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List of Publications by Citations

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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.

109 papers	2,880 citations	29 h-index	48 g-index
150 ext. papers	3,687 ext. citations	3.6 avg, IF	5.06 L-index

#	Paper	IF	Citations
109	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, 931-5	3.3	577
108	Wholegrain cereals and bread: a duet of the Mediterranean diet for the prevention of chronic diseases. <i>Public Health Nutrition</i> , 2011 , 14, 2316-22	3.3	98
107	Estimation of salt intake by 24h urinary sodium excretion in a representative sample of Spanish adults. <i>British Journal of Nutrition</i> , 2011 , 105, 787-94	3.6	75
106	Dietary assessment methods: dietary records. <i>Nutricion Hospitalaria</i> , 2015 , 31 Suppl 3, 38-45	1	72
105	The ALADINO study: a national study of prevalence of overweight and obesity in Spanish children in 2011. <i>BioMed Research International</i> , 2013 , 2013, 163687	3	69
104	Energy Intake, Profile, and Dietary Sources in the Spanish Population: Findings of the ANIBES Study. <i>Nutrients</i> , 2015 , 7, 4739-62	6.7	61
103	Macronutrient Distribution and Dietary Sources in the Spanish Population: Findings from the ANIBES Study. <i>Nutrients</i> , 2016 , 8, 177	6.7	59
102	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,	6.7	58
101	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	3.7	57
100	Clustering of Dietary Patterns, Lifestyles, and Overweight among Spanish Children and Adolescents in the ANIBES Study. <i>Nutrients</i> , 2015 , 8,	6.7	56
99	Cognitive function in elderly people is influenced by vitamin E status. <i>Journal of Nutrition</i> , 2002 , 132, 2065-8	4.1	55
98	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,	6.7	51
97	Vitamin D in overweight/obese women and its relationship with dietetic and anthropometric variables. <i>Obesity</i> , 2009 , 17, 778-82	8	51
96	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	4.1	48
95	Improvement of cholesterol levels and reduction of cardiovascular risk via the consumption of phytosterols. <i>British Journal of Nutrition</i> , 2006 , 96 Suppl 1, S89-93	3.6	43
94	Patterns of Change in Dietary Habits and Physical Activity during Lockdown in Spain Due to the COVID-19 Pandemic. <i>Nutrients</i> , 2021 , 13,	6.7	43
93	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,	6.7	41

92	The ANIBES Study on Energy Balance in Spain: design, protocol and methodology. <i>Nutrients</i> , 2015 , 7, 970-98	6.7	40
91	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	6.7	40
90	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, 379-84	3.5	38
89	Vitamin D deficiency is an independent predictor of elevated triglycerides in Spanish school children. <i>European Journal of Nutrition</i> , 2011 , 50, 373-8	5.2	37
88	Adequacy of Usual Vitamin and Mineral Intake in Spanish Children and Adolescents: ENALIA Study. <i>Nutrients</i> , 2017 , 9,	6.7	36
87	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, 129-35	3.6	36
86	Updating the Food-Based Dietary Guidelines for the Spanish Population: The Spanish Society of Community Nutrition (SENC) Proposal. <i>Nutrients</i> , 2019 , 11,	6.7	35
85	Estimation of salt intake assessed by urinary excretion of sodium over 24'h in Spanish subjects aged 7-11 years. <i>European Journal of Nutrition</i> , 2017 , 56, 171-178		32
84	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	5.2	31
83	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	3.5	30
82	Young children with excess of weight show an impaired selenium status. <i>International Journal for Vitamin and Nutrition Research</i> , 2012 , 82, 121-9	1.7	30
81	Calcium levels in maternal milk: relationships with calcium intake during the third trimester of pregnancy. <i>British Journal of Nutrition</i> , 1998 , 79, 501-7	3.6	29
80	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	10	28
79	Dietary Intake and Food Sources of Niacin, Riboflavin, Thiamin and Vitamin B12 in a Representative Sample of the Spanish Population. The Anthropometry, Intake, and Energy Balance in Spain (ANIBES) Study □ <i>Nutrients</i> , 2018 , 10,	6.7	28
78	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, 146-56	4.5	28
77	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, 269-72	3.6	27
76	Current Food Consumption amongst the Spanish ANIBES Study Population. <i>Nutrients</i> , 2019 , 11,	6.7	27
75	Iron Intake and Dietary Sources in the Spanish Population: Findings from the ANIBES Study. <i>Nutrients</i> , 2017 , 9,	6.7	25

