

Adherence to a Mediterranean Diet and Survival in a Gr

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Citation Report

#	ARTICLE	IF	CITATIONS
4	Review: The emerging role of Mediterranean diets in cardiovascular epidemiology: Monounsaturated fats, olive oil, red wine or the whole pattern?. European Journal of Epidemiology, 2003, 19, 9-13.	2.5	168
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1539	Dietary patterns and risk of colorectal adenoma: a systematic review and metaâ€analysis of observational studies. <i>Journal of Human Nutrition and Dietetics</i> , 2016, 29, 757-767.	1.3	34
1540	Ultraprocessed food consumption and risk of overweight and obesity: the University of Navarra Follow-Up (SUN) cohort study. <i>American Journal of Clinical Nutrition</i> , 2016, 104, 1433-1440.	2.2	412
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1550	Dietary inflammatory index, Mediterranean diet score, and lung cancer: a prospective study. <i>Cancer Causes and Control</i> , 2016, 27, 907-917.	0.8	102
1551	Mediterranean diet and mortality risk in metabolically healthy obese and metabolically unhealthy obese phenotypes. <i>International Journal of Obesity</i> , 2016, 40, 1541-1549.	1.6	35
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1555	Bone Mineral Density and Cognitive Decline in Elderly Women: Results from the InCHIANTI Study. <i>Calcified Tissue International</i> , 2016, 98, 479-488.	1.5	24
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1557	Factors associated with Mediterranean diet adherence in Huntington's disease. <i>Clinical Nutrition ESPEN</i> , 2016, 12, e7-e13.	0.5	15
1558	Beneficial changes in food consumption and nutrient intake after 10 years of follow-up in a Mediterranean cohort: the SUN project. <i>BMC Public Health</i> , 2016, 16, 203.	1.2	19
1559	Predictive role of the Mediterranean diet on mortality in individuals at low cardiovascular risk: a 12-year follow-up population-based cohort study. <i>Journal of Translational Medicine</i> , 2016, 14, 91.	1.8	30
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1570	Healthy lifestyle factors and incident heart disease and mortality in candidates for primary prevention with statin therapy. <i>International Journal of Cardiology</i> , 2016, 207, 196-202.	0.8	44
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1597	Patterns of Alcohol Consumption and Risk of Frailty in Community-dwelling Older Adults. <i>Journals of Gerontology - Series A Biological Sciences and Medical Sciences</i> , 2016, 71, 251-258.	1.7	57
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1649	Validation of a literature-based adherence score to Mediterranean diet: the MEDI-LITE score. <i>International Journal of Food Sciences and Nutrition</i> , 2017, 68, 757-762.	1.3	113
1650	Need of improvement of diet and life habits among university student regardless of religion professed. <i>Appetite</i> , 2017, 114, 6-14.	1.8	18
1651	The mountainous Cretan dietary patterns and their relationship with cardiovascular risk factors: the Hellenic Isolated Cohorts MANOLIS study. <i>Public Health Nutrition</i> , 2017, 20, 1063-1074.	1.1	17
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1658	Dietary patterns and cardiometabolic and endocrine plasma biomarkers in US women. <i>American Journal of Clinical Nutrition</i> , 2017, 105, 432-441.	2.2	53
1659	Changes in Mediterranean dietary patterns in Italy from 1961 to 2011. <i>Mediterranean Journal of Nutrition and Metabolism</i> , 2017, 9, 171-181.	0.2	8
1660	Effects of dry-cured ham rich in bioactive peptides on cardiovascular health: A randomized controlled trial. <i>Journal of Functional Foods</i> , 2017, 38, 160-167.	1.6	39

