

Laura M Bermejo

List of Publications by Citations

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The third column is the impact factor (IF) of the journal, and the fourth column is the number of citations of the article.

32
papers

501
citations

13
h-index

21
g-index

45
ext. papers

610
ext. citations

3.6
avg, IF

3.59
L-index

#	Paper	IF	Citations
32	Importance of a balanced omega 6/omega 3 ratio for the maintenance of health: nutritional recommendations. <i>Nutricion Hospitalaria</i> , 2011 , 26, 323-9	1	159
31	Preliminary data about the influence of vitamin D status on the loss of body fat in young overweight/obese women following two types of hypocaloric diet. <i>British Journal of Nutrition</i> , 2008 , 100, 269-72	3.6	27
30	The Role of Omega-3 Fatty Acids in Diets. <i>Journal of the American College of Nutrition</i> , 2015 , 34 Suppl 1, 42-7	3.5	23
29	The influence of fruit and vegetable intake on the nutritional status and plasma homocysteine levels of institutionalised elderly people. <i>Public Health Nutrition</i> , 2007 , 10, 266-72	3.3	21
28	Milk and Dairy Product Consumption and Prostate Cancer Risk and Mortality: An Overview of Systematic Reviews and Meta-analyses. <i>Advances in Nutrition</i> , 2019 , 10, S212-S223	10	18
27	Vitamin D status modification by two slightly hypocaloric diets in young overweight/obese women. <i>International Journal for Vitamin and Nutrition Research</i> , 2009 , 79, 71-8	1.7	18
26	Supplementation with Hydroxytyrosol and Punicalagin Improves Early Atherosclerosis Markers Involved in the Asymptomatic Phase of Atherosclerosis in the Adult Population: A Randomized, Placebo-Controlled, Crossover Trial. <i>Nutrients</i> , 2019 , 11,	6.7	17
25	Nutrition and physical activity programs for obesity treatment (PRONAF study): methodological approach of the project. <i>BMC Public Health</i> , 2012 , 12, 1100	4.1	17
24	Milk and Dairy Product Consumption and Bladder Cancer Risk: A Systematic Review and Meta-Analysis of Observational Studies. <i>Advances in Nutrition</i> , 2019 , 10, S224-S238	10	16
23	Effect of different exercise modalities plus a hypocaloric diet on inflammation markers in overweight patients: a randomised trial. <i>Clinical Nutrition</i> , 2013 , 32, 511-8	5.9	15
22	Change in weight and body composition in obese subjects following a hypocaloric diet plus different training programs or physical activity recommendations. <i>Journal of Applied Physiology</i> , 2015 , 118, 1006-13	3.7	14
21	Evaluation of a lifestyle modification program for treatment of overweight and nonmorbid obesity in primary healthcare and its influence on health-related quality of life. <i>Nutrition in Clinical Practice</i> , 2011 , 26, 316-21	3.6	14
20	Changes in the sensation of hunger and well-being before and after meals in overweight/obese women following two types of hypoenergetic diet. <i>Public Health Nutrition</i> , 2009 , 12, 44-50	3.3	13
19	Vitamin B6 status improves in overweight/obese women following a hypocaloric diet rich in breakfast cereals, and may help in maintaining fat-free mass. <i>International Journal of Obesity</i> , 2008 , 32, 1552-8	5.5	11
18	A pilot study of folic acid supplementation for improving homocysteine levels, cognitive and depressive status in eating disorders. <i>Nutricion Hospitalaria</i> , 2013 , 28, 807-15	1	11
17	The relationship between antioxidant nutrient intake and cataracts in older people. <i>International Journal for Vitamin and Nutrition Research</i> , 2006 , 76, 359-66	1.7	11
16	Usual Dietary Intake, Nutritional Adequacy and Food Sources of Calcium, Phosphorus, Magnesium and Vitamin D of Spanish Children Aged One to . <i>Nutrients</i> , 2020 , 12,	6.7	10

15	Can the exercise mode determine lipid profile improvements in obese patients?. <i>Nutricion Hospitalaria</i> , 2013 , 28, 607-17	1	8
14	Dietary strategies for improving folate status in institutionalized elderly persons. <i>British Journal of Nutrition</i> , 2009 , 101, 1611-5	3.6	7
13	Consumption of Goat Cheese Naturally Rich in Omega-3 and Conjugated Linoleic Acid Improves the Cardiovascular and Inflammatory Biomarkers of Overweight and Obese Subjects: A Randomized Controlled Trial. <i>Nutrients</i> , 2020 , 12,	6.7	6
12	Metabolic effect of docosahexaenoic acid supplementation in different doses and formulations (ethyl- and glyceryl-) in hypercholesterolemic rats. <i>Journal of Functional Foods</i> , 2013 , 5, 755-762	5.1	6
11	Increasing consumption of breakfast cereal improves thiamine status in overweight/obese women following a hypocaloric diet. <i>International Journal of Food Sciences and Nutrition</i> , 2009 , 60, 69-79	3.7	6
10	Sugar Content in Processed Foods in Spain and a Comparison of Mandatory Nutrition Labelling and Laboratory Values. <i>Nutrients</i> , 2020 , 12,	6.7	5
9	Changes in thiamin intake and blood levels in young, overweight/obese women following hypocaloric diets based on the increased relative consumption of cereals or vegetables. <i>European Journal of Clinical Nutrition</i> , 2007 , 61, 77-82	5.2	5
8	Impact of two low-calorie meals with and without bread on the sensation of hunger, satiety and amount of food consumed. <i>Nutricion Hospitalaria</i> , 2011 , 26, 1155-60	1	5
7	Evaluation of the usefulness of a low-calorie diet with or without bread in the treatment of overweight/obesity. <i>Clinical Nutrition</i> , 2012 , 31, 455-61	5.9	4
6	Restricted-energy diets rich in vegetables or cereals improve cardiovascular risk factors in overweight/obese women. <i>Nutrition Research</i> , 2007 , 27, 313-320	4	4
5	Body Composition Changes after a Weight Loss Intervention: A 3-Year Follow-Up Study. <i>Nutrients</i> , 2021 , 13,	6.7	4
4	Impact of cooked functional meat enriched with omega-3 fatty acids and rosemary extract on inflammatory and oxidative status; a randomised, double-blind, crossover study. <i>Nutricion Hospitalaria</i> , 2014 , 30, 1084-91	1	3
3	New, Immunomodulatory, Oral Nutrition Formula for Use Prior to Surgery in Patients With Head and Neck Cancer: An Exploratory Study. <i>Journal of Parenteral and Enteral Nutrition</i> , 2018 , 42, 371-379	4.2	2
2	Breakfast Habits of a Representative Sample of the Spanish Child and Adolescent Population (The ENALIA Study): Association with Diet Quality. <i>Nutrients</i> , 2020 , 12,	6.7	1
1	Strength plus Endurance Training and Individualized Diet Reduce Fat Mass in Overweight Subjects: A Randomized Clinical Trial. <i>International Journal of Environmental Research and Public Health</i> , 2020 , 17,	4.6	1