

# Ian G Davies

## List of Publications by Year in descending order

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Version: 2024-02-01

94  
papers

1,545  
citations

430874

18  
h-index

330143

37  
g-index

95  
all docs

95  
docs citations

95  
times ranked

2218  
citing authors

#	ARTICLE	IF	CITATIONS
1	Sarcopenia during COVID-19 lockdown restrictions: long-term health effects of short-term muscle loss. <i>GeroScience</i> , 2020, 42, 1547-1578.	4.6	218
2	Effects of altering the ratio of dietary nâ~6 to nâ~3 fatty acids on insulin sensitivity, lipoprotein size, and postprandial lipemia in men and postmenopausal women aged 45â€“70 y: the OPTILIP Study. <i>American Journal of Clinical Nutrition</i> , 2006, 84, 1290-1298.	4.7	165
3	Determinants of takeaway and fast food consumption: a narrative review. <i>Nutrition Research Reviews</i> , 2018, 31, 16-34.	4.1	144
4	Nutritional challenges and health implications of takeaway and fast food. <i>Nutrition Reviews</i> , 2013, 71, 310-318.	5.8	130
5	Promoting healthy weight in primary school children through physical activity and nutrition education: a pragmatic evaluation of the CHANGE! randomised intervention study. <i>BMC Public Health</i> , 2013, 13, 626.	2.9	105
6	Effects of carbohydrate-restricted diets on low-density lipoprotein cholesterol levels in overweight and obese adults: a systematic review and meta-analysis. <i>Nutrition Reviews</i> , 2019, 77, 161-180.	5.8	71
7	Effect of varying the ratio of nâ~6 to nâ~3 fatty acids by increasing the dietary intake of Î±-linolenic acid, eicosapentaenoic and docosahexaenoic acid, or both on fibrinogen and clotting factors VII and XII in persons aged 45â€“70 y: the OPTILIP Study. <i>American Journal of Clinical Nutrition</i> , 2006, 84, 513-522.	4.7	61
8	Nutritional composition of takeaway food in the UK. <i>Nutrition and Food Science</i> , 2014, 44, 414-430.	0.9	61
9	Rapid Separation of LDL Subclasses by Iodixanol Gradient Ultracentrifugation. <i>Clinical Chemistry</i> , 2003, 49, 1865-1872.	3.2	54
10	Determination of salt content in hot takeaway meals in the United Kingdom. <i>Appetite</i> , 2012, 59, 517-522.	3.7	51
11	Relationship between lipoproteins, thrombosis, and atrial fibrillation. <i>Cardiovascular Research</i> , 2022, 118, 716-731.	3.8	40
12	Carotenoid Composition and Antioxidant Potential in Subfractions of Human Low-Density Lipoprotein. <i>Annals of Clinical Biochemistry</i> , 1999, 36, 323-332.	1.6	38
13	Apolipoprotein E Genotype in Dyslipidemic Patients and Response of Blood Lipids and Inflammatory Markers to Alpha-Linolenic Acid. <i>Angiology</i> , 2005, 56, 49-60.	1.8	35
14	Using formative research to develop the healthy eating component of the CHANGE! school-based curriculum intervention. <i>BMC Public Health</i> , 2012, 12, 710.	2.9	32
15	Adiposity, fitness, health-related quality of life and the reallocation of time between children's school day activity behaviours: A compositional data analysis. <i>Preventive Medicine Reports</i> , 2018, 11, 254-261.	1.8	31
16	Daily Distribution of Carbohydrate, Protein and Fat Intake in Elite Youth Academy Soccer Players Over a 7-Day Training Period. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2016, 26, 473-480.	2.1	27
17	Protein interventions augment the effect of resistance exercise on appendicular lean mass and handgrip strength in older adults: a systematic review and meta-analysis of randomized controlled trials. <i>American Journal of Clinical Nutrition</i> , 2022, 115, 897-913.	4.7	27
18	Trends and inequalities in stunting in Nepal: a secondary data analysis of four Nepal demographic health surveys from 2001 to 2016. <i>BMC Nutrition</i> , 2019, 5, 19.	1.6	25

