Nancy Babio

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119 3,511 29 57 h-index g-index citations papers 138 4,541 5.1 4.92 L-index avg, IF ext. citations ext. papers

#	Paper	IF	Citations
119	Reduction in the incidence of type 2 diabetes with the Mediterranean diet: results of the PREDIMED-Reus nutrition intervention randomized trial. <i>Diabetes Care</i> , 2011 , 34, 14-9	14.6	576
118	Mediterranean diets and metabolic syndrome status in the PREDIMED randomized trial. <i>Cmaj</i> , 2014 , 186, E649-57	3.5	184
117	Dietary fat intake and risk of cardiovascular disease and all-cause mortality in a population at high risk of cardiovascular disease. <i>American Journal of Clinical Nutrition</i> , 2015 , 102, 1563-73	7	159
116	Dietary Inflammatory Index and Incidence of Cardiovascular Disease in the PREDIMED Study. <i>Nutrients</i> , 2015 , 7, 4124-38	6.7	142
115	Extravirgin olive oil consumption reduces risk of atrial fibrillation: the PREDIMED (Prevencifi con Dieta Mediterrfiea) trial. <i>Circulation</i> , 2014 , 130, 18-26	16.7	141
114	Mediterranean diet and metabolic syndrome: the evidence. <i>Public Health Nutrition</i> , 2009 , 12, 1607-17	3.3	133
113	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
112	Prevalence of metabolic syndrome in Brazilian adults: a systematic review. <i>BMC Public Health</i> , 2013 , 13, 1198	4.1	111
111	Dairy product consumption and risk of type 2 diabetes in an elderly Spanish Mediterranean population at high cardiovascular risk. <i>European Journal of Nutrition</i> , 2016 , 55, 349-60	5.2	94
110	Consumption of Yogurt, Low-Fat Milk, and Other Low-Fat Dairy Products Is Associated with Lower Risk of Metabolic Syndrome Incidence in an Elderly Mediterranean Population. <i>Journal of Nutrition</i> , 2015 , 145, 2308-16	4.1	92
109	Mediterranean Diet, Retinopathy, Nephropathy, and Microvascular Diabetes Complications: A Post Hoc Analysis of a Randomized Trial. <i>Diabetes Care</i> , 2015 , 38, 2134-41	14.6	78
108	Nuts and oxidation: a systematic review. <i>Nutrition Reviews</i> , 2009 , 67, 497-508	6.4	75
107	Evaluation of the safety and efficacy of hydroxycitric acid or Garcinia cambogia extracts in humans. <i>Critical Reviews in Food Science and Nutrition</i> , 2012 , 52, 585-94	11.5	70
106	Mediterranean diet and quality of life: Baseline cross-sectional analysis of the PREDIMED-PLUS trial. <i>PLoS ONE</i> , 2018 , 13, e0198974	3.7	65
105	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
104	White blood cell counts as risk markers of developing metabolic syndrome and its components in the PREDIMED study. <i>PLoS ONE</i> , 2013 , 8, e58354	3.7	61
103	Remnant Cholesterol, Not LDL Cholesterol, Is Associated With Incident Cardiovascular Disease. Journal of the American College of Cardiology, 2020 , 76, 2712-2724	15.1	58

(2019-2016)

