

Lara Nasreddine

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.

105
papers

2,148
citations

24
h-index

43
g-index

110
ext. papers

2,613
ext. citations

3.9
avg, IF

5
L-index

#	Paper	IF	Citations
105	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	5.6	3
104	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> , 2022 , 1-18	11.5	0
103	HouseholdsRFood 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	6	1
102	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	3.8	2
101	Infant and Young Child Feeding Practices in Lebanon: A Cross-sectional National Study.. <i>Public Health Nutrition</i> , 2022 , 1-46	3.3	0
100	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	5.6	0
99	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	4.1	1
98	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	3.8	1
97	The Sweet and Salty Dietary Face of Hypertension and Cardiovascular Disease in Lebanon.. <i>Frontiers in Physiology</i> , 2021 , 12, 802132	4.6	0
96	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> , 2021 , 1-47	3.6	2
95	A Systematic Review of Trans Fat Reduction Initiatives in the Eastern Mediterranean Region.. <i>Frontiers in Nutrition</i> , 2021 , 8, 771492	6.2	2
94	Sustainable, Healthy and Affordable Diets for Children in Lebanon: A Call for Action in Dire Times. <i>Sustainability</i> , 2021 , 13, 13245	3.6	0
93	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,	6.7	3
92	Maintaining Essential Nutrition Services to Underfive Children in Yemen: A Programmatic Adaptation Amidst the COVID-19 Pandemic. <i>Children</i> , 2021 , 8,	2.8	3
91	Development of national dietary and lifestyle guidelines for pregnant women in Lebanon. <i>Maternal and Child Nutrition</i> , 2021 , 17, e13199	3.4	3
90	Promoting Sustainable and Healthy Diets to Mitigate Food Insecurity Amidst Economic and Health Crises in Lebanon. <i>Frontiers in Nutrition</i> , 2021 , 8, 697225	6.2	2
89	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,	4.6	4

88	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,	6.7	4
87	Erosion of the Mediterranean diet among adolescents: evidence from an Eastern Mediterranean Country. <i>British Journal of Nutrition</i> , 2021 , 125, 346-356	3.6	6
86	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	2.7	1
85	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,	4.6	5
84	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	5.2	4
83	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,	4.6	2
82	Validity and Reproducibility of a Culture-Specific Food Frequency Questionnaire in Lebanon. <i>Nutrients</i> , 2020 , 12,	6.7	4
81	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,	6.7	13
80	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	3.8	10
79	Sex disparities in dietary intake across the lifespan: the case of Lebanon. <i>Nutrition Journal</i> , 2020 , 19, 24	4.3	13
78	Changes in Environmental Footprints Associated with Dietary Intake of Lebanese Adolescents between the Years 1997 and 2009. <i>Sustainability</i> , 2020 , 12, 4519	3.6	4
77	Energy drinks consumption and perceptions among University Students in Beirut, Lebanon: A mixed methods approach. <i>PLoS ONE</i> , 2020 , 15, e0232199	3.7	5
76	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,	4.6	2
75	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	3.1	7
74	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	5.2	8
73	The Interaction between Genetic Polymorphisms in Genes and Dietary Intake with Regard to Body Mass and Composition: An Exploratory Study. <i>Journal of Personalized Medicine</i> , 2019 , 9,	3.6	8
72	Differences in Dietary Intakes among Lebanese Adults over a Decade: Results from Two National Surveys 1997-2008/2009. <i>Nutrients</i> , 2019 , 11,	6.7	14
71	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	3.7	7

70	Nutrition in the Prevention of Breast Cancer: A Middle Eastern Perspective. <i>Frontiers in Public Health</i> , 2019 , 7, 316	6	8
69	Salt intake reduction strategies in the Eastern Mediterranean Region. <i>Eastern Mediterranean Health Journal</i> , 2019 , 24, 1172-1180	1.7	12
68	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,	3.1	10
67	Sleepless in Beirut: Sleep Difficulties in an Urban Environment With Chronic Psychosocial Stress. <i>Journal of Clinical Sleep Medicine</i> , 2019 , 15, 603-614	3.1	9
66	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	3	2
65	Anthropometric Cutoffs for Increased Cardiometabolic Risk Among Lebanese Adults: A Cross-Sectional Study. <i>Metabolic Syndrome and Related Disorders</i> , 2019 , 17, 486-493	2.6	2
64	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	3.7	6
63	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	5.2	18
62	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	2.8	4
61	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	3.3	45
60	Short Telomere Length is Associated with Aging, Central Obesity, Poor Sleep and Hypertension in Lebanese Individuals 2018 , 9, 77-89		29
59	Worsening of the Cardiovascular Profile in a Developing Country: The Greater Beirut Area Cardiovascular Cohort. <i>Global Heart</i> , 2018 , 13, 275-283	2.9	4
58	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	4.1	14
57	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	2.6	9
56	Review of the nutrition situation in the Eastern Mediterranean Region. <i>Eastern Mediterranean Health Journal</i> , 2018 , 24, 77-91	1.7	23
55	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	2.6	2
54	Prevalence, Awareness, and Control of Hypertension in Greater Beirut Area, Lebanon. <i>International Journal of Hypertension</i> , 2018 , 2018, 5419861	2.4	10
53	Association between Serum Phospholipid Fatty Acid Levels and Adiposity among Lebanese Adults: A Cross-Sectional Study. <i>Nutrients</i> , 2018 , 10,	6.7	7

