Sonia Ramos

List of Publications by Year
in descending order

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121 papers	7,236 citations	50170 46 h-index	58464 82 g-index
121 all docs	121 docs citations	121 times ranked	10090 citing authors

#	Article	IF	Citations
1	Cancer chemoprevention and chemotherapy: Dietary polyphenols and signalling pathways. Molecular Nutrition and Food Research, 2008, 52, 507-526.	1.5	578
2	Effects of dietary flavonoids on apoptotic pathways related to cancer chemoprevention. Journal of Nutritional Biochemistry, 2007, 18, 427-442.	1.9	530
3	Determination of malondialdehyde (MDA) by high-performance liquid chromatography in serum and liver as a biomarker for oxidative stressApplication to a rat model for hypercholesterolemia and evaluation of the effect of diets rich in phenolic antioxidants from fruits. Journal of Chromatography B: Analytical Technologies in the Biomedical and Life Sciences, 2005, 827, 76-82.	1.2	300
4	Quercetin Induces Apoptosis via Caspase Activation, Regulation of Bcl-2, and Inhibition of PI-3-Kinase/Akt and ERK Pathways in a Human Hepatoma Cell Line (HepG2). Journal of Nutrition, 2006, 136, 2715-2721.	1.3	295
5	Quercetin protects human hepatoma HepG2 against oxidative stress induced by tert-butyl hydroperoxide. Toxicology and Applied Pharmacology, 2006, 212, 110-118.	1.3	223
6	Influence of quercetin and rutin on growth and antioxidant defense system of a human hepatoma cell line (HepG2). European Journal of Nutrition, 2006, 45, 19-28.	1.8	220
7	Response of the antioxidant defense system totert-butyl hydroperoxide and hydrogen peroxide in a human hepatoma cell line (HepG2). Journal of Biochemical and Molecular Toxicology, 2005, 19, 119-128.	1.4	193
8	Quercetin modulates Nrf2 and glutathione-related defenses in HepG2 cells: Involvement of p38. Chemico-Biological Interactions, 2012, 195, 154-164.	1.7	155
9	Comparative Effects of Food-Derived Polyphenols on the Viability and Apoptosis of a Human Hepatoma Cell Line (HepG2). Journal of Agricultural and Food Chemistry, 2005, 53, 1271-1280.	2.4	129
10	Cocoa flavonoids up-regulate antioxidant enzyme activity via the ERK1/2 pathway to protect against oxidative stress-induced apoptosis in HepG2 cells. Journal of Nutritional Biochemistry, 2010, 21, 196-205.	1.9	126
11	Cocoa flavonoids improve insulin signalling and modulate glucose production via <scp>AKT</scp> and <scp>AMPK</scp> in <scp>H</scp>ep<scp>G</scp>2 cells. Molecular Nutrition and Food Research, 2013, 57, 974-985.	1.5	126
12	Cocoa flavonoids attenuate high glucose-induced insulin signalling blockade and modulate glucose uptake and production in human HepG2 cells. Food and Chemical Toxicology, 2014, 64, 10-19.	1.8	124
13	Procyanidin B2 and a cocoa polyphenolic extract inhibit acrylamide-induced apoptosis in human Caco-2 cells by preventing oxidative stress and activation of JNK pathway. Journal of Nutritional Biochemistry, 2011, 22, 1186-1194.	1.9	123
14	Procyanidin B2 induces Nrf2 translocation and glutathione S-transferase P1 expression via ERKs and p38-MAPK pathways and protect human colonic cells against oxidative stress. European Journal of Nutrition, 2012, 51, 881-892.	1.8	121
15	Molecular Mechanisms of (â˜)-Epicatechin and Chlorogenic Acid on the Regulation of the Apoptotic and Survival/Proliferation Pathways in a Human Hepatoma Cell Line. Journal of Agricultural and Food Chemistry, 2007, 55, 2020-2027.	2.4	115
16	Hydroxytyrosol induces antioxidant/detoxificant enzymes and Nrf2 translocationviaextracellular regulated kinases and phosphatidylinositol-3-kinase/protein kinase B pathways in HepG2 cells. Molecular Nutrition and Food Research, 2010, 54, 956-966.	1.5	114