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1665	Alcohol Intake and Cognitively Healthy Longevity in Community-Dwelling Adults: The Rancho Bernardo Study. <i>Journal of Alzheimer's Disease</i> , 2017, 59, 803-814.	1.2	29
1666	Moderate Alcohol Consumption Isâ€šAssociated With Lower Risk for Heartâ€šFailure But Not Atrial Fibrillation. <i>JACC: Heart Failure</i> , 2017, 5, 837-844.	1.9	30
1667	Potato Consumption Does Not Increase Blood Pressure or Incident Hypertension in 2 Cohorts of Spanish Adults. <i>Journal of Nutrition</i> , 2017, 147, 2272-2281.	1.3	18
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1671	Baseline fatty acids, food groups, a diet score and 50-year all-cause mortality rates. An ecological analysis of the Seven Countries Study. <i>Annals of Medicine</i> , 2017, 49, 718-727.	1.5	24
1672	Mediterranean diet impact on cardiovascular diseases. <i>Journal of Cardiovascular Medicine</i> , 2017, 18, 925-935.	0.6	55
1673	Epigenetic effects of the pregnancy Mediterranean diet adherence on the offspring metabolic syndrome markers. <i>Journal of Physiology and Biochemistry</i> , 2017, 73, 495-510.	1.3	26
1674	Fish intake is associated with lower cardiovascular risk in a Mediterranean population: Prospective results from the Moli-sani study. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2017, 27, 865-873.	1.1	31
1675	Adherence to a Mediterranean diet is associated with the presence and extension of atherosclerotic plaques in middle-aged asymptomatic adults: The Aragon Workers' Health Study. <i>Journal of Clinical Lipidology</i> , 2017, 11, 1372-1382.e4.	0.6	12
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1678	Assessment of the antioxidant activity of an olive oil total polyphenolic fraction and hydroxytyrosol from a Greek <i>Olea europea</i> variety in endothelial cells and myoblasts. <i>International Journal of Molecular Medicine</i> , 2017, 40, 703-712.	1.8	60
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1686	Metabolomics reveals variation and correlation among different tissues of olive (<i>Olea europaea</i> L.). <i>Biology Open</i> , 2017, 6, 1317-1323.	0.6	16
1687	Characterization of lipid profile by nuclear magnetic resonance spectroscopy (¹ H NMR) of metabolically healthy obese women after weight loss with Mediterranean diet and physical exercise. <i>Medicine (United States)</i> , 2017, 96, e7040.	0.4	13
1688	Does adherence to the Mediterranean dietary pattern reduce asthma symptoms in children? A systematic review of observational studies. <i>Public Health Nutrition</i> , 2017, 20, 2722-2734.	1.1	42
1689	Inflammation: a New Player in the Link Between Mediterranean Diet and Diabetes Mellitus: a Review. <i>Current Nutrition Reports</i> , 2017, 6, 247-256.	2.1	13
1690	Dietary Patterns and Colorectal Cancer Risk: a Review of 17 Years of Evidence (2000â€“2016). <i>Current Colorectal Cancer Reports</i> , 2017, 13, 440-454.	1.0	82
1691	From Neighborhood to Genome: Three Decades of Nutrition-Related Research from the Atherosclerosis Risk in Communities Study. <i>Journal of the Academy of Nutrition and Dietetics</i> , 2017, 117, 1881-1886.e10.	0.4	4
1692	What Is the Optimal Dietary Composition for NAFLD?. <i>Current Hepatology Reports</i> , 2017, 16, 346-355.	0.4	6
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1695	Maternal height and breast cancer risk: results from a study nested within the EPIC-Greece cohort. <i>European Journal of Epidemiology</i> , 2017, 32, 457-463.	2.5	1
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1698	Mediterranean dietary quality index and dietary phytochemical index among patients candidate for coronary artery bypass grafting (CABG) surgery. <i>BMC Cardiovascular Disorders</i> , 2017, 17, 114.	0.7	29
1699	Changes in diet quality during a 12-month weight loss randomised controlled trial. <i>BMC Nutrition</i> , 2017, 3, 38.	0.6	12
1700	Cardiovascular Health Is Associated With Physical Function Among Older Community Dwelling Men and Women. <i>Journals of Gerontology - Series A Biological Sciences and Medical Sciences</i> , 2017, 72, 1710-1716.	1.7	21
1701	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
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1704	Dietary patterns and mortality from cardiovascular disease: Isfahan Cohort Study. <i>European Journal of Clinical Nutrition</i> , 2017, 71, 252-258.	1.3	33
1705	Mediterranean diet, micronutrients and macronutrients, and MRI measures of cortical thickness. <i>Alzheimer's and Dementia</i> , 2017, 13, 168-177.	0.4	110
1706	Adherence to the Mediterranean diet is associated with reduced risk of incident chronic kidney diseases among Tehranian adults. <i>Hypertension Research</i> , 2017, 40, 96-102.	1.5	65
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1708	Diet quality and academic achievement: a prospective study among primary school children. <i>European Journal of Nutrition</i> , 2017, 56, 2299-2308.	1.8	32
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1710	Healthy dietary patterns and incidence of biliary tract and gallbladder cancer in a prospective study of women and men. <i>European Journal of Cancer</i> , 2017, 70, 42-47.	1.3	25
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1726	A Mediterranean Diet to Improve Cardiovascular and Cognitive Health: Protocol for a Randomised Controlled Intervention Study. <i>Nutrients</i> , 2017, 9, 145.	1.7	21
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1787	The effects of the Mediterranean diet on rheumatoid arthritis prevention and treatment: a systematic review of human prospective studies. Rheumatology International, 2018, 38, 737-747.	1.5	109
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1797	Higher dietary carotenoid intake associated with lower risk of hip fracture in middle-aged and elderly Chinese: A matched case-control study. <i>Bone</i> , 2018, 111, 116-122.	1.4	22
1798	Mediterranean Diet in Preventing Neurodegenerative Diseases. <i>Current Nutrition Reports</i> , 2018, 7, 10-20.	2.1	78
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1820	Mediterranean diet, physical activity and their combined effect on all-cause mortality: The Seguimiento Universidad de Navarra (SUN) cohort. <i>Preventive Medicine</i> , 2018, 106, 45-52.	1.6	120
1821	One year changes in biochemical and redox markers in training menopausal women with adherence to Mediterranean diet. <i>Science and Sports</i> , 2018, 33, e25-e32.	0.2	0
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1826	Correlation of types of food and asthma diagnosis in childhood: A case-control study. <i>Journal of Asthma</i> , 2018, 55, 966-974.	0.9	20
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1828	Mediterranean Diet and Musculoskeletal-Functional Outcomes in Community-Dwelling Older People: A Systematic Review and Meta-Analysis. <i>Journal of Nutrition, Health and Aging</i> , 2018, 22, 655-663.	1.5	59
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1834	Adherence to Mediterranean diet and subjective cognitive function in men. <i>European Journal of Epidemiology</i> , 2018, 33, 223-234.	2.5	62
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1840	Food patterns and nutritional assessment in Galician university students. <i>Journal of Physiology and Biochemistry</i> , 2018, 74, 119-126.	1.3	15
1841	Trajectories of Mediterranean Diet Adherence and Risk of Hypertension in China: Results from the CHNS Study, 1997â€“2011. <i>Nutrients</i> , 2018, 10, 2014.	1.7	17
1842	Electrochemical Sensor-Based Devices for Assessing Bioactive Compounds in Olive Oils: A Brief Review. <i>Electronics (Switzerland)</i> , 2018, 7, 387.	1.8	14
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1844	Metabolic syndrome in bipolar disorder: prevalence, demographics and clinical correlates in individuals with bipolar I, bipolar II, and healthy controls. <i>Revista De Psiquiatria Clinica</i> , 2018, 45, 143-149.	0.6	5
1845	Introductory Chapter: Quality Vegetable Production and Human Health Benefits. , 0, , .		2
1846	Mediterranean diet and nonalcoholic fatty liver disease. <i>World Journal of Gastroenterology</i> , 2018, 24, 2083-2094.	1.4	226
1847	Study of community-living Alzheimerâ€™s patientsâ€™ adherence to the Mediterranean diet and risks of malnutrition at different disease stages. <i>PeerJ</i> , 2018, 6, e5150.	0.9	6
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1855	Seafood Consumption, Omega-3 Fatty Acids Intake, and Life-Time Prevalence of Depression in the PREDIMED-Plus Trial. <i>Nutrients</i> , 2018, 10, 2000.	1.7	43
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1858	Microbiological quality and safety of cheeses belonging to "Traditional Agri-Food Products" (T.A.P.) produced in Southern Italy. <i>Journal of Food Safety</i> , 2018, 38, e12539.	1.1	4
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1861	Associations between Adherence to the Mediterranean Diet and Lifestyle Assessed with the MEDLIFE Index among the Working Population. <i>International Journal of Environmental Research and Public Health</i> , 2018, 15, 2126.	1.2	20
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1863	Coffee Consumption and the Risk of Depression in a Middle-Aged Cohort: The SUN Project. <i>Nutrients</i> , 2018, 10, 1333.	1.7	29
1864	Association of Clinical and Social Factors With Excess Hypertension Risk in Black Compared With White US Adults. <i>JAMA - Journal of the American Medical Association</i> , 2018, 320, 1338.	3.8	116
1865	Risk factors for Age-related Macular Degeneration in a Greek population: The Thessaloniki Eye Study. <i>Ophthalmic Epidemiology</i> , 2018, 25, 457-469.	0.8	9
1866	Primary Prevention of Cardiovascular Disease with a Mediterranean Diet Supplemented with Extra-Virgin Olive Oil or Nuts. <i>New England Journal of Medicine</i> , 2018, 379, 1387-1389.	13.9	49
1867	Prevention of stroke: a global perspective. <i>Lancet, The</i> , 2018, 392, 1269-1278.	6.3	256
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1870	Diet quality and genetic association with body mass index: results from 3 observational studies. <i>American Journal of Clinical Nutrition</i> , 2018, 108, 1291-1300.	2.2	43
1871	A Mediterranean diet supplemented with dairy foods improves markers of cardiovascular risk: results from the MedDairy randomized controlled trial. <i>American Journal of Clinical Nutrition</i> , 2018, 108, 1166-1182.	2.2	41
1872	Plant-Derived Polyphenols in Human Health: Biological Activity, Metabolites and Putative Molecular Targets. <i>Current Drug Metabolism</i> , 2018, 19, 351-369.	0.7	42
1873	Diet-quality scores and the risk of symptomatic gallstone disease: a prospective cohort study of male US health professionals. <i>International Journal of Epidemiology</i> , 2018, 47, 1938-1946.	0.9	12
1874	Adherence to Mediterranean-style diet and risk of sepsis in the REasons for Geographic and Racial Differences in Stroke (REGARDS) cohort. <i>British Journal of Nutrition</i> , 2018, 120, 1415-1421.	1.2	13
1875	Mediterranean diet adherence and rate of cerebral A β 2-amyloid accumulation: Data from the Australian Imaging, Biomarkers and Lifestyle Study of Ageing. <i>Translational Psychiatry</i> , 2018, 8, 238.	2.4	49
1876	Differences in Mediterranean Diet Adherence between Cyclists and Triathletes in a Sample of Spanish Athletes. <i>Nutrients</i> , 2018, 10, 1480.	1.7	11
1877	Adherence to a Mediterranean diet, lifestyle and age-related macular degeneration: the Coimbra Eye Study - report 3. <i>Acta Ophthalmologica</i> , 2018, 96, e926-e932.	0.6	28
1878	Effect of Adherence to a Mediterranean Diet and Olive Oil Intake during Pregnancy on Risk of Small for Gestational Age Infants. <i>Nutrients</i> , 2018, 10, 1234.	1.7	32
1879	Adherence to Mediterranean dietary pattern in female adolescents. <i>Nutrition and Food Science</i> , 2018, 48, 722-732.	0.4	2
1880	Trial to Encourage Adoption and Maintenance of a Mediterranean Diet (TEAM-MED): Protocol for a Randomised Feasibility Trial of a Peer Support Intervention for Dietary Behaviour Change in Adults at High Cardiovascular Disease Risk. <i>International Journal of Environmental Research and Public Health</i> , 2018, 15, 1130.	1.2	10
1881	Physical Activity Intensity and Cardiovascular Disease Prevention - From the Seguimiento Universidad de Navarra Study. <i>American Journal of Cardiology</i> , 2018, 122, 1871-1878.	0.7	10
1882	Pilot randomized controlled trial of a Mediterranean diet or diet supplemented with fish oil, walnuts, and grape juice in overweight or obese US adults. <i>BMC Nutrition</i> , 2018, 4, 26.	0.6	19
1883	Mediterranean Diet and Breast Cancer Risk. <i>Nutrients</i> , 2018, 10, 326.	1.7	101
1884	Bioactive Compounds Contained in Mediterranean Diet and Their Effects on Neurodegenerative Diseases. , 0, , .		6
1885	Fad Diets: Hype or Hope?. <i>Current Nutrition Reports</i> , 2018, 7, 310-323.	2.1	15
1886	Mediterranean diet and mortality in the elderly: a prospective cohort study and a meta-analysis. <i>British Journal of Nutrition</i> , 2018, 120, 841-854.	1.2	74

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1888	Dietary patterns are positively associated with semen quality. <i>Fertility and Sterility</i> , 2018, 109, 809-816.	0.5	32
1889	Better diet quality relates to larger brain tissue volumes. <i>Neurology</i> , 2018, 90, e2166-e2173.	1.5	55
1890	A Healthy-Eating Model Called Mediterranean Diet. , 2018, , 1-24.		4
1891	A comparative study of dietary habits and nutritional intakes among Korean adults according to current depression status. <i>Asia-Pacific Psychiatry</i> , 2018, 10, e12321.	1.2	10
1892	Effects of Mediterranean Diet on Endothelial Function. , 2018, , 363-389.		1
1893	Mediterranean diet, active lifestyle and cardiovascular disease: A recipe for immortality?. <i>European Journal of Preventive Cardiology</i> , 2018, 25, 1182-1185.	0.8	11
1894	Dietary Pattern and Macronutrients Profile on the Variation of Inflammatory Biomarkers: Scientific Update. <i>Cardiology Research and Practice</i> , 2018, 2018, 1-18.	0.5	49
1895	The Dietary Approaches to Stop Hypertension (DASH)-Style Diet and an Alternative Mediterranean Diet are Differently Associated with Serum Inflammatory Markers in Female Adults. <i>Food and Nutrition Bulletin</i> , 2018, 39, 361-376.	0.5	22
1896	The Role of Nutrition in Cognitive Function and Brain Ageing in the Elderly. <i>Current Nutrition Reports</i> , 2018, 7, 139-149.	2.1	50
1897	Strong inverse associations of Mediterranean diet, physical activity and their combination with cardiovascular disease: The Seguimiento Universidad de Navarra (SUN) cohort. <i>European Journal of Preventive Cardiology</i> , 2018, 25, 1186-1197.	0.8	41
1898	Potential Neuroprotective Strategies for Ischemic Injuries. , 2018, , 89-154.		0
1899	Machine Learning-Augmented Propensity Score-Adjusted Multilevel Mixed Effects Panel Analysis of Hands-On Cooking and Nutrition Education versus Traditional Curriculum for Medical Students as Preventive Cardiology: Multisite Cohort Study of 3,248 Trainees over 5 Years. <i>BioMed Research International</i> , 2018, 2018, 1-10.	0.9	34
1900	Mediterranean Diet, Its Components, and Amyloid Imaging Biomarkers. <i>Journal of Alzheimer's Disease</i> , 2018, 64, 281-290.	1.2	22
1901	Adherence to Mediterranean diet, high-sensitive C-reactive protein, and severity of coronary artery disease: Contemporary data from the INTERCATH cohort. <i>Atherosclerosis</i> , 2018, 275, 256-261.	0.4	36
1902	Influencia de la obesidad y la ganancia de peso sobre la calidad de vida según el SF-36 en individuos de la cohorte dinámica Seguimiento Universidad de Navarra. <i>Revista Clínica Española</i> , 2018, 218, 408-416.	0.2	14
1903	Extra-virgin Olive Oil and Cancer. <i>Practical Issues in Geriatrics</i> , 2018, , 97-113.	0.3	0
1904	Hypothesis and data-driven dietary patterns and colorectal Cancer survival: findings from Newfoundland and Labrador colorectal Cancer cohort. <i>Nutrition Journal</i> , 2018, 17, 55.	1.5	18