102	Association between dietary fibre intake and fruit, vegetable or whole-grain consumption and the risk of CVD: results from the PREvencili con Dieta MEDiterrilea (PREDIMED) trial. <i>British Journal of Nutrition</i> , 2016 , 116, 534-46	3.6	57
101	Associations between serum uric acid concentrations and metabolic syndrome and its components in the PREDIMED study. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2015 , 25, 173-80	4.5	53
100	Waist-to-height ratio and cardiovascular risk factors in elderly individuals at high cardiovascular risk. <i>PLoS ONE</i> , 2012 , 7, e43275	3.7	53
99	Yogurt and Diabetes: Overview of Recent Observational Studies. <i>Journal of Nutrition</i> , 2017 , 147, 1452S-	1 ₄ 461S	43
98	Frequent Consumption of Sugar- and Artificially Sweetened Beverages and Natural and Bottled Fruit Juices Is Associated with an Increased Risk of Metabolic Syndrome in a Mediterranean Population at High Cardiovascular Disease Risk. <i>Journal of Nutrition</i> , 2016 , 146, 1528-36	4.1	43
97	Patients With Celiac Disease Reported Higher Consumption of Added Sugar and Total Fat Than Healthy Individuals. <i>Journal of Pediatric Gastroenterology and Nutrition</i> , 2017 , 64, 63-69	2.8	42
96	Mediterranean diet and risk of hyperuricemia in elderly participants at high cardiovascular risk. Journals of Gerontology - Series A Biological Sciences and Medical Sciences, 2013 , 68, 1263-70	6.4	42
95	Dietary magnesium intake is inversely associated with mortality in adults at high cardiovascular disease risk. <i>Journal of Nutrition</i> , 2014 , 144, 55-60	4.1	40
94	Replacing red meat and processed red meat for white meat, fish, legumes or eggs is associated with lower risk of incidence of metabolic syndrome. <i>Clinical Nutrition</i> , 2016 , 35, 1442-1449	5.9	37
93	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
92	Association of physical activity with body mass index, waist circumference and incidence of obesity in older adults. <i>European Journal of Public Health</i> , 2018 , 28, 944-950	2.1	30
91	Total and Subtypes of Dietary Fat Intake and Its Association with Components of the Metabolic Syndrome in a Mediterranean Population at High Cardiovascular Risk. <i>Nutrients</i> , 2019 , 11,	6.7	30
90	Association Between Dairy Product Consumption and Colorectal Cancer Risk in Adults: A Systematic Review and Meta-Analysis of Epidemiologic Studies. <i>Advances in Nutrition</i> , 2019 , 10, S190-S2	1 9	29
89	Dietary Inflammatory Index and liver status in subjects with different adiposity levels within the PREDIMED trial. <i>Clinical Nutrition</i> , 2018 , 37, 1736-1743	5.9	28
88	Leisure-time physical activity at moderate and high intensity is associated with parameters of body composition, muscle strength and sarcopenia in aged adults with obesity and metabolic syndrome from the PREDIMED-Plus study. <i>Clinical Nutrition</i> , 2019 , 38, 1324-1331	5.9	27
87	Prevalence of metabolic syndrome and pre-metabolic syndrome in health professionals: LATINMETS Brazil study. <i>Diabetology and Metabolic Syndrome</i> , 2015 , 7, 6	5.6	26
86	FABP4 predicts atherogenic dyslipidemia development. The PREDIMED study. <i>Atherosclerosis</i> , 2012 , 222, 229-34	3.1	26
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	Mediterranean diet and high dietary acid load associated with mixed nuts: effect on bone metabolism in elderly subjects. <i>Journal of the American Geriatrics Society</i> , 2009 , 57, 1789-98	5.6	25
83	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, 291-3	304	22
82	Association of lifestyle factors and inflammation with sarcopenic obesity: data from the PREDIMED-Plus trial. <i>Journal of Cachexia, Sarcopenia and Muscle,</i> 2019 , 10, 974-984	10.3	21
81	Dairy Product Consumption in the Prevention of Metabolic Syndrome: A Systematic Review and Meta-Analysis of Prospective Cohort Studies. <i>Advances in Nutrition</i> , 2019 , 10, S144-S153	10	21
80	Seafood Consumption, Omega-3 Fatty Acids Intake, and Life-Time Prevalence of Depression in the PREDIMED-Plus Trial. <i>Nutrients</i> , 2018 , 10,	6.7	21
79	Unhealthy dietary patterns among healthcare professionals and students in Mexico. <i>BMC Public Health</i> , 2018 , 18, 1246	4.1	20
78	Association between Eating Speed and Classical Cardiovascular Risk Factors: A Cross-Sectional Study. <i>Nutrients</i> , 2019 , 11,	6.7	19
77	Body adiposity indicators and cardiometabolic risk: Cross-sectional analysis in participants from the PREDIMED-Plus trial. <i>Clinical Nutrition</i> , 2019 , 38, 1883-1891	5.9	19
76	Adolescents Qability to select healthy food using two different front-of-pack food labels: a cross-over study. <i>Public Health Nutrition</i> , 2014 , 17, 1403-9	3.3	18
75	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
74	Dairy product consumption and risk of colorectal cancer in an older mediterranean population at high cardiovascular risk. <i>International Journal of Cancer</i> , 2018 , 143, 1356-1366	7.5	15
73	Fluid intake from beverages in Spanish adults; cross-sectional study. <i>Nutricion Hospitalaria</i> , 2014 , 29, 1171-8	1	15
72	Adherence to the Mediterranean diet is positively associated with sperm motility: A cross-sectional analysis. <i>Scientific Reports</i> , 2019 , 9, 3389	4.9	13
71	Fluid intake in Spanish children and adolescents; a cross-sectional study. <i>Nutricion Hospitalaria</i> , 2014 , 29, 1163-70	1	13
70	Fermented dairy products, diet quality, and cardio-metabolic profile of a Mediterranean cohort at high cardiovascular risk. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2018 , 28, 1002-1011	4.5	13
69	Risk of peripheral artery disease according to a healthy lifestyle score: The PREDIMED study. <i>Atherosclerosis</i> , 2018 , 275, 133-140	3.1	12
68	Contribution of ultra-processed foods in visceral fat deposition and other adiposity indicators: Prospective analysis nested in the PREDIMED-Plus trial. <i>Clinical Nutrition</i> , 2021 , 40, 4290-4300	5.9	12
67	Validity of the energy-restricted Mediterranean Diet Adherence Screener. <i>Clinical Nutrition</i> , 2021 , 40, 4971-4979	5.9	12