17	A diet rich in dietary fiber from cocoa improves lipid profile and reduces malondialdehyde in hypercholesterolemic rats. Nutrition, 2007, 23, 332-341.	1.1	109
18	Epicatechin induces NF-ÎºB, activator protein-1 (AP-1) and nuclear transcription factor erythroid 2p45-related factor-2 (Nrf2) via phosphatidylinositol-3-kinase/protein kinase B (PI3K/AKT) and extracellular regulated kinase (ERK) signalling in HepG2 cells. British Journal of Nutrition, 2010, 103, 168-179.	1.2	105

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19	Protection of Human HepG2 Cells against Oxidative Stress by Cocoa Phenolic Extract. Journal of Agricultural and Food Chemistry, 2008, 56, 7765-7772.	2.4	102
20	Cocoa flavonoid epicatechin protects pancreatic beta cell viability and function against oxidative stress. Molecular Nutrition and Food Research, 2014, 58, 447-456.	1.5	92
21	Potential for preventive effects of cocoa and cocoa polyphenols in cancer. Food and Chemical Toxicology, 2013, 56, 336-351.	1.8	90
22	Quercetin Modulates NF-Î¤ B and AP-1/JNK Pathways to Induce Cell Death in Human Hepatoma Cells. Nutrition and Cancer, 2010, 62, 390-401.	0.9	87
23	Plastin 1 Binds to Keratin and Is Required for Terminal Web Assembly in the Intestinal Epithelium. Molecular Biology of the Cell, 2009, 20, 2549-2562.	0.9	84
24	Cocoa flavonoids protect hepatic cells against highâ€glucoseâ€induced oxidative stress: Relevance of MAPKs. Molecular Nutrition and Food Research, 2015, 59, 597-609.	1.5	84
25	Effect of Cocoa and Its Flavonoids on Biomarkers of Inflammation: Studies of Cell Culture, Animals and Humans. Nutrients, 2016, 8, 212.	1.7	81
26	Comparative effects of dietary flavanols on antioxidant defences and their response to oxidant-induced stress on Caco2 cells. European Journal of Nutrition, 2011, 50, 313-322.	1.8	77
27	Genomic organization and expression profile of the small GTPases of the RhoBTB family in human and mouse. Gene, 2002, 298, 147-157.	1.0	76
28	Protein tyrosine phosphatase 1B modulates GSK3Î²/Nrf2 and IGFIR signaling pathways in acetaminophen-induced hepatotoxicity. Cell Death and Disease, 2013, 4, e626-e626.	2.7	75
29	Characterization of RhoBTB-dependent Cul3 ubiquitin ligase complexes â€" Evidence for an autoregulatory mechanism. Experimental Cell Research, 2008, 314, 3453-3465.	1.2	74
30	Antidiabetic actions of cocoa flavanols. Molecular Nutrition and Food Research, 2016, 60, 1756-1769.	1.5	74
31	Microbial phenolic metabolites improve glucose-stimulated insulin secretion and protect pancreatic beta cells against tert-butyl hydroperoxide-induced toxicity via ERKs and PKC pathways. Food and Chemical Toxicology, 2014, 66, 245-253.	1.8	73
32	Cocoa polyphenols prevent inflammation in the colon of azoxymethane-treated rats and in TNF-Î±-stimulated Caco-2 cells. British Journal of Nutrition, 2013, 110, 206-215.	1.2	69
33	Quercetin Attenuates TNF-Induced Inflammation in Hepatic Cells by Inhibiting the NF-ÎºB Pathway. Nutrition and Cancer, 2012, 64, 588-598.	0.9	61
34	Phloroglucinol: Antioxidant properties and effects on cellular oxidative markers in human HepG2 cell line. Food and Chemical Toxicology, 2012, 50, 2886-2893.	1.8	59
35	Olive oil hydroxytyrosol reduces toxicity evoked by acrylamide in human Caco-2 cells by preventing oxidative stress. Toxicology, 2011, 288, 43-48.	2.0	58
36	Cocoaâ€rich diet attenuates beta cell mass loss and function in young Zucker diabetic fatty rats by preventing oxidative stress and beta cell apoptosis. Molecular Nutrition and Food Research, 2015, 59, 820-824.	1.5	57

