

# John C. Mathers

## List of Publications by Year in descending order

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Version: 2024-02-01

386  
papers

22,338  
citations

10351

72  
h-index

13727

129  
g-index

400  
all docs

400  
docs citations

400  
times ranked

28450  
citing authors

| #  | ARTICLE   | IF   | CITATIONS |
|----|---|------|-----------|
| 1  | Primary care-led weight management for remission of type 2 diabetes (DiRECT): an open-label, cluster-randomised trial. <i>Lancet, The</i> , 2018, 391, 541-551.   | 6.3  | 1,282     |
| 2  | Long-term effect of aspirin on cancer risk in carriers of hereditary colorectal cancer: an analysis from the CAPP2 randomised controlled trial. <i>Lancet, The</i> , 2011, 378, 2081-2087.  | 6.3  | 849       |
| 3  | Tracking of obesity-related behaviours from childhood to adulthood: A systematic review. <i>Maturitas</i> , 2011, 70, 266-284.  | 1.0  | 791       |
| 4  | Origins of lifetime health around the time of conception: causes and consequences. <i>Lancet, The</i> , 2018, 391, 1842-1852.   | 6.3  | 771       |
| 5  | Durability of a primary care-led weight-management intervention for remission of type 2 diabetes: 2-year results of the DiRECT open-label, cluster-randomised trial. <i>Lancet Diabetes and Endocrinology,the</i> , 2019, 7, 344-355.                   | 5.5  | 569       |
| 6  | Effects of the Dietary Approach to Stop Hypertension (DASH) diet on cardiovascular risk factors: a systematic review and meta-analysis. <i>British Journal of Nutrition</i> , 2015, 113, 1-15.  | 1.2  | 459       |
| 7  | Biomarkers of the intake of dietary polyphenols: strengths, limitations and application in nutrition research. <i>British Journal of Nutrition</i> , 2008, 99, 12-22.   | 1.2  | 384       |
| 8  | Effects of Exercise Modalities on Arterial Stiffness and Wave Reflection: A Systematic Review and Meta-Analysis of Randomized Controlled Trials. <i>PLoS ONE</i> , 2014, 9, e110034.  | 1.1  | 324       |
| 9  | Effect of Aspirin or Resistant Starch on Colorectal Neoplasia in the Lynch Syndrome. <i>New England Journal of Medicine</i> , 2008, 359, 2567-2578.   | 13.9 | 273       |
| 10 | Inorganic Nitrate and Beetroot Juice Supplementation Reduces Blood Pressure in Adults: A Systematic Review and Meta-Analysis. <i>Journal of Nutrition</i> , 2013, 143, 818-826.   | 1.3  | 265       |
| 11 | Multigenerational epigenetic adaptation of the hepatic wound-healing response. <i>Nature Medicine</i> , 2012, 18, 1369-1377.  | 15.2 | 257       |
| 12 | Remission of Human Type 2 Diabetes Requires Decrease in Liver and Pancreas Fat Content but Is Dependent upon Capacity for $\beta$ Cell Recovery. <i>Cell Metabolism</i> , 2018, 28, 547-556.e3.   | 7.2  | 257       |
| 13 | Personalised nutrition and health. <i>BMJ: British Medical Journal</i> , 2018, 361, bmj.k2173.  | 2.4  | 256       |
| 14 | Induction of Epigenetic Alterations by Dietary and Other Environmental Factors. <i>Advances in Genetics</i> , 2010, 71, 3-39.   | 0.8  | 246       |
| 15 | Cancer prevention with aspirin in hereditary colorectal cancer (Lynch syndrome), 10-year follow-up and registry-based 20-year data in the CAPP2 study: a double-blind, randomised, placebo-controlled trial. <i>Lancet, The</i> , 2020, 395, 1855-1863. | 6.3  | 220       |
| 16 | Effect of personalized nutrition on health-related behaviour change: evidence from the Food4me European randomized controlled trial. <i>International Journal of Epidemiology</i> , 2017, 46, dyw186.   | 0.9  | 219       |
| 17 | Exercise Modalities and Endothelial Function: A Systematic Review and Dose-Response Meta-Analysis of Randomized Controlled Trials. <i>Sports Medicine</i> , 2015, 45, 279-296.  | 3.1  | 208       |
| 18 | Objective assessment of dietary patterns by use of metabolic phenotyping: a randomised, controlled, crossover trial. <i>Lancet Diabetes and Endocrinology,the</i> , 2017, 5, 184-195.   | 5.5  | 194       |

