

# Lara Nasreddine

## List of Publications by Year in descending order

Source: <https://exaly.com/author-pdf/8956181/publications.pdf>

Version: 2024-02-01

110  
papers

3,064  
citations

186209

28  
h-index

197736

49  
g-index

110  
all docs

110  
docs citations

110  
times ranked

3605  
citing authors

#	ARTICLE	IF	CITATIONS
1	Food contamination by metals and pesticides in the European Union. Should we worry?. <i>Toxicology Letters</i> , 2002, 127, 29-41.	0.4	219
2	Nutrition Transition and Cardiovascular Disease Risk Factors in Middle East and North Africa Countries: Reviewing the Evidence. <i>Annals of Nutrition and Metabolism</i> , 2010, 57, 193-203.	1.0	211
3	Trends in overweight and obesity in Lebanon: evidence from two national cross-sectional surveys (1997 and 2009). <i>BMC Public Health</i> , 2012, 12, 798.	1.2	139
4	A Western dietary pattern is associated with overweight and obesity in a national sample of Lebanese adolescents (13-19 years): a cross-sectional study. <i>British Journal of Nutrition</i> , 2015, 114, 1909-1919.	1.2	117
5	Dietary patterns and their association with obesity and sociodemographic factors in a national sample of Lebanese adults. <i>Public Health Nutrition</i> , 2011, 14, 1570-1578.	1.1	108
6	Food consumption patterns in an adult urban population in Beirut, Lebanon. <i>Public Health Nutrition</i> , 2006, 9, 194-203.	1.1	107
7	Association between dietary patterns and the risk of metabolic syndrome among Lebanese adults. <i>European Journal of Nutrition</i> , 2013, 52, 97-105.	1.8	95
8	Dietary, Lifestyle and Socio-Economic Correlates of Overweight, Obesity and Central Adiposity in Lebanese Children and Adolescents. <i>Nutrients</i> , 2014, 6, 1038-1062.	1.7	95
9	Dietary exposure to essential and toxic trace elements from a Total diet study in an adult Lebanese urban population. <i>Food and Chemical Toxicology</i> , 2010, 48, 1262-1269.	1.8	88
10	Dietary exposure to aflatoxins, ochratoxin A and deoxynivalenol from a total diet study in an adult urban Lebanese population. <i>Food and Chemical Toxicology</i> , 2014, 73, 35-43.	1.8	83
11	A minimally processed dietary pattern is associated with lower odds of metabolic syndrome among Lebanese adults. <i>Public Health Nutrition</i> , 2018, 21, 160-171.	1.1	72
12	Validity and reliability of a food frequency questionnaire to estimate dietary intake among Lebanese children. <i>Nutrition Journal</i> , 2015, 15, 4.	1.5	70
13	Consumer Knowledge, Attitudes and Salt-Related Behavior in the Middle-East: The Case of Lebanon. <i>Nutrients</i> , 2014, 6, 5079-5102.	1.7	59
14	Short Telomere Length is Associated with Aging, Central Obesity, Poor Sleep and Hypertension in Lebanese Individuals. , 2018, 9, 77.		53
15	Association of <i>Helicobacter</i> Infection with Insulin Resistance and Metabolic Syndrome Among Lebanese Adults. <i>Helicobacter</i> , 2012, 17, 444-451.	1.6	52
16	Dietary exposure to lead, cadmium, mercury and radionuclides of an adult urban population in Lebanon: A total diet study approach. <i>Food Additives and Contaminants</i> , 2006, 23, 579-590.	2.0	51
17	Dietary patterns and odds of Type 2 diabetes in Beirut, Lebanon: a case-control study. <i>Nutrition and Metabolism</i> , 2012, 9, 111.	1.3	48
18	Ethnic differences in the relationship between body mass index and percentage body fat among Asian children from different backgrounds. <i>British Journal of Nutrition</i> , 2011, 106, 1390-1397.	1.2	46