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1906	Effects of Lipid-Lowering and Antihypertensive Treatments in Addition to Healthy Lifestyles in Primary Prevention: An Analysis of the HOPE Trial. <i>Journal of the American Heart Association</i> , 2018, 7, .	1.6	1
1907	The Impact of the Mediterranean Diet on Aging, Frailty, and Longevity. <i>Practical Issues in Geriatrics</i> , 2018, , 417-439.	0.3	0
1908	Review of a priori dietary quality indices in relation to their construction criteria. <i>Nutrition Reviews</i> , 2018, 76, 747-764.	2.6	114
1909	Diet Quality and Sarcopenia in Older Adults: A Systematic Review. <i>Nutrients</i> , 2018, 10, 308.	1.7	157
1910	Higher Mediterranean Diet scores are not cross-sectionally associated with better cognitive scores in 20- to 70-year-old Dutch adults: The NQplus study. <i>Nutrition Research</i> , 2018, 59, 80-89.	1.3	12
1911	Environmental Impacts of Plant-Based Diets: How Does Organic Food Consumption Contribute to Environmental Sustainability?. <i>Frontiers in Nutrition</i> , 2018, 5, 8.	1.6	63
1912	Olive Oil Nutraceuticals in the Prevention and Management of Diabetes: From Molecules to Lifestyle. <i>International Journal of Molecular Sciences</i> , 2018, 19, 2024.	1.8	44
1913	Nordic diet, Mediterranean diet, and the risk of chronic diseases: the EPIC-Potsdam study. <i>BMC Medicine</i> , 2018, 16, 99.	2.3	85
1914	Defining the Optimal Dietary Approach for Safe, Effective and Sustainable Weight Loss in Overweight and Obese Adults. <i>Healthcare (Switzerland)</i> , 2018, 6, 73.	1.0	79
1915	Mediterranean Diet to Promote Healthy Aging. <i>Current Geriatrics Reports</i> , 2018, 7, 115-124.	1.1	4
1916	Mediterranean diet and health outcomes: a systematic meta-review. <i>European Journal of Public Health</i> , 2018, 28, 955-961.	0.1	100
1917	Phytochemical Composition of the Decoctions of Greek Edible Greens (Chorta) and Evaluation of Antioxidant and Cytotoxic Properties. <i>Molecules</i> , 2018, 23, 1541.	1.7	22
1918	Influence of Diet and Gender on Plasma DPP4 Activity and GLP-1 in Patients with Metabolic Syndrome: An Experimental Pilot Study. <i>Molecules</i> , 2018, 23, 1564.	1.7	9
1919	Adherence to the Mediterranean Diet and Inflammatory Markers. <i>Nutrients</i> , 2018, 10, 62.	1.7	157
1920	A Systematic Review of Behavioural Interventions Promoting Healthy Eating among Older People. <i>Nutrients</i> , 2018, 10, 128.	1.7	48
1921	The Nordic Prudent Diet Reduces Risk of Cognitive Decline in the Swedish Older Adults: A Population-Based Cohort Study. <i>Nutrients</i> , 2018, 10, 229.	1.7	69
1922	Dietary Patterns Are Associated with Cardiovascular and Cancer Mortality among Swiss Adults in a Census-Linked Cohort. <i>Nutrients</i> , 2018, 10, 313.	1.7	11

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1923	Mediterranean Diet and Cardiometabolic Diseases in Racial/Ethnic Minority Populations in the United States. <i>Nutrients</i> , 2018, 10, 352.	1.7	24
1924	Relationship of the Adherence to a Mediterranean Diet and Its Main Components with CRP Levels in the Spanish Population. <i>Nutrients</i> , 2018, 10, 379.	1.7	30
1925	Mediterranean Diet and Health Outcomes in the SUN Cohort. <i>Nutrients</i> , 2018, 10, 439.	1.7	189
1926	Blood Ammonia as a Possible Etiological Agent for Alzheimer's Disease. <i>Nutrients</i> , 2018, 10, 564.	1.7	30
1927	Mediterranean Diet Score: Associations with Metabolic Products of the Intestinal Microbiome, Carotid Plaque Burden, and Renal Function. <i>Nutrients</i> , 2018, 10, 779.	1.7	32
1928	Mediterranean Diet as a Potential Strategy to Reduce Cognitive Decline and Dementia in Elderly. , 2018, , 183-207.		0
1929	Diet-Quality Indexes Are Associated with a Lower Risk of Cardiovascular, Respiratory, and All-Cause Mortality among Chinese Adults. <i>Journal of Nutrition</i> , 2018, 148, 1323-1332.	1.3	74
1930	A Mediterranean-like dietary pattern with vitamin D3 (10 µg/d) supplements reduced the rate of bone loss in older Europeans with osteoporosis at baseline: results of a 1-y randomized controlled trial. <i>American Journal of Clinical Nutrition</i> , 2018, 108, 633-640.	2.2	46
1931	The influence of obesity and weight gain on quality of life according to the SF-36 for individuals of the dynamic follow-up cohort of the University of Navarra. <i>Revista Clínica Española</i> , 2018, 218, 408-416.	0.3	6
1932	Evaluating Mediterranean diet and risk of chronic disease in cohort studies: an umbrella review of meta-analyses. <i>European Journal of Epidemiology</i> , 2018, 33, 909-931.	2.5	137
1933	Dietary Patterns and Cognitive Function among Older Community-Dwelling Adults. <i>Nutrients</i> , 2018, 10, 1088.	1.7	30
1934	Anatomy of the Mediterranean Diet and Mortality Among Older Women with Frailty. <i>Journal of Nutrition in Gerontology and Geriatrics</i> , 2018, 37, 269-281.	0.4	5
1935	Maternal seafood intake and the risk of small for gestational age newborns: a case-control study in Spanish women. <i>BMJ Open</i> , 2018, 8, e020424.	0.8	8
1936	Influence of Physical Activity on Bone Mineral Content and Density in Overweight and Obese Children with Low Adherence to the Mediterranean Dietary Pattern. <i>Nutrients</i> , 2018, 10, 1075.	1.7	10
1937	Atrial Fibrillation and Risk of Cancer: A Danish Population-Based Cohort Study. <i>Journal of the American Heart Association</i> , 2018, 7, e009543.	1.6	41
1938	Disease-specific health literacy, disease knowledge, and adherence behavior among patients with type 2 diabetes in Taiwan. <i>BMC Public Health</i> , 2018, 18, 1062.	1.2	36
1939	Are the dietary habits of treated individuals with celiac disease adherent to a Mediterranean diet?. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2018, 28, 1148-1154.	1.1	20
1940	No association between dietary markers and incident hypertension in a population-based sample. <i>Clinical Nutrition ESPEN</i> , 2018, 28, 208-213.	0.5	4

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1942	Dietary intake of one-carbon metabolism nutrients and DNA methylation in peripheral blood. <i>American Journal of Clinical Nutrition</i> , 2018, 108, 611-621.	2.2	35
1943	Mediterranean diet and risk of rheumatoid arthritis: a population-based case-control study. <i>Arthritis Research and Therapy</i> , 2018, 20, 175.	1.6	63
1944	Mediterranean Diet and Bladder Cancer Risk in Italy. <i>Nutrients</i> , 2018, 10, 1061.	1.7	30
1945	Dietary Patterns Over Time and Microalbuminuria in Youth and Young Adults With Type 1 Diabetes: The SEARCH Nutrition Ancillary Study. <i>Diabetes Care</i> , 2018, 41, 1615-1622.	4.3	17
1946	Beneficial Effects of <i>Sideritis scardica</i> and <i>Cichorium spinosum</i> against Amyloidogenic Pathway and Tau Misprocessing in Alzheimer's Disease Neuronal Cell Culture Models. <i>Journal of Alzheimer's Disease</i> , 2018, 64, 787-800.	1.2	12
1947	Diet and longevity: The effects of traditional eating habits on human lifespan extension. <i>Mediterranean Journal of Nutrition and Metabolism</i> , 2018, 11, 261-294.	0.2	12
1948	The olive constituent oleuropein, as a PPAR α agonist, markedly reduces serum triglycerides. <i>Journal of Nutritional Biochemistry</i> , 2018, 59, 17-28.	1.9	31
1949	Polyphenols: Anti-Platelet Nutraceutical?. <i>Current Pharmaceutical Design</i> , 2018, 24, 146-157.	0.9	14
1950	Multinutrient Approach to Slow Down Brain Aging and Related Neurodegenerative Disorders. , 2018, , 77-88.		0
1951	Anti-inflammatory nitro-fatty acids suppress tumor growth by triggering mitochondrial dysfunction and activation of the intrinsic apoptotic pathway in colorectal cancer cells. <i>Biochemical Pharmacology</i> , 2018, 155, 48-60.	2.0	18
1952	Development of the food-based Lifelines Diet Score (LLDS) and its application in 129,369 Lifelines participants. <i>European Journal of Clinical Nutrition</i> , 2018, 72, 1111-1119.	1.3	66
1953	Effects of Dietary Components on Microglia Inactivation in Alzheimer's Disease. , 2018, , 117-137.		0
1954	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
1955	Cardiovascular Health Is Associated With Disability Among Older Community Dwelling Men and Women. <i>Journal of Aging and Health</i> , 2019, 31, 1339-1352.	0.9	3
1956	Coffee consumption and mortality from all causes of death, cardiovascular disease and cancer in an elderly Spanish population. <i>European Journal of Nutrition</i> , 2019, 58, 2439-2448.	1.8	17
1957	Compositional analysis of dietary patterns. <i>Statistical Methods in Medical Research</i> , 2019, 28, 2834-2847.	0.7	12
1958	Higher vegetable protein consumption, assessed by an isoenergetic macronutrient exchange model, is associated with a lower presence of overweight and obesity in the web-based Food4me European study. <i>International Journal of Food Sciences and Nutrition</i> , 2019, 70, 240-253.	1.3	11

