabetes and Cardiovascular Risk?. Current Diabetes Reviews, 2011, 7, 426-432.	1.3	17
82	An early inflammatory gene profile in visceral adipose tissue in children. Pediatric Obesity, 2011, 6, e360-e363.	3.2	39
83	Caloric Restriction with or without Exercise. Medicine and Science in Sports and Exercise, 2010, 42, 152-159.	0.4	77
84	Overexpression of the orphan receptor Nur77 alters glucose metabolism in rat muscle cells and rat muscle in vivo. Diabetologia, 2010, 53, 1174-1183.	6.3	35
85	A family history of type 2 diabetes increases risk factors associated with overfeeding. Diabetologia, 2010, 53, 1700-1708.	6.3	62
86	Fasting during exercise for fitness during feasting?. Journal of Physiology, 2010, 588, 4613-4614.	2.9	2
87	IL-6, IL-8 and IL-10 Levels in Healthy Weight and Overweight Children. Hormone Research in Paediatrics, 2010, 73, 128-134.	1.8	55
88	Ghrelin and peptide YY in postpartum lactating and nonlactating women. American Journal of Clinical Nutrition, 2010, 91, 366-372.	4.7	15
89	Metabolic Changes Following a 1-Year Diet and Exercise Intervention in Patients With Type 2 Diabetes. Diabetes, 2010, 59, 627-633.	0.6	94
90	Short-Term Overfeeding May Induce Peripheral Insulin Resistance Without Altering Subcutaneous Adipose Tissue Macrophages in Humans. Diabetes, 2010, 59, 2164-2170.	0.6	99

#	ARTICLE	IF	CITATIONS
91	Toll-like receptor 4 modulates skeletal muscle substrate metabolism. American Journal of Physiology - Endocrinology and Metabolism, 2010, 298, E988-E998.	3.5	130
92	Conclusion: Human Calorie Restriction and Anti-aging Therapy. , 2010, , 311-318.		1
93	Does skeletal muscle oxidative stress initiate insulin resistance in genetically predisposed individuals?. Trends in Endocrinology and Metabolism, 2010, 21, 83-88.	7.1	23
94	Food Intake, Life Style, Aging and Human Longevity. , 2010, , 15-41.		3
95	Differential Effect of Weight Loss on Adipocyte Size Subfractions in Patients With Type 2 Diabetes. Obesity, 2009, 17, 1976-1978.	3.0	46
96	Caloric restriction alone and with exercise improves CVD risk in healthy non-obese individuals. Atherosclerosis, 2009, 203, 206-213.	0.8	193
97	Metabolic and Behavioral Compensations in Response to Caloric Restriction: Implications for the Maintenance of Weight Loss. PLoS ONE, 2009, 4, e4377.	2.5	275
98	Abnormal postprandial PYY response in insulin sensitive nondiabetic subjects with a strong family history of type 2 diabetes. International Journal of Obesity, 2008, 32, 943-948.	3.4	23
99	Decorin is a secreted protein associated with obesity and type 2 diabetes. International Journal of Obesity, 2008, 32, 1113-1121.	3.4	51
100	Isletâ€1: A Potentially Important Role for an Islet Cell Gene in Visceral Fat. Obesity, 2008, 16, 356-362.	3.0	9
101	Effect of 6â€Month Calorie Restriction and Exercise on Serum and Liver Lipids and Markers of Liver Function. Obesity, 2008, 16, 1355-1362.	3.0	178
102	Psychosocial and behavioral pre-treatment predictors of weight loss outcomes. Eating and Weight Disorders, 2008, 13, 30-37.	2.5	25
103	Is mitochondrial dysfunction a cause of insulin resistance?. Trends in Endocrinology and Metabolism, 2008, 19, 324-330.	7.1	155
104	Potential role of increased matrix metalloproteinase-2 (MMP2) transcription in impaired adipogenesis in type 2 diabetes mellitus. Biochemical and Biophysical Research Communications, 2008, 367, 725-728.	2.1	15
105	Metabolic Flexibility in Response to Glucose Is Not Impaired in People With Type 2 Diabetes After Controlling for Glucose Disposal Rate. Diabetes, 2008, 57, 841-845.	0.6	100
106	Adipose Tissue Macrophages, Low Grade Inflammation and Insulin Resistance in Human Obesity. Current Pharmaceutical Design, 2008, 14, 1225-1230.	1.9	434
107	In Vitro Cellular Adaptations of Indicators of Longevity in Response to Treatment with Serum Collected from Humans on Calorie Restricted Diets. PLoS ONE, 2008, 3, e3211.	2.5	68
108	Impaired Fat Oxidation After a Single High-Fat Meal in Insulin-Sensitive Nondiabetic Individuals With a Family History of Type 2 Diabetes. Diabetes, 2007, 56, 2046-2053.	0.6	64

