

Leonidas Georgios Karagounis

List of Publications by Year in descending order

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49
papers

4,023
citations

304368

22
h-index

288905

40
g-index

51
all docs

51
docs citations

51
times ranked

6591
citing authors

#	ARTICLE	IF	CITATIONS
1	Sedentary Behavior Research Network (SBRN) " Terminology Consensus Project process and outcome. International Journal of Behavioral Nutrition and Physical Activity, 2017, 14, 75.	2.0	2,147
2	Disassociation between the effects of amino acids and insulin on signaling, ubiquitin ligases, and protein turnover in human muscle. American Journal of Physiology - Endocrinology and Metabolism, 2008, 295, E595-E604.	1.8	415
3	Chrono-nutrition: a review of current evidence from observational studies on global trends in time-of-day of energy intake and its association with obesity. Proceedings of the Nutrition Society, 2016, 75, 487-500.	0.4	139
4	Chronotype: Implications for Epidemiologic Studies on Chrono-Nutrition and Cardiometabolic Health. Advances in Nutrition, 2019, 10, 30-42.	2.9	129
5	Thiol-based antioxidant supplementation alters human skeletal muscle signaling and attenuates its inflammatory response and recovery after intense eccentric exercise. American Journal of Clinical Nutrition, 2013, 98, 233-245.	2.2	115
6	Hypoenergetic diet-induced reductions in myofibrillar protein synthesis are restored with resistance training and balanced daily protein ingestion in older men. American Journal of Physiology - Endocrinology and Metabolism, 2015, 308, E734-E743.	1.8	93
7	Transcriptomic analyses reveal rhythmic and CLOCK-driven pathways in human skeletal muscle. ELife, 2018, 7, .	2.8	87
8	Inflammaging and Skeletal Muscle: Can Protein Intake Make a Difference?. Journal of Nutrition, 2016, 146, 1940-1952.	1.3	85
9	A Systematic Review of the Effects of Plant Compared with Animal Protein Sources on Features of Metabolic Syndrome. Journal of Nutrition, 2017, 147, jn239574.	1.3	79
10	Lipidomics reveals diurnal lipid oscillations in human skeletal muscle persisting in cellular myotubes cultured in vitro. Proceedings of the National Academy of Sciences of the United States of America, 2017, 114, E8565-E8574.	3.3	74
11	Single-leg cycle training is superior to double-leg cycling in improving the oxidative potential and metabolic profile of trained skeletal muscle. Journal of Applied Physiology, 2011, 110, 1248-1255.	1.2	59
12	A randomized controlled trial to isolate the effects of fasting and energy restriction on weight loss and metabolic health in lean adults. Science Translational Medicine, 2021, 13, .	5.8	56
13	Two weeks of reduced-volume sprint interval or traditional exercise training does not improve metabolic functioning in sedentary obese men. Diabetes, Obesity and Metabolism, 2013, 15, 1146-1153.	2.2	42
14	Effect of resistance training and protein intake pattern on myofibrillar protein synthesis and proteome kinetics in older men in energy restriction. Journal of Physiology, 2018, 596, 2091-2120.	1.3	42
15	Screen-based sedentary behavior and associations with functional strength in 6-15 year-old children in the United States. BMC Public Health, 2015, 16, 116.	1.2	38
16	Caffeine Ingestion and Cycling Power Output in a Low or Normal Muscle Glycogen State. Medicine and Science in Sports and Exercise, 2013, 45, 1577-1584.	0.2	36
17	Musculoskeletal system in the old age and the demand for healthy ageing biomarkers. Mechanisms of Ageing and Development, 2013, 134, 541-547.	2.2	32
18	Systemic and Metabolic Signature of Sarcopenia in Community-Dwelling Older Adults. Journals of Gerontology - Series A Biological Sciences and Medical Sciences, 2020, 75, 309-317.	1.7	31

