

Rosa MarÃ- a Ortega Anta

List of Publications by Year in descending order

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116
papers

4,441
citations

117625

34
h-index

128289

60
g-index

151
all docs

151
docs citations

151
times ranked

6034
citing authors

#	ARTICLE	IF	CITATIONS
1	Food, youth and the Mediterranean diet in Spain. Development of KIDMED, Mediterranean Diet Quality Index in children and adolescents. <i>Public Health Nutrition</i> , 2004, 7, 931-935.	2.2	870
2	Dietary assessment methods: dietary records. <i>Nutricion Hospitalaria</i> , 2015, 31 Suppl 3, 38-45.	0.3	151
3	Wholegrain cereals and bread: a duet of the Mediterranean diet for the prevention of chronic diseases. <i>Public Health Nutrition</i> , 2011, 14, 2316-2322.	2.2	116
4	The ALADINO Study: A National Study of Prevalence of Overweight and Obesity in Spanish Children in 2011. <i>BioMed Research International</i> , 2013, 2013, 1-7.	1.9	104
5	Estimation of salt intake by 24h urinary sodium excretion in a representative sample of Spanish adults. <i>British Journal of Nutrition</i> , 2011, 105, 787-794.	2.3	100
6	Patterns of Change in Dietary Habits and Physical Activity during Lockdown in Spain Due to the COVID-19 Pandemic. <i>Nutrients</i> , 2021, 13, 300.	4.1	100
7	Energy Intake, Profile, and Dietary Sources in the Spanish Population: Findings of the ANIBES Study. <i>Nutrients</i> , 2015, 7, 4739-4762.	4.1	93
8	Reported Dietary Intake, Disparity between the Reported Consumption and the Level Needed for Adequacy and Food Sources of Calcium, Phosphorus, Magnesium and Vitamin D in the Spanish Population: Findings from the ANIBES Study. <i>Nutrients</i> , 2017, 9, 168.	4.1	90
9	Clustering of Dietary Patterns, Lifestyles, and Overweight among Spanish Children and Adolescents in the ANIBES Study. <i>Nutrients</i> , 2016, 8, 11.	4.1	88
10	The relationship between hours of sleep, screen time and frequency of food and drink consumption in Spain in the 2011 and 2013 ALADINO: a cross-sectional study. <i>BMC Public Health</i> , 2017, 17, 33.	2.9	86
11	Macronutrient Distribution and Dietary Sources in the Spanish Population: Findings from the ANIBES Study. <i>Nutrients</i> , 2016, 8, 177.	4.1	76
12	Reported Dietary Intake and Food Sources of Zinc, Selenium, and Vitamins A, E and C in the Spanish Population: Findings from the ANIBES Study. <i>Nutrients</i> , 2017, 9, 697.	4.1	76
13	Physical Activity Patterns of the Spanish Population Are Mostly Determined by Sex and Age: Findings in the ANIBES Study. <i>PLoS ONE</i> , 2016, 11, e0149969.	2.5	75
14	Cognitive Function in Elderly People Is Influenced by Vitamin E Status. <i>Journal of Nutrition</i> , 2002, 132, 2065-2068.	2.9	69
15	Vitamin D in Overweight/Obese Women and Its Relationship With Dietetic and Anthropometric Variables. <i>Obesity</i> , 2009, 17, 778-782.	3.0	65
16	Updating the Food-Based Dietary Guidelines for the Spanish Population: The Spanish Society of Community Nutrition (SENC) Proposal. <i>Nutrients</i> , 2019, 11, 2675.	4.1	65
17	The ANIBES Study on Energy Balance in Spain: Design, Protocol and Methodology. <i>Nutrients</i> , 2015, 7, 970-998.	4.1	59
18	Current Food Consumption amongst the Spanish ANIBES Study Population. <i>Nutrients</i> , 2019, 11, 2663.	4.1	57