52	Review of the nutrition situation in the Eastern Mediterranean Region. <i>Eastern Mediterranean Health Journal</i> , 2018 , 24, 77-91	1.7	15
51	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, 997-1007	3.7	20
50	Bisphenol A urinary level, its correlates, and association with cardiometabolic risks in Lebanese urban adults. <i>Environmental Monitoring and Assessment</i> , 2017 , 189, 517	3.1	27
49	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	4	9
48	PREVALENCE OF DIABETES IN GREATER BEIRUT AREA: WORSENING OVER TIME. <i>Endocrine Practice</i> , 2017 , 23, 1091-1100	3.2	14
47	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	1.3	2
46	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,	6.7	19
45	Study protocol: Mother and Infant Nutritional Assessment (MINA) cohort study in Qatar and Lebanon. <i>BMC Pregnancy and Childbirth</i> , 2016 , 16, 98	3.2	14
44	Validity and reliability of a food frequency questionnaire to estimate dietary intake among Lebanese children. <i>Nutrition Journal</i> , 2016 , 15, 4	4.3	47
43	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,	6.3	11
42	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,	6.7	20
41	Water and Beverage Consumption among Children Aged 4-13 Years in Lebanon: Findings from a National Cross-Sectional Study. <i>Nutrients</i> , 2016 , 8,	6.7	14
40	Dietary exposure to pesticide residues from foods of plant origin and drinks in Lebanon. <i>Environmental Monitoring and Assessment</i> , 2016 , 188, 485	3.1	17
39	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	4.1	10
38	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	5.1	
37	A novel Mediterranean diet index from Lebanon: comparison with Europe. <i>European Journal of Nutrition</i> , 2015 , 54, 1229-43	5.2	33
36	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, 1909-19	3.6	84
35	Validity and reliability of the Arabic version of the Household Food Insecurity Access Scale in rural Lebanon. <i>Public Health Nutrition</i> , 2015 , 18, 251-8	3.3	24

34	Lifestyle Patterns Are Associated with Elevated Blood Pressure among Qatari Women of Reproductive Age: A Cross-Sectional National Study. <i>Nutrients</i> , 2015 , 7, 7593-615	6.7	12
33	Sodium intake reduction efforts in Lebanon. <i>Cardiovascular Diagnosis and Therapy</i> , 2015 , 5, 178-85	2.6	13
32	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	2.6	1
31	Malnutrition and Early Feeding Practices among 0-2 Year-Old Children in Lebanon. <i>FASEB Journal</i> , 2015 , 29, 901.18	0.9	
30	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	4.7	65
29	The impact of food price increases on nutrient intake in Lebanon. <i>Agricultural and Food Economics</i> , 2014 , 2,	2.7	3
28	Dietary, lifestyle and socio-economic correlates of overweight, obesity and central adiposity in Lebanese children and adolescents. <i>Nutrients</i> , 2014 , 6, 1038-62	6.7	72
27	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, 179-90	1.8	24
26	Consumer knowledge, attitudes and salt-related behavior in the Middle-East: the case of Lebanon. <i>Nutrients</i> , 2014 , 6, 5079-102	6.7	44
25	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	21
24	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, 92-9	0	8
23	Association between dietary patterns and the risk of metabolic syndrome among Lebanese adults. <i>European Journal of Nutrition</i> , 2013 , 52, 97-105	5.2	76
22	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	2.6	2
21	Dietary Exposure to Heavy Metals and Radionuclides in Lebanon: A Total Diet Study Approach 2013 , 337-347		
20	Effect of lysine, vitamin B(6), 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, 1674-82	3.5	25
19	Obesity is associated with insulin resistance and components of the metabolic syndrome in Lebanese adolescents. <i>Annals of Human Biology</i> , 2012 , 39, 122-8	1.7	28
18	Association of H. pylori infection with insulin resistance and metabolic syndrome among Lebanese adults. <i>Helicobacter</i> , 2012 , 17, 444-51	4.9	40
17	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	4.1	110

16	Complementary feeding in the MENA region: practices and challenges. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2012 , 22, 793-8	4.5	19
15	Dietary patterns and odds of Type 2 diabetes in Beirut, Lebanon: a case-control study. <i>Nutrition and Metabolism</i> , 2012 , 9, 111	4.6	39
14	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, 364-71	5.9	12
13	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, 1321-7	5.2	25
12	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	1.8	14
11	Dietary patterns and their association with obesity and sociodemographic factors in a national sample of Lebanese adults. <i>Public Health Nutrition</i> , 2011 , 14, 1570-8	3.3	87
10	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, 1390-7	3.6	35
9	Association between Body Fat and Metabolic Abnormalities in Lebanese Children and Adolescents. <i>FASEB Journal</i> , 2011 , 25, lb281	0.9	
8	Adolescent obesity in Syria: prevalence and associated factors. <i>Child: Care, Health and Development</i> , 2010 , 36, 404-13	2.8	28
7	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	4.5	182
6	Metabolic syndrome and insulin resistance in obese prepubertal children in Lebanon: a primary health concern. <i>Annals of Nutrition and Metabolism</i> , 2010 , 57, 135-42	4.5	18
5	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, 1262-9	4.7	79
4	Activity concentrations and mean annual effective dose from gamma-emitting radionuclides in the Lebanese diet. <i>Radiation Protection Dosimetry</i> , 2008 , 131, 545-50	0.9	12
3	Food consumption patterns in an adult urban population in Beirut, Lebanon. <i>Public Health Nutrition</i> , 2006 , 9, 194-203	3.3	94
2	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, 579-90		37
1	Food contamination by metals and pesticides in the European Union. Should we worry?. <i>Toxicology Letters</i> , 2002 , 127, 29-41	4.4	185