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19	Protein ingestion preserves proteasome activity during intense aseptic inflammation and facilitates skeletal muscle recovery in humans. <i>British Journal of Nutrition</i> , 2017, 118, 189-200.	1.2	29
20	The 5 α -adenosine monophosphate-activated protein kinase: Regulating the ebb and flow of cellular energetics. <i>International Journal of Biochemistry and Cell Biology</i> , 2009, 41, 2360-2363.	1.2	26
21	Post-Game High Protein Intake May Improve Recovery of Football-Specific Performance during a Congested Game Fixture: Results from the PRO-FOOTBALL Study. <i>Nutrients</i> , 2018, 10, 494.	1.7	26
22	Skeletal muscle: Increasing the size of the locomotor cell. <i>International Journal of Biochemistry and Cell Biology</i> , 2010, 42, 1376-1379.	1.2	25
23	Contraction-induced changes in TNF α and Akt-mediated signalling are associated with increased myofibrillar protein in rat skeletal muscle. <i>European Journal of Applied Physiology</i> , 2010, 109, 839-848.	1.2	24
24	Dietary protein intake in school-age children and detailed measures of body composition: the Generation R Study. <i>International Journal of Obesity</i> , 2018, 42, 1715-1723.	1.6	23
25	Amino Acid Composition of Breast Milk from Urban Chinese Mothers. <i>Nutrients</i> , 2016, 8, 606.	1.7	19
26	Longitudinal association of dietary protein intake in infancy and adiposity throughout childhood. <i>Clinical Nutrition</i> , 2019, 38, 1296-1302.	2.3	19
27	Protein and Energy Intakes Are Skewed toward the Evening among Children and Adolescents in the United States: NHANES 2013-2014. <i>Journal of Nutrition</i> , 2017, 147, 1160-1166.	1.3	18
28	Disparate Habitual Physical Activity and Dietary Intake Profiles of Elderly Men with Low and Elevated Systemic Inflammation. <i>Nutrients</i> , 2018, 10, 566.	1.7	17
29	Intermittent fasting, energy balance and associated health outcomes in adults: study protocol for a randomised controlled trial. <i>Trials</i> , 2018, 19, 86.	0.7	14
30	Regulation of Granulocyte Colony-Stimulating Factor and Its Receptor in Skeletal Muscle Is Dependent Upon the Type of Inflammatory Stimulus. <i>Journal of Interferon and Cytokine Research</i> , 2015, 35, 710-719.	0.5	13
31	Timing and pattern of postexercise protein ingestion affects whole-body protein balance in healthy children: a randomized trial. <i>Applied Physiology, Nutrition and Metabolism</i> , 2017, 42, 1142-1148.	0.9	11
32	Postexercise Dietary Protein Ingestion Increases Whole-Body Leucine Balance in a Dose-Dependent Manner in Healthy Children. <i>Journal of Nutrition</i> , 2017, 147, 807-815.	1.3	10
33	Reprint of: Musculoskeletal system in the old age and the demand for healthy ageing biomarkers. <i>Mechanisms of Ageing and Development</i> , 2014, 136-137, 94-100.	2.2	9
34	Protein Intake at Breakfast Promotes a Positive Whole-Body Protein Balance in a Dose-Response Manner in Healthy Children: A Randomized Trial. <i>Journal of Nutrition</i> , 2018, 148, 729-737.	1.3	9
35	Nutrition and the biology of human ageing: Bone health & osteoporosis / sarcopenia / immune deficiency. <i>Journal of Nutrition, Health and Aging</i> , 2013, 17, 712-716.	1.5	8
36	Low-Grade Systemic Inflammation Interferes with Anabolic and Catabolic Characteristics of the Aged Human Skeletal Muscle. <i>Oxidative Medicine and Cellular Longevity</i> , 2021, 2021, 1-14.	1.9	7

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37	Unacylated ghrelin, leptin, and appetite display diurnal rhythmicity in lean adults. <i>Journal of Applied Physiology</i> , 2021, 130, 1534-1543.	1.2	6
38	Ingestion of a Pre-bedtime Protein Containing Beverage Prevents Overnight Induced Negative Whole Body Protein Balance in Healthy Middle-Aged Men: A Randomized Trial. <i>Frontiers in Nutrition</i> , 2019, 6, 181.	1.6	4
39	A Randomized Controlled Clinical Trial in Healthy Older Adults to Determine Efficacy of Glycine and N-Acetylcysteine Supplementation on Glutathione Redox Status and Oxidative Damage. <i>Frontiers in Aging</i> , 2022, 3, .	1.2	4
40	Combining Nutritional Supplementation and Progressive Physical Activity Program Improves Functionality and Quality of Life in Healthy 50y+ Volunteers with Knee Joint Discomfort: A Baseline-Control Trial. <i>Osteoarthritis and Cartilage</i> , 2017, 25, S293-S294.	0.6	1
41	Leucine-Protein Functional Adaptation in the Clinical Setting. , 2015, , 217-227.		1
42	200. <i>Cytokine</i> , 2014, 70, 76.	1.4	0
43	Post-Exercise Protein Ingestion Increases Whole Body Leucine Balance in a Dose-Dependent Manner in Healthy Children. <i>Medicine and Science in Sports and Exercise</i> , 2016, 48, 442.	0.2	0
44	The Importance of Dietary Protein at Breakfast in Childhood. <i>Nestle Nutrition Institute Workshop Series</i> , 2019, 91, 143-151.	1.5	0
45	Impact of Intermittent Fasting on Energy Balance and Associated Health Outcomes in Lean Adults. <i>Medicine and Science in Sports and Exercise</i> , 2019, 51, 796-796.	0.2	0
46	Effects of post exercise supplementation with protein and carbohydrate on lean tissue mass gains during 70 days of resistance training in healthy males and its association with mediators of the molecular regulation of muscle mass. <i>FASEB Journal</i> , 2008, 22, 753.20.	0.2	0
47	Leucine-Protein Supplemented Recovery and Exercise. , 2015, , 15-32.		0
48	Impact of moderate dietary protein restriction on glucose homeostasis in a model of oestrogen deficiency. <i>Journal of Nutritional Biochemistry</i> , 2022, 102, 108952.	1.9	0
49	Evolution of Mobility Function in Chinese Elders during the 6 Months of Nutritional Supplementation and Age-adapted Physical Activities: A Feasibility Study.. <i>Biomedical and Environmental Sciences</i> , 2021, 34, 900-904.	0.2	0