

Lukas Schwingshackl

List of Publications by Year in Descending Order

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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.

121 papers	6,722 citations	45 h-index	81 g-index
129 ext. papers	9,006 ext. citations	6.6 avg, IF	6.79 L-index

#	Paper	IF	Citations
121	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.. <i>European Journal of Nutrition</i> , 2022 , 1	5.2	0
120	Effects of a gluten-reduced or gluten-free diet for the primary prevention of cardiovascular disease.. <i>The Cochrane Library</i> , 2022 , 2, CD013556	5.2	2
119	Metabolomics and Type 2 Diabetes Risk: An Updated Systematic Review and Meta-analysis of Prospective Cohort Studies.. <i>Diabetes Care</i> , 2022 , 45, 1013-1024	14.6	9
118	Biological plausibility in environmental health systematic reviews: a GRADE concept paper.. <i>Environment International</i> , 2022 , 162, 107109	12.9	0
117	Evaluating agreement between bodies of evidence from randomized controlled trials and cohort studies in medical research: a meta-epidemiological study.. <i>BMC Medicine</i> , 2022 , 20, 174	11.4	0
116	GRADE Guidance 24. Optimizing the integration of randomized and non-randomized studies of interventions in evidence syntheses and health guidelines. <i>Journal of Clinical Epidemiology</i> , 2021 ,	5.7	4
115	Potential importance of residual confounding in systematic reviews of observational studies: Answer to Mathur and VanderTweele.. <i>Environment International</i> , 2021 , 160, 107010	12.9	
114	Improving the trustworthiness of findings from nutrition evidence syntheses: assessing risk of bias and rating the certainty of evidence. <i>European Journal of Nutrition</i> , 2021 , 60, 2893-2903	5.2	15
113	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. <i>Systematic Reviews</i> , 2021 , 10, 122	3	0
112	A1- and A2 beta-casein on health-related outcomes: a scoping review of animal studies. <i>European Journal of Nutrition</i> , 2021 , 1	5.2	2
111	Use of GRADE in evidence syntheses published in high-impact-factor nutrition journals: A methodological survey. <i>Journal of Clinical Epidemiology</i> , 2021 , 135, 54-69	5.7	4
110	Impact of intermittent energy restriction on anthropometric outcomes and intermediate disease markers in patients with overweight and obesity: systematic review and meta-analyses. <i>Critical Reviews in Food Science and Nutrition</i> , 2021 , 61, 1293-1304	11.5	7
109	Handgrip strength and health outcomes: Umbrella review of systematic reviews with meta-analyses of observational studies. <i>Journal of Sport and Health Science</i> , 2021 , 10, 290-295	8.2	21
108	An updated systematic review and meta-analysis on adherence to mediterranean diet and risk of cancer. <i>European Journal of Nutrition</i> , 2021 , 60, 1561-1586	5.2	37
107	World trends in sugar-sweetened beverage and dietary sugar intakes in children and adolescents: a systematic review. <i>Nutrition Reviews</i> , 2021 , 79, 274-288	6.4	13
106	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. <i>Mutation Research - Reviews in Mutation Research</i> , 2021 , 787, 108367	7	4
105	Total Dietary Fat Intake, Fat Quality, and Health Outcomes: A Scoping Review of Systematic Reviews of Prospective Studies. <i>Annals of Nutrition and Metabolism</i> , 2021 , 77, 4-15	4.5	4