| #  | ARTICLE   | IF  | CITATIONS |
|----|---|-----|-----------|
| 19 | A Randomized Placebo-Controlled Prevention Trial of Aspirin and/or Resistant Starch in Young People with Familial Adenomatous Polyposis. <i>Cancer Prevention Research</i> , 2011, 4, 655-665.                                  | 0.7 | 193       |
| 20 | A proposed panel of biomarkers of healthy ageing. <i>BMC Medicine</i> , 2015, 13, 222.  | 2.3 | 184       |
| 21 | Genetic polymorphisms in the human selenoprotein P gene determine the response of selenoprotein markers to selenium supplementation in a gender-specific manner (the SELGEN study). <i>FASEB Journal</i> , 2007, 21, 3063-3074. | 0.2 | 182       |
| 22 | Instrumenting gait with an accelerometer: A system and algorithm examination. <i>Medical Engineering and Physics</i> , 2015, 37, 400-407.   | 0.8 | 170       |
| 23 | Are behavioral interventions effective in increasing physical activity at 12 to 36 months in adults aged 55 to 70 years? a systematic review and meta-analysis. <i>BMC Medicine</i> , 2013, 11, 75.                             | 2.3 | 169       |
| 24 | Longitudinal change in food habits between adolescence (11-12 years) and adulthood (32-33 years): the ASH30 Study. <i>Journal of Public Health</i> , 2006, 28, 10-16.   | 1.0 | 164       |
| 25 | Assessing the survival of transgenic plant DNA in the human gastrointestinal tract. <i>Nature Biotechnology</i> , 2004, 22, 204-209.  | 9.4 | 159       |
| 26 | Differential DNA methylation of genes involved in fibrosis progression in non-alcoholic fatty liver disease and alcoholic liver disease. <i>Clinical Epigenetics</i> , 2015, 7, 25.   | 1.8 | 145       |
| 27 | Comparison of Methods for Quantification of Global DNA Methylation in Human Cells and Tissues. <i>PLoS ONE</i> , 2013, 8, e79044.   | 1.1 | 143       |
| 28 | Online Dietary Intake Estimation: Reproducibility and Validity of the Food4Me Food Frequency Questionnaire Against a 4-Day Weighed Food Record. <i>Journal of Medical Internet Research</i> , 2014, 16, e190.                   | 2.1 | 142       |
| 29 | Anti-cancer effects of butyrate: use of micro-array technology to investigate mechanisms. <i>Proceedings of the Nutrition Society</i> , 2003, 62, 107-115.  | 0.4 | 140       |
| 30 | The case for strategic international alliances to harness nutritional genomics for public and personal health. <i>British Journal of Nutrition</i> , 2005, 94, 623-632.   | 1.2 | 137       |
| 31 | Towards measurement of the Healthy Ageing Phenotype in lifestyle-based intervention studies. <i>Maturitas</i> , 2013, 76, 189-199.  | 1.0 | 134       |
| 32 | Design and baseline characteristics of the Food4Me study: a web-based randomised controlled trial of personalised nutrition in seven European countries. <i>Genes and Nutrition</i> , 2015, 10, 450.                            | 1.2 | 134       |
| 33 | Proline betaine and its biotransformation products in fasting urine samples are potential biomarkers of habitual citrus fruit consumption. <i>British Journal of Nutrition</i> , 2011, 106, 812-824.                            | 1.2 | 133       |
| 34 | Effect of vitamin C on endothelial function in health and disease: A systematic review and meta-analysis of randomised controlled trials. <i>Atherosclerosis</i> , 2014, 235, 9-20.   | 0.4 | 132       |
| 35 | Genetic and Non-Genetic Influences during Pregnancy on Infant Global and Site Specific DNA Methylation: Role for Folate Gene Variants and Vitamin B12. <i>PLoS ONE</i> , 2012, 7, e33290.                                       | 1.1 | 127       |
| 36 | Pulses and carcinogenesis: potential for the prevention of colon, breast and other cancers. <i>British Journal of Nutrition</i> , 2002, 88, 273-279.  | 1.2 | 126       |