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19	Introduction and Executive Summary of the Supplement, Role of Milk and Dairy Products in Health and Prevention of Noncommunicable Chronic Diseases: A Series of Systematic Reviews. <i>Advances in Nutrition</i> , 2019, 10, S67-S73.	6.4	56
20	Adequacy of Usual Vitamin and Mineral Intake in Spanish Children and Adolescents: ENALIA Study. <i>Nutrients</i> , 2017, 9, 131.	4.1	55
21	Vitamin D deficiency is an independent predictor of elevated triglycerides in Spanish school children. <i>European Journal of Nutrition</i> , 2011, 50, 373-378.	3.9	52
22	Beverage Consumption Habits and Association with Total Water and Energy Intakes in the Spanish Population: Findings of the ANIBES Study. <i>Nutrients</i> , 2016, 8, 232.	4.1	52
23	Improvement of cholesterol levels and reduction of cardiovascular risk via the consumption of phytosterols. <i>British Journal of Nutrition</i> , 2006, 96, S89-S93.	2.3	51
24	Dietary Intake of Individual (Free and Intrinsic) Sugars and Food Sources in the Spanish Population: Findings from the ANIBES Study. <i>Nutrients</i> , 2017, 9, 275.	4.1	50
25	Estimation of salt intake assessed by urinary excretion of sodium over 24h in Spanish subjects aged 7-11 years. <i>European Journal of Nutrition</i> , 2017, 56, 171-178.	4.6	46
26	Adequacy of usual macronutrient intake and macronutrient distribution in children and adolescents in Spain: A National Dietary Survey on the Child and Adolescent Population, ENALIA 2013-2014. <i>European Journal of Nutrition</i> , 2019, 58, 705-719.	3.9	46
27	Thiamin status during the third trimester of pregnancy and its influence on thiamin concentrations in transition and mature breast milk. <i>British Journal of Nutrition</i> , 2004, 92, 129-135.	2.3	42
28	The Influence of Smoking on Vitamin C Status During the Third Trimester of Pregnancy and on Vitamin C Levels in Maternal Milk. <i>Journal of the American College of Nutrition</i> , 1998, 17, 379-384.	1.8	40
29	Dietary Intake and Food Sources of Niacin, Riboflavin, Thiamin and Vitamin B6 in a Representative Sample of the Spanish Population. The ANIBES Study. <i>Nutrients</i> , 2018, 10, 846.	4.1	40
30	The Importance of Breakfast in Meeting Daily Recommended Calcium Intake in a Group of Schoolchildren. <i>Journal of the American College of Nutrition</i> , 1998, 17, 19-24.	1.8	39
31	Preliminary data about the influence of vitamin D status on the loss of body fat in young overweight/obese women following two types of hypocaloric diet. <i>British Journal of Nutrition</i> , 2008, 100, 269-272.	2.3	36
32	Overweight and General and Abdominal Obesity in a Representative Sample of Spanish Adults: Findings from the ANIBES Study. <i>BioMed Research International</i> , 2016, 2016, 1-11.	1.9	36
33	Low Adherence to Dietary Guidelines in Spain, Especially in the Overweight/Obese Population: The ANIBES Study. <i>Journal of the American College of Nutrition</i> , 2017, 36, 240-247.	1.8	36
34	Iron Intake and Dietary Sources in the Spanish Population: Findings from the ANIBES Study. <i>Nutrients</i> , 2017, 9, 203.	4.1	36
35	Influence of the Intake of Fortified Breakfast Cereals on Dietary Habits and Nutritional Status of Spanish Schoolchildren. <i>Annals of Nutrition and Metabolism</i> , 1996, 40, 146-156.	1.9	35
36	Association between Neutrophil-to-Lymphocyte Ratio with Abdominal Obesity and Healthy Eating Index in a Representative Older Spanish Population. <i>Nutrients</i> , 2020, 12, 855.	4.1	35