#	ARTICLE	IF	CITATIONS
109	Adipose tissue distribution in relation to insulin resistance in type 2 diabetes mellitus. American Journal of Physiology - Endocrinology and Metabolism, 2007, 293, E435-E442.	3.5	67
110	Calorie Restriction Increases Muscle Mitochondrial Biogenesis in Healthy Humans. PLoS Medicine, 2007, 4, e76.	8.4	654
111	Markers of Mitochondrial Biogenesis and Metabolism Are Lower in Overweight and Obese Insulin-Resistant Subjects. Journal of Clinical Endocrinology and Metabolism, 2007, 92, 1467-1473.	3.6	156
112	Empirical evaluation of the ability to learn a calorie counting system and estimate portion size and food intake. British Journal of Nutrition, 2007, 98, 439-444.	2.3	30
113	Metabolic dysfunction in anorexia nervosa. Obesity Research and Clinical Practice, 2007, 1, 139-146.	1.8	13
114	Effect of Calorie Restriction with or without Exercise on Body Composition and Fat Distribution. Journal of Clinical Endocrinology and Metabolism, 2007, 92, 865-872.	3.6	256
115	Effect of Calorie Restriction on Resting Metabolic Rate and Spontaneous Physical Activity. Obesity, 2007, 15, 2964-2973.	3.0	190
116	Effect of 6-Month Calorie Restriction on Biomarkers of Longevity, Metabolic Adaptation, and Oxidative Stress in Overweight Individuals. JAMA - Journal of the American Medical Association, 2006, 295, 1539.	7.4	823
117	Muscle-associated Triglyceride Measured by Computed Tomography and Magnetic Resonance Spectroscopy. Obesity, 2006, 14, 73-87.	3.0	102
118	Decreased Expression of Adipogenic Genes in Obese Subjects with Type 2 Diabetes. Obesity, 2006, 14, 1543-1552.	3.0	141
119	Low serum PYY is linked to insulin resistance in first-degree relatives of subjects with type 2 diabetes. Neuropeptides, 2006, 40, 317-324.	2.2	44
120	Effect of Calorie Restriction With or Without Exercise on Insulin Sensitivity, β -Cell Function, Fat Cell Size, and Ectopic Lipid in Overweight Subjects. Diabetes Care, 2006, 29, 1337-1344.	8.6	445
121	Alternate-day fasting in nonobese subjects: effects on body weight, body composition, and energy metabolism ^{1,2} . American Journal of Clinical Nutrition, 2005, 81, 69-73.	4.7	299
122	Glucose Tolerance and Skeletal Muscle Gene Expression in Response to Alternate Day Fasting. Obesity, 2005, 13, 574-581.	4.0	135
123	Calorie Restriction Extends Life Span" But Which Calories?. PLoS Medicine, 2005, 2, e231.	8.4	21
124	Relationship between Serum Resistin Concentrations and Insulin Resistance in Nonobese, Obese, and Obese Diabetic Subjects. Journal of Clinical Endocrinology and Metabolism, 2004, 89, 1844-1848.	3.6	265
125	Failure of fat cell proliferation, mitochondrial function and fat oxidation results in ectopic fat storage, insulin resistance and type II diabetes mellitus. International Journal of Obesity, 2004, 28, S12-S21.	3.4	337
126	Energy restriction and aging. Current Opinion in Clinical Nutrition and Metabolic Care, 2004, 7, 615-622.	2.5	36

#	ARTICLE	IF	CITATIONS
127	â~308 Nco I polymorphism of tumour necrosis factor Î± in overweight Caucasians. Diabetes Research and Clinical Practice, 2003, 62, 197-201.	2.8	11
128	Calorie restriction and aging: review of the literature and implications for studies in humans. American Journal of Clinical Nutrition, 2003, 78, 361-369.	4.7	618
129	The Insulin-sensitizing Role of the Fat Derived Hormone Adiponectin. Current Pharmaceutical Design, 2003, 9, 1411-1418.	1.9	63
130	The Effect of High- and Low-Glycemic Index Energy Restricted Diets on Plasma Lipid and Glucose Profiles in Type 2 Diabetic Subjects with Varying Glycemic Control. Journal of the American College of Nutrition, 2002, 21, 120-127.	1.8	132
131	Association between HDL-cholesterol and the Taq1B polymorphism in the cholesterol ester transfer protein gene in obese women. Atherosclerosis, 2002, 162, 419-424.	0.8	25
132	C-reactive protein and coronary artery disease: influence of obesity, caloric restriction and weight loss. Journal of Nutritional Biochemistry, 2002, 13, 316-321.	4.2	66
133	Energy Restriction and Weight Loss on Very-Low-Fat Diets Reduce C-Reactive Protein Concentrations in Obese, Healthy Women. Arteriosclerosis, Thrombosis, and Vascular Biology, 2001, 21, 968-970.	2.4	294
134	Association of -3826 G Variant in uncoupling protein-1 with increased BMI in overweight Australian women. Diabetologia, 2000, 43, 242-244.	6.3	76
135	360His polymorphism of the apolipoproteinA-IV gene and plasma lipid response to energy restricted diets in overweight subjects. Atherosclerosis, 2000, 150, 187-192.	0.8	23
136	Effect of energy restriction, weight loss, and diet composition on plasma lipids and glucose in patients with type 2 diabetes.. Diabetes Care, 1999, 22, 889-895.	8.6	153