

# L Kirsty Pourshahidi

## List of Publications by Year in descending order

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Version: 2024-02-01

52  
papers

1,482  
citations

279701

23  
h-index

345118

36  
g-index

53  
all docs

53  
docs citations

53  
times ranked

2551  
citing authors

#	ARTICLE	IF	CITATIONS
1	Vitamin D and obesity: current perspectives and future directions. <i>Proceedings of the Nutrition Society</i> , 2015, 74, 115-124.	0.4	159
2	Portion Size and Obesity. <i>Advances in Nutrition</i> , 2014, 5, 829-834.	2.9	127
3	Dietary and lifestyle habits and the associated health risks in shift workers. <i>Nutrition Research Reviews</i> , 2015, 28, 143-166.	2.1	95
4	Vitamin D: Recent Advances and Implications for Athletes. <i>Sports Medicine</i> , 2015, 45, 213-229.	3.1	63
5	Impact of a (poly)phenol-rich extract from the brown algae <i>Ascophyllum nodosum</i> on DNA damage and antioxidant activity in an overweight or obese population: a randomized controlled trial. <i>American Journal of Clinical Nutrition</i> , 2018, 108, 688-700.	2.2	59
6	Perceived "healthiness" of foods can influence consumers' estimations of energy density and appropriate portion size. <i>International Journal of Obesity</i> , 2014, 38, 106-112.	1.6	54
7	Micronutrients, iodine status and concentrations of thyroid hormones: a systematic review. <i>Nutrition Reviews</i> , 2018, 76, 418-431.	2.6	54
8	Myopes have significantly higher serum melatonin concentrations than non-myopes. <i>Ophthalmic and Physiological Optics</i> , 2017, 37, 557-567.	1.0	53
9	Serving size guidance for consumers: is it effective?. <i>Proceedings of the Nutrition Society</i> , 2012, 71, 610-621.	0.4	49
10	Effect of adiposity on vitamin D status and the 25-hydroxycholecalciferol response to supplementation in healthy young and older Irish adults. <i>British Journal of Nutrition</i> , 2012, 107, 126-134.	1.2	48
11	A qualitative study of psychological, social and behavioral barriers to appropriate food portion size control. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2013, 10, 92.	2.0	43
12	Maintenance of Wintertime Vitamin D Status with Cholecalciferol Supplementation Is Not Associated with Alterations in Serum Cytokine Concentrations among Apparently Healthy Younger or Older Adults. <i>Journal of Nutrition</i> , 2011, 141, 476-481.	1.3	42
13	Vitamin D3 supplementation using an oral spray solution resolves deficiency but has no effect on VO2 max in Gaelic footballers: results from a randomised, double-blind, placebo-controlled trial. <i>European Journal of Nutrition</i> , 2017, 56, 1577-1587.	1.8	38
14	A Comprehensive Overview of the Risks and Benefits of Coffee Consumption. <i>Comprehensive Reviews in Food Science and Food Safety</i> , 2016, 15, 671-684.	5.9	36
15	Iodine knowledge is positively associated with dietary iodine intake among women of childbearing age in the UK and Ireland. <i>British Journal of Nutrition</i> , 2016, 116, 1728-1735.	1.2	35
16	Vitamin D Status and Supplementation in Elite Irish Athletes. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2013, 23, 441-448.	1.0	33
17	Sulforaphane-enriched extracts from glucoraphanin-rich broccoli exert antimicrobial activity against gut pathogens in vitro and innovative cooking methods increase in vivo intestinal delivery of sulforaphane. <i>European Journal of Nutrition</i> , 2021, 60, 1263-1276.	1.8	32
18	Influencing and modifying children's energy intake: the role of portion size and energy density. <i>Proceedings of the Nutrition Society</i> , 2014, 73, 397-406.	0.4	28

