Lukas Schwingshackl

List of Publications by Year in descending order

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		31902	30848
127	11,321	53	102
papers	citations	h-index	g-index
129	129	129	13435
all docs	docs citations	times ranked	citing authors

#	Article	IF	CITATIONS
1	Diet Quality as Assessed by the Healthy Eating Index, the Alternate Healthy Eating Index, the Dietary Approaches to Stop Hypertension Score, and Health Outcomes: A Systematic Review and Meta-Analysis of Cohort Studies. Journal of the Academy of Nutrition and Dietetics, 2015, 115, 780-800.e5.	0.4	630
2	Food groups and risk of type 2 diabetes mellitus: a systematic review and meta-analysis of prospective studies. European Journal of Epidemiology, 2017, 32, 363-375.	2.5	522
3	Diet Quality as Assessed by the Healthy Eating Index, Alternate Healthy Eating Index, Dietary Approaches to Stop Hypertension Score, and Health Outcomes: An Updated Systematic Review and Meta-Analysis of Cohort Studies. Journal of the Academy of Nutrition and Dietetics, 2018, 118, 74-100.e11.	0.4	445
4	Adherence to Mediterranean Diet and Risk of Cancer: An Updated Systematic Review and Meta-Analysis. Nutrients, 2017, 9, 1063.	1.7	440
5	Food groups and risk of coronary heart disease, stroke and heart failure: A systematic review and dose-response meta-analysis of prospective studies. Critical Reviews in Food Science and Nutrition, 2019, 59, 1071-1090.	5.4	424
6	Food groups and risk of all-cause mortality: a systematic review and meta-analysis of prospective studies ,. American Journal of Clinical Nutrition, 2017, 105, 1462-1473.	2.2	413
7	Mediterranean dietary pattern, inflammation and endothelial function: A systematic review and meta-analysis of intervention trials. Nutrition, Metabolism and Cardiovascular Diseases, 2014, 24, 929-939.	1.1	397
8	Monounsaturated fatty acids, olive oil and health status: a systematic review and meta-analysis of cohort studies. Lipids in Health and Disease, 2014, 13, 154.	1.2	345
9	Role of diet in type 2 diabetes incidence: umbrella review of meta-analyses of prospective observational studies. BMJ: British Medical Journal, 2019, 366, l2368.	2.4	292
10	Adherence to a Mediterranean diet and risk of diabetes: a systematic review and meta-analysis. Public Health Nutrition, 2015, 18, 1292-1299.	1.1	250
11	Food Groups and Risk of Hypertension: A Systematic Review and Dose-Response Meta-Analysis of Prospective Studies. Advances in Nutrition, 2017, 8, 793-803.	2.9	241
12	Food Groups and Risk of Overweight, Obesity, and Weight Gain: A Systematic Review and Dose-Response Meta-Analysis of Prospective Studies. Advances in Nutrition, 2019, 10, 205-218.	2.9	238
13	Perspective: NutriGrade: A Scoring System to Assess and Judge the Meta-Evidence of Randomized Controlled Trials and Cohort Studies in Nutrition Research. Advances in Nutrition, 2016, 7, 994-1004.	2.9	230
14	Adherence to Mediterranean diet and risk of cancer: an updated systematic review and metaâ€analysis of observational studies. Cancer Medicine, 2015, 4, 1933-1947.	1.3	228
15	Adherence to Mediterranean diet and risk of cancer: A systematic review and meta-analysis of observational studies. International Journal of Cancer, 2014, 135, 1884-1897.	2.3	225
16	Long-term effects of low glycemic index/load vs. high glycemic index/load diets on parameters of obesity and obesity-associated risks: A systematic review and meta-analysis. Nutrition, Metabolism and Cardiovascular Diseases, 2013, 23, 699-706.	1.1	216
17	Food groups and risk of colorectal cancer. International Journal of Cancer, 2018, 142, 1748-1758.	2.3	210
18	Monounsaturated Fatty Acids and Risk of Cardiovascular Disease: Synopsis of the Evidence Available from Systematic Reviews and Meta-Analyses. Nutrients, 2012, 4, 1989-2007.	1.7	203

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19	Effect of diet on mortality and cancer recurrence among cancer survivors: a systematic review and meta-analysis of cohort studies. Nutrition Reviews, 2016, 74, 737-748.	2.6	190