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19	Bioavailability and conversion of plant based sources of omega-3 fatty acids – a scoping review to update supplementation options for vegetarians and vegans. <i>Critical Reviews in Food Science and Nutrition</i> , 2022, 62, 4982-4997.	10.3	19
20	Prevalence of plasma small dense LDL is increased in obesity in a Thai population. <i>Lipids in Health and Disease</i> , 2015, 14, 30.	3.0	18
21	How the love of muscle can break a heart: Impact of anabolic androgenic steroids on skeletal muscle hypertrophy, metabolic and cardiovascular health. <i>Reviews in Endocrine and Metabolic Disorders</i> , 2021, 22, 389-405.	5.7	18
22	A Narrative Review on Female Physique Athletes: The Physiological and Psychological Implications of Weight Management Practices. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2019, 29, 682-689.	2.1	15
23	The Predictive Ability of Triglycerides and Waist (Hypertriglyceridemic Waist) in Assessing Metabolic Triad Change in Obese Children and Adolescents. <i>Metabolic Syndrome and Related Disorders</i> , 2013, 11, 336-342.	1.3	14
24	Saturated and trans-fatty acids in UK takeaway food. <i>International Journal of Food Sciences and Nutrition</i> , 2016, 67, 217-224.	2.8	12
25	Unconscious Agendas in the Etiology of Refractory Obesity and the Role of Hypnosis in Their Identification and Resolution: A New Paradigm for Weight-Management Programs or a Paradigm Revisited? <i>International Journal of Clinical and Experimental Hypnosis</i> , 2014, 62, 330-359.	1.8	10
26	The role of adiposity, diet and inflammation on the discordance between LDL-C and apolipoprotein B. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2022, 32, 605-615.	2.6	8
27	A qualitative evaluation of an NHS Weight Management Programme for obese patients in Liverpool. <i>Nutrition and Food Science</i> , 2014, 44, 144-155.	0.9	7
28	Genetically Determined Serum 25-Hydroxyvitamin D Is Associated with Total, Trunk, and Arm Fat-Free Mass: A Mendelian Randomization Study. <i>Journal of Nutrition, Health and Aging</i> , 2022, 26, 46-51.	3.3	7
29	The Association between Ultra-Processed Foods, Quality of Life and Insomnia among Adolescent Girls in Northeastern Iran. <i>International Journal of Environmental Research and Public Health</i> , 2022, 19, 6338.	2.6	7
30	Clustered cardiometabolic risk, cardiorespiratory fitness and physical activity in 10-11 year-old children. The CHANGE! Project baseline. <i>Archives of Exercise in Health and Disease</i> , 2012, 3, 207-213.	0.6	6
31	Sociocultural aspects of takeaway food consumption in a low-socioeconomic ward in Manchester: a grounded theory study. <i>BMJ Open</i> , 2019, 9, e023645.	1.9	6
32	Efficacy of the Best Possible Self protocol in diabetes self-management: A mixed-methods approach. <i>Journal of Health Psychology</i> , 2021, 26, 332-344.	2.3	6
33	Weight loss practices and eating behaviours among female physique athletes: Acquiring the optimal body composition for competition. <i>PLoS ONE</i> , 2022, 17, e0262514.	2.5	6
34	Impact of COVID-19 lockdown restrictions on cardiac rehabilitation participation and behaviours in the United Kingdom. <i>BMC Sports Science, Medicine and Rehabilitation</i> , 2022, 14, 67.	1.7	6
35	Free-sugar, total-sugar, fibre, and micronutrient intake within elite youth British soccer players: a nutritional transition from schoolboy to fulltime soccer player. <i>Applied Physiology, Nutrition and Metabolism</i> , 2017, 42, 517-522.	1.9	5
36	Type and density of independent takeaway outlets: a geographical mapping study in a low socioeconomic ward, Manchester. <i>BMJ Open</i> , 2019, 9, e023554.	1.9	4