104	A Scoping Review of Current Guidelines on Dietary Fat and Fat Quality. <i>Annals of Nutrition and Metabolism</i> , 2021 , 77, 65-82	4.5	3
103	Impact of different training modalities on anthropometric outcomes in patients with obesity: A systematic review and network meta-analysis. <i>Obesity Reviews</i> , 2021 , 22, e13218	10.6	6
102	Work-related interventions for preventing back pain-protocol for a systematic review and network meta-analysis. <i>Systematic Reviews</i> , 2021 , 10, 241	3	
101	Associations between multiple sclerosis and incidence of heart diseases: Systematic review and meta-analysis of observational studies. <i>Multiple Sclerosis and Related Disorders</i> , 2021 , 56, 103279	4	4
100	Evaluating Concordance of Bodies of Evidence From Randomized Controlled Trials, Dietary Intake and Biomarkers of Intake in Cohort Studies: A Meta-Epidemiological Study. <i>Advances in Nutrition</i> , 2021 ,	10	3
99	Evaluating agreement between bodies of evidence from randomised controlled trials and cohort studies in nutrition research: meta-epidemiological study. <i>BMJ, The</i> , 2021 , 374, n1864	5.9	4
98	Association of poultry consumption with cardiovascular diseases and all-cause mortality: a systematic review and dose response meta-analysis of prospective cohort studies. <i>Critical Reviews in Food Science and Nutrition</i> , 2021 , 1-22	11.5	1
97	An approach to quantifying the potential importance of residual confounding in systematic reviews of observational studies: A GRADE concept paper. <i>Environment International</i> , 2021 , 157, 106868	12.9	2
96	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". <i>Advances in Nutrition</i> , 2021 , 12, 276-277	10	
95	Impact of Meal Frequency on Anthropometric Outcomes: A Systematic Review and Network Meta-Analysis of Randomized Controlled Trials. <i>Advances in Nutrition</i> , 2020 , 11, 1108-1122	10	8
94	Reply to Khan et al. <i>American Journal of Clinical Nutrition</i> , 2020 , 111, 917-918	7	
93	Dietary sugars and cardiometabolic risk factors: a network meta-analysis on isocaloric substitution interventions. <i>American Journal of Clinical Nutrition</i> , 2020 , 111, 187-196	7	14
92	Use of the GRADE approach in health policymaking and evaluation: a scoping review of nutrition and physical activity policies. <i>Implementation Science</i> , 2020 , 15, 37	8.4	8
91	Intake of dietary fats and fatty acids and the incidence of type 2 diabetes: A systematic review and dose-response meta-analysis of prospective observational studies. <i>PLoS Medicine</i> , 2020 , 17, e1003347	11.6	17
90	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. <i>Journal of the Academy of Nutrition and Dietetics</i> , 2020 , 120, 1998-2031.e15	3.9	47
89	Effective SLOPE: EffectS of Lifestyle interventions in Older PEople with obesity: a systematic review and network meta-analysis protocol. <i>BMJ Open</i> , 2020 , 10, e038330	3	0
88	The healthiness and sustainability of food based dietary guidelines. <i>BMJ, The</i> , 2020 , 370, m2417	5.9	6
87	Chromosomal damage measured by the cytokinesis block micronucleus cytome assay in diabetes and obesity - A systematic review and meta-analysis. <i>Mutation Research - Reviews in Mutation Research</i> , 2020 , 786, 108343	7	5

86	Physical Activity and Exercise in Mild Cognitive Impairment and Dementia: An Umbrella Review of Intervention and Observational Studies. <i>Journal of the American Medical Directors Association</i> , 2020 , 21, 1415-1422.e6	5.9	29
85	Comparative effect of nutraceuticals on lipid profile: a protocol for systematic review and network meta-analysis. <i>BMJ Open</i> , 2020 , 10, e032755	3	2
84	Chocolate and risk of chronic disease: a systematic review and dose-response meta-analysis. <i>European Journal of Nutrition</i> , 2020 , 59, 389-397	5.2	24
83	Mediterranean diet and health status: Active ingredients and pharmacological mechanisms. <i>British Journal of Pharmacology</i> , 2020 , 177, 1241-1257	8.6	72
82	Intake of dietary fats and fatty acids and the incidence of type 2 diabetes: A systematic review and dose-response meta-analysis of prospective observational studies 2020 , 17, e1003347		
81	Intake of dietary fats and fatty acids and the incidence of type 2 diabetes: A systematic review and dose-response meta-analysis of prospective observational studies 2020 , 17, e1003347		
80	Intake of dietary fats and fatty acids and the incidence of type 2 diabetes: A systematic review and dose-response meta-analysis of prospective observational studies 2020 , 17, e1003347		
79	Intake of dietary fats and fatty acids and the incidence of type 2 diabetes: A systematic review and dose-response meta-analysis of prospective observational studies 2020 , 17, e1003347		
78	Sarcopenia and health-related outcomes: an umbrella review of observational studies. <i>European Geriatric Medicine</i> , 2019 , 10, 853-862	3	22
77	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
76	Impact of different dietary approaches on blood lipid control in patients with type 2 diabetes mellitus: a systematic review and network meta-analysis. <i>European Journal of Epidemiology</i> , 2019 , 34, 837-852	12.1	16
75	Associations of food groups and cardiometabolic and inflammatory biomarkers: does the meal matter?. <i>British Journal of Nutrition</i> , 2019 , 122, 707-716	3.6	7
74	Perspective: Network Meta-analysis Reaches Nutrition Research: Current Status, Scientific Concepts, and Future Directions. <i>Advances in Nutrition</i> , 2019 , 10, 739-754	10	14
73	Effects of Weight-Loss Interventions on Short-Chain Fatty Acid Concentrations in Blood and Feces of Adults: A Systematic Review. <i>Advances in Nutrition</i> , 2019 , 10, 673-684	10	18
72	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. <i>European Journal of Epidemiology</i> , 2019 , 34, 765-775	12.1	22
71	Food Groups and Risk of Overweight, Obesity, and Weight Gain: A Systematic Review and Dose-Response Meta-Analysis of Prospective Studies. <i>Advances in Nutrition</i> , 2019 , 10, 205-218	10	122
70	Gaussian graphical models identified food intake networks and risk of type 2 diabetes, CVD, and cancer in the EPIC-Potsdam study. <i>European Journal of Nutrition</i> , 2019 , 58, 1673-1686	5.2	8
69	Potatoes and risk of chronic disease: a systematic review and dose-response meta-analysis. <i>European Journal of Nutrition</i> , 2019 , 58, 2243-2251	5.2	34