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|----|---|-----|-----------|
| 37 | A Novel Zinc-regulated Human Zinc Transporter, hZTL1, Is Localized to the Enterocyte Apical Membrane. <i>Journal of Biological Chemistry</i> , 2002, 277, 22789-22797.  | 1.6 | 123       |
| 38 | Use of mass spectrometry fingerprinting to identify urinary metabolites after consumption of specific foods. <i>American Journal of Clinical Nutrition</i> , 2011, 94, 981-991.   | 2.2 | 122       |
| 39 | Sugar consumption and global prevalence of obesity and hypertension: an ecological analysis. <i>Public Health Nutrition</i> , 2014, 17, 587-596.  | 1.1 | 118       |
| 40 | Diet, ageing and genetic factors in the pathogenesis of diverticular disease. <i>World Journal of Gastroenterology</i> , 2009, 15, 2479.  | 1.4 | 116       |
| 41 | Nutrition and healthy ageing: the key ingredients. <i>Proceedings of the Nutrition Society</i> , 2014, 73, 249-259.   | 0.4 | 116       |
| 42 | Vitamin D and SARS-CoV-2 virus/COVID-19 disease. <i>BMJ Nutrition, Prevention and Health</i> , 2020, 3, 106-110.  | 1.9 | 116       |
| 43 | Clonal Expansion of Early to Mid-Life Mitochondrial DNA Point Mutations Drives Mitochondrial Dysfunction during Human Ageing. <i>PLoS Genetics</i> , 2014, 10, e1004620.  | 1.5 | 115       |
| 44 | Prevention of type 2 diabetes in adults with impaired glucose tolerance: the European Diabetes Prevention RCT in Newcastle upon Tyne, UK. <i>BMC Public Health</i> , 2009, 9, 342.  | 1.2 | 114       |
| 45 | Online Dietary Intake Estimation: The Food4Me Food Frequency Questionnaire. <i>Journal of Medical Internet Research</i> , 2014, 16, e150.   | 2.1 | 114       |
| 46 | Effects of inorganic nitrate and beetroot supplementation on endothelial function: a systematic review and meta-analysis. <i>European Journal of Nutrition</i> , 2016, 55, 451-459.   | 1.8 | 113       |
| 47 | CD36 and SR-BI Are Involved in Cellular Uptake of Provitamin A Carotenoids by Caco-2 and HEK Cells, and Some of Their Genetic Variants Are Associated with Plasma Concentrations of These Micronutrients in Humans. <i>Journal of Nutrition</i> , 2013, 143, 448-456. | 1.3 | 109       |
| 48 | The features of interventions associated with long-term effectiveness of physical activity interventions in adults aged 55-70 years: a systematic review and meta-analysis. <i>Health Psychology Review</i> , 2015, 9, 417-433.                                       | 4.4 | 106       |
| 49 | Postprandial glycaemic, lipaemic and haemostatic responses to ingestion of rapidly and slowly digested starches in healthy young women. <i>British Journal of Nutrition</i> , 2005, 94, 948-955.  | 1.2 | 105       |
| 50 | Proteomic Analysis Reveals Field-Wide Changes in Protein Expression in the Morphologically Normal Mucosa of Patients with Colorectal Neoplasia. <i>Cancer Research</i> , 2006, 66, 6553-6562.   | 0.4 | 105       |
| 51 | Assessment of a large panel of candidate biomarkers of ageing in the Newcastle 85+ study. <i>Mechanisms of Ageing and Development</i> , 2011, 132, 496-502.   | 2.2 | 104       |
| 52 | Hepatic Lipoprotein Export and Remission of Human Type 2 Diabetes after Weight Loss. <i>Cell Metabolism</i> , 2020, 31, 233-249.e4.   | 7.2 | 102       |
| 53 | Postprandial carbohydrate metabolism in healthy subjects and those with type 2 diabetes fed starches with slow and rapid hydrolysis rates determined in vitro. <i>British Journal of Nutrition</i> , 2003, 90, 853-864.   | 1.2 | 99        |
| 54 | Personalising nutritional guidance for more effective behaviour change. <i>Proceedings of the Nutrition Society</i> , 2015, 74, 130-138.  | 0.4 | 99        |