20	Impact of different training modalities on glycaemic control and blood lipids in patients with type 2 diabetes: a systematic review and network meta-analysis. Diabetologia, 2014, 57, 1789-1797.	2.9	184
21	Effects of Olive Oil on Markers of Inflammation and Endothelial Function—A Systematic Review and Meta-Analysis. Nutrients, 2015, 7, 7651-7675.	1.7	184
22	Diet Quality as Assessed by the Healthy Eating Index, Alternate Healthy Eating Index, Dietary Approaches to Stop Hypertension Score, and Health Outcomes: A Second Update of a Systematic Review and Meta-Analysis of Cohort Studies. Journal of the Academy of Nutrition and Dietetics, 2020, 120, 1998-2031.e15.	0.4	172
23	Comparison of Effects of Long-Term Low-Fat vs High-Fat Diets on Blood Lipid Levels in Overweight orÂObese Patients: A Systematic Review and Meta-Analysis. Journal of the Academy of Nutrition and Dietetics, 2013, 113, 1640-1661.	0.4	168
24	An updated systematic review and meta-analysis on adherence to mediterranean diet and risk of cancer. European Journal of Nutrition, 2021, 60, 1561-1586.	1.8	164
25	A network meta-analysis on the comparative efficacy of different dietary approaches on glycaemic control in patients with type 2 diabetes mellitus. European Journal of Epidemiology, 2018, 33, 157-170.	2.5	163
26	Mediterranean diet and health status: Active ingredients and pharmacological mechanisms. British Journal of Pharmacology, 2020, 177, 1241-1257.	2.7	163
27	Fruit and Vegetable Consumption and Changes in Anthropometric Variables in Adult Populations: A Systematic Review and Meta-Analysis of Prospective Cohort Studies. PLoS ONE, 2015, 10, e0140846.	1.1	162
28	Long-term effects of low-fat diets either low or high in protein on cardiovascular and metabolic risk factors: a systematic review and meta-analysis. Nutrition Journal, 2013, 12, 48.	1.5	147
29	Evaluating Mediterranean diet and risk of chronic disease in cohort studies: an umbrella review of meta-analyses. European Journal of Epidemiology, 2018, 33, 909-931.	2.5	137
30	Dietary Supplements and Risk of Cause-Specific Death, Cardiovascular Disease, and Cancer: A Systematic Review and Meta-Analysis of Primary Prevention Trials. Advances in Nutrition, 2017, 8, 27-39.	2.9	136
31	The effect of vegetarian diets on iron status in adults: A systematic review and meta-analysis. Critical Reviews in Food Science and Nutrition, 2018, 58, 1359-1374.	5.4	134
32	Effects of Monounsaturated Fatty Acids on Glycaemic Control in Patients with Abnormal Glucose Metabolism: A Systematic Review and Meta-Analysis. Annals of Nutrition and Metabolism, 2011, 58, 290-296.	1.0	126
33	Impact of Different Training Modalities on Anthropometric and Metabolic Characteristics in Overweight/Obese Subjects: A Systematic Review and Network Meta-Analysis. PLoS ONE, 2013, 8, e82853.	1.1	120
34	Virgin Olive Oil and Health: Summary of the III International Conference on Virgin Olive Oil and Health Consensus Report, JAEN (Spain) 2018. Nutrients, 2019, 11, 2039.	1.7	116
35	Effects of Monounsaturated Fatty Acids on Cardiovascular Risk Factors: A Systematic Review and Meta-Analysis. Annals of Nutrition and Metabolism, 2011, 59, 176-186.	1.0	114
36	Food groups and intermediate disease markers: a systematic review and network meta-analysis of randomized trials. American Journal of Clinical Nutrition, 2018, 108, 576-586.	2.2	100

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37	Physical Activity and Exercise in Mild Cognitive Impairment and Dementia: An Umbrella Review of Intervention and Observational Studies. Journal of the American Medical Directors Association, 2020, 21, 1415-1422.e6.	1.2	97
38	Comparative effects of different dietary approaches on blood pressure in hypertensive and pre-hypertensive patients: A systematic review and network meta-analysis. Critical Reviews in Food Science and Nutrition, 2019, 59, 2674-2687.	5.4	93