#	ARTICLE	IF	CITATIONS
19	Bisphenol A urinary level, its correlates, and association with cardiometabolic risks in Lebanese urban adults. <i>Environmental Monitoring and Assessment</i> , 2017, 189, 517.	1.3	44
20	Review of the nutrition situation in the Eastern Mediterranean Region. <i>Eastern Mediterranean Health Journal</i> , 2018, 24, 77-91.	0.3	43
21	Obesity is associated with insulin resistance and components of the metabolic syndrome in Lebanese adolescents. <i>Annals of Human Biology</i> , 2012, 39, 122-128.	0.4	40
22	A novel Mediterranean diet index from Lebanon: comparison with Europe. <i>European Journal of Nutrition</i> , 2015, 54, 1229-1243.	1.8	39
23	Role of inflammation in the association between the western dietary pattern and metabolic syndrome among Lebanese adults. <i>International Journal of Food Sciences and Nutrition</i> , 2017, 68, 997-1004.	1.3	39
24	Validation of bioelectrical impedance analysis for total body water assessment against the deuterium dilution technique in Asian children. <i>European Journal of Clinical Nutrition</i> , 2011, 65, 1321-1327.	1.3	36
25	Adolescent obesity in Syria: prevalence and associated factors. <i>Child: Care, Health and Development</i> , 2010, 36, 404-413.	0.8	35
26	Effect of Lysine, Vitamin B6, and Carnitine Supplementation on the Lipid Profile of Male Patients With Hypertriglyceridemia: A 12-Week, Open-Label, Randomized, Placebo-Controlled Trial. <i>Clinical Therapeutics</i> , 2012, 34, 1674-1682.	1.1	33
27	Validity and reliability of the Arabic version of the Household Food Insecurity Access Scale in rural Lebanon. <i>Public Health Nutrition</i> , 2015, 18, 251-258.	1.1	33
28	Food Consumption Patterns and Nutrient Intakes of Children and Adolescents in the Eastern Mediterranean Region: A Call for Policy Action. <i>Nutrients</i> , 2020, 12, 3345.	1.7	31
29	Trends in Nutritional Intakes and Nutrition-Related Cardiovascular Disease Risk Factors in Lebanon : The Need for Immediate Action. <i>Journal Medical Libanais</i> , 2014, 62, 83-91.	0.0	31
30	Breastfeeding Knowledge, Attitude, Perceived Behavior, and Intention among Female Undergraduate University Students in the Middle East: The Case of Lebanon and Syria. <i>Food and Nutrition Bulletin</i> , 2014, 35, 179-190.	0.5	30
31	Prevalence and Correlates of Preschool Overweight and Obesity Amidst the Nutrition Transition: Findings from a National Cross-Sectional Study in Lebanon. <i>Nutrients</i> , 2017, 9, 266.	1.7	27
32	A traditional dietary pattern is associated with lower odds of overweight and obesity among preschool children in Lebanon: a cross-sectional study. <i>European Journal of Nutrition</i> , 2019, 58, 91-102.	1.8	27
33	Differences in Dietary Intakes among Lebanese Adults over a Decade: Results from Two National Surveys 1997-2008/2009. <i>Nutrients</i> , 2019, 11, 1738.	1.7	25
34	Metabolically Healthy Overweight and Obesity Is Associated with Higher Adherence to a Traditional Dietary Pattern: A Cross-Sectional Study among Adults in Lebanon. <i>Nutrients</i> , 2016, 8, 432.	1.7	24
35	Complementary feeding in the MENA region: Practices and challenges. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2012, 22, 793-798.	1.1	23
36	Adherence to the Qatar dietary guidelines: a cross-sectional study of the gaps, determinants and association with cardiometabolic risk amongst adults. <i>BMC Public Health</i> , 2018, 18, 503.	1.2	22