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|----|--|-----|-----------|
| 55 | Importance of Weight Loss Maintenance and Risk Prediction in the Prevention of Type 2 Diabetes: Analysis of European Diabetes Prevention Study RCT. PLoS ONE, 2013, 8, e57143.   | 1.1 | 98        |
| 56 | Relative Abundance of Selenoprotein P Isoforms in Human Plasma Depends on Genotype, Se Intake, and Cancer Status. Antioxidants and Redox Signaling, 2009, 11, 2631-2640.   | 2.5 | 97        |
| 57 | ZnT5 Variant B Is a Bidirectional Zinc Transporter and Mediates Zinc Uptake in Human Intestinal Caco-2 Cells. Journal of Biological Chemistry, 2007, 282, 14389-14393.   | 1.6 | 95        |
| 58 | Long-term effect of resistant starch on cancer risk in carriers of hereditary colorectal cancer: an analysis from the CAPP2 randomised controlled trial. Lancet Oncology, The, 2012, 13, 1242-1249.                        | 5.1 | 95        |
| 59 | Proposed guidelines to evaluate scientific validity and evidence for genotype-based dietary advice. Genes and Nutrition, 2017, 12, 35.   | 1.2 | 95        |
| 60 | Accuracy of estimates of food portion size using food photographs – the importance of using age-appropriate tools. Public Health Nutrition, 2006, 9, 509-514.  | 1.1 | 93        |
| 61 | Randomised controlled trial evaluating lifestyle interventions in people with impaired glucose tolerance. Diabetes Research and Clinical Practice, 2006, 72, 117-127.  | 1.1 | 92        |
| 62 | Nutritional factors and gender influence age-related DNA methylation in the human rectal mucosa. Aging Cell, 2013, 12, 148-155.  | 3.0 | 92        |
| 63 | Association of behaviour change techniques with effectiveness of dietary interventions among adults of retirement age: a systematic review and meta-analysis of randomised controlled trials. BMC Medicine, 2014, 12, 177. | 2.3 | 92        |
| 64 | Obesity, Aspirin, and Risk of Colorectal Cancer in Carriers of Hereditary Colorectal Cancer: A Prospective Investigation in the CAPP2 Study. Journal of Clinical Oncology, 2015, 33, 3591-3597.                            | 0.8 | 91        |
| 65 | Supporting Well-Being in Retirement through Meaningful Social Roles: Systematic Review of Intervention Studies. Milbank Quarterly, 2013, 91, 222-287.  | 2.1 | 88        |
| 66 | FTO genotype and weight loss: systematic review and meta-analysis of 9563 individual participant data from eight randomised controlled trials. BMJ, The, 2016, 354, i4707.   | 3.0 | 88        |
| 67 | The Diabetes Remission Clinical Trial (DIRECT): protocol for a cluster randomised trial. BMC Family Practice, 2016, 17, 20.  | 2.9 | 86        |
| 68 | Splice Variants of the Human Zinc Transporter ZnT5 (SLC30A5) Are Differentially Localized and Regulated by Zinc through Transcription and mRNA Stability. Journal of Biological Chemistry, 2007, 282, 10423-10431.         | 1.6 | 84        |
| 69 | Global LINE-1 DNA methylation is associated with blood glycaemic and lipid profiles. International Journal of Epidemiology, 2012, 41, 210-217.   | 0.9 | 84        |
| 70 | Associations of fat and carbohydrate intake with cardiovascular disease and mortality: prospective cohort study of UK Biobank participants. BMJ, The, 2020, 368, m688.   | 3.0 | 81        |
| 71 | The Effects of Bariatric Surgery on Colorectal Cancer Risk: Systematic Review and Meta-analysis. Obesity Surgery, 2014, 24, 1793-1799.   | 1.1 | 80        |
| 72 | Comparison Study of MS-HRM and Pyrosequencing Techniques for Quantification of APC and CDKN2A Gene Methylation. PLoS ONE, 2013, 8, e52501.   | 1.1 | 78        |