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37	Macronutrient Consumption Prior to, and during, a Mountain Marathon. American Journal of Sports Science, 2014, 2, 5.	0.2	4
38	The Impact of Microbial Composition on Postprandial Glycaemia and Lipidaemia: A Systematic Review of Current Evidence. Nutrients, 2021, 13, 3887.	4.1	4
39	Comparison of the nutritional quality of Indian takeaway and supermarket ready meals. Proceedings of the Nutrition Society, 2012, 71, .	1.0	3
40	Separation of the principal HDL subclasses by iodixanol ultracentrifugation. Journal of Lipid Research, 2013, 54, 2273-2281.	4.2	3
41	Traditional and novel correlates of adiposity and cardiometabolic risk among young healthy adults in the North West of England. Proceedings of the Nutrition Society, 2016, 75, .	1.0	3
42	The Effects of Pre-Game Carbohydrate Intake on Running Performance and Substrate Utilisation during Simulated Gaelic Football Match Play. Nutrients, 2021, 13, 1392.	4.1	3
43	Feasibility of a high-PRotein Mediterranean-style diet and resistance Exercise in cardiac Rehabilitation patients with sarcopenic obesity (PRiMER): Study protocol for a randomised control trial. Clinical Nutrition ESPEN, 2021, 45, 492-498.	1.2	3
44	An Assessment of the Hydration Status of Recreational Endurance Athletes During Mountain Marathon Events. American Journal of Sports Science, 2014, 2, 77.	0.2	3
45	Genetically determined blood lead is associated with reduced renal function amongst individuals with type 2 diabetes mellitus: insight from Mendelian Randomisation. Journal of Molecular Medicine, 2022, 100, 125-134.	3.9	3
46	The association between dietary behaviors and insomnia among adolescent girls in Iran. Sleep Health, 2022, 8, 195-199.	2.5	3
47	Total sugar content of takeaway food in Merseyside, UK. Proceedings of the Nutrition Society, 2012, 71, .	1.0	2
48	Trans fatty acid content of takeaway food in Merseyside, UK. Proceedings of the Nutrition Society, 2012, 71, .	1.0	2
49	Consumers' knowledge and attitudes to takeaway food in Merseyside. Proceedings of the Nutrition Society, 2016, 75, .	1.0	2
50	Socio-demographic and lifestyle correlates of takeaway food consumption in UK adults. Proceedings of the Nutrition Society, 2018, 77, .	1.0	2
51	Dietary patterns of takeaway (fast) food consumers in the North West of England: A Pilot study. Proceedings of the Nutrition Society, 2018, 77, .	1.0	2
52	The best possible self-intervention as a viable public health tool for the prevention of type 2 diabetes: A reflexive thematic analysis of public experience and engagement. Health Expectations, 2021, 24, 1713-1724.	2.6	2
53	Nutrient patterns are associated with discordant apoB and LDL: a population-based analysis. British Journal of Nutrition, 2022, 128, 712-720.	2.3	2
54	Discordance between LDL-C and Apolipoprotein B Levels and Its Association with Renal Dysfunction: Insights from a Population-Based Study. Journal of Clinical Medicine, 2022, 11, 313.	2.4	2

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55	Separation of the principal HDL subclasses by iodixanol gradient ultracentrifugation. <i>Atherosclerosis</i> , 2007, 194, 283-284.	0.8	1
56	Saturated fatty acid content of popular takeaway food in the UK. <i>Proceedings of the Nutrition Society</i> , 2013, 72, .	1.0	1
57	Increased takeaway meal consumption increases dietary energy, salt and fat. <i>Proceedings of the Nutrition Society</i> , 2015, 74, .	1.0	1
58	The sociocultural aspects of takeaway food consumption in a low-socio-economic ward in the large metropolitan city of Manchester: A grounded theory study. <i>Proceedings of the Nutrition Society</i> , 2017, 76, .	1.0	1
59	The CHANGE! Project: Changes in Body Composition and Cardiorespiratory Fitness in 10- to 11-Year-Old Children After Completing the CHANGE! Intervention. <i>Pediatric Exercise Science</i> , 2018, 30, 81-89.	1.0	1
60	Nutritional labelling of takeaway food: scope for physical activity equivalents?. <i>Proceedings of the Nutrition Society</i> , 2018, 77, .	1.0	1
61	The effect of a low carbohydrate high fat diet on emerging biochemical markers of cardiometabolic risk. <i>Proceedings of the Nutrition Society</i> , 2020, 79, .	1.0	1
62	The effect of a low carbohydrate high fat diet on apolipoproteins and cardiovascular risk. <i>Proceedings of the Nutrition Society</i> , 2020, 79, .	1.0	1
63	Effective evaluation of small dense LDL. <i>Proceedings of the Nutrition Society</i> , 2008, 67, .	1.0	0
64	Macronutrient intakes of recreational endurance athletes prior to, and during, a mountain marathon: an observational study. <i>Proceedings of the Nutrition Society</i> , 2010, 69, .	1.0	0
65	The influence of macronutrient intake on the well-being and cognitive performance of recreational mountain marathon competitors. <i>Proceedings of the Nutrition Society</i> , 2010, 69, .	1.0	0
66	The effect of prawn consumption on lipoprotein subclasses in healthy males. <i>Proceedings of the Nutrition Society</i> , 2010, 69, .	1.0	0
67	An observational study assessing the hydration status of recreational endurance athletes during a mountain marathon. <i>Proceedings of the Nutrition Society</i> , 2010, 69, .	1.0	0
68	Meeting carbohydrate recommendations during a mountain marathon. <i>Proceedings of the Nutrition Society</i> , 2011, 70, .	1.0	0
69	Investigation between body image, self-esteem and healthy diet. <i>Proceedings of the Nutrition Society</i> , 2011, 70, .	1.0	0
70	Macronutrient intake and relations to cardiometabolic risk in 10 to 11 year old children: The CHANGE! Project. <i>Proceedings of the Nutrition Society</i> , 2012, 71, .	1.0	0
71	Comparison of the reported intakes of fruits and vegetables in Year 6 children: The CHANGE! Project. <i>Proceedings of the Nutrition Society</i> , 2012, 71, .	1.0	0
72	The effect of fish oil versus krill oil on markers of metabolic syndrome and the plasma metabolome; a pilot study. <i>Proceedings of the Nutrition Society</i> , 2012, 71, .	1.0	0

