

Olga Castaer Nio

List of Publications by Citations

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119
papers

2,778
citations

30
h-index

49
g-index

134
ext. papers

3,883
ext. citations

5.5
avg, IF

4.8
L-index

#	Paper	IF	Citations
119	The Gut Microbiome Profile in Obesity: A Systematic Review. <i>International Journal of Endocrinology</i> , 2018 , 2018, 4095789	2.7	254
118	Mediterranean diets and metabolic syndrome status in the PREDIMED randomized trial. <i>Cmaj</i> , 2014 , 186, E649-57	3.5	184
117	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
116	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
115	Long-Term Immunomodulatory Effects of a Mediterranean Diet in Adults at High Risk of Cardiovascular Disease in the PREvenci3 con Dieta MEDiterr3nea (PREDIMED) Randomized Controlled Trial. <i>Journal of Nutrition</i> , 2016 , 146, 1684-93	4.1	99
114	Protection of LDL from oxidation by olive oil polyphenols is associated with a downregulation of CD40-ligand expression and its downstream products in vivo in humans. <i>American Journal of Clinical Nutrition</i> , 2012 , 95, 1238-44	7	87
113	Cohort Profile: Design and methods of the PREDIMED-Plus randomized trial. <i>International Journal of Epidemiology</i> , 2019 , 48, 387-388o	7.8	87
112	Effect of virgin olive oil and thyme phenolic compounds on blood lipid profile: implications of human gut microbiota. <i>European Journal of Nutrition</i> , 2017 , 56, 119-131		70
111	In vivo transcriptomic profile after a Mediterranean diet in high-cardiovascular risk patients: a randomized controlled trial. <i>American Journal of Clinical Nutrition</i> , 2013 , 98, 845-53	7	70
110	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
109	Intake of Total Polyphenols and Some Classes of Polyphenols Is Inversely Associated with Diabetes in Elderly People at High Cardiovascular Disease Risk. <i>Journal of Nutrition</i> , 2015 , 146, 767-777	4.1	62
108	The effect of olive oil polyphenols on antibodies against oxidized LDL. A randomized clinical trial. <i>Clinical Nutrition</i> , 2011 , 30, 490-3	5.9	61
107	Dietary Marine 3 Fatty Acids and Incident Sight-Threatening Retinopathy in Middle-Aged and Older Individuals With Type 2 Diabetes: Prospective Investigation From the PREDIMED Trial. <i>JAMA Ophthalmology</i> , 2016 , 134, 1142-1149	3.9	60
106	Virgin Olive Oil and Health: Summary of the III International Conference on Virgin Olive Oil and Health Consensus Report, JAEN (Spain) 2018. <i>Nutrients</i> , 2019 , 11,	6.7	59
105	Fiber intake and all-cause mortality in the Prevenci3 con Dieta Mediterr3nea (PREDIMED) study. <i>American Journal of Clinical Nutrition</i> , 2014 , 100, 1498-507	7	59
104	Remnant Cholesterol, Not LDL Cholesterol, Is Associated With Incident Cardiovascular Disease. <i>Journal of the American College of Cardiology</i> , 2020 , 76, 2712-2724	15.1	58
103	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

102	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
101	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
100	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
99	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
98	Mediterranean Diet Effects on Type 2 Diabetes Prevention, Disease Progression, and Related Mechanisms. A Review. <i>Nutrients</i> , 2020 , 12,	6.7	38
97	Polyphenol rich olive oils improve lipoprotein particle atherogenic ratios and subclasses profile: A randomized, crossover, controlled trial. <i>Molecular Nutrition and Food Research</i> , 2016 , 60, 1544-54	5.9	38
96	Influence of Phenol-Enriched Olive Oils on Human Intestinal Immune Function. <i>Nutrients</i> , 2016 , 8, 213	6.7	36
95	Effect of olive oil phenolic compounds on the expression of blood pressure-related genes in healthy individuals. <i>European Journal of Nutrition</i> , 2017 , 56, 663-670	5.2	35
94	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
93	Complementary phenol-enriched olive oil improves HDL characteristics in hypercholesterolemic subjects. A randomized, double-blind, crossover, controlled trial. The VOHF study. <i>Molecular Nutrition and Food Research</i> , 2015 , 59, 1758-70	5.9	35
92	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
91	Impact of Virgin Olive Oil and Phenol-Enriched Virgin Olive Oils on the HDL Proteome in Hypercholesterolemic Subjects: A Double Blind, Randomized, Controlled, Cross-Over Clinical Trial (VOHF Study). <i>PLoS ONE</i> , 2015 , 10, e0129160	3.7	33
90	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
89	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
88	Dietary supplement use and health-related behaviors in a Mediterranean population. <i>Journal of Nutrition Education and Behavior</i> , 2013 , 45, 386-91	2	30
87	Protective effect of homovanillyl alcohol on cardiovascular disease and total mortality: virgin olive oil, wine, and catechol-methylation. <i>American Journal of Clinical Nutrition</i> , 2017 , 105, 1297-1304	7	28
86	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
85	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

