

Mathilde Kersting

List of Publications by Year in descending order

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Version: 2024-02-01

58
papers

1,508
citations

394286

19
h-index

330025

37
g-index

63
all docs

63
docs citations

63
times ranked

2587
citing authors

#	ARTICLE	IF	CITATIONS
1	Association between dietary inflammatory index and inflammatory markers in the HELENA study. <i>Molecular Nutrition and Food Research</i> , 2017, 61, 1600707.	1.5	297
2	Promotion and Provision of Drinking Water in Schools for Overweight Prevention: Randomized, Controlled Cluster Trial. <i>Pediatrics</i> , 2009, 123, e661-e667.	1.0	282
3	Guidance on the risk assessment of substances present in food intended for infants below 16 weeks of age. <i>EFSA Journal</i> , 2017, 15, e04849.	0.9	98
4	Nutrient intake of European adolescents: results of the HELENA (Healthy Lifestyle in Europe by Nutrition in Adolescence) Study. <i>Public Health Nutrition</i> , 2008, 11, 1070-1079.	1.1	70
5	Appropriate age range for introduction of complementary feeding into an infant's diet. <i>EFSA Journal</i> , 2019, 17, e05780.	0.9	59
6	Assessment of breast-feeding promotion in hospitals and follow-up survey of mother-infant pairs in Germany: the SuSe Study. <i>Public Health Nutrition</i> , 2002, 5, 547-552.	1.1	51
7	Vegetarian diets in childhood and adolescence. <i>Molecular and Cellular Pediatrics</i> , 2019, 6, 4.	1.0	49
8	Food packaging cues influence taste perception and increase effort provision for a recommended snack product in children. <i>Frontiers in Psychology</i> , 2015, 6, 882.	1.1	45
9	Associations between a Mediterranean diet pattern and inflammatory biomarkers in European adolescents. <i>European Journal of Nutrition</i> , 2018, 57, 1747-1760.	1.8	41
10	Estimated dietary intake of polyphenols in European adolescents: the HELENA study. <i>European Journal of Nutrition</i> , 2019, 58, 2345-2363.	1.8	35
11	Ready-to-eat cereals improve nutrient, milk and fruit intake at breakfast in European adolescents. <i>European Journal of Nutrition</i> , 2016, 55, 771-779.	1.8	33
12	Mediation of psychosocial determinants in the relation between socio-economic status and adolescents' diet quality. <i>European Journal of Nutrition</i> , 2018, 57, 951-963.	1.8	30
13	Changes in water and sugar-containing beverage consumption and body weight outcomes in children. <i>British Journal of Nutrition</i> , 2016, 115, 2057-2066.	1.2	29
14	Carbohydrate intake in relation to BMI, HbA1c and lipid profile in children and adolescents with type 1 diabetes. <i>Clinical Nutrition</i> , 2014, 33, 75-78.	2.3	27
15	Polyphenol intake and metabolic syndrome risk in European adolescents: the HELENA study. <i>European Journal of Nutrition</i> , 2020, 59, 801-812.	1.8	23
16	Diet as moderator in the association of adiposity with inflammatory biomarkers among adolescents in the HELENA study. <i>European Journal of Nutrition</i> , 2019, 58, 1947-1960.	1.8	22
17	Diet quality and attention capacity in European adolescents: the Healthy Lifestyle in Europe by Nutrition in Adolescence (HELENA) study. <i>British Journal of Nutrition</i> , 2017, 117, 1587-1595.	1.2	21
18	Fatty acid supply with complementary foods and LC-PUFA status in healthy infants: results of a randomised controlled trial. <i>European Journal of Nutrition</i> , 2016, 55, 1633-1644.	1.8	20