74	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, 8341487	3	25
73	Sedentary behavior among Spanish children and adolescents: findings from the ANIBES study. <i>BMC Public Health</i> , 2017 , 17, 94	4.1	23
72	Smoking and passive smoking as conditioners of folate status in young women. <i>Journal of the American College of Nutrition</i> , 2004 , 23, 365-71	3.5	23
71	Influence of calcium intake on gestational hypertension. <i>Annals of Nutrition and Metabolism</i> , 1999 , 43, 37-46	4.5	23
70	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	4.1	22
69	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	3.5	20
68	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, 1325-9	3.3	20
67	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	3.7	20
66	Dietary guidelines for pregnant women. <i>Public Health Nutrition</i> , 2001 , 4, 1343-6	3.3	19
65	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, 431-7	3.6	19
64	Lifestyle Patterns and Weight Status in Spanish Adults: The ANIBES Study. <i>Nutrients</i> , 2017 , 9,	6.7	18
63	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, 71-8	1.7	18
62	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,	4.6	17
61	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,	6.7	16
60	Eating behavior and energy and nutrient intake in overweight/obese and normal-weight Spanish elderly. <i>Annals of Nutrition and Metabolism</i> , 1995 , 39, 371-8	4.5	16
59	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	1	15
58	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	3.7	14
57	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	1.7	14

56	Dietary and Lifestyle Patterns in the Spanish Pediatric Population (One to . <i>Nutrients</i> , 2019 , 11,	6.7	14
55	Association between Neutrophil-to-Lymphocyte Ratio with Abdominal Obesity and Healthy Eating Index in a Representative Older Spanish Population. <i>Nutrients</i> , 2020 , 12,	6.7	13
54	Energy Intake, Macronutrient Profile and Food Sources of Spanish Children Aged One to . <i>Nutrients</i> , 2020 , 12,	6.7	13
53	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	3.3	13
52	Riboflavin levels in maternal milk: the influence of vitamin B2 status during the third trimester of pregnancy. <i>Journal of the American College of Nutrition</i> , 1999 , 18, 324-9	3.5	12
51	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	2.6	11
50	Fortified foods. Criteria for vitamin supplementation in Spain. <i>Public Health Nutrition</i> , 2001 , 4, 1331-4	3.3	11
49	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	4	11
48	The relationship between antioxidant nutrient intake and cataracts in older people. <i>International Journal for Vitamin and Nutrition Research</i> , 2006 , 76, 359-66	1.7	11
47	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,	6.7	11
46	Usual Dietary Intake, Nutritional Adequacy and Food Sources of Calcium, Phosphorus, Magnesium and Vitamin D of Spanish Children Aged One to . <i>Nutrients</i> , 2020 , 12,	6.7	10
45	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, 367-76	1.7	10
44	Clustering of Dietary Patterns and Lifestyles Among Spanish Children in the EsNuPI Study. <i>Nutrients</i> , 2020 , 12,	6.7	10
43	Sodium Intake from Foods Exceeds Recommended Limits in the Spanish Population: The ANIBES Study. <i>Nutrients</i> , 2019 , 11,	6.7	9
42	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	1.7	9
41	The consumption of food, energy and nutrients in pregnant women: Differences with respect to smoking habits. <i>Nutrition Research</i> , 1998 , 18, 1691-1701	4	8
40	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	4	8
39	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	4	8