#	ARTICLE	IF	CITATIONS
37	Metabolic Syndrome and Insulin Resistance in Obese Prepubertal Children in Lebanon: A Primary Health Concern. <i>Annals of Nutrition and Metabolism</i> , 2010, 57, 135-142.	1.0	21
38	Dietary Intake and Nutrition-Related Knowledge in a Sample of Lebanese Adolescents of Contrasting Socioeconomic Status. <i>Food and Nutrition Bulletin</i> , 2011, 32, 75-83.	0.5	21
39	Dietary exposure to pesticide residues from foods of plant origin and drinks in Lebanon. <i>Environmental Monitoring and Assessment</i> , 2016, 188, 485.	1.3	21
40	Sex disparities in dietary intake across the lifespan: the case of Lebanon. <i>Nutrition Journal</i> , 2020, 19, 24.	1.5	21
41	Salt intake reduction strategies in the Eastern Mediterranean Region. <i>Eastern Mediterranean Health Journal</i> , 2018, 24, 1172-1180.	0.3	21
42	Study protocol: Mother and Infant Nutritional Assessment (MINA) cohort study in Qatar and Lebanon. <i>BMC Pregnancy and Childbirth</i> , 2016, 16, 98.	0.9	20
43	Prevalence of Diabetes in Greater Beirut Area: Worsening Over Time. <i>Endocrine Practice</i> , 2017, 23, 1091-1100.	1.1	20
44	Energy drinks consumption and perceptions among University Students in Beirut, Lebanon: A mixed methods approach. <i>PLoS ONE</i> , 2020, 15, e0232199.	1.1	20
45	A "High Risk" Lifestyle Pattern Is Associated with Metabolic Syndrome among Qatari Women of Reproductive Age: A Cross-Sectional National Study. <i>International Journal of Molecular Sciences</i> , 2016, 17, 698.	1.8	19
46	Exclusive breastfeeding during the 40-day rest period and at six months in Lebanon: a cross-sectional study. <i>International Breastfeeding Journal</i> , 2020, 15, 45.	0.9	19
47	Prevalence and predictors of metabolically healthy obesity in adolescents: findings from the national "Jeeluna" study in Saudi-Arabia. <i>BMC Pediatrics</i> , 2018, 18, 281.	0.7	18
48	Pre-pregnancy BMI, gestational weight gain and birth outcomes in Lebanon and Qatar: Results of the MINA cohort. <i>PLoS ONE</i> , 2019, 14, e0219248.	1.1	18
49	Nutrition in the Prevention of Breast Cancer: A Middle Eastern Perspective. <i>Frontiers in Public Health</i> , 2019, 7, 316.	1.3	18
50	Water and Beverage Consumption among Children Aged 4-13 Years in Lebanon: Findings from a National Cross-Sectional Study. <i>Nutrients</i> , 2016, 8, 554.	1.7	17
51	The Determinants of Household Food Waste Generation and its Associated Caloric and Nutrient Losses: The Case of Lebanon. <i>PLoS ONE</i> , 2019, 14, e0225789.	1.1	17
52	Erosion of the Mediterranean diet among adolescents: evidence from an Eastern Mediterranean Country. <i>British Journal of Nutrition</i> , 2021, 125, 346-356.	1.2	17
53	Review of the nutrition situation in the Eastern Mediterranean Region. <i>Eastern Mediterranean Health Journal</i> , 2018, 24, 77-91.	0.3	17
54	Prevalence, Awareness, and Control of Hypertension in Greater Beirut Area, Lebanon. <i>International Journal of Hypertension</i> , 2018, 2018, 1-15.	0.5	16