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37	Young Children with Excess of Weight Show an Impaired Selenium Status. <i>International Journal for Vitamin and Nutrition Research</i> , 2012, 82, 121-129.	1.5	35
38	Calcium levels in maternal milk: relationships with calcium intake during the third trimester of pregnancy. <i>British Journal of Nutrition</i> , 1998, 79, 501-507.	2.3	34
39	Sedentary behavior among Spanish children and adolescents: findings from the ANIBES study. <i>BMC Public Health</i> , 2017, 17, 94.	2.9	33
40	Smoking and Passive Smoking as Conditioners of Folate Status in Young Women. <i>Journal of the American College of Nutrition</i> , 2004, 23, 365-371.	1.8	30
41	Lifestyle Patterns and Weight Status in Spanish Adults: The ANIBES Study. <i>Nutrients</i> , 2017, 9, 606.	4.1	29
42	Physical activity practice and sports preferences in a group of Spanish schoolchildren depending on sex and parental care: a gender perspective. <i>BMC Pediatrics</i> , 2020, 20, 337.	1.7	29
43	Active Commuting, Physical Activity, and Sedentary Behaviors in Children and Adolescents from Spain: Findings from the ANIBES Study. <i>International Journal of Environmental Research and Public Health</i> , 2020, 17, 668.	2.6	29
44	Dietary guidelines for pregnant women. <i>Public Health Nutrition</i> , 2001, 4, 1343-1346.	2.2	28
45	Dietary sources and intakes of folates and vitamin B12 in the Spanish population: Findings from the ANIBES study. <i>PLoS ONE</i> , 2017, 12, e0189230.	2.5	27
46	Influence of Calcium Intake on Gestational Hypertension. <i>Annals of Nutrition and Metabolism</i> , 1999, 43, 37-46.	1.9	26
47	Preliminary data on the association between waist circumference and insulin resistance in children without a previous diagnosis. <i>European Journal of Pediatrics</i> , 2011, 170, 35-43.	2.7	25
48	Ascorbic acid levels in maternal milk: differences with respect to ascorbic acid status during the third trimester of pregnancy. <i>British Journal of Nutrition</i> , 1998, 79, 431-437.	2.3	24
49	Vitamin status in different groups of the Spanish population: a meta-analysis of national studies performed between 1990 and 1999. <i>Public Health Nutrition</i> , 2001, 4, 1325-1329.	2.2	24
50	Sodium Intake from Foods Exceeds Recommended Limits in the Spanish Population: The ANIBES Study. <i>Nutrients</i> , 2019, 11, 2451.	4.1	24
51	Energy Intake, Macronutrient Profile and Food Sources of Spanish Children Aged One to 10 Years—Results from the EsNuPI Study. <i>Nutrients</i> , 2020, 12, 893.	4.1	24
52	General and Abdominal Obesity Is Related to Physical Activity, Smoking and Sleeping Behaviours and Mediated by the Educational Level: Findings from the ANIBES Study in Spain. <i>PLoS ONE</i> , 2016, 11, e0169027.	2.5	24
53	Intake and Dietary Food Sources of Fibre in Spain: Differences with Regard to the Prevalence of Excess Body Weight and Abdominal Obesity in Adults of the ANIBES Study. <i>Nutrients</i> , 2017, 9, 326.	4.1	23
54	Eating Behavior and Energy and Nutrient Intake in Overweight/Obese and Normal-Weight Spanish Elderly. <i>Annals of Nutrition and Metabolism</i> , 1995, 39, 371-378.	1.9	22