(2020-2017)

66	Prediction of Cardiovascular Disease by the Framingham-REGICOR Equation in the High-Risk PREDIMED Cohort: Impact of the Mediterranean Diet Across Different Risk Strata. <i>Journal of the American Heart Association</i> , 2017 , 6,	6	11
65	Dietary Antioxidants in the Treatment of Male Infertility: Counteracting Oxidative Stress. <i>Biology</i> , 2021 , 10,	4.9	11
64	Longitudinal association of changes in diet with changes in body weight and waist circumference in subjects at high cardiovascular risk: the PREDIMED trial. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2019 , 16, 139	8.4	11
63	Association Between Lifestyle and Hypertriglyceridemic Waist Phenotype in the PREDIMED-Plus Study. <i>Obesity</i> , 2020 , 28, 537-543	8	10
62	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
61	Beverage Intake Assessment Questionnaire: Relative Validity and Repeatability in a Spanish Population with Metabolic Syndrome from the PREDIMED-PLUS Study. <i>Nutrients</i> , 2016 , 8,	6.7	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	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
58	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
57	Lifestyle factors and visceral adipose tissue: Results from the PREDIMED-PLUS study. <i>PLoS ONE</i> , 2019 , 14, e0210726	3.7	8
56	Association between coffee consumption and total dietary caffeine intake with cognitive functioning: cross-sectional assessment in an elderly Mediterranean population. <i>European Journal of Nutrition</i> , 2021 , 60, 2381-2396	5.2	8
55	A higher Mediterranean diet adherence and exercise practice are associated with a healthier drinking profile in a healthy Spanish adult population. <i>European Journal of Nutrition</i> , 2017 , 56, 739-748	5.2	7
54	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
53	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
52	Factors associated with body dissatisfaction in non-clinical adolescents at risk of eating disorders. Zeitschrift Fur Gesundheitswissenschaften, 2008 , 16, 107-115	1.4	6
51	Metabolic syndrome in healthcare personnel of the university of Antioquia-Colombia; LATINMETS study. <i>Nutricion Hospitalaria</i> , 2013 , 28, 522-31	1	6
50	Walnut Consumption, Plasma Metabolomics, and Risk of Type 2 Diabetes and Cardiovascular Disease. <i>Journal of Nutrition</i> , 2021 , 151, 303-311	4.1	6
49	Association between dairy product consumption and hyperuricemia in an elderly population with metabolic syndrome. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2020 , 30, 214-222	4.5	6

48	Association between Serum Vitamin B12 and Global DNA Methylation in Colorectal Cancer Patients. <i>Nutrients</i> , 2020 , 12,	6.7	6
47	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
46	Longitudinal changes in Mediterranean diet and transition between different obesity phenotypes. <i>Clinical Nutrition</i> , 2020 , 39, 966-975	5.9	6
45	Ultraprocessed food consumption and dietary nutrient profiles associated with obesity: A multicountry study of children and adolescents. <i>Obesity Reviews</i> , 2021 , e13387	10.6	5
44	A comparison of the nutritional profile and price of gluten-free products and their gluten-containing counterparts available in the Spanish market. <i>Nutricion Hospitalaria</i> , 2020 , 37, 814-82	22 ¹	5
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	Cross-sectional association between non-soy legume consumption, serum uric acid and hyperuricemia: the PREDIMED-Plus study. <i>European Journal of Nutrition</i> , 2020 , 59, 2195-2206	5.2	5
41	Understanding of different front-of-package labels by the Spanish population: Results of a comparative study. <i>Endocrinologia, Diabetes Y Nutrici</i> h, 2020 , 67, 122-129	1.3	4
40	Mediterranean Diet and White Blood Cell Count-A Randomized Controlled Trial. Foods, 2021, 10,	4.9	4
39	Circulating vitamin D levels and colorectal cancer risk: A meta-analysis and systematic review of case-control and prospective cohort studies. <i>Critical Reviews in Food Science and Nutrition</i> , 2021 , 1-17	11.5	4
38	Low serum iron levels and risk of cardiovascular disease in high risk elderly population: Nested case-control study in the PREvencifi con Dieta MEDiterrfiea (PREDIMED) trial. <i>Clinical Nutrition</i> , 2021 , 40, 496-504	5.9	4
37	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
36	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
35	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
34	Risk of Eating Disorders in Patients With Celiac Disease. <i>Journal of Pediatric Gastroenterology and Nutrition</i> , 2018 , 66, 53-57	2.8	3
33	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
32	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
31	Vitamin D Intake and the Risk of Colorectal Cancer: An Updated Meta-Analysis and Systematic Review of Case-Control and Prospective Cohort Studies. <i>Cancers</i> , 2021 , 13,	6.6	3