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73	Macronutrient intake and relations to physical activity and sedentary behaviour in 10â€“11 year old children: The CHANGE! Project. Proceedings of the Nutrition Society, 2012, 71, .	1.0	0
74	(19) The hypertriglyceridemic waist and the metabolic triad: a weight loss study in clinically obese children. Atherosclerosis, 2012, 223, 532.	0.8	0
75	BMI status of children in the CHANGE! Project and its association with the consumption of â€“positive markerâ€™ and â€“negative markerâ€™ foods. Proceedings of the Nutrition Society, 2013, 72, .	1.0	0
76	A qualitative investigation into the follow-up support offered to patients after an NHS obesity weight management programme in Liverpool. Proceedings of the Nutrition Society, 2013, 72, .	1.0	0
77	Food knowledge and IMD score of Year 6 children participating in the CHANGE! Project. Proceedings of the Nutrition Society, 2014, 73, .	1.0	0
78	An investigation into the eating behaviours of adult patients with Type 1 diabetes using continuous subcutaneous insulin infusion therapy compared to those using multiple daily injections. Proceedings of the Nutrition Society, 2015, 74, .	1.0	0
79	Continuous subcutaneous insulin infusion therapy: Long-term impact upon plasma HbA1c, lipids, lipoproteins and blood pressure. Proceedings of the Nutrition Society, 2015, 74, .	1.0	0
80	Physical activity equivalents for takeaway food: a new method for nutritional labelling. Proceedings of the Nutrition Society, 2015, 74, .	1.0	0
81	A chemical analysis of the salt content of sandwiches purchased from independent outlets. Proceedings of the Nutrition Society, 2015, 74, .	1.0	0
82	The reported intakes of sugar sweetened beverages by 10â€“11 year old children participating in the CHANGE! healthy eating intervention. Proceedings of the Nutrition Society, 2016, 75, .	1.0	0
83	The influence of continuous subcutaneous insulin infusion therapy vs. multiple daily injections upon the diet of those with Type 1 diabetes: A food diary investigation. Proceedings of the Nutrition Society, 2016, 75, .	1.0	0
84	Estimates of fibre intake and percentage of the population with intake below the dietary reference values (DRVs) in England (1991â€“2015). Proceedings of the Nutrition Society, 2016, 75, .	1.0	0
85	Effects of takeaway food consumption on postprandial lipaemia and diet quality: a study on cardiovascular disease risk. Proceedings of the Nutrition Society, 2016, 75, .	1.0	0
86	Nutritional status, dietary intake and adiposity of normal-weight individuals with clustered metabolic risk factors in the UK population. Proceedings of the Nutrition Society, 2016, 75, .	1.0	0
87	Macronutrient intake and prevalence of markers of metabolic syndrome in white UK adult males in the National Diet and Nutrition Survey Rolling Programme 2008â€“2014. Proceedings of the Nutrition Society, 2017, 76, .	1.0	0
88	Low density lipoprotein quality and discordance with apolipoprotein B in intensively controlled Type 1 diabetes: Any relationship with nutrition?. Proceedings of the Nutrition Society, 2017, 76, .	1.0	0
89	Challenges to improve the nutritional quality of foods served by small independent takeaway outlets. Proceedings of the Nutrition Society, 2018, 77, .	1.0	0
90	The association between dietary macronutrient intake and fibrogen growth factor 21 in a sample of White UK adults with elevated cardiometabolic risk markers. Proceedings of the Nutrition Society, 2018, 77, .	1.0	0

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91	The development of metabolite biomarkers of energy-dense nutrient-poor foods and takeaway (fast) food dietary patterns. Proceedings of the Nutrition Society, 2018, 77, .	1.0	0
92	Dietary carbohydrate intake, visceral adipose tissue and associated markers of cardiometabolic risk. Proceedings of the Nutrition Society, 2018, 77, .	1.0	0
93	The effect of dietary carbohydrate manipulation on low-density lipoprotein-cholesterol and its associated cardiometabolic risk. Proceedings of the Nutrition Society, 2019, 78, .	1.0	0
94	Very low-carbohydrate high-fat diets are superior to low-fat diets in improving cardiovascular markers: meta-analysis of large, long-term randomised controlled trials. Proceedings of the Nutrition Society, 2020, 79, .	1.0	0