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19	Water Consumption during a School Day and Children's Short-Term Cognitive Performance: The CogniDROP Randomized Intervention Trial. <i>Nutrients</i> , 2020, 12, 1297.	1.7	20
20	Association between full breastfeeding, timing of complementary food introduction, and iron status in infancy in Germany: results of a secondary analysis of a randomized trial. <i>European Journal of Nutrition</i> , 2018, 57, 523-531.	1.8	18
21	Diet as a moderator in the association of sedentary behaviors with inflammatory biomarkers among adolescents in the HELENA study. <i>European Journal of Nutrition</i> , 2019, 58, 2051-2065.	1.8	17
22	Interplay between the Mediterranean diet and C-reactive protein genetic polymorphisms towards inflammation in adolescents. <i>Clinical Nutrition</i> , 2020, 39, 1919-1926.	2.3	16
23	Critical Dietary Habits in Early Childhood: Principles and Practice. <i>World Review of Nutrition and Dietetics</i> , 2016, 115, 24-35.	0.1	14
24	Socioeconomically Disadvantaged Groups and Metabolic Syndrome in European Adolescents: The HELENA Study. <i>Journal of Adolescent Health</i> , 2021, 68, 146-154.	1.2	13
25	High Fructose Intake Contributes to Elevated Diastolic Blood Pressure in Adolescent Girls: Results from The HELENA Study. <i>Nutrients</i> , 2021, 13, 3608.	1.7	12
26	Short-term effects of carbohydrates differing in glycemic index (GI) consumed at lunch on children's cognitive function in a randomized crossover study. <i>European Journal of Clinical Nutrition</i> , 2020, 74, 757-764.	1.3	11
27	Lunch at school and children's cognitive functioning in the early afternoon: results from the Cognition Intervention Study Dortmund Continued (CoCo). <i>British Journal of Nutrition</i> , 2016, 116, 1298-1305.	1.2	10
28	Short-term effects of lunch on children's executive cognitive functioning: The randomized crossover Cognition Intervention Study Dortmund PLUS (CogniDo PLUS). <i>Physiology and Behavior</i> , 2015, 152, 307-314.	1.0	9
29	Fish and rapeseed oil consumption in infants and mothers: dietary habits and determinants in a nationwide sample in Germany. <i>European Journal of Nutrition</i> , 2015, 54, 1069-1080.	1.8	9
30	Breastfeeding or formula feeding and iron status in the second 6 months of life: A critical role for complementary feeding. <i>Journal of Pediatrics</i> , 2017, 187, 333.	0.9	9
31	Total Polyphenol Intake Is Inversely Associated with a Pro/Anti-Inflammatory Biomarker Ratio in European Adolescents of the HELENA Study. <i>Journal of Nutrition</i> , 2020, 150, 1610-1618.	1.3	9
32	Interrelations of Physical Fitness and Cognitive Functions in German Schoolchildren. <i>Children</i> , 2021, 8, 669.	0.6	9
33	Eating Frequency and Carbohydrate Intake in Adolescents with Type 1 Diabetes Differ from Those in Their Peers and are Associated with Glycemic Control. <i>Experimental and Clinical Endocrinology and Diabetes</i> , 2018, 126, 277-286.	0.6	8
34	Breakfast Dietary Pattern Is Inversely Associated with Overweight/Obesity in European Adolescents: The HELENA Study. <i>Children</i> , 2021, 8, 1044.	0.6	8
35	Translation of EU Food Law and Nutrient Reference Values Into Practice. <i>Journal of Pediatric Gastroenterology and Nutrition</i> , 2020, 71, 550-556.	0.9	7
36	Prediction of human dietary $\delta^{15}N$ intake from standardised food records: validity and precision of single meal and 24-h diet data. <i>Isotopes in Environmental and Health Studies</i> , 2017, 53, 356-367.	0.5	5