84	Polymorphism of the Transcription Factor 7-Like 2 Gene (TCF7L2) Interacts with Obesity on Type-2 Diabetes in the PREDIMED Study Emphasizing the Heterogeneity of Genetic Variants in Type-2 Diabetes Risk Prediction: Time for Obesity-Specific Genetic Risk Scores. <i>Nutrients</i> , 2016 , 8,	6.7	24
83	Response to: Comment on "The Gut Microbiome Profile in Obesity: A Systematic Review". <i>International Journal of Endocrinology</i> , 2018 , 2018, 9109451	2.7	24
82	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
81	Cross-sectional associations of objectively-measured sleep characteristics with obesity and type 2 diabetes in the PREDIMED-Plus trial. <i>Sleep</i> , 2018 , 41,	1.1	22
80	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
79	Effectiveness of the physical activity intervention program in the PREDIMED-Plus study: a randomized controlled trial. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2018 , 15, 110	8.4	18
78	Pharmacokinetics in Morbid Obesity: Influence of Two Bariatric Surgery Techniques on Paracetamol and Caffeine Metabolism. <i>Obesity Surgery</i> , 2017 , 27, 3194-3201	3.7	17
77	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
76	Phenol-enriched olive oils improve HDL antioxidant content in hypercholesterolemic subjects. A randomized, double-blind, cross-over, controlled trial. <i>Journal of Nutritional Biochemistry</i> , 2018 , 51, 99-104	6.3	16
75	Virgin Olive Oil Enriched with Its Own Phenols or Complemented with Thyme Phenols Improves DNA Protection against Oxidation and Antioxidant Enzyme Activity in Hyperlipidemic Subjects. <i>Journal of Agricultural and Food Chemistry</i> , 2016 , 64, 1879-88	5.7	16
74	Increased Consumption of Virgin Olive Oil, Nuts, Legumes, Whole Grains, and Fish Promotes HDL Functions in Humans. <i>Molecular Nutrition and Food Research</i> , 2019 , 63, e1800847	5.9	16
73	Anemia in new-onset congestive heart failure inpatients admitted for acute decompensation. <i>European Journal of Internal Medicine</i> , 2006 , 17, 179-84	3.9	13
72	Phenol-enriched olive oils modify paraoxonase-related variables: A randomized, crossover, controlled trial. <i>Molecular Nutrition and Food Research</i> , 2017 , 61, 1600932	5.9	12
71	Prospective association of physical activity and inflammatory biomarkers in older adults from the PREDIMED-Plus study with overweight or obesity and metabolic syndrome. <i>Clinical Nutrition</i> , 2020 , 39, 3092-3098	5.9	12
70	Validity of the energy-restricted Mediterranean Diet Adherence Screener. <i>Clinical Nutrition</i> , 2021 , 40, 4971-4979	5.9	12
69	Effects of the Ser326Cys Polymorphism in the DNA Repair OGG1 Gene on Cancer, Cardiovascular, and All-Cause Mortality in the PREDIMED Study: Modulation by Diet. <i>Journal of the Academy of Nutrition and Dietetics</i> , 2018 , 118, 589-605	3.9	11
68	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
67	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

66	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
65	Association Between Lifestyle and Hypertriglyceridemic Waist Phenotype in the PREDIMED-Plus Study. <i>Obesity</i> , 2020 , 28, 537-543	8	10
64	Determinants of HDL Cholesterol Efflux Capacity after Virgin Olive Oil Ingestion: Interrelationships with Fluidity of HDL Monolayer. <i>Molecular Nutrition and Food Research</i> , 2017 , 61, 1700445	5.9	10
63	Variety in fruits and vegetables, diet quality and lifestyle in an older adult mediterranean population. <i>Clinical Nutrition</i> , 2021 , 40, 1510-1518	5.9	10
62	Short- and medium-term impact of bariatric surgery on the activities of CYP2D6, CYP3A4, CYP2C9, and CYP1A2 in morbid obesity. <i>Scientific Reports</i> , 2019 , 9, 20405	4.9	10
61	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
60	High sleep variability predicts a blunted weight loss response and short sleep duration a reduced decrease in waist circumference in the PREDIMED-Plus Trial. <i>International Journal of Obesity</i> , 2020 , 44, 330-339	5.5	10
59	Chromium Exposure and Risk of Cardiovascular Disease in High Cardiovascular Risk Subjects - Nested Case-Control Study in the Prevention With Mediterranean Diet (PREDIMED) Study. <i>Circulation Journal</i> , 2017 , 81, 1183-1190	2.9	9
58	Can Helicobacter pylori Eradication Treatment Modify the Metabolic Response to Bariatric Surgery?. <i>Obesity Surgery</i> , 2018 , 28, 2386-2395	3.7	9
57	Long Daytime Napping Is Associated with Increased Adiposity and Type 2 Diabetes in an Elderly Population with Metabolic Syndrome. <i>Journal of Clinical Medicine</i> , 2019 , 8,	5.1	9
56	Impact of psychosocial factors on cardiovascular morbimortality: a prospective cohort study. <i>BMC Cardiovascular Disorders</i> , 2014 , 14, 135	2.3	9
55	Effect on gut microbiota of a 1-y lifestyle intervention with Mediterranean diet compared with energy-reduced Mediterranean diet and physical activity promotion: PREDIMED-Plus Study. <i>American Journal of Clinical Nutrition</i> , 2021 , 114, 1148-1158	7	9
54	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
53	Prefrontal Cortex Neuromodulation Enhances Frontal Asymmetry and Reduces Caloric Intake in Patients with Morbid Obesity. <i>Obesity</i> , 2020 , 28, 696-705	8	8
52	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
51	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
50	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
49	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