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1960	Selenium and sulphur derivatives of hydroxytyrosol: inhibition of lipid peroxidation in liver microsomes of vitamin E-deficient rats. <i>European Journal of Nutrition</i> , 2019, 58, 1847-1851.	1.8	8
1961	Dietary inflammatory index and all-cause mortality in large cohorts: The SUN and PREDIMED studies. <i>Clinical Nutrition</i> , 2019, 38, 1221-1231.	2.3	87
1962	Adherence to the traditional Mediterranean diet in a population of South of Italy: factors involved and proposal of an educational field-based survey tool. <i>International Journal of Food Sciences and Nutrition</i> , 2019, 70, 195-201.	1.3	26
1963	Decomposition of Mediterranean Dietary Pattern on Successful Aging, Among Older Adults: A Combined Analysis of Two Epidemiological Studies. <i>Journal of Aging and Health</i> , 2019, 31, 1549-1567.	0.9	8
1964	Differences in the interpretation of a modernized Mediterranean diet prescribed in intervention studies for the management of type 2 diabetes: how closely does this align with a traditional Mediterranean diet?. <i>European Journal of Nutrition</i> , 2019, 58, 1369-1380.	1.8	23
1965	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
1966	Adherence to the Mediterranean diet in metabolically healthy and unhealthy overweight and obese European adolescents: the HELENA study. <i>European Journal of Nutrition</i> , 2019, 58, 2615-2623.	1.8	28
1967	Adherence to the Healthy Nordic Food Index and the incidence of acute myocardial infarction and mortality among patients with stable angina pectoris. <i>Journal of Human Nutrition and Dietetics</i> , 2019, 32, 86-97.	1.3	15
1968	Lifestyle Diabetes Prevention. , 2019, , 148-159.		8
1969	Improved adherence to Mediterranean Diet in adults with type 1 diabetes mellitus. <i>European Journal of Nutrition</i> , 2019, 58, 2271-2279.	1.8	18
1970	Health Perception According to the Lifestyle of University Students. <i>Journal of Community Health</i> , 2019, 44, 74-80.	1.9	26
1971	Socioeconomic and psychosocial determinants of adherence to the Mediterranean diet in a general adult Italian population. <i>European Journal of Public Health</i> , 2019, 29, 328-335.	0.1	37
1972	Discrepancies among different tools evaluating Mediterranean diet adherence during pregnancy, correlated to maternal anthropometric, dietary and biochemical characteristics. <i>Clinical Nutrition</i> , 2019, 38, 1398-1405.	2.3	13
1973	Adherence to the Mediterranean diet and inflammatory markers in children with asthma. <i>Allergologia Et Immunopathologia</i> , 2019, 47, 209-213.	1.0	24
1974	Dietary Intake, Adherence to Mediterranean Diet and Lifestyle-Related Factors in People with Schizophrenia. <i>Issues in Mental Health Nursing</i> , 2019, 40, 851-860.	0.6	11
1975	Mediterranean dietary pattern and skin cancer risk: A prospective cohort study in French women. <i>American Journal of Clinical Nutrition</i> , 2019, 110, 993-1002.	2.2	22
1976	Listeria monocytogenes and enterotoxigenic Staphylococcus aureus in dry fermented sausages belonging to "Traditional Agri-Food Product" produced in Southern Italy. <i>Journal of Food Safety</i> , 2019, 39, e12685.	1.1	5

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1978	Anticancer Activity of Essential Oils and Other Extracts from Aromatic Plants Grown in Greece. Antioxidants, 2019, 8, 290.	2.2	35
1979	A Novel Approach to Improve the Estimation of a Diet Adherence Considering Seasonality and Short Term Variability – The NU-AGE Mediterranean Diet Experience. Frontiers in Physiology, 2019, 10, 149.	1.3	3
1980	Dietary Patterns and Renal Health Outcomes in the General Population: A Review Focusing on Prospective Studies. Nutrients, 2019, 11, 1877.	1.7	30
1982	Dietary cadmium intake and risk of cutaneous melanoma: An Italian population-based case-control study. Journal of Trace Elements in Medicine and Biology, 2019, 56, 100-106.	1.5	23
1983	A Provegetarian Food Pattern Emphasizing Preference for Healthy Plant-Derived Foods Reduces the Risk of Overweight/Obesity in the SUN Cohort. Nutrients, 2019, 11, 1553.	1.7	54
1984	Domain and intensity of physical activity are associated with metabolic syndrome: A population-based study. PLoS ONE, 2019, 14, e0219798.	1.1	20
1985	Managing Menopause and Post-reproductive Health: Beyond Hormones and Medicines. , 2019, , 439-465.		0
1986	BMS consensus statement for primary prevention of coronary heart disease in women. Post Reproductive Health, 2019, 25, 64-69.	0.3	1
1987	MedDietCalc: multi calculator to compute scores of adherence to Mediterranean Diet. Health and Technology, 2019, 9, 497-504.	2.1	0
1988	Influence of Changes in Diet Quality on Unhealthy Aging: The Seniors-ENRICA Cohort. American Journal of Medicine, 2019, 132, 1091-1102.e9.	0.6	23
1989	A New Analysis on Self-Control in Intertemporal Choice and Mediterranean Dietary Pattern. Frontiers in Public Health, 2019, 7, 165.	1.3	4
1990	The Contribution of Diet Quality to Socioeconomic Inequalities in Obesity: A Population-based Study of Swiss Adults. Nutrients, 2019, 11, 1573.	1.7	18
1991	Association of Adherence to The Mediterranean Diet with Urinary Factors Favoring Renal Lithiasis: Cross-Sectional Study of Overweight Individuals with Metabolic Syndrome. Nutrients, 2019, 11, 1708.	1.7	6
1992	Adherence to the Mediterranean Diet and Risks of Prostate and Bladder Cancer in the Netherlands Cohort Study. Cancer Epidemiology Biomarkers and Prevention, 2019, 28, 1480-1488.	1.1	11
1993	Dietary patterns and nutrient intake of individuals with rheumatoid arthritis and osteoarthritis in the United States. Nutrition, 2019, 67-68, 110533.	1.1	19
1994	Lifestyles and the risk of depression in the –Seguimiento Universidad de Navarra– cohort. European Psychiatry, 2019, 61, 33-40.	0.1	28
1995	Benefits of the Mediterranean diet: Epidemiological and molecular aspects. Molecular Aspects of Medicine, 2019, 67, 1-55.	2.7	141

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1996	Food Consumption during Pregnancy and Post-Partum. ECLIPSES Study. <i>Nutrients</i> , 2019, 11, 2447.	1.7	50
1997	Effect of a Nutritional and Behavioral Intervention on Energy-Reduced Mediterranean Diet Adherence Among Patients With Metabolic Syndrome. <i>JAMA - Journal of the American Medical Association</i> , 2019, 322, 1486.	3.8	100
1998	The Metabolic Concept of Meal Sequence vs. Satiety: Glycemic and Oxidative Responses with Reference to Inflammation Risk, Protective Principles and Mediterranean Diet. <i>Nutrients</i> , 2019, 11, 2373.	1.7	15
1999	SEA/SEMERGEN 2019 consensus document 2019. Dietary recommendations in the prevention of cardiovascular disease. <i>Clínica E Investigaci3n En Arteriosclerosis (English Edition)</i> , 2019, 31, 186-201.	0.1	2
2000	Adequacy of Critical Nutrients Affecting the Quality of the Spanish Diet in the ANIBES Study. <i>Nutrients</i> , 2019, 11, 2328.	1.7	13
2001	High starchy food intake may increase the risk of adverse pregnancy outcomes: a nested case-control study in the Shaanxi province of Northwestern China. <i>BMC Pregnancy and Childbirth</i> , 2019, 19, 362.	0.9	9
2002	Post-Diagnostic Diet Quality and Mortality in Females with Self-Reported History of Breast or Gynecological Cancers: Results from the Third National Health and Nutrition Examination Survey (NHANES III). <i>Nutrients</i> , 2019, 11, 2558.	1.7	23
2003	Plasma High-Resolution Metabolomics Differentiates Adults with Normal Weight Obesity from Lean Individuals. <i>Obesity</i> , 2019, 27, 1729-1737.	1.5	32
2004	Effect of nutrition on neurodegenerative diseases. A systematic review. <i>Nutritional Neuroscience</i> , 2021, 24, 810-834.	1.5	104
2005	Mediterranean-style diet for the primary and secondary prevention of cardiovascular disease. <i>The Cochrane Library</i> , 2019, 2019, CD009825.	1.5	151
2006	Gut Microbiota-Dependent Marker TMAO in Promoting Cardiovascular Disease: Inflammation Mechanism, Clinical Prognostic, and Potential as a Therapeutic Target. <i>Frontiers in Pharmacology</i> , 2019, 10, 1360.	1.6	213
2007	The Effectiveness of Different Doses of Iron Supplementation and the Prenatal Determinants of Maternal Iron Status in Pregnant Spanish Women: ECLIPSES Study. <i>Nutrients</i> , 2019, 11, 2418.	1.7	17
2008	HU-671, a Novel Oleoyl Serine Derivative, Exhibits Enhanced Efficacy in Reversing Ovariectomy-Induced Osteoporosis and Bone Marrow Adiposity. <i>Molecules</i> , 2019, 24, 3719.	1.7	6
2009	Lifestyle Risk Factors and All-Cause and Cardiovascular Disease Mortality: Data from the Korean Longitudinal Study of Aging. <i>International Journal of Environmental Research and Public Health</i> , 2019, 16, 3040.	1.2	24
2010	Diet and Sexual Health. , 2019, , 3-25.		0
2011	Adherence to a Mediterranean diet is associated with cognitive function in an older non-Mediterranean sample: findings from the Maine-Syracuse Longitudinal Study. <i>Nutritional Neuroscience</i> , 2019, 24, 1-12.	1.5	17
2012	Dietary patterns and risk of incident chronic kidney disease: the Atherosclerosis Risk in Communities study. <i>American Journal of Clinical Nutrition</i> , 2019, 110, 713-721.	2.2	57
2013	Mediterranean diet improves embryo yield in IVF: a prospective cohort study. <i>Reproductive Biology and Endocrinology</i> , 2019, 17, 73.	1.4	29