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55	Vitamin D status modification by two slightly hypocaloric diets in young overweight/obese women. <i>International Journal for Vitamin and Nutrition Research</i> , 2009, 79, 71-78.	1.5	22
56	The Influence of Place of Residence, Gender and Age Influence on Food Group Choices in the Spanish Population: Findings from the ANIBES Study. <i>Nutrients</i> , 2018, 10, 392.	4.1	22
57	Dietary and Lifestyle Patterns in the Spanish Pediatric Population (One to <10 Years Old): Design, Protocol, and Methodology of the EsNuPI Study. <i>Nutrients</i> , 2019, 11, 3050.	4.1	22
58	Clustering of Dietary Patterns and Lifestyles Among Spanish Children in the EsNuPI Study â€. <i>Nutrients</i> , 2020, 12, 2536.	4.1	22
59	Moderate Vitamin D Deficiency and Inflammation Related Markers in Overweight/Obese Schoolchildren. <i>International Journal for Vitamin and Nutrition Research</i> , 2014, 84, 98-107.	1.5	22
60	Sodium intake may promote weight gain; results of the FANPE study in a representative sample of the adult Spanish population. <i>Nutricion Hospitalaria</i> , 2014, 29, 1283-9.	0.3	21
61	Usual Dietary Intake, Nutritional Adequacy and Food Sources of Calcium, Phosphorus, Magnesium and Vitamin D of Spanish Children Aged One to <10 Years. Findings from the EsNuPI Study. <i>Nutrients</i> , 2020, 12, 1787.	4.1	20
62	Antioxidant status in a group of institutionalised elderly people with chronic obstructive pulmonary disease. <i>British Journal of Nutrition</i> , 2016, 115, 1740-1747.	2.3	17
63	Added Sugars and Low- and No-Calorie Sweeteners in a Representative Sample of Food Products Consumed by the Spanish ANIBES Study Population. <i>Nutrients</i> , 2018, 10, 1265.	4.1	17
64	Riboflavin Levels in Maternal Milk: The Influence of Vitamin B2Status during the Third Trimester of Pregnancy. <i>Journal of the American College of Nutrition</i> , 1999, 18, 324-329.	1.8	16
65	Breakfast habits and differences regarding abdominal obesity in a cross-sectional study in Spanish adults: The ANIBES study. <i>PLoS ONE</i> , 2017, 12, e0188828.	2.5	15
66	Changes in the sensation of hunger and well-being before and after meals in overweight/obese women following two types of hypoenergetic diet. <i>Public Health Nutrition</i> , 2009, 12, 44-50.	2.2	14
67	Omega 3 and Omega 6 Fatty Acids Intake and Dietary Sources in a Representative Sample of Spanish Adults. <i>International Journal for Vitamin and Nutrition Research</i> , 2013, 83, 36-47.	1.5	14
68	Maternal vitamin E status during the third trimester of pregnancy in Spanish women: Influence on breast milk vitamin E concentration. <i>Nutrition Research</i> , 1999, 19, 25-36.	2.9	13
69	Folate Status in Young Overweight and Obese Women: Changes Associated with Weight Reduction and Increased Folate Intake. <i>Journal of Nutritional Science and Vitaminology</i> , 2009, 55, 149-155.	0.6	13
70	Relationship between 24 h urinary potassium and diet quality in the adult Spanish population. <i>Public Health Nutrition</i> , 2015, 18, 850-859.	2.2	13
71	Adequacy of Critical Nutrients Affecting the Quality of the Spanish Diet in the ANIBES Study. <i>Nutrients</i> , 2019, 11, 2328.	4.1	13
72	Sugar Content in Processed Foods in Spain and a Comparison of Mandatory Nutrition Labelling and Laboratory Values. <i>Nutrients</i> , 2020, 12, 1078.	4.1	13