48	Targeting body composition in an older population: do changes in movement behaviours matter? Longitudinal analyses in the PREDIMED-Plus trial. <i>BMC Medicine</i> , 2021 , 19, 3	11.4	7
47	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
46	Leisure time physical activity is associated with improved HDL functionality in high cardiovascular risk individuals: a cohort study. <i>European Journal of Preventive Cardiology</i> , 2020 , 2047487320925625	3.9	6
45	Mediterranean Diet and Atherothrombosis Biomarkers: A Randomized Controlled Trial. <i>Molecular Nutrition and Food Research</i> , 2020 , 64, e2000350	5.9	6
44	Fruit consumption and cardiometabolic risk in the PREDIMED-plus study: A cross-sectional analysis. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2021 , 31, 1702-1713	4.5	6
43	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
42	Beneficial effects of olive oil and Mediterranean diet on cancer physio-pathology and incidence. <i>Seminars in Cancer Biology</i> , 2021 , 73, 178-195	12.7	5
41	Mediterranean Diet and White Blood Cell Count-A Randomized Controlled Trial. <i>Foods</i> , 2021 , 10,	4.9	4
40	Effect of an Intensive Weight-Loss Lifestyle Intervention on Kidney Function: A Randomized Controlled Trial. <i>American Journal of Nephrology</i> , 2021 , 52, 45-58	4.6	4
39	Interplay between cognition and weight reduction in individuals following a Mediterranean Diet: Three-year follow-up of the PREDIMED-Plus trial. <i>Clinical Nutrition</i> , 2021 , 40, 5221-5237	5.9	4
38	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
37	New Metrics to Assess Type 2 Diabetes After Bariatric Surgery: The "Time-Within-Remission Range". <i>Journal of Clinical Medicine</i> , 2020 , 9,	5.1	3
36	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
35	Consumption of caffeinated beverages and kidney function decline in an elderly Mediterranean population with metabolic syndrome. <i>Scientific Reports</i> , 2021 , 11, 8719	4.9	3
34	Longitudinal changes in adherence to the portfolio and DASH dietary patterns and cardiometabolic risk factors in the PREDIMED-Plus study. <i>Clinical Nutrition</i> , 2021 , 40, 2825-2836	5.9	3
33	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
32	Dietary folate intake and metabolic syndrome in participants of PREDIMED-Plus study: a cross-sectional study. <i>European Journal of Nutrition</i> , 2021 , 60, 1125-1136	5.2	3
31	Gut Microbiota Profile and Changes in Body Weight in Elderly Subjects with Overweight/Obesity and Metabolic Syndrome. <i>Microorganisms</i> , 2021 , 9,	4.9	3