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2015	A Perspective on the Transition to Plant-Based Diets: a Diet Change May Attenuate Climate Change, but Can It Also Attenuate Obesity and Chronic Disease Risk?. <i>Advances in Nutrition</i> , 2020, 11, 1-9.	2.9	67
2016	The Involvement of Peripheral and Brain Insulin Resistance in Late Onset Alzheimer's Dementia. <i>Frontiers in Aging Neuroscience</i> , 2019, 11, 236.	1.7	40
2017	Cancer and Mediterranean Diet: A Review. <i>Nutrients</i> , 2019, 11, 2059.	1.7	255
2018	Oxidative Stress in Cardiovascular Diseases: Still a Therapeutic Target?. <i>Nutrients</i> , 2019, 11, 2090.	1.7	457
2019	Virgin Olive Oil and Health: Summary of the III International Conference on Virgin Olive Oil and Health Consensus Report, JAEN (Spain) 2018. <i>Nutrients</i> , 2019, 11, 2039.	1.7	116
2020	Prospective association between several dietary scores and risk of cardiovascular diseases: Is the Mediterranean diet equally associated to cardiovascular diseases compared to National Nutritional Scores?. <i>American Heart Journal</i> , 2019, 217, 1-12.	1.2	21
2021	Association between hours worked in paid employment and diet quality, frequency of eating out and consuming takeaways in the UK. <i>Public Health Nutrition</i> , 2019, 22, 3368-3376.	1.1	11
2022	Extra Virgin Olive Oil: Lesson from Nutrigenomics. <i>Nutrients</i> , 2019, 11, 2085.	1.7	57
2023	Extra-virgin olive oil for potential prevention of Alzheimer disease. <i>Revue Neurologique</i> , 2019, 175, 705-723.	0.6	51
2024	Mediterranean diet and outcomes of assisted reproduction: an Italian cohort study. <i>American Journal of Obstetrics and Gynecology</i> , 2019, 221, 627.e1-627.e14.	0.7	31
2025	Nonpharmacological Modulation of Chronic Inflammation in Parkinson's Disease: Role of Diet Interventions. <i>Parkinson's Disease</i> , 2019, 2019, 1-12.	0.6	13
2026	Nutrients in the Prevention of Alzheimer's Disease. <i>Oxidative Medicine and Cellular Longevity</i> , 2019, 2019, 1-20.	1.9	66
2027	Nutritional Therapy Modulates Intestinal Microbiota and Reduces Serum Levels of Total and Free Indoxyl Sulfate and P-Cresyl Sulfate in Chronic Kidney Disease (Medika Study). <i>Journal of Clinical Medicine</i> , 2019, 8, 1424.	1.0	81
2028	Adherence to diet quality indices in relation to semen quality and reproductive hormones in young men. <i>Human Reproduction</i> , 2019, 34, 1866-1875.	0.4	20
2029	Metabolic and Vascular Effect of the Mediterranean Diet. <i>International Journal of Molecular Sciences</i> , 2019, 20, 4716.	1.8	144
2030	Food and Beverage Consumption and Melanoma Risk: A Population-Based Case-Control Study in Northern Italy. <i>Nutrients</i> , 2019, 11, 2206.	1.7	17
2031	Dietary patterns are associated with depressive symptoms in older Australian women but not men. <i>British Journal of Nutrition</i> , 2019, 122, 1424-1431.	1.2	9

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2033	Mediterranean diet: The role of long-chain ω -3 fatty acids in fish; polyphenols in fruits, vegetables, cereals, coffee, tea, cacao and wine; probiotics and vitamins in prevention of stroke, age-related cognitive decline, and Alzheimer disease. <i>Revue Neurologique</i> , 2019, 175, 724-741.	0.6	224
2034	Leisure-Time Physical Activity and Metabolic Syndrome in Older Adults. <i>International Journal of Environmental Research and Public Health</i> , 2019, 16, 3358.	1.2	23
2035	Diet, Epigenetics, and Alzheimer's Disease. , 2019, , 987-1003.		0
2036	Use of non-steroidal anti-inflammatory drugs, aspirin and the risk of depression: The "Seguimiento Universidad de Navarra (SUN)" cohort. <i>Journal of Affective Disorders</i> , 2019, 247, 161-167.	2.0	8
2037	Lifestyle factors and visceral adipose tissue: Results from the PREDIMED-PLUS study. <i>PLoS ONE</i> , 2019, 14, e0210726.	1.1	14
2038	Dietary Patterns and Cognitive Health in Older Adults: A Systematic Review. <i>Journal of Alzheimer's Disease</i> , 2019, 67, 583-619.	1.2	145
2039	Total Dietary Fiber Intake, Whole Grain Consumption, and Their Biological Effects. <i>Reference Series in Phytochemistry</i> , 2019, , 701-722.	0.2	1
2040	Nutrition and Cognition. , 2019, , 179-202.		2
2041	Cultural Differences in Diet and Determinants of Diet Quality in Switzerland: Results from the National Nutrition Survey menuCH. <i>Nutrients</i> , 2019, 11, 126.	1.7	49
2042	Editorial: Why Functional Food Security, Not Just Food Security. , 2019, , xliii-xlix.		2
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2044	Comparison survey of EVOO polyphenols and exploration of healthy aging-promoting properties of oleocanthal and oleacein. <i>Food and Chemical Toxicology</i> , 2019, 125, 403-412.	1.8	39
2045	Intake of Mediterranean Foods. <i>Reference Series in Phytochemistry</i> , 2019, , 29-51.	0.2	1
2046	The Role of Dietary Patterns in the Contribution of Cardiorespiratory Fitness in Community-Dwelling Older Chinese Adults in Hong Kong. <i>Journal of the American Medical Directors Association</i> , 2019, 20, 558-563.	1.2	18
2047	Olive Oil and Health Effects. <i>Reference Series in Phytochemistry</i> , 2019, , 1071-1096.	0.2	2
2048	The Mediterranean Diet and 2-Year Change in Cognitive Function by Status of Type 2 Diabetes and Glycemic Control. <i>Diabetes Care</i> , 2019, 42, 1372-1379.	4.3	39
2049	Adherence to WHO's nutrition recommendations in the UK: Dietary patterns and policy implications from a national survey. <i>Food Policy</i> , 2019, 86, 101719.	2.8	3