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37	Protective effects of tea, red wine and cocoa in diabetes. Evidences from human studies. Food and Chemical Toxicology, 2017, 109, 302-314.	1.8	55
38	Cocoa polyphenols in oxidative stress: Potential health implications. Journal of Functional Foods, 2016, 27, 570-588.	1.6	53
39	Protection of human HepG2 cells against oxidative stress by the flavonoid epicatechin. Phytotherapy Research, 2010, 24, 503-509.	2.8	51
40	Cocoa Phenolic Extract Protects Pancreatic Beta Cells against Oxidative Stress. Nutrients, 2013, 5, 2955-2968.	1.7	50
41	A Superior All-Natural Antioxidant Biomaterial from Spent Coffee Grounds for Polymer Stabilization, Cell Protection, and Food Lipid Preservation. ACS Sustainable Chemistry and Engineering, 2016, 4, 1169-1179.	3.2	50
42	Dietary flavanols exert different effects on antioxidant defenses and apoptosis/proliferation in Caco-2 and SW480 colon cancer cells. Toxicology in Vitro, 2011, 25, 1771-1781.	1.1	49
43	Fetal Insulin-Like Growth Factor-2 Production Is Impaired in the GK Rat Model of Type 2 Diabetes. Diabetes, 2002, 51, 392-397.	0.3	48
44	Selenium methylselenocysteine protects human hepatoma HepG2 cells against oxidative stress induced by tert-butyl hydroperoxide. Analytical and Bioanalytical Chemistry, 2007, 389, 2167-2178.	1.9	48
45	Epicatechin Gallate Induces Cell Death via p53 Activation and Stimulation of p38 and JNK in Human Colon Cancer SW480 Cells. Nutrition and Cancer, 2013, 65, 718-728.	0.9	48
46	Cocoa-rich diet ameliorates hepatic insulin resistance by modulating insulin signaling and glucose homeostasis in Zucker diabetic fatty rats. Journal of Nutritional Biochemistry, 2015, 26, 704-712.	1.9	48
47	Biscuit Melanoidins of Different Molecular Masses Protect Human HepG2 Cells against Oxidative Stress. Journal of Agricultural and Food Chemistry, 2009, 57, 7250-7258.	2.4	46
48	Effects of Cocoa Antioxidants in Type 2 Diabetes Mellitus. Antioxidants, 2017, 6, 84.	2.2	45
49	(â˜)-Epicatechin attenuates high-glucose-induced inflammation by epigenetic modulation in human monocytes. European Journal of Nutrition, 2017, 56, 1369-1373.	1.8	44
50	Colonic metabolites from flavanols stimulate nitric oxide production in human endothelial cells and protect against oxidative stress-induced toxicity and endothelial dysfunction. Food and Chemical Toxicology, 2018, 115, 88-97.	1.8	44
51	Hypolipidemic Effect in Cholesterol-Fed Rats of a Soluble Fiber-Rich Product Obtained from Cocoa Husks. Journal of Agricultural and Food Chemistry, 2008, 56, 6985-6993.	2.4	43
52	In vitro chemo-protective effect of bioactive peptide lunasin against oxidative stress in human HepG2 cells. Food Research International, 2014, 62, 793-800.	2.9	43
53	Cocoa diet modulates gut microbiota composition and improves intestinal health in Zucker diabetic rats. Food Research International, 2020, 132, 109058.	2.9	43
54	Hypocholesterolaemic and antioxidant effects of yerba mate (Ilex paraguariensis) in high-cholesterol fed rats. FÃ¬toterapÃ¬Ã¢, 2014, 92, 219-229.	1.1	41

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55	Chemical characterization and chemo-protective activity of cranberry phenolic powders in a model cell culture. Response of the antioxidant defenses and regulation of signaling pathways. Food Research International, 2015, 71, 68-82.	2.9	41
56	Glucagon-like peptide-1 improves beta-cell antioxidant capacity via extracellular regulated kinases pathway and Nrf2 translocation. Free Radical Biology and Medicine, 2016, 95, 16-26.	1.3	41
57	(â€)â€Epicatechin and the Colonic 2,3â€Dihydroxybenzoic Acid Metabolite Regulate Glucose Uptake, Glucose Production, and Improve Insulin Signaling in Renal NRKâ€52E Cells. Molecular Nutrition and Food Research, 2018, 62, 1700470.	1.5	40