#	ARTICLE	IF	CITATIONS
55	Sleepless in Beirut: Sleep Difficulties in an Urban Environment With Chronic Psychosocial Stress. <i>Journal of Clinical Sleep Medicine</i> , 2019, 15, 603-614.	1.4	16
56	The extent, nature, and nutritional quality of foods advertised to children in Lebanon: the first study to use the WHO nutrient profile model for the Eastern Mediterranean Region. <i>Food and Nutrition Research</i> , 2019, 63, .	1.2	16
57	Activity concentrations and mean annual effective dose from gamma-emitting radionuclides in the Lebanese diet. <i>Radiation Protection Dosimetry</i> , 2008, 131, 545-550.	0.4	15
58	Validity of predictive equations developed to estimate body fat from anthropometry and bioelectrical impedance analysis in 8-10 year-old children. <i>Clinical Nutrition</i> , 2012, 31, 364-371.	2.3	15
59	Lifestyle Patterns Are Associated with Elevated Blood Pressure among Qatari Women of Reproductive Age: A Cross-Sectional National Study. <i>Nutrients</i> , 2015, 7, 7593-7615.	1.7	15
60	Fatty acid composition including trans -fatty acids in selected cereal-based baked snacks from Lebanon. <i>Journal of Food Composition and Analysis</i> , 2015, 41, 81-85.	1.9	15
61	Dietary determinants of healthy/unhealthy metabolic phenotype in individuals with normal weight or overweight/obesity: a systematic review. <i>Critical Reviews in Food Science and Nutrition</i> , 2023, 63, 5856-5873.	5.4	15
62	Prenatal breastfeeding knowledge, attitude and intention, and their associations with feeding practices during the first six months of life: a cohort study in Lebanon and Qatar. <i>International Breastfeeding Journal</i> , 2022, 17, 15.	0.9	15
63	Sleepless in Beirut: sleep duration and associated subjective sleep insufficiency, daytime fatigue, and sleep debt in an urban environment. <i>Sleep and Breathing</i> , 2020, 24, 357-367.	0.9	14
64	Anemia and Nutritional Status of Syrian Refugee Mothers and Their Children under Five Years in Greater Beirut, Lebanon. <i>International Journal of Environmental Research and Public Health</i> , 2021, 18, 6894.	1.2	14
65	Gaps and opportunities for nutrition research in relation to non-communicable diseases in Arab countries: Call for an informed research agenda. <i>Nutrition Research</i> , 2017, 47, 1-12.	1.3	13
66	Association between Serum Phospholipid Fatty Acid Levels and Adiposity among Lebanese Adults: A Cross-Sectional Study. <i>Nutrients</i> , 2018, 10, 1371.	1.7	13
67	A healthy lifestyle pattern is associated with a metabolically healthy phenotype in overweight and obese adults: a cross-sectional study. <i>European Journal of Nutrition</i> , 2020, 59, 2145-2158.	1.8	13
68	Sodium intake reduction efforts in Lebanon. <i>Cardiovascular Diagnosis and Therapy</i> , 2015, 5, 178-85.	0.7	13
69	Validity and Reproducibility of a Culture-Specific Food Frequency Questionnaire in Lebanon. <i>Nutrients</i> , 2020, 12, 3316.	1.7	11
70	Are Countries of the Eastern Mediterranean Region on Track towards Meeting the World Health Assembly Target for Anemia? A Review of Evidence. <i>International Journal of Environmental Research and Public Health</i> , 2021, 18, 2449.	1.2	11
71	Dietary fructose and its association with the metabolic syndrome in Lebanese healthy adults: a cross-sectional study. <i>Diabetology and Metabolic Syndrome</i> , 2022, 14, 29.	1.2	11
72	Changes in Environmental Footprints Associated with Dietary Intake of Lebanese Adolescents between the Years 1997 and 2009. <i>Sustainability</i> , 2020, 12, 4519.	1.6	10

