

Carrie H S Ruxton

List of Publications by Year in Descending Order

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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.

61
papers

2,030
citations

19
h-index

44
g-index

65
ext. papers

2,232
ext. citations

2.8
avg, IF

5.06
L-index

#	Paper	IF	Citations
61	Interpretation of observational studies: the good, the bad and the sensational.. <i>Proceedings of the Nutrition Society</i> , 2022 , 1-21	2.9	0
60	Pure 100% fruit juices [more than just a source of free sugars? A review of the evidence of their effect on risk of cardiovascular disease, type 2 diabetes and obesity. <i>Nutrition Bulletin</i> , 2021 , 46, 415-431	3.5	0
59	Fruit Juices: Are They Helpful or Harmful? An Evidence Review. <i>Nutrients</i> , 2021 , 13,	6.7	6
58	Daily consumption of 100% orange juice does not increase body weight in adults: a meta-analysis of randomised controlled trials. <i>Proceedings of the Nutrition Society</i> , 2020 , 79,	2.9	2
57	Nutritional composition of commercially-produced 100% orange juice reveals large variability in vascular health bioactive, hesperidin. <i>Proceedings of the Nutrition Society</i> , 2020 , 79,	2.9	4
56	Tea: hydration and other health benefits. <i>Primary Health Care</i> , 2016 , 26, 34-42	0.1	1
55	Role of fatty acids and micronutrients in healthy ageing: a systematic review of randomised controlled trials set in the context of European dietary surveys of older adults. <i>Journal of Human Nutrition and Dietetics</i> , 2016 , 29, 308-24	3.1	21
54	Scientific evidence and daily food for a better life: Milan, 19 June 2015. <i>Public Health</i> , 2016 , 140, 73-79	4	0
53	Red meat consumption and type 2 diabetes mellitus risk. <i>Nutrition and Food Science</i> , 2015 , 45, 524-541	1.5	0
52	Fluoride content of retail tea bags and estimates of daily fluoride consumption from typical tea drinking in UK adults and children. <i>Nutrition Bulletin</i> , 2015 , 40, 268-278	3.5	3
51	Is tea a healthy source of hydration?. <i>Nutrition Bulletin</i> , 2015 , 40, 166-176	3.5	3
50	The health benefits of whole grains and fibre. <i>Nutrition and Food Science</i> , 2014 , 44, 492-519	1.5	6
49	Fluoride in the UK diet. <i>Nursing Standard (Royal College of Nursing (Great Britain): 1987)</i> , 2014 , 28, 52-9	1.1	3
48	The suitability of caffeinated drinks for children: a systematic review of randomised controlled trials, observational studies and expert panel guidelines. <i>Journal of Human Nutrition and Dietetics</i> , 2014 , 27, 342-57	3.1	28
47	Emerging evidence for tea benefits. <i>Nutrition Bulletin</i> , 2013 , 38, 287-301	3.5	2
46	Micronutrient challenges across the age spectrum: Is there a role for red meat?. <i>Nutrition Bulletin</i> , 2013 , 38, 178-190	3.5	4
45	Dietary approaches to promote bone health in adults. <i>Nursing Standard (Royal College of Nursing (Great Britain): 1987)</i> , 2013 , 27, 41-9; quiz 50	1.1	

44	Value of eggs during pregnancy and early childhood. <i>Nursing Standard (Royal College of Nursing (Great Britain): 1987)</i> , 2013 , 27, 41-50; quiz 51	1.1	33
43	A novel topical ingredient derived from seaweed significantly reduces symptoms of acne vulgaris: a general literature review. <i>Journal of Cosmetic Science</i> , 2013 , 64, 219-26	0.7	5
42	Is black tea consumption associated with a lower risk of cardiovascular disease and type 2 diabetes?. <i>Nutrition Bulletin</i> , 2012 , 37, 4-15	3.5	8
41	Advances in functional fibres and carbohydrates. <i>Nutrafoods</i> , 2012 , 11, 95-98		
40	Promoting and maintaining healthy hydration in patients. <i>Nursing Standard (Royal College of Nursing (Great Britain): 1987)</i> , 2012 , 26, 50-6; quiz 58	1.1	3
39	The role of micronutrients in healthy ageing. <i>Nutrition and Food Science</i> , 2011 , 41, 420-429	1.5	1
38	The benefits of fish consumption. <i>Nutrition Bulletin</i> , 2011 , 36, 6-19	3.5	30
37	Nutritional implications of obesity and dieting. <i>Nutrition Bulletin</i> , 2011 , 36, 199-211	3.5	4
36	Black tea is not significantly different from water in the maintenance of normal hydration in human subjects: results from a randomised controlled trial. <i>British Journal of Nutrition</i> , 2011 , 106, 588-95	3.6	19
35	The role of red meat in a balanced diet. <i>Nursing Standard (Royal College of Nursing (Great Britain): 1987)</i> , 2011 , 26, 41-8; quiz 49	1.1	7
34	Women's diet quality in the UK. <i>Nutrition Bulletin</i> , 2010 , 35, 126-137	3.5	16
33	Recommendations for the use of eggs in the diet. <i>Nursing Standard (Royal College of Nursing (Great Britain): 1987)</i> , 2010 , 24, 47-55; quiz 56	1.1	6
32	Recommendations for the use of eggs in the diet. <i>Nursing Standard (Royal College of Nursing (Great Britain): 1987)</i> , 2010 , 24, 47-56	1.1	10
31	Health impacts of vitamin D: are we getting enough?. <i>Nutrition Bulletin</i> , 2009 , 34, 185-197	3.5	11
30	Health aspects of caffeine: benefits and risks. <i>Nursing Standard (Royal College of Nursing (Great Britain): 1987)</i> , 2009 , 24, 41-48	1.1	11
29	The impact of caffeine on mood, cognitive function, performance and hydration: a review of benefits and risks. <i>Nutrition Bulletin</i> , 2008 , 33, 15-25	3.5	83
28	Black tea and health. <i>Nutrition Bulletin</i> , 2008 , 33, 91-101	3.5	19
27	Risk of malnutrition in a sample of acute and long-stay NHS Fife in-patients: an audit. <i>Journal of Human Nutrition and Dietetics</i> , 2008 , 21, 81-90	3.1	20