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|----|---|-----|-----------|
| 73 | Effect of an Internet-based, personalized nutrition randomized trial on dietary changes associated with the Mediterranean diet: the Food4Me Study. <i>American Journal of Clinical Nutrition</i> , 2016, 104, 288-297.  | 2.2 | 77        |
| 74 | Integrating Evidence From Systematic Reviews, Qualitative Research, and Expert Knowledge Using Co-Design Techniques to Develop a Web-Based Intervention for People in the Retirement Transition. <i>Journal of Medical Internet Research</i> , 2016, 18, e210.        | 2.1 | 77        |
| 75 | Food shopping and preparation among the 30€somethings: whose job is it? (The ASH30 study). <i>British Food Journal</i> , 2006, 108, 475-486.  | 1.6 | 76        |
| 76 | The association between retirement and age on physical activity in older adults. <i>Age and Ageing</i> , 2014, 43, 386-393.   | 0.7 | 76        |
| 77 | Effect of vitamin C and vitamin E supplementation on endothelial function: a systematic review and meta-analysis of randomised controlled trials. <i>British Journal of Nutrition</i> , 2015, 113, 1182-1194.   | 1.2 | 76        |
| 78 | Dietary Intervention Modifies DNA Methylation Age Assessed by the Epigenetic Clock. <i>Molecular Nutrition and Food Research</i> , 2018, 62, e1800092.  | 1.5 | 76        |
| 79 | Mediterranean diet adherence and cognitive function in older UK adults: the European Prospective Investigation into Cancer and Nutrition€Norfolk (EPIC-Norfolk) Study. <i>American Journal of Clinical Nutrition</i> , 2019, 110, 938-948.                            | 2.2 | 74        |
| 80 | Maternal folate depletion and high-fat feeding from weaning affects DNA methylation and DNA repair in brain of adult offspring. <i>FASEB Journal</i> , 2013, 27, 3323-3334.   | 0.2 | 73        |
| 81 | Personalised nutrition: status and perspectives. <i>British Journal of Nutrition</i> , 2007, 98, 26-31.   | 1.2 | 72        |
| 82 | Folate depletion during pregnancy and lactation reduces genomic DNA methylation in murine adult offspring. <i>Genes and Nutrition</i> , 2011, 6, 189-196.   | 1.2 | 72        |
| 83 | Blood-Borne Biomarkers of Mortality Risk: Systematic Review of Cohort Studies. <i>PLoS ONE</i> , 2015, 10, e0127550.  | 1.1 | 72        |
| 84 | Folate and DNA methylation during in utero development and aging. <i>Biochemical Society Transactions</i> , 2004, 32, 1006-1007.  | 1.6 | 69        |
| 85 | Age-associated mitochondrial DNA mutations cause metabolic remodeling that contributes to accelerated intestinal tumorigenesis. <i>Nature Cancer</i> , 2020, 1, 976-989.  | 5.7 | 69        |
| 86 | Assessment of dietary intake: NuGO symposium report. <i>Genes and Nutrition</i> , 2010, 5, 205-213.   | 1.2 | 67        |
| 87 | Priority research questions for the UK food system. <i>Food Security</i> , 2013, 5, 617-636.  | 2.4 | 67        |
| 88 | Low protein intake, muscle strength and physical performance in the very old: The Newcastle 85+ Study. <i>Clinical Nutrition</i> , 2018, 37, 2260-2270.   | 2.3 | 67        |
| 89 | Randomised controlled trial evaluating the effectiveness of behavioural interventions to modify cardiovascular risk factors in men and women with impaired glucose tolerance: outcomes at 6 months. <i>Diabetes Research and Clinical Practice</i> , 2001, 52, 29-43. | 1.1 | 66        |
| 90 | Development and validation of a standardized protocol to monitor human dietary exposure by metabolite fingerprinting of urine samples. <i>Metabolomics</i> , 2011, 7, 469-484.  | 1.4 | 66        |