58	A diet rich in cocoa attenuates N-nitrosodiethylamine-induced liver injury in rats. Food and Chemical Toxicology, 2009, 47, 2499-2506.	1.8	39
59	Chemo-protective activity and characterization of phenolic extracts from Corema album. Food Research International, 2012, 49, 728-738.	2.9	39
60	Impact of cocoa flavanols on human health. Food and Chemical Toxicology, 2021, 151, 112121.	1.8	39
61	Time-course regulation of survival pathways by epicatechin on HepG2 cells. Journal of Nutritional Biochemistry, 2009, 20, 115-124.	1.9	38
62	Cocoaâ€rich diet prevents azoxymethaneâ€induced colonic preneoplastic lesions in rats by restraining oxidative stress and cell proliferation and inducing apoptosis. Molecular Nutrition and Food Research, 2011, 55, 1895-1899.	1.5	37
63	A Cell Culture Model for the Assessment of the Chemopreventive Potential of Dietary Compounds.. Current Nutrition and Food Science, 2009, 5, 56-64.	0.3	36
64	Impact of diet on gut microbiota. Current Opinion in Food Science, 2021, 37, 83-90.	4.1	36
65	Dietary Flavonoids and Insulin Signaling in Diabetes and Obesity. Cells, 2021, 10, 1474.	1.8	36
66	Coffee silverskin extract improves glucose-stimulated insulin secretion and protects against streptozotocin-induced damage in pancreatic INS-1E beta cells. Food Research International, 2016, 89, 1015-1022.	2.9	35
67	Impact of Dietary Flavanols on Microbiota, Immunity and Inflammation in Metabolic Diseases. Nutrients, 2021, 13, 850.	1.7	35
68	Preventive Effects of Cocoa and Cocoa Antioxidants in Colon Cancer. Diseases (Basel, Switzerland), 2016, 4, 6.	1.0	33
69	High Antioxidant Action and Prebiotic Activity of Hydrolyzed Spent Coffee Grounds (HSCG) in a Simulated Digestionâ€“Fermentation Model: Toward the Development of a Novel Food Supplement. Journal of Agricultural and Food Chemistry, 2017, 65, 6452-6459.	2.4	33
70	Effects of Early Undernutrition on the Brain Insulin-Like Growth Factor-I System. Journal of Neuroendocrinology, 2002, 14, 163-169.	1.2	32
71	Molecular mechanisms of methylmercury-induced cell death in human HepG2 cells. Food and Chemical Toxicology, 2010, 48, 1405-1411.	1.8	32
72	Effect of phlorotannin-rich extracts of Ascophyllum nodosum and Himanthalia elongata (Phaeophyceae) on cellular oxidative markers in human HepG2 cells. Journal of Applied Phycology, 2013, 25, 1-11.	1.5	32

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73	Health beneficial effects of cocoa phenolic compounds: a mini-review. Current Opinion in Food Science, 2017, 14, 20-25.	4.1	31
74	Cocoa intake ameliorates hepatic oxidative stress in young Zucker diabetic fatty rats. Food Research International, 2015, 69, 194-201.	2.9	30
75	Timeâ€course regulation of quercetin on cell survival/proliferation pathways in human hepatoma cells. Molecular Nutrition and Food Research, 2008, 52, 457-464.	1.5	28
76	Depression predicts mortality and hospitalization in heart failure: A six-years follow-up study. Journal of Affective Disorders, 2016, 201, 162-170.	2.0	26
77	Cocoa Flavanols Protect Human Endothelial Cells from Oxidative Stress. Plant Foods for Human Nutrition, 2020, 75, 161-168.	1.4	26
78	Regulation of Insulin-like Growth Factor-I and -II by Glucose in Primary Cultures of Fetal Rat Hepatocytes. Journal of Biological Chemistry, 1999, 274, 24633-24640.	1.6	24
79	Protein-Caloric Food Restriction Affects Insulin-Like Growth Factor System in Fetal Wistar Rat. Endocrinology, 2005, 146, 1364-1371.	1.4	24
80	Molecular mechanisms involved in the protective effect of selenocystine against methylmercury-induced cell death in human HepG2 cells. Food and Chemical Toxicology, 2013, 59, 554-563.	1.8	23
