

Asif Ahmad

List of Publications by Year in descending order

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Version: 2024-02-01

62
papers

2,542
citations

279487

23
h-index

205818

48
g-index

63
all docs

63
docs citations

63
times ranked

3647
citing authors

#	ARTICLE	IF	CITATIONS
1	Nutritional and Health Perspectives of Beans (<i>Phaseolus vulgaris</i>): An Overview. <i>Critical Reviews in Food Science and Nutrition</i> , 2014, 54, 580-592.	5.4	243
2	Beta Glucan: A Valuable Functional Ingredient in Foods. <i>Critical Reviews in Food Science and Nutrition</i> , 2012, 52, 201-212.	5.4	180
3	Characterization of exopolysaccharide produced by <i>Lactobacillus kefirifaciens</i> ZW3 isolated from Tibet kefir – Part II. <i>Food Hydrocolloids</i> , 2013, 30, 343-350.	5.6	178
4	Phytochemicals and biofunctional properties of buckwheat: a review. <i>Journal of Agricultural Science</i> , 2014, 152, 349-369.	0.6	171
5	Therapeutic potential of flavonoids and their mechanism of action against microbial and viral infections – A review. <i>Food Research International</i> , 2015, 77, 221-235.	2.9	161
6	Kefir and Health: A Contemporary Perspective. <i>Critical Reviews in Food Science and Nutrition</i> , 2013, 53, 422-434.	5.4	151
7	Extraction and characterization of β -D-glucan from oat for industrial utilization. <i>International Journal of Biological Macromolecules</i> , 2010, 46, 304-309.	3.6	146
8	A comprehensive characterisation of safflower oil for its potential applications as a bioactive food ingredient - A review. <i>Trends in Food Science and Technology</i> , 2017, 66, 176-186.	7.8	97
9	Optimization of mixed surfactants-based β -carotene nanoemulsions using response surface methodology: An ultrasonic homogenization approach. <i>Food Chemistry</i> , 2018, 253, 179-184.	4.2	92
10	A review on chemistry and pharmacology of Ajwa date fruit and pit. <i>Trends in Food Science and Technology</i> , 2017, 63, 60-69.	7.8	91
11	Physicochemical changes in sous-vide and conventionally cooked meat. <i>International Journal of Gastronomy and Food Science</i> , 2019, 17, 100145.	1.3	77
12	<i>Lactobacillus acidophilus</i> : Characterization of the Species and Application in Food Production. <i>Critical Reviews in Food Science and Nutrition</i> , 2014, 54, 1241-1251.	5.4	76
13	<i>Linum usitatissimum</i> L. seeds: Flax gum extraction, physicochemical and functional characterization. <i>Carbohydrate Polymers</i> , 2019, 215, 29-38.	5.1	71
14	Optimization of olive oil based O/W nanoemulsions prepared through ultrasonic homogenization: A response surface methodology approach. <i>Food Chemistry</i> , 2017, 229, 790-796.	4.2	70
15	Characterization of new exopolysaccharides produced by coculturing of <i>L. kefirifaciens</i> with yoghurt strains. <i>International Journal of Biological Macromolecules</i> , 2013, 59, 377-383.	3.6	66
16	Physicochemical and functional properties of barley β -glucan as affected by different extraction procedures. <i>International Journal of Food Science and Technology</i> , 2009, 44, 181-187.	1.3	63
17	Physicochemical Characteristics, Nutritional Properties, and Health Benefits of Argan Oil: A Review. <i>Critical Reviews in Food Science and Nutrition</i> , 2014, 54, 1401-1414.	5.4	63
18	Stabilizers: Indispensable Substances in Dairy Products of High Rheology. <i>Critical Reviews in Food Science and Nutrition</i> , 2014, 54, 869-879.	5.4	41

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19	Cardio-protective and anti-cancer therapeutic potential of <i>Nigella sativa</i> . Iranian Journal of Basic Medical Sciences, 2014, 17, 967-79.	1.0	39
20	A Question Mark on Zinc Deficiency in 185 Million People in Pakistan—Possible Way Out. Critical Reviews in Food Science and Nutrition, 2014, 54, 1222-1240.	5.4	38
21	Mechanisms Involved in the Therapeutic Effects of Soybean (<i>Glycine Max</i>). International Journal of Food Properties, 2014, 17, 1332-1354.	1.3	36
22	Perspective of β -Glucan as Functional Ingredient for Food Industry. Journal of Nutrition & Food Sciences, 2012, 02, .	1.0	31
23	Mineral Composition and Health Functionality of Zamzam Water: A Review. International Journal of Food Properties, 2014, 17, 661-677.	1.3	31
24	Iron status of the Pakistani population-current issues and strategies. Asia Pacific Journal of Clinical Nutrition, 2013, 22, 340-7.	0.3	21
25	A Question Mark on Iron Deficiency in 185 Million People of Pakistan: Its Outcomes and Prevention. Critical Reviews in Food Science and Nutrition, 2014, 54, 1617-1635.	5.4	19
26	Water Purification Technologies. , 2019, , 83-120.		19
27	Nutritional and functional characterization of different oat (<i>Avena sativa</i> L.) cultivars. International Journal of Food Properties, 2020, 23, 1373-1385.	1.3	19
28	Perspective of Surface Active Agents in Baking Industry: An Overview. Critical Reviews in Food Science and Nutrition, 2014, 54, 208-224.	5.4	18
29	Flavonoids as Nutraceuticals. , 2018, , 137-155.		16
30	Physico-chemical and Nutraceutical Characterization of Selected Indigenous Guava (<i>Psidium guajava</i>) Tj ETQq0 0 0 rgBT /Overlock 10 Tf	0.3	15
31	Antioxidant activity and phenolic contents of Ajwa date and their effect on lipo-protein profile. Functional Foods in Health and Disease, 2017, 7, 396.	0.3	15
32	Ultrasound-Assisted Phytochemical Extraction Condition Optimization Using Response Surface Methodology from Perlette Grapes (<i>Vitis vinifera</i>). Processes, 2019, 7, 749.	1.3	14
33	Polysaccharide based nano materials: Health implications. Food Hydrocolloids for Health, 2022, 2, 100075.	1.6	14
34	Nutritional and functional evaluation of wheat flour cookies supplemented with gram flour. International Journal of Food Sciences and Nutrition, 2013, 64, 63-68.	1.3	13
35	β -Glucan as a Food Ingredient. , 2018, , 351-381.		13
36	Extraction of β -glucan from Oat and its Interaction with Glucose and Lipoprotein Profile. Pakistan Journal of Nutrition, 2009, 8, 1486-1492.	0.2	12