68	Impact of different types of olive oil on cardiovascular risk factors: A systematic review and network meta-analysis. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2019 , 29, 1030-1039	4.5	33
67	A critical reflection on the grading of the certainty of evidence in umbrella reviews. <i>European Journal of Epidemiology</i> , 2019 , 34, 889-890	12.1	4
66	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. <i>BMJ Open</i> , 2019 , 9, e027298 ³		1
65	Role of diet in type 2 diabetes incidence: umbrella review of meta-analyses of prospective observational studies. <i>BMJ, The</i> , 2019 , 366, l2368	5.9	130
64	Gene-lifestyle interaction on risk of type 2 diabetes: A systematic review. <i>Obesity Reviews</i> , 2019 , 20, 1557-1571	16.7	27
63	Biomarkers of Vascular Injury and Type 2 Diabetes: A Prospective Study, Systematic Review and Meta-Analysis. <i>Journal of Clinical Medicine</i> , 2019 , 8,	5.1	4
62	Dietary fat and risk of type 2 diabetes. <i>Current Opinion in Lipidology</i> , 2019 , 30, 37-43	4.4	3
61	Food groups and risk of coronary heart disease, stroke and heart failure: A systematic review and dose-response meta-analysis of prospective studies. <i>Critical Reviews in Food Science and Nutrition</i> , 2019 , 59, 1071-1090	11.5	236
60	Comparative effects of different dietary approaches on blood pressure in hypertensive and pre-hypertensive patients: A systematic review and network meta-analysis. <i>Critical Reviews in Food Science and Nutrition</i> , 2019 , 59, 2674-2687	11.5	45
59	A network meta-analysis on the comparative efficacy of different dietary approaches on glycaemic control in patients with type 2 diabetes mellitus. <i>European Journal of Epidemiology</i> , 2018 , 33, 157-170	12.1	99
58	Generating the evidence for risk reduction: a contribution to the future of food-based dietary guidelines. <i>Proceedings of the Nutrition Society</i> , 2018 , 77, 432-444	2.9	16
57	The effect of vegetarian diets on iron status in adults: A systematic review and meta-analysis. <i>Critical Reviews in Food Science and Nutrition</i> , 2018 , 58, 1359-1374	11.5	80
56	Effects of oils and solid fats on blood lipids: a systematic review and network meta-analysis. <i>Journal of Lipid Research</i> , 2018 , 59, 1771-1782	6.3	56
55	Nordic diet, Mediterranean diet, and the risk of chronic diseases: the EPIC-Potsdam study. <i>BMC Medicine</i> , 2018 , 16, 99	11.4	50
54	Effect of Dietary Sugar Intake on Biomarkers of Subclinical Inflammation: A Systematic Review and Meta-Analysis of Intervention Studies. <i>Nutrients</i> , 2018 , 10,	6.7	57
53	Evaluating Mediterranean diet and risk of chronic disease in cohort studies: an umbrella review of meta-analyses. <i>European Journal of Epidemiology</i> , 2018 , 33, 909-931	12.1	87
52	The NutriAct Family Study: a web-based prospective study on the epidemiological, psychological and sociological basis of food choice. <i>BMC Public Health</i> , 2018 , 18, 963	4.1	1
51	Perspective: Food-Based Dietary Guidelines in Europe-Scientific Concepts, Current Status, and Perspectives. <i>Advances in Nutrition</i> , 2018 , 9, 544-560	10	41