#	ARTICLE	IF	CITATIONS
73	Promoting Sustainable and Healthy Diets to Mitigate Food Insecurity Amidst Economic and Health Crises in Lebanon. <i>Frontiers in Nutrition</i> , 2021, 8, 697225.	1.6	10
74	Salt Reduction Initiatives in the Eastern Mediterranean Region and Evaluation of Progress towards the 2025 Global Target: A Systematic Review. <i>Nutrients</i> , 2021, 13, 2676.	1.7	10
75	Dietary intakes, sources, and determinants of free sugars amongst Lebanese children and adolescents: findings from two national surveys. <i>European Journal of Nutrition</i> , 2021, 60, 2655-2669.	1.8	10
76	Dietary Patterns in Cardiovascular Diseases Prevention and Management : Review of the Evidence and Recommendations for Primary Care Physicians in Lebanon. <i>Journal Medical Libanais</i> , 2014, 62, 92-99.	0.0	10
77	A Systematic Review of Trans Fat Reduction Initiatives in the Eastern Mediterranean Region. <i>Frontiers in Nutrition</i> , 2021, 8, 771492.	1.6	10
78	Households' Food Insecurity and Their Association With Dietary Intakes, Nutrition-Related Knowledge, Attitudes and Practices Among Under-five Children in Gaza Strip, Palestine. <i>Frontiers in Public Health</i> , 2022, 10, 808700.	1.3	10
79	Worsening of the Cardiovascular Profile in a Developing Country. , 2018, 13, 275-283.		9
80	Postpartum Weight Retention and Its Determinants in Lebanon and Qatar: Results of the Mother and Infant Nutrition Assessment (MINA) Cohort. <i>International Journal of Environmental Research and Public Health</i> , 2020, 17, 7851.	1.2	9
81	The Interaction between Genetic Polymorphisms in FTO and TCF7L2 Genes and Dietary Intake with Regard to Body Mass and Composition: An Exploratory Study. <i>Journal of Personalized Medicine</i> , 2019, 9, 11.	1.1	8
82	Prevalence and associations of behavioural risk factors with blood lipids profile in Lebanese adults: findings from WHO STEPwise NCD cross-sectional survey. <i>BMJ Open</i> , 2019, 9, e026148.	0.8	8
83	Food and nutrient intake of school-aged children in Lebanon and their adherence to dietary guidelines and recommendations. <i>BMC Public Health</i> , 2022, 22, 922.	1.2	8
84	Meta-Analysis and Systematic Review of Micro- and Macro-Nutrient Intakes and Trajectories of Macro-Nutrient Supply in the Eastern Mediterranean Region. <i>Nutrients</i> , 2021, 13, 1515.	1.7	7
85	Maintaining Essential Nutrition Services to Underfive Children in Yemen: A Programmatic Adaptation Amidst the COVID-19 Pandemic. <i>Children</i> , 2021, 8, 350.	0.6	7
86	Food insecurity, low dietary diversity and poor mental health among Syrian refugee mothers living in vulnerable areas of Greater Beirut, Lebanon. <i>British Journal of Nutrition</i> , 2022, 128, 1832-1847.	1.2	7
87	Adolescents' self-perceived and actual weight: Which plays a dominant role in weight loss behaviour in Lebanon?. <i>Child: Care, Health and Development</i> , 2018, 44, 124-130.	0.8	6
88	Food consumption patterns and nutrient intakes of infants and young children amidst the nutrition transition: the case of Lebanon. <i>Nutrition Journal</i> , 2022, 21, .	1.5	6
89	The impact of food price increases on nutrient intake in Lebanon. <i>Agricultural and Food Economics</i> , 2014, 2, .	1.3	5
90	Leveraging the Food System in the Eastern Mediterranean Region for Better Health and Nutrition: A Case Study from Oman. <i>International Journal of Environmental Research and Public Health</i> , 2020, 17, 7250.	1.2	5