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73	Responses to Two Weight-loss Programs Based on Approximating the Diet to the Ideal: Differences Associated with Increased Cereal or Vegetable Consumption. <i>International Journal for Vitamin and Nutrition Research</i> , 2006, 76, 367-376.	1.5	13
74	Influence of the time spent watching television on the dietary habits, energy intake and nutrient intake of a group of Spanish adolescents. <i>Nutrition Research</i> , 1996, 16, 1467-1470.	2.9	12
75	Fortified foods. Criteria for vitamin supplementation in Spain. <i>Public Health Nutrition</i> , 2001, 4, 1331-1334.	2.2	12
76	Î²-Carotene Concentration and Its Association with Inflammatory Biomarkers in Spanish Schoolchildren. <i>Annals of Nutrition and Metabolism</i> , 2017, 71, 80-87.	1.9	12
77	The Relationship Between Antioxidant Nutrient Intake and Cataracts in Older People. <i>International Journal for Vitamin and Nutrition Research</i> , 2006, 76, 359-366.	1.5	12
78	Dietary strategies for improving folate status in institutionalized elderly persons. <i>British Journal of Nutrition</i> , 2009, 101, 1611-1615.	2.3	10
79	Dietary intake of a physically active elderly Spanish male group of high socioeconomic status. <i>International Journal of Food Sciences and Nutrition</i> , 1996, 47, 307-313.	2.8	9
80	Zinc status of a group of pregnant Spanish women: Effects on anthropometric data and Apgar scores of neonates. <i>Nutrition Research</i> , 1999, 19, 1423-1428.	2.9	9
81	Sources of Dietary Sodium in Food and Beverages Consumed by Spanish Schoolchildren between 7 and 11 Years Old by the Degree of Processing and the Nutritional Profile. <i>Nutrients</i> , 2018, 10, 1880.	4.1	9
82	The consumption of food, energy and nutrients in pregnant women: Differences with respect to smoking habits. <i>Nutrition Research</i> , 1998, 18, 1691-1701.	2.9	8
83	Community nutrition in Spain: advances and drawbacks. <i>Nutrition Reviews</i> , 2009, 67, S135-S139.	5.8	8
84	An Adequate Calcium Intake Could Help Achieve Weight Loss in Overweight/Obese Women following Hypocaloric Diets. <i>Annals of Nutrition and Metabolism</i> , 2010, 57, 95-102.	1.9	8
85	Dietary Intake, Nutritional Adequacy and Food Sources of Total Fat and Fatty Acids, and Relationships with Personal and Family Factors in Spanish Children Aged One to <10 Years: Results of the EsNuPI Study. <i>Nutrients</i> , 2020, 12, 2467.	4.1	8
86	Breakfast Habits of a Representative Sample of the Spanish Child and Adolescent Population (The Tj ETQq0 0 0 rgBT/Overlogk 10 Tf 50	4.1	8
87	Effect of dairy intake with or without energy restriction on body composition of adults: overview of systematic reviews and meta-analyses of randomized controlled trials. <i>Nutrition Reviews</i> , 2020, 78, 901-913.	5.8	8
88	The relationship between the consumption of an inadequate breakfast and energy profile imbalance in preschool children. <i>Nutrition Research</i> , 1998, 18, 703-712.	2.9	7
89	Increasing consumption of breakfast cereal improves thiamine status in overweight/obese women following a hypocaloric diet. <i>International Journal of Food Sciences and Nutrition</i> , 2009, 60, 69-79.	2.8	7
90	The Effects of Physical Activity on Dietary Habits in Young Adults from Madrid. <i>International Journal for Vitamin and Nutrition Research</i> , 2012, 82, 405-411.	1.5	7