30	Urinary Tartaric Acid, a Biomarker of Wine Intake, Correlates with Lower Total and LDL Cholesterol. <i>Nutrients</i> , 2021 , 13,	6.7	3
29	Olive Oil and Health Effects. <i>Reference Series in Phytochemistry</i> , 2019 , 1071-1096	0.7	2
28	Response to Letter Regarding Article, "Mediterranean Diet Improves High-Density Lipoprotein Function in High-Cardiovascular-Risk Individuals: A Randomized Controlled Trial". <i>Circulation</i> , 2017 , 136, 342-343	16.7	2
27	Virgin Olive Oil Phenolic Compounds Modulate the HDL Lipidome in Hypercholesterolaemic Subjects: A Lipidomic Analysis of the VOHF Study. <i>Molecular Nutrition and Food Research</i> , 2021 , 65, e2001192	5.9	2
26	Baseline drinking water consumption and changes in body weight and waist circumference at 2-years of follow-up in a senior Mediterranean population. <i>Clinical Nutrition</i> , 2021 , 40, 3982-3991	5.9	2
25	A lifestyle intervention with an energy-restricted Mediterranean diet and physical activity enhances HDL function: a substudy of the PREDIMED-Plus randomized controlled trial. <i>American Journal of Clinical Nutrition</i> , 2021 , 114, 1666-1674	7	2
24	Association of Adherence to The Mediterranean Diet with Urinary Factors Favoring Renal Lithiasis: Cross-Sectional Study of Overweight Individuals with Metabolic Syndrome. <i>Nutrients</i> , 2019 , 11,	6.7	1
23	Metformin Use and Cognitive Function in Older Adults With Type 2 Diabetes Following a Mediterranean Diet Intervention. <i>Frontiers in Nutrition</i> , 2021 , 8, 742586	6.2	1
22	Glycemic Dysregulations Are Associated With Worsening Cognitive Function in Older Participants at High Risk of Cardiovascular Disease: Two-Year Follow-up in the PREDIMED-Plus Study. <i>Frontiers in Endocrinology</i> , 2021 , 12, 754347	5.7	1
21	Cancer Signaling Transcriptome Is Upregulated in Type 2 Diabetes Mellitus. <i>Journal of Clinical Medicine</i> , 2020 , 10,	5.1	1
20	High-density lipoprotein functional traits and coronary artery disease in a general population: a case-cohort study. <i>European Journal of Preventive Cardiology</i> , 2020 ,	3.9	1
19	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
18	Milk and Dairy Products Intake Is Related to Cognitive Impairment at Baseline in Predimed Plus Trial. <i>Molecular Nutrition and Food Research</i> , 2021 , 65, e2000728	5.9	1
17	Energy Balance and Risk of Mortality in Spanish Older Adults. <i>Nutrients</i> , 2021 , 13,	6.7	1
16	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
15	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
14	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
13	Association between ankle-brachial index and cognitive function in participants in the PREDIMED-Plus study: cross-sectional assessment. <i>Revista Espanola De Cardiologia (English Ed)</i> , 2021 , 74, 846-853	0.7	0

12	Factors associated with successful dietary changes in an energy-reduced Mediterranean diet intervention: a longitudinal analysis in the PREDIMED-Plus trial. <i>European Journal of Nutrition</i> , 2021 , 1	5.2	○
11	Reply: Usefulness of Circulating Triglycerides and Estimated Remnant Cholesterol as Predictors of Cardiovascular Risk. <i>Journal of the American College of Cardiology</i> , 2021 , 77, 1841-1843	15.1	○
10	Dietary vitamin D intake and colorectal cancer risk: a longitudinal approach within the PREDIMED study. <i>European Journal of Nutrition</i> , 2021 , 60, 4367-4378	5.2	○
9	Bariatric surgery improves metabolic and nonalcoholic fatty liver disease markers in metabolically healthy patients with morbid obesity at 5 years. <i>Surgery for Obesity and Related Diseases</i> , 2021 , 17, 2047-2053	3.2053	○
8	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	○
7	Mediterranean, DASH, and MIND Dietary Patterns and Cognitive Function: The 2-Year Longitudinal Changes in an Older Spanish Cohort.. <i>Frontiers in Aging Neuroscience</i> , 2021 , 13, 782067	5.3	○
6	Taxonomic and Functional Fecal Microbiota Signatures Associated With Insulin Resistance in Non-Diabetic Subjects With Overweight/Obesity Within the Frame of the PREDIMED-Plus Study.. <i>Frontiers in Endocrinology</i> , 2022 , 13, 804455	5.7	○
5	Bariatric surgery and LDL cholesterol (BASALTO) trial study protocol: randomised controlled study evaluating the effect of gastric bypass versus sleeve gastrectomy on high LDL cholesterol. <i>BMJ Open</i> , 2020 , 10, e037712	3	
4	Halo effect of a Mediterranean-lifestyle weight-loss intervention on untreated family membersR weight and physical activity: a prospective study. <i>International Journal of Obesity</i> , 2021 , 45, 1240-1248	5.5	
3	Olive Oil and Health Effects. <i>Reference Series in Phytochemistry</i> , 2019 , 1-26	0.7	
2	Mediterranean diet and antihypertensive drug use: a randomized controlled trial. <i>Journal of Hypertension</i> , 2021 , 39, 1230-1237	1.9	
1	Asociación entre Índice tobillo-brazo y rendimiento cognitivo en participantes del estudio PREDIMED-Plus: estudio transversal. <i>Revista Española De Cardiología</i> , 2021 , 74, 846-853	1.5	