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|-----|---|-----|-----------|
| 91  | Nutrigenomics in the modern era. <i>Proceedings of the Nutrition Society</i> , 2017, 76, 265-275.   | 0.4 | 65        |
| 92  | Epigenetics â€“ Potential Contribution to Fetal Programming. <i>Advances in Experimental Medicine and Biology</i> , 2009, 646, 119-123.   | 0.8 | 64        |
| 93  | Challenges of molecular nutrition research 6: the nutritional phenotype database to store, share and evaluate nutritional systems biology studies. <i>Genes and Nutrition</i> , 2010, 5, 189-203.   | 1.2 | 64        |
| 94  | Mediterranean diet and the hallmarks of ageing. <i>European Journal of Clinical Nutrition</i> , 2021, 75, 1176-1192.  | 1.3 | 64        |
| 95  | Effectiveness of dietary interventions among adults of retirement age: a systematic review and meta-analysis of randomized controlled trials. <i>BMC Medicine</i> , 2014, 12, 60.   | 2.3 | 62        |
| 96  | Longitudinal dietary change from adolescence to adulthood: perceptions, attributions and evidence. <i>Appetite</i> , 2004, 42, 255-263.   | 1.8 | 61        |
| 97  | Nutritional modulation of ageing: Genomic and epigenetic approaches. <i>Mechanisms of Ageing and Development</i> , 2006, 127, 584-589.  | 2.2 | 61        |
| 98  | The Impact of Common Gene Variants on the Response of Biomarkers of Cardiovascular Disease (CVD) Risk to Increased Fish Oil Fatty Acids Intakes. <i>Annual Review of Nutrition</i> , 2011, 31, 203-234.   | 4.3 | 61        |
| 99  | Comparison of Mitochondrial Mutation Spectra in Ageing Human Colonic Epithelium and Disease: Absence of Evidence for Purifying Selection in Somatic Mitochondrial DNA Point Mutations. <i>PLoS Genetics</i> , 2012, 8, e1003082.  | 1.5 | 61        |
| 100 | Association between Diet-Quality Scores, Adiposity, Total Cholesterol and Markers of Nutritional Status in European Adults: Findings from the Food4Me Study. <i>Nutrients</i> , 2018, 10, 49.   | 1.7 | 61        |
| 101 | Macronutrient intake and food sources in the very old: analysis of the Newcastle 85+ Study. <i>British Journal of Nutrition</i> , 2016, 115, 2170-2180.   | 1.2 | 60        |
| 102 | Changing foodscapes 1980â€“2000, using the ASH30 Study. <i>Appetite</i> , 2009, 53, 157-165.  | 1.8 | 58        |
| 103 | Chemoprevention in Lynch syndrome. <i>Familial Cancer</i> , 2013, 12, 707-718.  | 0.9 | 57        |
| 104 | Does Personalized Nutrition Advice Improve Dietary Intake in Healthy Adults? A Systematic Review of Randomized Controlled Trials. <i>Advances in Nutrition</i> , 2021, 12, 657-669.   | 2.9 | 57        |
| 105 | Healthy eating: Perceptions and practice (the ASH30 study). <i>Appetite</i> , 2007, 48, 176-182.  | 1.8 | 56        |
| 106 | Ageâ€“associated mitochondrial DNA mutations lead to small but significant changes in cell proliferation and apoptosis in human colonic crypts. <i>Aging Cell</i> , 2010, 9, 96-99.   | 3.0 | 56        |
| 107 | Consumption of Fish Oil Providing Amounts of Eicosapentaenoic Acid and Docosahexaenoic Acid That Can Be Obtained from the Diet Reduces Blood Pressure in Adults with Systolic Hypertension: A Retrospective Analysis. <i>Journal of Nutrition</i> , 2016, 146, 516-523. | 1.3 | 56        |
| 108 | Postnatal Growth and DNA Methylation Are Associated With Differential Gene Expression of the TACSTD2 Gene and Childhood Fat Mass. <i>Diabetes</i> , 2012, 61, 391-400.  | 0.3 | 55        |