38	Antioxidant status in a group of institutionalised elderly people with chronic obstructive pulmonary disease. <i>British Journal of Nutrition</i> , 2016 , 115, 1740-7	3.6	8
37	β-Carotene Concentration and Its Association with Inflammatory Biomarkers in Spanish Schoolchildren. <i>Annals of Nutrition and Metabolism</i> , 2017 , 71, 80-87	4.5	7
36	Relationship between 24 h urinary potassium and diet quality in the adult Spanish population. <i>Public Health Nutrition</i> , 2015 , 18, 850-9	3.3	7
35	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	3.7	7
34	Adequacy of Critical Nutrients Affecting the Quality of the Spanish Diet in the ANIBES Study. <i>Nutrients</i> , 2019 , 11,	6.7	7
33	Dietary strategies for improving folate status in institutionalized elderly persons. <i>British Journal of Nutrition</i> , 2009 , 101, 1611-5	3.6	7
32	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, 149-55	1.1	7
31	The relationship between the consumption of an inadequate breakfast and energy profile imbalance in preschool children. <i>Nutrition Research</i> , 1998 , 18, 703-712	4	7
30	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,	6.7	7
29	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	4.5	6
28	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	3.7	6
27	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, 307-13	3.7	6
26	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,	6.7	6
25	Sugar Content in Processed Foods in Spain and a Comparison of Mandatory Nutrition Labelling and Laboratory Values. <i>Nutrients</i> , 2020 , 12,	6.7	5
24	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	6.4	4
23	Dietary total antioxidant capacity and current asthma in Spanish schoolchildren: a case control-control study. <i>European Journal of Pediatrics</i> , 2014 , 173, 517-23	4.1	4
22	Community nutrition in Spain: advances and drawbacks. <i>Nutrition Reviews</i> , 2009 , 67 Suppl 1, S135-9	6.4	4
21	The influence of saturated fatty acid consumption on energy and nutrient intake, blood lipid levels and iron indicators in a group of young women. <i>Nutrition Research</i> , 1998 , 18, 671-682	4	4

20	Restricted-energy diets rich in vegetables or cereals improve cardiovascular risk factors in overweight/obese women. <i>Nutrition Research</i> , 2007 , 27, 313-320	4	4
19	How justifiable is it to distort the energy profile of a diet to obtain benefits in body weight control?. <i>American Journal of Clinical Nutrition</i> , 2005 , 82, 1140-1; author reply 1141	7	4
18	Claims and errors in food and nutrition advertisements broadcast by two Spanish television channels. <i>Journal of Human Nutrition and Dietetics</i> , 1995 , 8, 353-362	3.1	4
17	Physical activity and sedentary behavior impacts on dietary water intake and hydration status in Spanish schoolchildren: A cross-sectional study. <i>PLoS ONE</i> , 2018 , 13, e0208748	3.7	4
16	The control of body weight in young Spanish women: Are they over-concerned?. <i>Nutrition Research</i> , 1997 , 17, 439-449	4	3
15	Effect of saturated fatty acid consumption on energy and nutrient intake and blood lipid levels in preschool children. <i>Annals of Nutrition and Metabolism</i> , 2001 , 45, 121-7	4.5	3
14	The consumption of milk products in a group of pre-school children: Influence on serum lipid profile. <i>Nutrition Research</i> , 2000 , 20, 779-790	4	3
13	Dietary intake and anthropometric reference values in population studies. <i>Nutricion Hospitalaria</i> , 2015 , 31 Suppl 3, 157-67	1	3
12	Consensus document and conclusions. Methodology of dietary surveys, studies on nutrition, physical activity and other lifestyles. <i>Nutricion Hospitalaria</i> , 2015 , 31 Suppl 3, 9-11	1	3
11	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 . <i>Nutrients</i> , 2020 , 12,	6.7	3
10	Dietary Intake, Nutritional Adequacy, and Food Sources of Protein and Relationships with Personal and Family Factors in Spanish Children Aged One to . <i>Nutrients</i> , 2021 , 13,	6.7	3
9	Carbohydrates, Starch, Total Sugar, Fiber Intakes and Food Sources in Spanish Children Aged One to . <i>Nutrients</i> , 2020 , 12,	6.7	2
8	Plate Waste Generated by Spanish Households and Out-of-Home Consumption: Results from the ANIBES Study. <i>Nutrients</i> , 2020 , 12,	6.7	2
7	Breakfast Habits of a Representative Sample of the Spanish Child and Adolescent Population (The ENALIA Study): Association with Diet Quality. <i>Nutrients</i> , 2020 , 12,	6.7	1
6	Weight Loss Due to Fruit and Vegetable Use 2010 , 437-448		1
5	Parental death from cardiovascular disease and dietary habits in an elderly group. <i>British Journal of Nutrition</i> , 1994 , 71, 259-70	3.6	1
4	The association of parents behaviors related to salt with 24 h urinary sodium excretion of their children: A Spanish cross-sectional study. <i>PLoS ONE</i> , 2019 , 14, e0227035	3.7	1
3	The effects of physical activity on dietary habits in young adults from madrid. <i>International Journal for Vitamin and Nutrition Research</i> , 2012 , 82, 405-11	1.7	0

- 2 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 3.1
- 1 Efectos del consumo del beta-glucano de la avena sobre el colesterol sanguíneo: una revisión. *Revista Española De Nutrición Humana Y Dietética*, **2016**, 20, 127 1.2