81	Fructose during pregnancy provokes fetal oxidative stress: The key role of the placental heme oxygenase-1. Molecular Nutrition and Food Research, 2016, 60, 2700-2711.	1.5	23
82	Effect of thyroxine administration on the IGF/IGF binding protein system in neonatal and adult thyroidectomized rats. Journal of Endocrinology, 2001, 169, 111-122.	1.2	22
83	MUF1/Leucine-Rich Repeat Containing 41 (LRRC41), a Substrate of RhoBTB-Dependent Cullin 3 Ubiquitin Ligase Complexes, Is a Predominantly Nuclear Dimeric Protein. Journal of Molecular Biology, 2012, 422, 659-673.	2.0	22
84	Protective effects of (-)-epicatechin and the colonic metabolite 3,4-dihydroxyphenylacetic acid against glucotoxicity-induced insulin signalling blockade and altered glucose uptake and production in renal tubular NRK-52E cells. Food and Chemical Toxicology, 2018, 120, 119-128.	1.8	22
85	(â˜)-Epicatechin and the colonic metabolite 2,3-dihydroxybenzoic acid protect against high glucose and lipopolysaccharide-induced inflammation in renal proximal tubular cells through NOX-4/p38 signalling. Food and Function, 2020, 11, 8811-8824.	2.1	21
86	Glucose uptake and glucose transporter proteins in skeletal muscle from undernourished rats. American Journal of Physiology - Endocrinology and Metabolism, 2001, 281, E1101-E1109.	1.8	20
87	(â˜)-Epicatechin and the colonic metabolite 3,4-dihydroxyphenylacetic acid protect renal proximal tubular cell against high glucose-induced oxidative stress by modulating NOX-4/SIRT-1 signalling. Journal of Functional Foods, 2018, 46, 19-28.	1.6	20
88	Cocoa intake attenuates renal injury in Zucker Diabetic fatty rats by improving glucose homeostasis. Food and Chemical Toxicology, 2019, 127, 101-109.	1.8	20
89	Antioxidant, ACE-Inhibitory, and Antimicrobial Activities of Peptide Fractions Obtained From Dried Giant Squid Tunics. Journal of Aquatic Food Product Technology, 2016, 25, 444-455.	0.6	19
90	Olive leaf extract concentrated in hydroxytyrosol attenuates protein carbonylation and the formation of advanced glycation end products in a hepatic cell line (HepG2). Food and Function, 2017, 8, 944-953.	2.1	19

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91	Cocoa and cocoa flavanol epicatechin improve hepatic lipid metabolism in in vivo and in vitro models. Role of PKCÎ¶. Journal of Functional Foods, 2015, 17, 761-773.	1.6	18
92	Nitroderivatives of olive oil phenols protect HepG2 cells against oxidative stress. Food and Chemical Toxicology, 2012, 50, 3752-3758.	1.8	16
93	Cocoa flavanols show beneficial effects in cultured pancreatic beta cells and liver cells to prevent the onset of type 2 diabetes. Food Research International, 2014, 63, 400-408.	2.9	16
94	Protective Effect of Silybum marianum and Silibinin on Endothelial Cells Submitted to High Glucose Concentration. Planta Medica, 2017, 83, 97-103.	0.7	15
95	Cocoa ameliorates renal injury in Zucker diabetic fatty rats by preventing oxidative stress, apoptosis and inactivation of autophagy. Food and Function, 2019, 10, 7926-7939.	2.1	15
96	Synthesis and Bioactivity Profile of 5-S-Lipoylhydroxytyrosol-Based Multidefense Antioxidants with a Sizeable (Poly)sulfide Chain. Journal of Agricultural and Food Chemistry, 2013, 61, 1710-1717.	2.4	14
97	Essential Role of Protein-tyrosine Phosphatase 1B in the Modulation of Insulin Signaling by Acetaminophen in Hepatocytes. Journal of Biological Chemistry, 2014, 289, 29406-29419.	1.6	14
98	Interaction between malnutrition and ovarian hormones on the systemic IGF-I axis. European Journal of Endocrinology, 2002, 147, 417-424.	1.9	13
99	Elevated pulmonary arterial pressure in Zucker diabetic fatty rats. PLoS ONE, 2019, 14, e0211281.	1.1	13