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2051	Dietary approaches to stop hypertension, mediterranean dietary pattern, and diabetic nephropathy in women with type 2 diabetes: A case-control study. <i>Clinical Nutrition ESPEN</i> , 2019, 33, 164-170.	0.5	18
2052	Relative validation of the adapted Mediterranean Diet Score for Adolescents by comparison with nutritional biomarkers and nutrient and food intakes: the Healthy Lifestyle in Europe by Nutrition in Adolescence (HELENA) study. <i>Public Health Nutrition</i> , 2019, 22, 2381-2397.	1.1	29
2053	Can Healthy Diets, Regular Exercise, and Better Lifestyle Delay the Progression of Dementia in Elderly Individuals?. <i>Journal of Alzheimer's Disease</i> , 2019, 72, S37-S58.	1.2	36
2054	Role of Diet in Chronic Obstructive Pulmonary Disease Prevention and Treatment. <i>Nutrients</i> , 2019, 11, 1357.	1.7	122
2055	Interconnecting the Mediterranean Diet and Age-Related Macular Degeneration. , 2019, , 425-438.		0
2056	A Higher Mediterranean Diet Score, Including Unprocessed Red Meat, Is Associated with Reduced Risk of Central Nervous System Demyelination in a Case-Control Study of Australian Adults. <i>Journal of Nutrition</i> , 2019, 149, 1385-1392.	1.3	36
2057	Association between consumption of ultra-processed foods and all cause mortality: SUN prospective cohort study. <i>BMJ: British Medical Journal</i> , 2019, 365, 11949.	2.4	312
2058	Association of lifestyle factors and inflammation with sarcopenic obesity: data from the PREDIMEDâ€Plus trial. <i>Journal of Cachexia, Sarcopenia and Muscle</i> , 2019, 10, 974-984.	2.9	40
2059	Dietary Pattern and Risk of Multiple Myeloma in Two Large Prospective US Cohort Studies. <i>JNCI Cancer Spectrum</i> , 2019, 3, pkz025.	1.4	33
2060	Culinary Medicine: Bringing Healthcare Into the Kitchen. <i>American Journal of Health Promotion</i> , 2019, 33, 825-829.	0.9	16
2061	Greater adherence to a Mediterranean Diet is associated with better gait speed in older adults with type 2 diabetes mellitus. <i>Clinical Nutrition ESPEN</i> , 2019, 32, 33-39.	0.5	20
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2064	Effects of Mediterranean diet supplemented with lean pork on blood pressure and markers of cardiovascular risk: findings from the MedPork trial. <i>British Journal of Nutrition</i> , 2019, 122, 873-883.	1.2	17
2065	Food consumption contribution to nitrogen pollution of cities in Northern and Southern Europe. <i>Sustainable Cities and Society</i> , 2019, 50, 101655.	5.1	9
2066	Impact of Intensive Lifestyle Modification on Levels of Adipokines and Inflammatory Biomarkers in Metabolically Healthy Obese Women. <i>Mediators of Inflammation</i> , 2019, 2019, 1-9.	1.4	15
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2069	Pre-Pregnancy Adherence to the Mediterranean Diet and Gestational Diabetes Mellitus: A Case-Control Study. <i>Nutrients</i> , 2019, 11, 1003.	1.7	44
2070	Metabolomic markers of healthy dietary patterns in US postmenopausal women. <i>American Journal of Clinical Nutrition</i> , 2019, 109, 1439-1451.	2.2	48
2071	Dietary habits of adolescents living in North America, Europe or Oceania: A review on fruit, vegetable and legume consumption, sodium intake, and adherence to the Mediterranean Diet. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2019, 29, 544-560.	1.1	78
2072	Editor's Desk: Masterful Microbes: The Gut Microbiome and Food as Medicine. <i>American Journal of Health Promotion</i> , 2019, 33, 820-834.	0.9	2
2073	Personalized Nutrition: Translating the Science of NutriGenomics Into Practice: Proceedings From the 2018 American College of Nutrition Meeting. <i>Journal of the American College of Nutrition</i> , 2019, 38, 287-301.	1.1	27
2074	Is the Mediterranean Diet for all? An analysis of socioeconomic inequalities and food consumption in Italy. <i>British Food Journal</i> , 2019, 121, 1327-1341.	1.6	13
2075	Mediterranean Diet and Longevity. , 2019, , .		1
2076	Impact of combined healthy lifestyle factors on survival in an adult general population and in high-risk groups: prospective results from the Moliánsani Study. <i>Journal of Internal Medicine</i> , 2019, 286, 207-220.	2.7	25
2077	Lower carbohydrate diets and all-cause and cause-specific mortality: a population-based cohort study and pooling of prospective studies. <i>European Heart Journal</i> , 2019, 40, 2870-2879.	1.0	103
2078	Adherence to Mediterranean Diet, Malnutrition, Length of Stay and Mortality in Elderly Patients Hospitalized in Internal Medicine Wards. <i>Nutrients</i> , 2019, 11, 790.	1.7	15
2079	Global Improvement in Dietary Quality Could Lead to Substantial Reduction in Premature Death. <i>Journal of Nutrition</i> , 2019, 149, 1065-1074.	1.3	95
2080	Determinants of Adherence to Healthy Eating Patterns in a Population of Children and Adolescents: Evidence on the Mediterranean Diet in the City of Mataró (Catalonia, Spain). <i>Nutrients</i> , 2019, 11, 854.	1.7	47
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2082	Dietary Patterns. , 2019, , 283-291.		0
2083	Dietary Intake of Nutrients Involved in One-Carbon Metabolism and Risk of Gastric Cancer: A Prospective Study. <i>Nutrition and Cancer</i> , 2019, 71, 605-614.	0.9	19
2084	Relation Between Cigarette Smoking and Heart Failure (from the Multiethnic Study of Tj ETQq0 0 0 rgBT /Overlock 10 Tf 50 102 Td (At	0.7	20
2085	Mediterranean Diet and Cardiometabolic Risk: A Systematic Review through Evidence-Based Answers to Key Clinical Questions. <i>Nutrients</i> , 2019, 11, 655.	1.7	83

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2087	Diet and Cardiovascular Disease: The Mediterranean Diet. , 2019, , 267-288.		4
2088	Association between vegetarian diets and cardiovascular risk factors in non-Hispanic white participants of the Adventist Health Study-2. Journal of Nutritional Science, 2019, 8, e6.	0.7	44
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2093	Adherence to the Mediterranean diet and risk of stroke and stroke subtypes. European Journal of Epidemiology, 2019, 34, 337-349.	2.5	42
2094	Segmenting the Generation Z Cohort University Students Based on Sustainable Food Consumption Behavior: A Preliminary Study. Sustainability, 2019, 11, 837.	1.6	84
2095	The role of lifestyle behaviour on the risk of hypertension in the SUN cohort: The hypertension preventive score. Preventive Medicine, 2019, 123, 171-178.	1.6	18
2096	Naturally Lignan-Rich Foods: A Dietary Tool for Health Promotion?. Molecules, 2019, 24, 917.	1.7	204
2097	Concordance with the World Cancer Research Fund/American Institute for Cancer Research recommendations for cancer prevention and colorectal cancer risk in Morocco: A large, population-based case-control study. International Journal of Cancer, 2019, 145, 1829-1837.	2.3	23
2098	Dietary Restrictions and Nutrition in the Prevention and Treatment of Cardiovascular Disease. Circulation Research, 2019, 124, 952-965.	2.0	84
2099	The Mediterranean Diet: From an Environment-Driven Food Culture to an Emerging Medical Prescription. International Journal of Environmental Research and Public Health, 2019, 16, 942.	1.2	159
2100	Nesfatin-1: A novel regulatory peptide associated with acute myocardial infarction and Mediterranean diet. Peptides, 2019, 114, 10-16.	1.2	4
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2102	The inflammatory potential of diet in determining cancer risk; A prospective investigation of two dietary pattern scores. PLoS ONE, 2019, 14, e0214551.	1.1	45
2103	Inverse association of long-term nut consumption with weight gain and risk of overweight/obesity: a systematic review. Nutrition Research, 2019, 68, 1-8.	1.3	31

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2105	Body shape trajectories and incidence of depression in the "Seguimiento Universidad de Navarra" (SUN) prospective cohort. <i>Journal of Affective Disorders</i> , 2019, 251, 170-179.	2.0	7
2106	Dietary Patterns, Skeletal Muscle Health, and Sarcopenia in Older Adults. <i>Nutrients</i> , 2019, 11, 745.	1.7	135
2107	The emergence of Exercise Addiction, Body Dysmorphic Disorder, and other image-related psychopathological correlates in fitness settings: A cross sectional study. <i>PLoS ONE</i> , 2019, 14, e0213060.	1.1	71
2108	The effect of diet on hypertensive pathology: is there a link via gut microbiota-driven immunometabolism?. <i>Cardiovascular Research</i> , 2019, 115, 1435-1447.	1.8	58
2109	Health Economic Evaluation Modeling Shows Potential Health Care Cost Savings with Increased Conformance with Healthy Dietary Patterns among Adults in the United States. <i>Journal of the Academy of Nutrition and Dietetics</i> , 2019, 119, 599-616.	0.4	30
2110	The use of psychological methodologies in cardiovascular disease interventions promoting a Mediterranean style diet: A systematic review. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2019, 29, 325-333.	1.1	8
2111	Global sustainability (health, environment and monetary costs) of three dietary patterns: results from a Spanish cohort (the SUN project). <i>BMJ Open</i> , 2019, 9, e021541.	0.8	57
2112	Does the Healthy Eating Index and Mediterranean Diet Score Identify the Nutritional Adequacy of Dietary Patterns in Chronic Pancreatitis?. <i>Digestive Diseases and Sciences</i> , 2019, 64, 2318-2326.	1.1	12
2113	Effects of Mediterranean Diet and Physical Activity on Pulmonary Function: A Cross-Sectional Analysis in the ILERVAS Project. <i>Nutrients</i> , 2019, 11, 329.	1.7	22
2114	Disentangling the Effects of Monounsaturated Fatty Acids from Other Components of a Mediterranean Diet on Serum Metabolite Profiles: A Randomized Fully Controlled Dietary Intervention in Healthy Subjects at Risk of the Metabolic Syndrome. <i>Molecular Nutrition and Food Research</i> , 2019, 63, e1801095.	1.5	34
2115	Body shape trajectories and the incidence of hypertension in a Mediterranean cohort: The sun study. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2019, 29, 244-253.	1.1	6
2116	Mediterranean diet adherence and risk of esophageal and gastric cancer subtypes in the Netherlands Cohort Study. <i>Gastric Cancer</i> , 2019, 22, 663-674.	2.7	28
2117	Empirical dietary inflammatory pattern and risk of metabolic syndrome and its components: Tehran Lipid and Glucose Study. <i>Diabetology and Metabolic Syndrome</i> , 2019, 11, 16.	1.2	21
2118	MIND not Mediterranean diet related to 12-year incidence of cognitive impairment in an Australian longitudinal cohort study. <i>Alzheimer's and Dementia</i> , 2019, 15, 581-589.	0.4	137
2119	Dietary Manipulations for Nonalcoholic Fatty Liver Disease (NAFLD)., 2019, , 69-88.		5
2120	Dietary Patterns and Cardiovascular Disease: Insights and Challenges for Considering Food Groups and Nutrient Sources. <i>Current Atherosclerosis Reports</i> , 2019, 21, 9.	2.0	25
2121	Mediterranean diet score and incidence of IHD: a global comparative study. <i>Public Health Nutrition</i> , 2019, 22, 1444-1450.	1.1	6