26	Black tea--helpful or harmful? A review of the evidence. <i>European Journal of Clinical Nutrition</i> , 2007 , 61, 3-18	5.2	182
25	Can pure fruit and vegetable juices protect against cancer and cardiovascular disease too? A review of the evidence. <i>International Journal of Food Sciences and Nutrition</i> , 2006 , 57, 249-72	3.7	98
24	Feasibility and benefits of implementing a Slimming on Referral service in primary care using a commercial weight management partner. <i>Public Health</i> , 2006 , 120, 872-81	4	48
23	Vulnerable patients with a fractured neck of femur: nutritional status and support in hospital. <i>Journal of Human Nutrition and Dietetics</i> , 2006 , 19, 209-18	3.1	37
22	The impact of long-chain n-3 polyunsaturated fatty acids on human health. <i>Nutrition Research Reviews</i> , 2005 , 18, 113-29	7	191
21	Obesity in children. <i>Nursing Standard (Royal College of Nursing (Great Britain): 1987)</i> , 2004 , 18, 47-52; quiz 54-5	1.1	13
20	Health benefits of omega-3 fatty acids. <i>Nursing Standard (Royal College of Nursing (Great Britain): 1987)</i> , 2004 , 18, 38-42	1.1	17
19	The health benefits of omega-3 polyunsaturated fatty acids: a review of the evidence. <i>Journal of Human Nutrition and Dietetics</i> , 2004 , 17, 449-59	3.1	526
18	Health benefits of omega-3 fatty acids. <i>Nursing Standard (Royal College of Nursing (Great Britain): 1987)</i> , 2004 , 18, 38-42	1.1	19
17	Dietary guidelines for sugar: the need for evidence. <i>British Journal of Nutrition</i> , 2003 , 90, 245-7	3.6	9
16	An investigation of the role of oro-sensory stimulation in sugar satiety?. <i>International Journal of Obesity</i> , 2002 , 26, 384-8	5.5	76
15	SHORT REPORT: Suitability of revised UK reference data for the assessment of nutritional status in 7-year-old children. <i>Journal of Human Nutrition and Dietetics</i> , 1999 , 12, 529-531	3.1	1
14	Why is so much good dietary advice being ignored?. <i>Nutrition Bulletin</i> , 1999 , 24, 117-121	3.5	0
13	Guidelines for sugar consumption in Europe: is a quantitative approach justified?. <i>European Journal of Clinical Nutrition</i> , 1999 , 53, 503-13	5.2	46
12	Assessment of obesity in a community sample of prepubertal children. <i>International Journal of Obesity</i> , 1999 , 23, 217-9	5.5	19
11	Body composition of healthy 7-and 8-year-old children and a comparison with the reference child. <i>International Journal of Obesity</i> , 1999 , 23, 1276-81	5.5	32
10	A review of associations between Crohn's disease and consumption of sugars. <i>European Journal of Clinical Nutrition</i> , 1998 , 52, 229-38	5.2	74
9	Breakfast: a review of associations with measures of dietary intake, physiology and biochemistry. <i>British Journal of Nutrition</i> , 1997 , 78, 199-213	3.6	140

8	The contribution of breakfast to the diets of a sample of 136 primary-schoolchildren in Edinburgh. <i>British Journal of Nutrition</i> , 1996 , 75, 419-31	3.6	44
7	The contribution of specific dietary patterns to energy and nutrient intakes in 78-year-old Scottish schoolchildren. I. Milk drinking. <i>Journal of Human Nutrition and Dietetics</i> , 1996 , 9, 5-14	3.1	1
6	The contribution of specific dietary patterns to energy and nutrient intakes in 78-year-old Scottish schoolchildren. II. Weekday lunches. <i>Journal of Human Nutrition and Dietetics</i> , 1996 , 9, 15-22	3.1	18
5	The contribution of specific dietary patterns to energy and nutrient intakes in 78-year-old Scottish schoolchildren. III. Snacking habits. <i>Journal of Human Nutrition and Dietetics</i> , 1996 , 9, 23-31	3.1	14
4	Relationships between social class, nutrient intake and dietary patterns in Edinburgh schoolchildren. <i>International Journal of Food Sciences and Nutrition</i> , 1996 , 47, 341-9	3.7	37
3	Energy and nutrient intakes in a sample of 136 Edinburgh 7-8 year olds: a comparison with United Kingdom dietary reference values. <i>British Journal of Nutrition</i> , 1996 , 75, 151-60	3.6	5
2	Antioxidant nutrientsDo they have a protective role?. <i>Food and Chemical Toxicology</i> , 1994 , 32, 995-996	4.7	
1	Micronutrient intakes in schoolchildrenIs supplementation necessary?. <i>Journal of Human Nutrition and Dietetics</i> , 1993 , 6, 373-376	3.1	1