100	Differential protein expression of hepatic cells associated with MeHg exposure: deepening into the molecular mechanisms of toxicity. Analytical and Bioanalytical Chemistry, 2012, 404, 315-324.	1.9	12
101	Supplementation with a Cocoaâ€“Carob Blend, Alone or in Combination with Metformin, Attenuates Diabetic Cardiomyopathy, Cardiac Oxidative Stress and Inflammation in Zucker Diabetic Rats. Antioxidants, 2022, 11, 432.	2.2	12
102	Influence of hypothyroidism on circulating concentrations and liver expression of IGF-binding proteins mRNA from neonatal and adult rats. Journal of Endocrinology, 2002, 172, 363-373.	1.2	11
103	Protective effects of papaya extracts on tert-butyl hydroperoxide mediated oxidative injury to human liver cells (An in-vitro study). Free Radicals and Antioxidants, 2012, 2, 10-19.	0.2	10
104	A new cyanine from oxidative coupling of chlorogenic acid with tryptophan: Assessment of the potential as red dye for food coloring. Food Chemistry, 2021, 348, 129152.	4.2	9
105	Dietary Cocoa Prevents Aortic Remodeling and Vascular Oxidative Stress in Diabetic Rats. Molecular Nutrition and Food Research, 2019, 63, e1900044.	1.5	8
106	Regulation of IGF-I and -II by Insulin in Primary Cultures of Fetal Rat Hepatocytes. , 0, .		8
107	Liver mRNA expression of IGF-I and IGFBPs in adult undernourished diabetic rats. Life Sciences, 1999, 64, 2255-2271.	2.0	7
108	Quality of Life Predicts Survival and Hospitalisation in a Heart Failure Portuguese Population. Applied Research in Quality of Life, 2017, 12, 35-48.	1.4	7

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109	Vochysia rufa Stem Bark Extract Protects Endothelial Cells against High Glucose Damage. Medicines (Basel, Switzerland), 2017, 4, 9.	0.7	7
110	Pressurized liquid extraction of Aglaonema sp. iminosugars: Chemical composition, bioactivity, cell viability and thermal stability. Food Chemistry, 2016, 204, 62-69.	4.2	6
111	Preventive effect of cocoa flavanols against glucotoxicity-induced vascular inflammation in the arteria of diabetic rats and on the inflammatory process in TNF-Î±-stimulated endothelial cells. Food and Chemical Toxicology, 2020, 146, 111824.	1.8	6
112	Exploring a cocoaâ€“carob blend as a functional food with decreased bitterness: Characterization and sensory analysis. LWT - Food Science and Technology, 2022, 165, 113708.	2.5	5
113	Metabolic regulation of (â^')-epicatechin and the colonic metabolite 2,3-dihydroxybenzoic acid on the glucose uptake, lipid accumulation and insulin signalling in cardiac H9c2 cells. Food and Function, 2022, 13, 5602-5615.	2.1	4
114	Age-dependent adaptation of the liver thyroid status and recovery of serum levels and hepatic insulin-like growth factor-I expression in neonatal and adult diabetic rats. Metabolism: Clinical and Experimental, 2003, 52, 1117-1125.	1.5	3
115	Uptake, Metabolism and Biological Effect of the Olive Oil Phenol Hydroxytyrosol in Human HepG2 Cells. , 2010, , 1157-1165.		1
116	Signal Transduction Pathways Involved in the Chemo-Preventive Effect of Dietary Antioxidants: Study in HepG2 as a Cell Culture Model. Current Nutrition and Food Science, 2012, 8, 112-121.	0.3	1
117	Cytoprotective Effect of Coffee Melanoidins. , 2015, , 921-929.		1
118	Antioxidative stress actions of cocoa in colonic cancer: Revisited. , 2021, , 337-348.		1
119	Molecular targets of quercetin in cancer chemoprevention.. CAB Reviews: Perspectives in Agriculture, Veterinary Science, Nutrition and Natural Resources, 0, , 1-21.	0.6	1
120	Antioxidative Stress Actions of Cocoa in Colonic Cancer. , 2014, , 211-221.		0
121	Cocoa Flavonoids and Insulin Signaling. , 2016, , 183-196.		0