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91	Physical activity and sedentary behavior impacts on dietary water intake and hydration status in Spanish schoolchildren: A cross-sectional study. PLoS ONE, 2018, 13, e0208748.	2.5	7
92	Dietary Intake, Nutritional Adequacy, and Food Sources of Protein and Relationships with Personal and Family Factors in Spanish Children Aged One to < 10 Years: Findings of the EsNuPI Study. Nutrients, 2021, 13, 1062.	4.1	7
93	Consensus document and conclusions. Methodology of dietary surveys, studies on nutrition, physical activity and other lifestyles. Nutricion Hospitalaria, 2015, 31 Suppl 3, 9-11.	0.3	7
94	Claims and errors in food and nutrition advertisements broadcast by two Spanish television channels. Journal of Human Nutrition and Dietetics, 1995, 8, 353-362.	2.5	6
95	Leukocytes and Neutrophilâ€“Lymphocyte Ratio as Indicators of Insulin Resistance in Overweight/Obese School-Children. Frontiers in Nutrition, 2022, 8, .	3.7	6
96	The consumption of milk products in a group of pre-school children: Influence on serum lipid profile. Nutrition Research, 2000, 20, 779-790.	2.9	5
97	Effect of Saturated Fatty Acid Consumption on Energy and Nutrient Intake and Blood Lipid Levels in Preschool Children. Annals of Nutrition and Metabolism, 2001, 45, 121-127.	1.9	5
98	How justifiable is it to distort the energy profile of a diet to obtain benefits in body weight control?. American Journal of Clinical Nutrition, 2005, 82, 1140-1141.	4.7	5
99	Restricted-energy diets rich in vegetables or cereals improve cardiovascular risk factors in overweight/obese women. Nutrition Research, 2007, 27, 313-320.	2.9	5
100	Carbohydrates, Starch, Total Sugar, Fiber Intakes and Food Sources in Spanish Children Aged One to <10 Yearsâ€“Results from the EsNuPI Study. Nutrients, 2020, 12, 3171.	4.1	5
101	The control of body weight in young Spanish women: Are they over-concerned?. Nutrition Research, 1997, 17, 439-449.	2.9	4
102	The influence of saturated fatty acid consumption on energy and nutrient intake, blood lipid levels and iron indicators in a group of young women. Nutrition Research, 1998, 18, 671-682.	2.9	4
103	Dietary total antioxidant capacity and current asthma in Spanish schoolchildren: a case controlâ€“control study. European Journal of Pediatrics, 2014, 173, 517-523.	2.7	4
104	The association of parentsâ€™ behaviors related to salt with 24 h urinary sodium excretion of their children: A Spanish cross-sectional study. PLoS ONE, 2019, 14, e0227035.	2.5	4
105	Plate Waste Generated by Spanish Households and Out-of-Home Consumption: Results from the ANIBES Study. Nutrients, 2020, 12, 1641.	4.1	4
106	Dietary Intake of Individual (Intrinsic and Added) Sugars and Food Sources from Spanish Children Aged One to <10 Yearsâ€“Results from the EsNuPI Study. Nutrients, 2022, 14, 1667.	4.1	4
107	Dietary intake and anthropometric reference values in population studies. Nutricion Hospitalaria, 2015, 31 Suppl 3, 157-67.	0.3	3
108	Parental death from cardiovascular disease and dietary habits in an elderly group. British Journal of Nutrition, 1994, 71, 259-270.	2.3	1

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109	Weight Loss Due to Fruit and Vegetable Use. , 2010, , 437-448.		1
110	HEALTH SCIENCE STUDENTS' OPINION ABOUT THEIR PARTICIPATION IN ACTIVITIES TO IMPROVE THEIR LEARNING. , 2019, , .		1
111	Nutritional assessment of the iron status in a group of institutionalized elderly people in Madrid (Spain). Journal of Human Nutrition and Dietetics, 1994, 7, 215-223.	2.5	0
112	Efectos del consumo del beta-glucano de la avena sobre el colesterol sanguíneo: una revisión. Revista Española De Nutricion Humana Y Dietetica, 2016, 20, 127.	0.3	0
113	PARTICIPATION IN A "SCIENTIFIC CONFERENCE" AND ACADEMIC PERFORMANCE IN A GROUP OF STUDENTS OF PHARMACY. , 2016, , .		0
114	THE TOOL KAHOOT AS METHODOLOGICAL STRATEGY TO ENCOURAGE THE PARTICIPATION AND ACTIVE LEARNING OF UNIVERSITY STUDENTS. , 2017, , .		0
115	FEMALE SPANISH SCIENTISTS: A WORLD TO DISCOVER. , 2018, , .		0
116	INSTAGRAF 2.0 A LEARNING TOOL. NEW CHALLENGES AND OPPORTUNITIES. INTED Proceedings, 2022, , .	0.0	0