39	Effects of oils and solid fats on blood lipids: a systematic review and network meta-analysis. Journal of Lipid Research, 2018, 59, 1771-1782.	2.0	91
40	Consumption of Dairy Products in Relation to Changes in Anthropometric Variables in Adult Populations: A Systematic Review and Meta-Analysis of Cohort Studies. PLoS ONE, 2016, 11, e0157461.	1.1	91
41	Does a Mediterranean-Type Diet Reduce Cancer Risk?. Current Nutrition Reports, 2016, 5, 9-17.	2.1	90
42	Comparison of High vs. Normal/Low Protein Diets on Renal Function in Subjects without Chronic Kidney Disease: A Systematic Review and Meta-Analysis. PLoS ONE, 2014, 9, e97656.	1.1	89
43	Effect of Dietary Sugar Intake on Biomarkers of Subclinical Inflammation: A Systematic Review and Meta-Analysis of Intervention Studies. Nutrients, 2018, 10, 606.	1.7	87
44	Nordic diet, Mediterranean diet, and the risk of chronic diseases: the EPIC-Potsdam study. BMC Medicine, 2018, 16, 99.	2.3	85
45	Handgrip strength and health outcomes: Umbrella review of systematic reviews with meta-analyses of observational studies. Journal of Sport and Health Science, 2021, 10, 290-295.	3.3	85
46	Impact of long-term lifestyle programmes on weight loss and cardiovascular risk factors in overweight/obese participants: a systematic review and network meta-analysis. Systematic Reviews, 2014, 3, 130.	2.5	84
47	Metabolomics and Type 2 Diabetes Risk: An Updated Systematic Review and Meta-analysis of Prospective Cohort Studies. Diabetes Care, 2022, 45, 1013-1024.	4.3	83
48	Dietary fatty acids in the secondary prevention of coronary heart disease: a systematic review, meta-analysis and meta-regression. BMJ Open, 2014, 4, e004487.	0.8	73
49	Perspective: Food-Based Dietary Guidelines in Europe—Scientific Concepts, Current Status, and Perspectives. Advances in Nutrition, 2018, 9, 544-560.	2.9	73
50	Potatoes and risk of chronic disease: a systematic review and dose–response meta-analysis. European Journal of Nutrition, 2019, 58, 2243-2251.	1.8	69
51	Effects of low glycaemic index/low glycaemic load vs. high glycaemic index/ high glycaemic load diets on overweight/obesity and associated risk factors in children and adolescents: a systematic review and meta-analysis. Nutrition Journal, 2015, 14, 87.	1.5	64
52	Intake of dietary fats andÂfatty acids and the incidence of type 2 diabetes: AÂsystematic review and dose-response meta-analysis of prospective observational studies. PLoS Medicine, 2020, 17, e1003347.	3.9	64
53	Nutritional quality of food as represented by the FSAm-NPS nutrient profiling system underlying the Nutri-Score label and cancer risk in Europe: Results from the EPIC prospective cohort study. PLoS Medicine, 2018, 15, e1002651.	3.9	63
54	Sarcopenia and health-related outcomes: an umbrella review of observational studies. European Geriatric Medicine, 2019, 10, 853-862.	1.2	59

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55	Impact of different types of olive oil on cardiovascular risk factors: AÂsystematic review and network meta-analysis. Nutrition, Metabolism and Cardiovascular Diseases, 2019, 29, 1030-1039.	1.1	56
56	Comparison of the long-term effects of high-fat v. low-fat diet consumption on cardiometabolic risk factors in subjects with abnormal glucose metabolism: a systematic review and meta-analysis. British Journal of Nutrition, 2014, 111, 2047-2058.	1.2	55
57	Intake of 12 food groups and disability-adjusted life years from coronary heart disease, stroke, type 2 diabetes, and colorectal cancer in 16 European countries. European Journal of Epidemiology, 2019, 34, 765-775.	2.5	51
58	GRADE guidance 24 optimizing the integration of randomized and non-randomized studies of interventions in evidence syntheses and health guidelines. Journal of Clinical Epidemiology, 2022, 142, 200-208.	2.4	49
59	An umbrella review of garlic intake and risk of cardiovascular disease. Phytomedicine, 2016, 23, 1127-1133.	2.3	48