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37	Multivariate analysis of peach quality treated with essential oil coatings. <i>Journal of Food Processing and Preservation</i> , 2021, 45, .	0.9	10
38	Therapeutic Aspects of Probiotics and Prebiotics. , 2018, , 53-91.		9
39	Fortification in Beverages. , 2019, , 85-122.		8
40	Analysis of selective potato varieties and their functional assessment. <i>Food Science and Technology</i> , 2019, 39, 308-314.	0.8	8
41	Effect of Additives on the Shelf Life Extension of Chapatti. <i>Food Science and Technology Research</i> , 2011, 17, 203-208.	0.3	7
42	Date Palm Waste: An Efficient Source for Production of Glucose and Lactic Acid. <i>Sustainable Agriculture Reviews</i> , 2019, , 155-178.	0.6	7
43	Assessing and Reporting Household Chemicals as a Novel Tool to Mitigate Pesticide Residues in Spinach (<i>Spinacia oleracea</i>). <i>Scientific Reports</i> , 2019, 9, 1125.	1.6	7
44	Effects of Hydrocolloids on Partial Baking and Frozen Storage of Wheat Flour Chapatti. <i>Food Science and Technology Research</i> , 2013, 19, 97-103.	0.3	6
45	Biopolymer Produced by the Lactic Acid Bacteria: Production and Practical Application. , 2017, , 217-257.		6
46	Dietary Fibers in Modern Food Production: A Special Perspective With β -Glucans. , 2018, , 125-156.		6
47	Chemical Composition of Date Pits: Potential to Extract and Characterize the Lipid Fraction. <i>Sustainable Agriculture Reviews</i> , 2019, , 55-77.	0.6	5
48	Assessment of quality attributes of tomato sauce supplemented with moringa root. <i>Food Science and Technology</i> , 2020, 40, 1014-1020.	0.8	5
49	Comprehensive assessment and evaluation of selected wheat varieties for their relationship to chapatti quality attributes. <i>Food Science and Technology</i> , 2020, 40, 436-443.	0.8	5
50	Effect of flour processing on the quality characteristics of a soy-based beverage. <i>International Journal of Food Sciences and Nutrition</i> , 2012, 63, 940-946.	1.3	4
51	Profiling and characterization of oat cultivars (<i>Avena sativa</i> L.) with respect to bioactive compounds, pesticide residues and mycotoxin. <i>International Journal of Food Properties</i> , 2021, 24, 1187-1201.	1.3	4
52	Development and optimization of sweet cream butter from buffaloes at cottage scale. <i>African Journal of Biotechnology</i> , 2011, 10, .	0.3	4
53	Optimization of ultrasonic-assisted extraction of insoluble dietary fiber from wheat bran and its characterization. <i>Journal of Food Processing and Preservation</i> , 2022, 46, .	0.9	4
54	PHENOLIC, CAROTENOID, ASCORBIC ACID CONTENTS AND THEIR ANTIOXIDANT ACTIVITIES IN BELL PEPPER. <i>Acta Scientiarum Polonorum, Hortorum Cultus</i> , 2019, 18, 13-21.	0.3	3

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55	Effect of Gamma Irradiation, UV-Irradiation and Hot Water Treatment on Fungal Growth and Aflatoxin in Mango Fruits (<i>Mangifera indica</i> L.). Pakistan Journal of Nutrition, 2013, 12, 1050-1056.	0.2	3
56	Nutraceutical aspects of Î²-glucan with application in food products. , 2016, , 387-425.		2
57	Diversity of lactic acid bacteria associated with raw yak (<i>Bos grunniens</i>) milk produced in Pakistan. Journal of Animal and Feed Sciences, 2021, 30, 42-51.	0.4	2
58	Reporting the utilization and perspectives of different surface active agents for bread making. Food Science and Technology, 2020, 40, 312-321.	0.8	2
59	Quality evaluation of coconut-flaxseed balls enriched with chiaseeds. Journal of Food Processing and Preservation, 2019, 43, e14184.	0.9	1
60	Mitigating the impact of organochlorine and pyrethroid residues in fresh and chemically washed spinach. Food Science and Technology, 2021, 41, 59-64.	0.8	1
61	Comparative Effect of Gamma Irradiation, UV-C and Hot Water on Antioxidant Potential of Mango (<i>Mangifera indica</i> L.) Fruit. Pakistan Journal of Nutrition, 2013, 12, 1019-1023.	0.2	1
62	Isolation and antimicrobial susceptibility testing of <i>Helicobacter pylori</i> strains from gastric biopsies from Pakistani patients. Pakistan Journal of Pharmaceutical Sciences, 2019, 32, 2279-2285.	0.2	0