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|-----|--|-----|-----------|
| 109 | Do we know enough? A scientific and ethical analysis of the basis for genetic-based personalized nutrition. <i>Genes and Nutrition</i> , 2013, 8, 373-381.   | 1.2 | 55        |
| 110 | Starch digestion, large-bowel fermentation and intestinal mucosal cell proliferation in rats treated with the $\alpha$ -glucosidase inhibitor acarbose. <i>British Journal of Nutrition</i> , 2004, 91, 357-365.   | 1.2 | 54        |
| 111 | Mechanisms of mammalian zinc-regulated gene expression. <i>Biochemical Society Transactions</i> , 2008, 36, 1262-1266.   | 1.6 | 54        |
| 112 | Blood as a surrogate marker for tissue-specific DNA methylation and changes due to folate depletion in postpartum female mice. <i>Molecular Nutrition and Food Research</i> , 2011, 55, 1026-1035.   | 1.5 | 53        |
| 113 | Effect of Dietary Patterns on Muscle Strength and Physical Performance in the Very Old: Findings from the Newcastle 85+ Study. <i>PLoS ONE</i> , 2016, 11, e0149699.   | 1.1 | 53        |
| 114 | Intestinal tumorigenesis in the Apc1638N mouse treated with aspirin and resistant starch for up to 5 months. <i>Carcinogenesis</i> , 1999, 20, 805-810.  | 1.3 | 52        |
| 115 | Session 2: Personalised nutrition Epigenomics: a basis for understanding individual differences?. <i>Proceedings of the Nutrition Society</i> , 2008, 67, 390-394.   | 0.4 | 52        |
| 116 | Defects in multiple complexes of the respiratory chain are present in ageing human colonic crypts. <i>Experimental Gerontology</i> , 2010, 45, 573-579.  | 1.2 | 52        |
| 117 | Nutrition in the Very Old. <i>Nutrients</i> , 2018, 10, 269.   | 1.7 | 52        |
| 118 | Associations between <i>FTO</i> genotype and total energy and macronutrient intake in adults: a systematic review and meta-analysis. <i>Obesity Reviews</i> , 2015, 16, 666-678.   | 3.1 | 51        |
| 119 | Pilot Randomised Controlled Trial of a Web-Based Intervention to Promote Healthy Eating, Physical Activity and Meaningful Social Connections Compared with Usual Care Control in People of Retirement Age Recruited from Workplaces. <i>PLoS ONE</i> , 2016, 11, e0159703. | 1.1 | 51        |
| 120 | Nutrition and ageing: knowledge, gaps and research priorities. <i>Proceedings of the Nutrition Society</i> , 2013, 72, 246-250.  | 0.4 | 50        |
| 121 | Can genetic-based advice help you lose weight? Findings from the Food4Me European randomized controlled trial 3. <i>American Journal of Clinical Nutrition</i> , 2017, 105, 1204-1213.   | 2.2 | 50        |
| 122 | The effectiveness and acceptability of Mediterranean diet and calorie restriction in non-alcoholic fatty liver disease (NAFLD): A systematic review and meta-analysis. <i>Clinical Nutrition</i> , 2022, 41, 1913-1931.  | 2.3 | 50        |
| 123 | Degradation of transgenic DNA from genetically modified soya and maize in human intestinal simulations. <i>British Journal of Nutrition</i> , 2002, 87, 533-542.   | 1.2 | 49        |
| 124 | Vitamin D Status, Muscle Strength and Physical Performance Decline in Very Old Adults: A Prospective Study. <i>Nutrients</i> , 2017, 9, 379.   | 1.7 | 49        |
| 125 | Prevalence and determinants of low protein intake in very old adults: insights from the Newcastle 85+ Study. <i>European Journal of Nutrition</i> , 2018, 57, 2713-2722.   | 1.8 | 49        |
| 126 | Limited evidence for a beneficial effect of vitamin C supplementation on biomarkers of cardiovascular diseases: an umbrella review of systematic reviews and meta-analyses. <i>Nutrition Research</i> , 2019, 61, 1-12.  | 1.3 | 49        |