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37	Effects of LC-PUFA supply via complementary food on infant developmentâ€”a food based intervention (RCT) embedded in a total diet concept. <i>European Journal of Clinical Nutrition</i> , 2020, 74, 682-690.	1.3	5
38	A new measure of health motivation influencing food choices and its association with food intakes and nutritional biomarkers in European adolescents. <i>Public Health Nutrition</i> , 2021, 24, 685-695.	1.1	5
39	Early life programming of attention capacity in adolescents: The HELENA study. <i>Maternal and Child Nutrition</i> , 2018, 14, .	1.4	4
40	Do dietary patterns determine levels of vitamin B 6 , folate, and vitamin B 12 intake and corresponding biomarkers in European adolescents? The Healthy Lifestyle in Europe by Nutrition in Adolescence (HELENA) study. <i>Nutrition</i> , 2018, 50, 8-17.	1.1	4
41	Feeding frozen complementary foods promotes food acceptance in infants: The randomized intervention trial Baby Gourmet. <i>Nutrition Research</i> , 2021, 87, 49-56.	1.3	4
42	Breast-feeding promotion in hospitals and prospective breast-feeding rates during the first year of life in two national surveys 1997â€”1998 and 2017â€”2019 in Germany. <i>Public Health Nutrition</i> , 2021, 24, 2411-2423.	1.1	3
43	Alternative ErnÃ¤hrung. , 2013, , 605-609.		3
44	The role of breastfeeding promotion in German hospitals for exclusive breastfeeding duration. <i>Maternal and Child Nutrition</i> , 2022, , e13326.	1.4	3
45	Cardiometabolic Risk is Positively Associated with Underreporting and Inversely Associated with Overreporting of Energy Intake Among European Adolescents: The Healthy Lifestyle in Europe by Nutrition in Adolescence (HELENA) Study. <i>Journal of Nutrition</i> , 2021, 151, 675-684.	1.3	2
46	Impact of lunch with carbohydrates differing in glycemic index on children's cognitive functioning in the late postprandial phase: a randomized crossover study. <i>European Journal of Nutrition</i> , 2021, 61, 1637.	1.8	2
47	Crossâ€”Sectional Association Between Level of School Sports and Different Cognitive Parameters in Schoolchildren, Considering Multiple Covariates. <i>Mind, Brain, and Education</i> , 0, , .	0.9	2
48	Fate of a food nudging intervention during the Corona-pandemic: unexpected shopping ban on a small clinic bistro. <i>European Journal of Clinical Nutrition</i> , 2021, 75, 209-211.	1.3	1
49	Adolescentsâ€™ dietary polyphenol intake in relation to serum total antioxidant capacity: the HELENA study. <i>International Journal of Food Sciences and Nutrition</i> , 2021, , 1-11.	1.3	1
50	Applicability of the German Food Based Dietary Guidelines for Infancy to Estimate Exposure to Substances in Food â€” The Example of Erucic Acid. <i>Current Developments in Nutrition</i> , 2021, 5, 764.	0.1	1
51	Erucic acid exposure during the first year of lifeâ€”Scenarios with precise foodâ€”based dietary guidelines. <i>Food Science and Nutrition</i> , 2022, 10, 115-121.	1.5	1
52	Birth weight and breastfeeding are differentially associated with physical fitness components. <i>European Journal of Clinical Nutrition</i> , 2021, , .	1.3	1
53	Socioeconomically disadvantaged groups and metabolic syndrome in European adolescents: The HELENA study. <i>Proceedings of the Nutrition Society</i> , 2020, 79, .	0.4	0
54	P 235. Short-Term Effects of Lunch with Varying Glycemic Index on Childrenâ€™s Cognitive Functionâ€”CogniDo GI-II. , 2018, 49, .		0

#	ARTICLE	IF	CITATIONS
55	Gesunde Ernährung von Anfang an. Public Health Forum, 2021, 29, 319-323.	0.1	0
56	Long-Term Effects of Drinking Water and Sweetened Beverages on Cognition of Schoolchildren â€“ CogniDROP-II Study. Current Developments in Nutrition, 2022, 6, 811.	0.1	0
57	Relationship of Sleep Duration, Concentration, BMI and Dietary Behavior of European Adolescents â€“ Results From the HELENA-Study. Current Developments in Nutrition, 2022, 6, 792.	0.1	0
58	Diverse Meals As Basis of a Healthy Total Diet for Children in Germany. Current Developments in Nutrition, 2022, 6, 668.	0.1	0