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2123	Comparative study on nutritional composition of fish available in Portugal. <i>Nutrition and Food Science</i> , 2019, 49, 925-941.	0.4	15
2124	Estado nutricional y condición física en personas mayores activas vs. Sedentarias. <i>Revista Internacional De Medicina Y Ciencias De La Actividad Fisica Y Del Deporte</i> , 2019, 19, 685.	0.1	2
2125	Adherencia a la dieta mediterránea: comparación entre pacientes con cáncer de cabeza y cuello y población sana. <i>Endocrinología, Diabetes Y Nutrición</i> , 2019, 66, 417-424.	0.1	13
2127	Mediterranean Diet and its Environmental Footprints amid Nutrition Transition: The Case of Lebanon. <i>Sustainability</i> , 2019, 11, 6690.	1.6	16
2128	Diet Indices Reflecting Changes to Dietary Guidelines for Americans from 1990 to 2015 Are More Strongly Associated with Risk of Coronary Artery Disease Than the 1990 Diet Index. <i>Current Developments in Nutrition</i> , 2019, 3, nzz123.	0.1	2
2129	Machine learning with sparse nutrition data to improve cardiovascular mortality risk prediction in the USA using nationally randomly sampled data. <i>BMJ Open</i> , 2019, 9, e032703.	0.8	21
2130	The association of dietary patterns and carotid intima-media thickness: A synthesis of current evidence. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2019, 29, 1273-1287.	1.1	13
2131	Evaluation of Physical Fitness, Body Composition, and Adherence to Mediterranean Diet in Adolescents from Estonia: The AdolesHealth Study. <i>International Journal of Environmental Research and Public Health</i> , 2019, 16, 4479.	1.2	27
2132	Plant-Rich Dietary Patterns, Plant Foods and Nutrients, and Telomere Length. <i>Advances in Nutrition</i> , 2019, 10, S296-S303.	2.9	51
2133	Chili Pepper Consumption and Mortality in Italian Adults. <i>Journal of the American College of Cardiology</i> , 2019, 74, 3139-3149.	1.2	57
2134	We are What We Eat: Impact of Food from Short Supply Chain on Metabolic Syndrome. <i>Journal of Clinical Medicine</i> , 2019, 8, 2061.	1.0	47
2135	Lifestyle behaviours in patients with established cardiovascular diseases: a European observational study. <i>BMC Family Practice</i> , 2019, 20, 162.	2.9	4
2136	Oleuropein: A natural antioxidant molecule in the treatment of metabolic syndrome. <i>Phytotherapy Research</i> , 2019, 33, 3112-3128.	2.8	74
2137	Adherence to Mediterranean diet: A comparison of patients with head and neck cancer and healthy population. <i>Endocrinología y Diabetes Y Nutrición (English Ed)</i> , 2019, 66, 417-424.	0.1	2
2138	Are Dietary Factors Associated with Lung Function in Canadian Adults?. <i>Canadian Journal of Dietetic Practice and Research</i> , 2020, 81, 1-9.	0.5	4
2139	Sustained adherence to a Mediterranean diet and physical activity on all-cause mortality in the Melbourne Collaborative Cohort Study: application of the g-formula. <i>BMC Public Health</i> , 2019, 19, 1733.	1.2	9
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2142	The Secrets of the Mediterranean Diet. Does [Only] Olive Oil Matter?. <i>Nutrients</i> , 2019, 11, 2941.	1.7	158
2143	Mediterranean diet adherence and risk of pancreatic cancer: A pooled analysis of two Dutch cohorts. <i>International Journal of Cancer</i> , 2019, 144, 1550-1560.	2.3	23
2144	French and Mediterranean-style diets: Contradictions, misconceptions and scientific facts-A review. <i>Food Research International</i> , 2019, 116, 840-858.	2.9	24
2145	Genotype-dependent regulation of vitamin E biosynthesis in olive fruits as revealed through metabolic and transcriptional profiles. <i>Plant Biology</i> , 2019, 21, 604-614.	1.8	11
2146	Changes in diet, and the relationship between diet and physical activity within and across the lifetime of current ultra-endurance exercisers. <i>Journal of Sports Medicine and Physical Fitness</i> , 2019, 59, 798-807.	0.4	3
2147	Adherence to the mediterranean diet and lymphoma risk in the european prospective investigation into cancer and nutrition. <i>International Journal of Cancer</i> , 2019, 145, 122-131.	2.3	9
2148	Total polyphenol intake and breast cancer risk in the Seguimiento Universidad de Navarra (SUN) cohort. <i>British Journal of Nutrition</i> , 2019, 122, 542-551.	1.2	21
2149	Healthy Lifestyle and Incidence of Metabolic Syndrome in the SUN Cohort. <i>Nutrients</i> , 2019, 11, 65.	1.7	63
2150	Diet to beat the odds of prodromal Parkinson's disease?. <i>Movement Disorders</i> , 2019, 34, 2-3.	2.2	15
2151	Interaction between Mediterranean diet and statins on mortality risk in patients with cardiovascular disease: Findings from the Moli-sani Study. <i>International Journal of Cardiology</i> , 2019, 276, 248-254.	0.8	19
2152	High Omega-6/Omega-3 Fatty Acid Ratio Diets and Risk of Noncommunicable Diseases. , 2019, , 217-259.		6
2153	Australian patients with coronary heart disease achieve high adherence to 6-month Mediterranean diet intervention: preliminary results of the AUSMED Heart Trial. <i>Nutrition</i> , 2019, 61, 21-31.	1.1	21
2154	The potential nutrigenoprotective role of Mediterranean diet and its functional components on telomere length dynamics. <i>Ageing Research Reviews</i> , 2019, 49, 1-10.	5.0	60
2155	Olive Oil and Health Effects. <i>Reference Series in Phytochemistry</i> , 2019, , 1-26.	0.2	0
2156	Poor mothers, unhealthy children: the transmission of health inequalities in the INMA study, Spain. <i>European Journal of Public Health</i> , 2019, 29, 568-574.	0.1	2
2157	Short-term effect of the New Nordic Renal Diet on phosphorus homeostasis in chronic kidney disease Stages 3 and 4. <i>Nephrology Dialysis Transplantation</i> , 2019, 34, 1691-1699.	0.4	10
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2161	Mediterranean-Style Diet Improves Systolic Blood Pressure and Arterial Stiffness in Older Adults. <i>Hypertension</i> , 2019, 73, 578-586.	1.3	106
2162	Magel2 Modulates Bone Remodeling and Mass in Prader-Willi Syndrome by Affecting Oleoyl Serine Levels and Activity. <i>Journal of Bone and Mineral Research</i> , 2019, 34, 93-105.	3.1	16
2163	Association between dietary intake and inflammatory markers: results from the CoLaus study. <i>Public Health Nutrition</i> , 2019, 22, 498-505.	1.1	23
2164	Dietary fiber intake and mortality in a Mediterranean population: the "Seguimiento Universidad de Navarra" (SUN) project. <i>European Journal of Nutrition</i> , 2019, 58, 3009-3022.	1.8	17
2165	Dietary Pattern Analysis. , 2019, , 75-101.		11
2166	Statistical Analysis of Retrospective Health and Nutrition Data. , 2019, , 103-144.		1
2167	Mediterranean Diet. , 2019, , 233-258.		0
2168	The Mediterranean diet and risk of type 2 diabetes in Iranian population. <i>European Journal of Clinical Nutrition</i> , 2019, 73, 72-78.	1.3	21
2169	Changing the Irish dietary guidelines to incorporate the principles of the Mediterranean diet: proposing the MedAire diet. <i>Public Health Nutrition</i> , 2019, 22, 375-381.	1.1	16
2170	Obesity-Hypertension Physiopathology and Treatment: A Forty-Year Retrospect. <i>Updates in Hypertension and Cardiovascular Protection</i> , 2019, , 197-229.	0.1	0
2171	Sex differences in sociodemographic and lifestyle factors associated with diet quality in a multiethnic population. <i>Nutrition</i> , 2019, 66, 147-152.	1.1	32
2172	Promotion of novel plant-based dishes among older consumers using the "dish of the day"™ as a nudging strategy in 4 EU countries. <i>Food Quality and Preference</i> , 2019, 75, 260-272.	2.3	30
2173	Alcohol consumption and hospitalization burden in an adult Italian population: prospective results from the Moliànsani study. <i>Addiction</i> , 2019, 114, 636-650.	1.7	14
2174	Addressing the Nutritional Phenotype Through Personalized Nutrition for Chronic Disease Prevention and Management. <i>Progress in Cardiovascular Diseases</i> , 2019, 62, 9-14.	1.6	32
2175	Mediterranean diet and cardio-metabolic health: what is the role of meat?. <i>European Journal of Clinical Nutrition</i> , 2019, 72, 4-7.	1.3	5
2176	How Dietary Patterns are Related to Inflammaging and Mortality in Community-Dwelling Older Chinese Adults in Hong Kong " A Prospective Analysis. <i>Journal of Nutrition, Health and Aging</i> , 2019, 23, 181-194.	1.5	22
2177	A priori-defined Mediterranean-like dietary pattern predicts cardiovascular events better in north Europe than in Mediterranean countries. <i>International Journal of Cardiology</i> , 2019, 282, 88-92.	0.8	11