50	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. <i>Journal of the Academy of Nutrition and Dietetics</i> , 2018 , 118, 74-100.e11	3.9	296
49	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. <i>PLoS Medicine</i> , 2018 , 15, e1002651	11.6	26
48	Food groups and intermediate disease markers: a systematic review and network meta-analysis of randomized trials. <i>American Journal of Clinical Nutrition</i> , 2018 , 108, 576-586	7	49
47	Food groups and risk of colorectal cancer. <i>International Journal of Cancer</i> , 2018 , 142, 1748-1758	7.5	110
46	Dietary Supplements and Risk of Cause-Specific Death, Cardiovascular Disease, and Cancer: A Systematic Review and Meta-Analysis of Primary Prevention Trials. <i>Advances in Nutrition</i> , 2017 , 8, 27-39	10	97
45	Food groups and risk of type 2 diabetes mellitus: a systematic review and meta-analysis of prospective studies. <i>European Journal of Epidemiology</i> , 2017 , 32, 363-375	12.1	295
44	Food groups and risk of all-cause mortality: a systematic review and meta-analysis of prospective studies. <i>American Journal of Clinical Nutrition</i> , 2017 , 105, 1462-1473	7	242
43	Impact of different dietary approaches on blood pressure in hypertensive and prehypertensive patients: protocol for a systematic review and network meta-analysis. <i>BMJ Open</i> , 2017 , 7, e014736	3	10
42	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. <i>Systematic Reviews</i> , 2017 , 6, 57	3	12
41	Effects on Health Outcomes of a Mediterranean Diet With No Restriction on Fat Intake. <i>Annals of Internal Medicine</i> , 2017 , 166, 378	8	3
40	Food Groups and Risk of Hypertension: A Systematic Review and Dose-Response Meta-Analysis of Prospective Studies. <i>Advances in Nutrition</i> , 2017 , 8, 793-803	10	138
39	Reply to JJ Meerpohl et al. <i>Advances in Nutrition</i> , 2017 , 8, 790-791	10	10
38	Adherence to Mediterranean Diet and Risk of Cancer: An Updated Systematic Review and Meta-Analysis. <i>Nutrients</i> , 2017 , 9,	6.7	277
37	An Umbrella Review of Nuts Intake and Risk of Cardiovascular Disease. <i>Current Pharmaceutical Design</i> , 2017 , 23, 1016-1027	3.3	30
36	Effect of diet on mortality and cancer recurrence among cancer survivors: a systematic review and meta-analysis of cohort studies. <i>Nutrition Reviews</i> , 2016 , 74, 737-748	6.4	106
35	Perspective: NutriGrade: A Scoring System to Assess and Judge the Meta-Evidence of Randomized Controlled Trials and Cohort Studies in Nutrition Research. <i>Advances in Nutrition</i> , 2016 , 7, 994-1004	10	134
34	Food groups and risk of chronic disease: a protocol for a systematic review and network meta-analysis of cohort studies. <i>Systematic Reviews</i> , 2016 , 5, 125	3	16
33	Mediterranean diet supplemented with extra virgin olive oil reduces the incidence of invasive breast cancer in a randomised controlled trial. <i>Evidence-Based Medicine</i> , 2016 , 21, 72		10