60	Geneâ€lifestyle interaction on risk of type 2 diabetes: A systematic review. Obesity Reviews, 2019, 20, 1557-1571.	3.1	47
61	Impact of different dietary approaches on blood lipid control in patients with type 2 diabetes mellitus: a systematic review and network meta-analysis. European Journal of Epidemiology, 2019, 34, 837-852.	2.5	46
62	Improving the trustworthiness of findings from nutrition evidence syntheses: assessing risk of bias and rating the certainty of evidence. European Journal of Nutrition, 2021, 60, 2893-2903.	1.8	41
63	An Umbrella Review of Nuts Intake and Risk of Cardiovascular Disease. Current Pharmaceutical Design, 2017, 23, 1016-1027.	0.9	41
64	Effects of Weight-Loss Interventions on Short-Chain Fatty Acid Concentrations in Blood and Feces of Adults: A Systematic Review. Advances in Nutrition, 2019, 10, 673-684.	2.9	35
65	Chocolate and risk of chronic disease: a systematic review and dose-response meta-analysis. European Journal of Nutrition, 2020, 59, 389-397.	1.8	35
66	Dietary sugars and cardiometabolic risk factors: a network meta-analysis on isocaloric substitution interventions. American Journal of Clinical Nutrition, 2020, 111, 187-196.	2.2	32
67	World trends in sugar-sweetened beverage and dietary sugar intakes in children and adolescents: a systematic review. Nutrition Reviews, 2021, 79, 274-288.	2.6	31
68	Impact of intermittent energy restriction on anthropometric outcomes and intermediate disease markers in patients with overweight and obesity: systematic review and meta-analyses. Critical Reviews in Food Science and Nutrition, 2021, 61, 1293-1304.	5.4	30
69	Total Dietary Fat Intake, Fat Quality, and Health Outcomes: A Scoping Review of Systematic Reviews of Prospective Studies. Annals of Nutrition and Metabolism, 2021, 77, 4-15.	1.0	30
70	Evaluating agreement between bodies of evidence from randomised controlled trials and cohort studies in nutrition research: meta-epidemiological study. BMJ, The, 2021, 374, n1864.	3.0	30
71	Evidence of a vegan diet for health benefits and risks – an umbrella review of meta-analyses of observational and clinical studies. Critical Reviews in Food Science and Nutrition, 2023, 63, 9926-9936.	5.4	26
72	High-MUFA Diets Reduce Fasting Glucose in Patients with Type 2 Diabetes. Annals of Nutrition and Metabolism, 2012, 60, 33-34.	1.0	25

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73	Network meta-analysis reaches nutrition research. European Journal of Nutrition, 2019, 58, 1-3.	1.8	25
74	A Scoping Review of Current Guidelines on Dietary Fat and Fat Quality. Annals of Nutrition and Metabolism, 2021, 77, 65-82.	1.0	25
75	Generating the evidence for risk reduction: a contribution to the future of food-based dietary guidelines. Proceedings of the Nutrition Society, 2018, 77, 432-444.	0.4	24
76	Dietary supplements and risk of cause-specific death, cardiovascular disease, and cancer: a protocol for a systematic review and network meta-analysis of primary prevention trials. Systematic Reviews, 2015, 4, 34.	2.5	23
77	Impact of Meal Frequency on Anthropometric Outcomes: A Systematic Review and Network Meta-Analysis of Randomized Controlled Trials. Advances in Nutrition, 2020, 11, 1108-1122.	2.9	23
78	Perspective: Network Meta-analysis Reaches Nutrition Research: Current Status, Scientific Concepts, and Future Directions. Advances in Nutrition, 2019, 10, 739-754.	2.9	21
79	Chromosomal damage measured by the cytokinesis block micronucleus cytome assay in diabetes and obesity - A systematic review and meta-analysis. Mutation Research - Reviews in Mutation Research, 2020, 786, 108343.	2.4	20
80	Use of GRADE in evidence syntheses published in high-impact-factor nutrition journals: A methodological survey. Journal of Clinical Epidemiology, 2021, 135, 54-69.	2.4	20