(2021-2020)

30	Fluid and total water intake in a senior mediterranean population at high cardiovascular risk: demographic and lifestyle determinants in the PREDIMED-Plus study. <i>European Journal of Nutrition</i> , 2020 , 59, 1595-1606	5.2	3
29	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
28	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
27	Metabolic syndrome components in young health professionals; LATIN America METabolic Syndrome (LATINMETS) Mexico study. <i>Nutricion Hospitalaria</i> , 2018 , 35, 864-873	1	2
26	Metabolic Syndrome Among Young Health Professionals in the Multicenter Latin America Metabolic Syndrome Study. <i>Metabolic Syndrome and Related Disorders</i> , 2020 , 18, 86-95	2.6	2
25	High Fruit and Vegetable Consumption and Moderate Fat Intake Are Associated with Higher Carotenoid Concentration in Human Plasma. <i>Antioxidants</i> , 2021 , 10,	7.1	2
24	Eating Speed, Eating Frequency, and Their Relationships with Diet Quality, Adiposity, and Metabolic Syndrome, or Its Components. <i>Nutrients</i> , 2021 , 13,	6.7	2
23	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
22	Impact of Life@ Simple 7 on the incidence of major cardiovascular events in high-risk Spanish adults in the PREDIMED study cohort. <i>Revista Espanola De Cardiologia (English Ed)</i> , 2020 , 73, 205-211	0.7	2
21	Caffeine Intake and Its Sex-Specific Association with General Anxiety: A Cross-Sectional Analysis among General Population Adults <i>Nutrients</i> , 2022 , 14,	6.7	2
20	Total dairy consumption in relation to overweight and obesity in children and adolescents: A systematic review and meta-analysis. <i>Obesity Reviews</i> , 2021 , e13400	10.6	2
19	Economic benefit of dietetic-nutritional treatment in the multidisciplinary primary care team. <i>Nutricion Hospitalaria</i> , 2020 , 37, 863-874	1	1
18	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
17	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
16	Relationship between olive oil consumption and ankle-brachial pressure index in a population at high cardiovascular risk. <i>Atherosclerosis</i> , 2020 , 314, 48-57	3.1	1
15	Energy Balance and Risk of Mortality in Spanish Older Adults. <i>Nutrients</i> , 2021 , 13,	6.7	1
14	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
13	Pro-vegetarian food patterns and cardiometabolic risk in the PREDIMED-Plus study: a cross-sectional baseline analysis. <i>European Journal of Nutrition</i> , 2021 , 1	5.2	1

12	Is FOP Nutrition Label Nutri-Score Well Understood by Consumers When Comparing the Nutritional Quality of Added Fats, and Does It Negatively Impact the Image of Olive Oil?. <i>Foods</i> , 2021 , 10,	4.9	1
11	Comment on Muzzioli et al. Are Front-of-Pack Labels a Health Policy Tool? Nutrients 2022, 14, 771. <i>Nutrients</i> , 2022 , 14, 2165	6.7	1
10	Psychological and metabolic risk factors in older adults with a previous history of eating disorder: A cross-sectional study from the Predimed-Plus study. <i>European Eating Disorders Review</i> , 2021 , 29, 575-58	3 7 ∙3	О
9	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	O
8	Letter to the Editor Re: Nissensohn M. et al.; Nutrients 2016, 8, 232. Nutrients, 2016, 8,	6.7	О
7	Assessment of price and nutritional quality of gluten-free products versus their analogues with gluten through the algorithm of the nutri-score front-of-package labeling system. <i>Food and Function</i> , 2021 , 12, 4424-4433	6.1	0
6	Prospective associations between a priori dietary patterns adherence and kidney function in an elderly Mediterranean population at high cardiovascular risk <i>European Journal of Nutrition</i> , 2022 , 1	5.2	О
5	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	O
4	Response to Letter Regarding Article, "Extravirgin Olive Oil Consumption Reduces Risk of Atrial Fibrillation: The PREDIMED (Prevencifi con Dieta Mediterrfiea) Trial". <i>Circulation</i> , 2015 , 132, e140-2	16.7	
3	Integrative development of a short screening questionnaire of highly processed food consumption (sQ-HPF) International Journal of Behavioral Nutrition and Physical Activity, 2022, 19, 6	8.4	
2	Inflammatory potential of diet and bone mineral density in a senior Mediterranean population: a cross-sectional analysis of PREDIMED-Plus study. <i>European Journal of Nutrition</i> , 2021 , 1	5.2	
1	Mediterranean diet and antihypertensive drug use: a randomized controlled trial. <i>Journal of Hypertension</i> , 2021 , 39, 1230-1237	1.9	