32	An umbrella review of garlic intake and risk of cardiovascular disease. <i>Phytomedicine</i> , 2016 , 23, 1127-33	6.5	39
31	Consumption of Dairy Products in Relation to Changes in Anthropometric Variables in Adult Populations: A Systematic Review and Meta-Analysis of Cohort Studies. <i>PLoS ONE</i> , 2016 , 11, e0157461	3.7	70
30	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. <i>Diabetes Care</i> 2016 ;39:1448-1457. <i>Diabetes Care</i> , 2016 , 39, e204	14.6	2
29	Does a Mediterranean-Type Diet Reduce Cancer Risk?. <i>Current Nutrition Reports</i> , 2016 , 5, 9-17	6	74
28	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. <i>Journal of the Academy of Nutrition and Dietetics</i> , 2015 , 115, 780-800.e5	3.9	334
27	Adherence to a Mediterranean diet and risk of diabetes: a systematic review and meta-analysis. <i>Public Health Nutrition</i> , 2015 , 18, 1292-9	3.3	189
26	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. <i>Systematic Reviews</i> , 2015 , 4, 34	3	15
25	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. <i>Nutrition Journal</i> , 2015 , 14, 87	4.3	40
24	Effects of Olive Oil on Markers of Inflammation and Endothelial Function-A Systematic Review and Meta-Analysis. <i>Nutrients</i> , 2015 , 7, 7651-75	6.7	125
23	Adherence to Mediterranean diet and risk of cancer: an updated systematic review and meta-analysis of observational studies. <i>Cancer Medicine</i> , 2015 , 4, 1933-47	4.8	184
22	Fruit and Vegetable Consumption and Changes in Anthropometric Variables in Adult Populations: A Systematic Review and Meta-Analysis of Prospective Cohort Studies. <i>PLoS ONE</i> , 2015 , 10, e0140846	3.7	122
21	Dietary fatty acids in the secondary prevention of coronary heart disease: a systematic review, meta-analysis and meta-regression. <i>BMJ Open</i> , 2014 , 4, e004487	3	55
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. <i>Diabetologia</i> , 2014 , 57, 1789-97	10.3	132
19	Mediterranean dietary pattern, inflammation and endothelial function: a systematic review and meta-analysis of intervention trials. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2014 , 24, 929-39	4.5	304
18	Adherence to Mediterranean diet and risk of cancer: a systematic review and meta-analysis of observational studies. <i>International Journal of Cancer</i> , 2014 , 135, 1884-97	7.5	187
17	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. <i>British Journal of Nutrition</i> , 2014 , 111, 2047-58	3.6	48
16	Association of dietary, circulating, and supplement fatty acids with coronary risk. <i>Annals of Internal Medicine</i> , 2014 , 161, 455-6	8	5
15	Comparison of high vs. normal/low protein diets on renal function in subjects without chronic kidney disease: a systematic review and meta-analysis. <i>PLoS ONE</i> , 2014 , 9, e97656	3.7	61

14	Monounsaturated fatty acids, olive oil and health status: a systematic review and meta-analysis of cohort studies. <i>Lipids in Health and Disease</i> , 2014 , 13, 154	4.4	252
13	Impact of long-term lifestyle programmes on weight loss and cardiovascular risk factors in overweight/obese participants: a systematic review and network meta-analysis. <i>Systematic Reviews</i> , 2014 , 3, 130	3	62
12	Low-carbohydrate diets impair flow-mediated dilatation: evidence from a systematic review and meta-analysis. <i>British Journal of Nutrition</i> , 2013 , 110, 969-70	3.6	11
11	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. <i>Nutrition Journal</i> , 2013 , 12, 48	4.3	114
10	Comparison of effects of long-term low-fat vs high-fat diets on blood lipid levels in overweight or obese patients: a systematic review and meta-analysis. <i>Journal of the Academy of Nutrition and Dietetics</i> , 2013 , 113, 1640-61	3.9	124
9	Low-carbohydrate diets and cardiovascular risk factors. <i>Obesity Reviews</i> , 2013 , 14, 183-4	10.6	4
8	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. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2013 , 23, 699-706	4.5	164
7	Impact of different training modalities on anthropometric and metabolic characteristics in overweight/obese subjects: a systematic review and network meta-analysis. <i>PLoS ONE</i> , 2013 , 8, e82853	3.7	85
6	Monounsaturated fatty acids and risk of cardiovascular disease: synopsis of the evidence available from systematic reviews and meta-analyses. <i>Nutrients</i> , 2012 , 4, 1989-2007	6.7	163
5	Higher- versus lower-protein diets. <i>European Journal of Clinical Nutrition</i> , 2012 , 66, 1372-3; author reply 1375	5.2	
4	High-MUFA diets reduce fasting glucose in patients with type 2 diabetes. <i>Annals of Nutrition and Metabolism</i> , 2012 , 60, 33-4	4.5	17
3	Effects of monounsaturated fatty acids on cardiovascular risk factors: a systematic review and meta-analysis. <i>Annals of Nutrition and Metabolism</i> , 2011 , 59, 176-86	4.5	94
2	Effects of monounsaturated fatty acids on glycaemic control in patients with abnormal glucose metabolism: a systematic review and meta-analysis. <i>Annals of Nutrition and Metabolism</i> , 2011 , 58, 290-6	4.5	94
1	Evidence of a vegan diet for health benefits and risks [an umbrella review of meta-analyses of observational and clinical studies. <i>Critical Reviews in Food Science and Nutrition</i> , 1-11	11.5	2