81	Impact of different dietary approaches on glycemic control and cardiovascular risk factors in patients with type 2 diabetes: a protocol for a systematic review and network meta-analysis. Systematic Reviews, 2017, 6, 57.	2.5	18
82	Low-carbohydrate diets impair flow-mediated dilatation: evidence from a systematic review and meta-analysis. British Journal of Nutrition, 2013, 110, 969-970.	1.2	17
83	Impact of dietary and lifestyle interventions in elderly or people diagnosed with diabetes, metabolic disorders, cardiovascular disease, cancer and micronutrient deficiency on micronuclei frequency – A systematic review and meta-analysis. Mutation Research - Reviews in Mutation Research, 2021, 787, 108367.	2.4	17
84	Impact of different training modalities on anthropometric outcomes in patients with obesity: A systematic review and network metaâ€analysis. Obesity Reviews, 2021, 22, e13218.	3.1	17
85	A1- and A2 beta-casein on health-related outcomes: a scoping review of animal studies. European Journal of Nutrition, 2022, 61, 1-21.	1.8	17
86	Food groups and risk of chronic disease: a protocol for a systematic review and network meta-analysis of cohort studies. Systematic Reviews, 2016, 5, 125.	2.5	16
87	Impact of different dietary approaches on blood pressure in hypertensive and prehypertensive patients: protocol for a systematic review and network meta-analysis. BMJ Open, 2017, 7, e014736.	0.8	16
88	Gaussian graphical models identified food intake networks and risk of type 2 diabetes, CVD, and cancer in the EPIC-Potsdam study. European Journal of Nutrition, 2019, 58, 1673-1686.	1.8	16
89	A critical reflection on the grading of the certainty of evidence in umbrella reviews. European Journal of Epidemiology, 2019, 34, 889-890.	2.5	15
90	Use of the GRADE approach in health policymaking and evaluation: a scoping review of nutrition and physical activity policies. Implementation Science, 2020, 15, 37.	2.5	13

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91	An approach to quantifying the potential importance of residual confounding in systematic reviews of observational studies: A GRADE concept paper. Environment International, 2021, 157, 106868.	4.8	12
92	Mediterranean diet supplemented with extra virgin olive oil reduces the incidence of invasive breast cancer in a randomised controlled trial. Evidence-Based Medicine, 2016, 21, 72-72.	0.6	11
93	Associations of food groups and cardiometabolic and inflammatory biomarkers: does the meal matter?. British Journal of Nutrition, 2019, 122, 707-716.	1.2	11
94	Evaluating Concordance of Bodies of Evidence from Randomized Controlled Trials, Dietary Intake, and Biomarkers of Intake in Cohort Studies: A Meta-Epidemiological Study. Advances in Nutrition, 2022, 13, 48-65.	2.9	11
95	Association of poultry consumption with cardiovascular diseases and all-cause mortality: a systematic review and dose response meta-analysis of prospective cohort studies. Critical Reviews in Food Science and Nutrition, 2023, 63, 2366-2387.	5.4	11
96	Evaluating agreement between bodies of evidence from randomized controlled trials and cohort studies in medical research: a meta-epidemiological study. BMC Medicine, 2022, 20, 174.	2.3	11
97	Reply to JJ Meerpohl et al Advances in Nutrition, 2017, 8, 790-791.	2.9	10
98	Associations between multiple sclerosis and incidence of heart diseases: Systematic review and meta-analysis of observational studies. Multiple Sclerosis and Related Disorders, 2021, 56, 103279.	0.9	10
99	Dietary fat and risk of type 2 diabetes. Current Opinion in Lipidology, 2019, 30, 37-43.	1.2	9
100	The healthiness and sustainability of food based dietary guidelines. BMJ, The, 2020, 370, m2417.	3.0	9
101	The NutriAct Family Study: a web-based prospective study on the epidemiological, psychological and sociological basis of food choice. BMC Public Health, 2018, 18, 963.	1.2	7
102	Biological plausibility in environmental health systematic reviews: a GRADE concept paper. Environment International, 2022, 162, 107109.	4.8	7