#	ARTICLE	IF	CITATIONS
91	Development of national dietary and lifestyle guidelines for pregnant women in Lebanon. <i>Maternal and Child Nutrition</i> , 2021, 17, e13199.	1.4	5
92	The Sweet and Salty Dietary Face of Hypertension and Cardiovascular Disease in Lebanon. <i>Frontiers in Physiology</i> , 2021, 12, 802132.	1.3	5
93	Incidence of diabetes and its predictors in the Greater Beirut Area: a five-year longitudinal study. <i>Diabetology and Metabolic Syndrome</i> , 2022, 14, 67.	1.2	5
94	Anthropometric Cutoffs for Increased Cardiometabolic Risk Among Lebanese Adults: A Cross-Sectional Study. <i>Metabolic Syndrome and Related Disorders</i> , 2019, 17, 486-493.	0.5	4
95	Impact of a hospital-based educational intervention on dietary salt-related knowledge and behaviour in a cardiac care unit population in Lebanon. <i>Cardiovascular Diagnosis and Therapy</i> , 2018, 8, 146-155.	0.7	3
96	Sustainable, Healthy and Affordable Diets for Children in Lebanon: A Call for Action in Dire Times. <i>Sustainability</i> , 2021, 13, 13245.	1.6	3
97	Infant and Young Child Feeding Practices in Lebanon: A Cross-sectional National Study. <i>Public Health Nutrition</i> , 2022, , 1-46.	1.1	3
98	Knowledge, attitudes, motivators and salt-related behaviour in a cardiac care unit population: A cross-sectional study in Lebanon. <i>Mediterranean Journal of Nutrition and Metabolism</i> , 2017, 10, 79-91.	0.2	2
99	Determinants of nutritional status during the first 1000 days of life in Lebanon: Sex of the child matters. <i>Paediatric and Perinatal Epidemiology</i> , 2021, 35, 501-510.	0.8	2
100	Discrepancies between two lipid-lowering guidelines for CVD prevention in seemingly healthy individuals-case study Lebanon. <i>Cardiovascular Diagnosis and Therapy</i> , 2013, 3, 129-36.	0.7	2
101	Breastfeeding and complementary feeding in fragile settings: the case of Syrian refugees and their host communities in North Lebanon. <i>International Breastfeeding Journal</i> , 2022, 17, 37.	0.9	2
102	Dietary Glycemic Index and Glycemic Load Are Not Associated with the Metabolic Syndrome in Lebanese Healthy Adults: A Cross-Sectional Study. <i>Nutrients</i> , 2020, 12, 1394.	1.7	1
103	Artificial neural network modeling using clinical and knowledge independent variables predicts salt intake reduction behavior. <i>Cardiovascular Diagnosis and Therapy</i> , 2015, 5, 219-28.	0.7	1
104	VALIDITY AND RELIABILITY OF A FOOD FREQUENCY QUESTIONNAIRE AMONG LEBANESE CHILDREN FOR THE ASSESSMENT OF ENERGY AND NUTRIENT INTAKE. <i>Journal of Epidemiology and Community Health</i> , 2015, 69, A3.2-A3.	2.0	0
105	MON-PO635: Contribution of Lebanese Composite Dishes To antioxidant Intakes in Lebanon. <i>Clinical Nutrition</i> , 2019, 38, S294.	2.3	0
106	Anemia, nutritional status, and breastfeeding practices among mother-child pairs in vulnerable areas of Greater Beirut, Lebanon. <i>Proceedings of the Nutrition Society</i> , 2020, 79, .	0.4	0
107	Association between Body Fat and Metabolic Abnormalities in Lebanese Children and Adolescents. <i>FASEB Journal</i> , 2011, 25, lb281.	0.2	0
108	Dietary Exposure to Heavy Metals and Radionuclides in Lebanon: A Total Diet Study Approach. , 2013, , 337-347.		0

#	ARTICLE	IF	CITATIONS
109	Malnutrition and Early Feeding Practices among 0â€2 Yearâ€Old Children in Lebanon. FASEB Journal, 2015, 29, 901.18.	0.2	0
110	AN ATTEMPT TO HALT THE EVER-INCREASING PREVALENCE OF MORBIDITIES RESULTING FROM EXCESS DIETARY SODIUM INTAKE. The Lebanese Experience. Journal Medical Libanais, 2016, 64, 63-64.	0.0	0