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|-----|---|-----|-----------|
| 127 | Effects of dietary patterns and low protein intake on sarcopenia risk in the very old: The Newcastle 85+ study. <i>Clinical Nutrition</i> , 2020, 39, 166-173.  | 2.3 | 49        |
| 128 | Early Nutrition: Impact on Epigenetics. <i>Forum of Nutrition</i> , 2007, 60, 42-48.  | 3.7 | 48        |
| 129 | An Analytical Pipeline for Quantitative Characterization of Dietary Intake: Application To Assess Grape Intake. <i>Journal of Agricultural and Food Chemistry</i> , 2016, 64, 2423-2431.                      | 2.4 | 48        |
| 130 | The Micronutrient Genomics Project: a community-driven knowledge base for micronutrient research. <i>Genes and Nutrition</i> , 2010, 5, 285-296.  | 1.2 | 47        |
| 131 | Ageing modifies the effects of beetroot juice supplementation on 24-hour blood pressure variability: An individual participant meta-analysis. <i>Nitric Oxide - Biology and Chemistry</i> , 2015, 47, 97-105. | 1.2 | 47        |
| 132 | Impact of nutrition on the ageing process. <i>British Journal of Nutrition</i> , 2015, 113, S18-S22.  | 1.2 | 47        |
| 133 | Physical activity attenuates the effect of the <i>FTO</i> genotype on obesity traits in European adults: The <i>Food4Me</i> study. <i>Obesity</i> , 2016, 24, 962-969.  | 1.5 | 47        |
| 134 | Integrated Analytical and Statistical Two-Dimensional Spectroscopy Strategy for Metabolite Identification: Application to Dietary Biomarkers. <i>Analytical Chemistry</i> , 2017, 89, 3300-3309.              | 3.2 | 46        |
| 135 | Clinical and metabolic features of the randomised controlled Diabetes Remission Clinical Trial (DiRECT) cohort. <i>Diabetologia</i> , 2018, 61, 589-598.  | 2.9 | 46        |
| 136 | Tracking of Dietary Intake and Factors Associated with Dietary Change from Early Adolescence to Adulthood: The ASH30 Study. <i>Obesity Facts</i> , 2009, 2, 157-165.  | 1.6 | 45        |
| 137 | Assessment of dietary nitrate intake in humans: a systematic review. <i>American Journal of Clinical Nutrition</i> , 2018, 108, 878-888.  | 2.2 | 44        |
| 138 | Effects of a Mediterranean diet on blood pressure: a systematic review and meta-analysis of randomized controlled trials and observational studies. <i>Journal of Hypertension</i> , 2021, 39, 729-739.       | 0.3 | 44        |
| 139 | Maternal folate supply and sex influence gene-specific DNA methylation in the fetal gut. <i>Molecular Nutrition and Food Research</i> , 2011, 55, 1717-1723.  | 1.5 | 43        |
| 140 | Systematic review and meta-analysis of randomised controlled trials testing the effects of vitamin C supplementation on blood lipids. <i>Clinical Nutrition</i> , 2016, 35, 626-637.                          | 2.3 | 43        |
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