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19	Validation of a food frequency questionnaire to determine vitamin <sc>D</sc> intakes using the method of triads. Journal of Human Nutrition and Dietetics, 2016, 29, 255-261.	1.3	28
20	An evaluation of portion size estimation aids: precision, ease of use and likelihood of future use. Public Health Nutrition, 2016, 19, 2377-2387.	1.1	27
21	A qualitative exploration of the shift work experience: the perceived effect on eating habits, lifestyle behaviours and psychosocial wellbeing. Journal of Public Health, 2018, 40, e482-e492.	1.0	27
22	The Effect of Processing and Seasonality on the Iodine and Selenium Concentration of Cowâ€™s Milk Produced in Northern Ireland (NI): Implications for Population Dietary Intake. Nutrients, 2018, 10, 287.	1.7	26
23	The use of conjunctival ultraviolet autofluorescence (<sc>CUVAF</sc>) as a biomarker of time spent outdoors. Ophthalmic and Physiological Optics, 2016, 36, 359-369.	1.0	25
24	Laser induced graphene sensors for assessing pH: Application to wound management. Electrochemistry Communications, 2021, 123, 106914.	2.3	25
25	A Qualitative Exploration of the Shift Work Experience. Journal of Occupational and Environmental Medicine, 2017, 59, 1153-1160.	0.9	21
26	Vitamin D status is associated with muscle strength and quality of life in patients with COPD: a seasonal prospective observation study. International Journal of COPD, 2018, Volume 13, 2613-2622.	0.9	21
27	Modest improvement in CVD risk markers in older adults following quinoa (Chenopodium quinoa) Tj ETQq1 1 0.784314 rgBT /Overload Journal of Nutrition, 2020, 59, 3313-3323.	1.8	18
28	Secular trends in reported portion size of food and beverages consumed by Irish adults. British Journal of Nutrition, 2015, 113, 1148-1157.	1.2	17
29	Family eating out-of-home: a review of nutrition and health policies. Proceedings of the Nutrition Society, 2013, 72, 126-139.	0.4	16
30	Ex vivo fecal fermentation of human ileal fluid collected after raspberry consumption modifies (poly)phenolics and modulates genoprotective effects in colonic epithelial cells. Redox Biology, 2021, 40, 101862.	3.9	16
31	Vitamin D Status and Supplementation Practices in Elite Irish Athletes: An Update from 2010/2011. Nutrients, 2016, 8, 485.	1.7	14
32	An evaluation of portion size estimation aids: Consumer perspectives on their effectiveness. Appetite, 2017, 114, 200-208.	1.8	14
33	Cow Milk Consumption Increases Iodine Status in Women of Childbearing Age in a Randomized Controlled Trial. Journal of Nutrition, 2018, 148, 401-408.	1.3	14
34	Aryl hydrocarbon Receptor activation during <i>in vitro</i> and <i>in vivo</i> digestion of raw and cooked broccoli (<i>brassica oleracea</i> var. <i>italica</i>). Food and Function, 2020, 11, 4026-4037.	2.1	12
35	Vitamin D3 content of cowsâ€™ milk produced in Northern Ireland and its efficacy as a vehicle for vitamin D fortification: a UK model. International Journal of Food Sciences and Nutrition, 2021, 72, 447-455.	1.3	12
36	Endocannabinoids, endocannabinoid-like molecules and their precursors in human small intestinal lumen and plasma: does diet affect them?. European Journal of Nutrition, 2021, 60, 2203-2215.	1.8	12

#	ARTICLE	IF	CITATIONS
37	The future is bright: Biofortification of common foods can improve vitamin D status. <i>Critical Reviews in Food Science and Nutrition</i> , 2023, 63, 505-521.	5.4	12
38	Vitamin D <sup>3</sup> supplementation in healthy adults: a comparison between capsule and oral spray solution as a method of delivery in a wintertime, randomised, open-label, cross-over study. <i>British Journal of Nutrition</i> , 2016, 116, 1402-1408.	1.2	11
39	Indices of adiposity as predictors of cardiometabolic risk and inflammation in young adults. <i>Journal of Human Nutrition and Dietetics</i> , 2016, 29, 26-37.	1.3	11
40	How do adults define the treats they give to children? A thematic analysis. <i>Appetite</i> , 2019, 133, 115-122.	1.8	10
41	Vitamin D Status and Health Outcomes in School Children in Northern Ireland: Year One Results from the D-VinCHI Study. <i>Nutrients</i> , 2022, 14, 804.	1.7	9
42	Overweight and obesity in shift workers: associated dietary and lifestyle factors. <i>European Journal of Public Health</i> , 2020, 30, 532-537.	0.1	7
43	Vitamin D Biofortification of Pork May Offer a Food-Based Strategy to Increase Vitamin D Intakes in the UK Population. <i>Frontiers in Nutrition</i> , 2021, 8, 777364.	1.6	6
44	Is it still a real treat? Adults' treat provision to children. <i>Appetite</i> , 2018, 130, 228-235.	1.8	5
45	Adherence to dietary and physical activity guidelines among shift workers: associations with individual and work-related factors. <i>BMJ Nutrition, Prevention and Health</i> , 2020, 3, 229-238.	1.9	5
46	Lasered Graphene Microheaters Modified with Phase-Change Composites: New Approach to Smart Patch Drug Delivery. <i>Micromachines</i> , 2022, 13, 1132.	1.4	5
47	Ex Vivo Fecal Fermentation of Human Ileal Fluid Collected After Wild Strawberry Consumption Modulates Human Microbiome Community Structure and Metabolic Output and Protects Against DNA Damage in Colonic Epithelial Cells. <i>Molecular Nutrition and Food Research</i> , 2022, 66, e2100405.	1.5	4
48	Vitamin D and Bone Health of Older Adults within Care Homes: An Observational Study. <i>Nutrients</i> , 2022, 14, 2680.	1.7	3
49	Twelve-weeks Oral Spray Vitamin D3 Supplementation Does Not Alter Bone Turnover Markers In Collegiate Gaelic Footballers. <i>Medicine and Science in Sports and Exercise</i> , 2017, 49, 105.	0.2	0
50	Wild strawberry polyphenols exhibit gut-protective bioactivity following in vivo digestion. <i>Proceedings of the Nutrition Society</i> , 2020, 79, .	0.4	0
51	Laser Scribed Polyimide as a Platform for Monitoring pH within Smart Bandages. , 2020, , .		0
52	Lower Cathelicidin Concentrations In Irish Athletes Compared To Healthy Controls. <i>Medicine and Science in Sports and Exercise</i> , 2016, 48, 341.	0.2	0