103	Association of Dietary, Circulating, and Supplement Fatty Acids With Coronary Risk. Annals of Internal Medicine, 2014, 161, 455.	2.0	6
104	Biomarkers of Vascular Injury and Type 2 Diabetes: A Prospective Study, Systematic Review and Meta-Analysis. Journal of Clinical Medicine, 2019, 8, 2075.	1.0	6
105	Dietary protein intake and health-related outcomes: a methodological protocol for the evidence evaluation and the outline of an evidence to decision framework underlying the evidence-based guideline of the German Nutrition Society. European Journal of Nutrition, 2022, 61, 2091-2101.	1.8	6
106	Effects of a gluten-reduced or gluten-free diet for the primary prevention of cardiovascular disease. The Cochrane Library, 2022, 2022, CD013556.	1.5	6
107	Lowâ€carbohydrate diets and cardiovascular risk factors. Obesity Reviews, 2013, 14, 183-184.	3.1	5
108	Effects on Health Outcomes of a Mediterranean Diet With No Restriction on Fat Intake. Annals of Internal Medicine, 2017, 166, 378.	2.0	5

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109	Comparative effect of nutraceuticals on lipid profile: a protocol for systematic review and network meta-analysis. BMJ Open, 2020, 10, e032755.	0.8	5
110	Biological plausibility in environmental health systematic reviews: aÂGRADE concept paper. Journal of Clinical Epidemiology, 2022, 146, 32-46.	2.4	5
111	Dietary factors and diabetes-related health outcomes in patients with type 2 diabetes: protocol for a systematic review and meta-analysis of prospective observational studies. BMJ Open, 2019, 9, e027298.	0.8	4
112	Egg consumption and risk of chronic disease: an (un-)resolved issue?. American Journal of Clinical Nutrition, 2020, 111, 735-736.	2.2	4
113	Effective SLOPE: EffectS of Lifestyle interventions in Older PEople with obesity: a systematic review and network meta-analysis protocol. BMJ Open, 2020, 10, e038330.	0.8	3
114	The use of the GRADE dose–response gradient domain in nutrition evidence syntheses varies considerably. Journal of Clinical Epidemiology, 2022, 146, 12-21.	2.4	3
115	An Empirical Evaluation of the Impact Scenario of Pooling Bodies of Evidence from Randomized Controlled Trials and Cohort Studies in Nutrition Research. Advances in Nutrition, 2022, 13, 1774-1786.	2.9	3
116	Pooling of cohort studies and RCTs affects GRADE certainty of evidence in nutrition research. Journal of Clinical Epidemiology, 2022, 147, 151-159.	2.4	3
117	Comment on Qian et al. Metabolic Effects of Monounsaturated Fatty Acid–Enriched Diets Compared With Carbohydrate or Polyunsaturated Fatty Acid–Enriched Diets in Patients With Type 2 Diabetes: A Systematic Review and Meta-analysis of Randomized Controlled Trials. Diabetes Care 2016;39:1448–1457. Diabetes Care, 2016, 39, e204-e204.	4.3	2
118	Effects of nutrition intervention strategies in the primary prevention of overweight and obesity in school settings: a protocol for a systematic review and network meta-analysis. Systematic Reviews, 2021, 10, 122.	2.5	2
119	Higher- versus lower-protein diets. European Journal of Clinical Nutrition, 2012, 66, 1372-1373.	1.3	0
120	Reply to Khan et al American Journal of Clinical Nutrition, 2020, 111, 917-918.	2.2	0
121	Work-related interventions for preventing back pain—protocol for a systematic review and network meta-analysis. Systematic Reviews, 2021, 10, 241.	2.5	0
122	Letter to the Editor on "Comparing the Effects of Docosahexaenoic and Eicosapentaenoic Acids on Inflammation Markers Using Pairwise and Network Meta-Analyses of Randomized Controlled Trials― Advances in Nutrition, 2021, 12, 276-277.	2.9	0
123	Potential importance of residual confounding in systematic reviews of observational studies: Answer to Mathur and VanderTweele. Environment International, 2022, 160, 107010.	4.8	0
124	Title is missing!. , 2020, 17, e1003347.		0
125	Title is missing!. , 2020, 17, e1003347.		0

#	Article	IF	CITATIONS
127	Title is missing!. , 2020, 17, e1003347.		0