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2178	Dietary Patterns and Risk of Hepatocellular Carcinoma Among U.S. Men and Women. <i>Hepatology</i> , 2019, 70, 577-586.	3.6	57
2179	Mediterranean Diet. , 2019, , 292-301.		7
2180	Mediterranean Diet and Incidence of Advanced Age-Related Macular Degeneration. <i>Ophthalmology</i> , 2019, 126, 381-390.	2.5	89
2181	Healthy dietary indices and risk of depressive outcomes: a systematic review and meta-analysis of observational studies. <i>Molecular Psychiatry</i> , 2019, 24, 965-986.	4.1	427
2182	Sugar-sweetened beverage consumption and incidence of breast cancer: the Seguimiento Universidad de Navarra (SUN) Project. <i>European Journal of Nutrition</i> , 2019, 58, 2875-2886.	1.8	32
2183	The Mediterranean diet adherence by pregnant women delivering prematurely: association with size at birth and complications of prematurity. <i>Journal of Maternal-Fetal and Neonatal Medicine</i> , 2019, 32, 1084-1091.	0.7	30
2184	Mediterranean diet and cardiovascular disease: a systematic review and meta-analysis of observational studies. <i>European Journal of Nutrition</i> , 2019, 58, 173-191.	1.8	268
2185	Does the MIND diet decrease depression risk? A comparison with Mediterranean diet in the SUN cohort. <i>European Journal of Nutrition</i> , 2019, 58, 1271-1282.	1.8	98
2186	Fish/shellfish intake and the risk of head and neck cancer. <i>European Journal of Cancer Prevention</i> , 2019, 28, 102-108.	0.6	11
2187	Association between Mediterranean diet and hand grip strength in older adult women. <i>Clinical Nutrition</i> , 2019, 38, 721-729.	2.3	77
2188	Coffee consumption and risk of hypertension in the SUN Project. <i>Clinical Nutrition</i> , 2019, 38, 389-397.	2.3	24
2189	Comparative effects of different dietary approaches on blood pressure in hypertensive and pre-hypertensive patients: A systematic review and network meta-analysis. <i>Critical Reviews in Food Science and Nutrition</i> , 2019, 59, 2674-2687.	5.4	93
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2211	Mediterranean diet adherence and risk of colorectal cancer: the prospective Netherlands Cohort Study. <i>European Journal of Epidemiology</i> , 2020, 35, 25-35.	2.5	19
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2230	Culinary Medicine Basics and Applications in Medical Education in the United States. <i>Nestle Nutrition Institute Workshop Series</i> , 2020, 92, 161-170.	1.5	7
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2240	Body shape trajectories and mortality in the Seguimiento universidad de Navarra (SUN) cohort. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2020, 30, 1742-1750.	1.1	2
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2247	Serum Vitamin D and Depressive Symptomatology among Boston-Area Puerto Ricans. <i>Journal of Nutrition</i> , 2020, 150, 3231-3240.	1.3	5
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2253	The Mediterranean diet, dietary inflammatory index, and adiposity. , 2020, , 337-346.		1
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2271	The Potential of Introduction of Asian Vegetables in Europe. <i>Horticulturae</i> , 2020, 6, 38.	1.2	22
2272	Mediterranean Diet and Telomere Length: A Systematic Review and Meta-Analysis. <i>Advances in Nutrition</i> , 2020, 11, 1544-1554.	2.9	65
2273	Association of dietary quality indices with sleep quality in chronic obstructive pulmonary disease patients. <i>Nutrition and Food Science</i> , 2020, 50, 1295-1307.	0.4	1
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2278	Traditional Old Dietary Pattern of Castellana Grotte (Apulia) Is Associated with Healthy Outcomes. <i>Nutrients</i> , 2020, 12, 3097.	1.7	11
2279	Associations between Maternal Cadmium Exposure with Risk of Preterm Birth and Low Birth Weight: Effect of Mediterranean Diet Adherence on Affected Prenatal Outcomes. <i>Toxics</i> , 2020, 8, 90.	1.6	15
2280	Effect of Vitamin D Status during Pregnancy on Infant Neurodevelopment: The ECLIPSES Study. <i>Nutrients</i> , 2020, 12, 3196.	1.7	24
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2282	Functional Foods: An Approach to Modulate Molecular Mechanisms of Alzheimer's Disease. <i>Cells</i> , 2020, 9, 2347.	1.8	33
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2289	The Effect of Adherence to the Mediterranean Diet on Late-Life Cognitive Disorders: A Systematic Review. <i>Journal of the American Medical Directors Association</i> , 2020, 21, 1402-1409.	1.2	47
2290	Epigenetic approach in obesity: DNA methylation in a prepubertal population which underwent a lifestyle modification. <i>Clinical Epigenetics</i> , 2020, 12, 144.	1.8	19
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2296	Diet Quality and Health Service Utilization for Depression: A Prospective Investigation of Adults in Alberta—The Tomorrow Project. <i>Nutrients</i> , 2020, 12, 2437.	1.7	9
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2301	Pregestational BMI and higher offspring's risk of overweight/obesity in smoker and non-smoker mothers. <i>Public Health Nutrition</i> , 2020, 24, 1-8.	1.1	2
2302	Observational Epidemiology, Lifestyle, and Health: The Paradigm of the Mediterranean Diet. <i>American Journal of Health Promotion</i> , 2020, 34, 948-950.	0.9	7
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2325	Genetic Susceptibility, Diet Quality, and Two-Step Progression in Drusen Size. , 2020, 61, 17.		18
2326	Reply. <i>Journal of the American College of Cardiology</i> , 2020, 75, 1866-1867.	1.2	0
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2328	Effects of Mediterranean diet on hospital length of stay, medical expenses, and mortality in elderly, hospitalized patients: A 2-year observational study. <i>Nutrition</i> , 2020, 79-80, 110868.	1.1	8
2329	Effects of Olive Oil on Blood Pressure: Epidemiological, Clinical, and Mechanistic Evidence. <i>Nutrients</i> , 2020, 12, 1548.	1.7	34
2330	Adherence to a plant-based diet in relation to adipose tissue volumes and liver fat content. <i>American Journal of Clinical Nutrition</i> , 2020, 112, 354-363.	2.2	24
2331	Health Recommendations and Selection in Health Behaviors. <i>American Economic Review Insights</i> , 2020, 2, 143-160.	1.6	9
2332	Cardio-Metabolic Effects of High-Fat Diets and Their Underlying Mechanismsâ€”A Narrative Review. <i>Nutrients</i> , 2020, 12, 1505.	1.7	89
2333	Whole Blood DNA Methylation Signatures of Diet Are Associated With Cardiovascular Disease Risk Factors and All-Cause Mortality. <i>Circulation Genomic and Precision Medicine</i> , 2020, 13, e002766.	1.6	42
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2336	Effects of resistant starch on the indicators of glucose regulation in persons diagnosed with type 2 diabetes and those at risk: A metaâ€”analysis. <i>Journal of Food Processing and Preservation</i> , 2020, 44, e14594.	0.9	7
2337	Refined carbohydrateâ€”rich diet is associated with longâ€”term risk of dementia and Alzheimer's disease in apolipoprotein E Î¼4 allele carriers. <i>Alzheimer's and Dementia</i> , 2020, 16, 1043-1053.	0.4	28
2338	Perspectives of Environmental Health Promotion and the Mediterranean Diet: A Thematic Narrative Synthesis. <i>Journal of Hunger and Environmental Nutrition</i> , 2020, , 1-23.	1.1	6
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2342	Mediterranean diet and all-cause mortality: A cohort of Italian men. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2020, 30, 1673-1678.	1.1	11
2343	Nutrition information, Mediterranean diet, and weight: A structural equation approach. <i>Agricultural Economics (Czech Republic)</i> , 2020, 66, 10-18.	0.4	3
2344	Healthy Lifestyle and Cognition: Interaction between Diet and Physical Activity. <i>Current Nutrition Reports</i> , 2020, 9, 64-74.	2.1	13
2345	Maternal healthful dietary patterns during peripregnancy and long-term overweight risk in their offspring. <i>European Journal of Epidemiology</i> , 2020, 35, 283-293.	2.5	13
2346	Cluster Analysis of Health-Related Lifestyles in University Students. <i>International Journal of Environmental Research and Public Health</i> , 2020, 17, 1776.	1.2	47
2347	Diet quality during preconception or pregnancy and gestational weight gain: protocol for a systematic review and meta-analysis. <i>BMJ Open</i> , 2020, 10, e033130.	0.8	1
2348	Eating Pattern Response to a Low-Fat Diet Intervention and Cardiovascular Outcomes in Normotensive Women: The Women's Health Initiative. <i>Current Developments in Nutrition</i> , 2020, 4, nzaa021.	0.1	12
2349	Le régime méditerranéen et la prévalence des facteurs de risque cardiovasculaire à Nador (Maroc). <i>Medecine Des Maladies Metaboliques</i> , 2020, 14, 85-92.	0.1	1
2350	Olive oil with high polyphenolic content induces both beneficial and harmful alterations on rat redox status depending on the tissue. <i>Toxicology Reports</i> , 2020, 7, 421-432.	1.6	22
2351	Diet Quality Association with Nonalcoholic Fatty Liver Disease by Cirrhosis Status: The Multiethnic Cohort. <i>Current Developments in Nutrition</i> , 2020, 4, nzaa024.	0.1	34
2352	Second Version of a Mini-Survey to Evaluate Food Intake Quality (Mini-ECCA v.2): Reproducibility and Ability to Identify Dietary Patterns in University Students. <i>Nutrients</i> , 2020, 12, 809.	1.7	3
2353	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.	1.7	35
2354	Habitual dietary fat intake and risk of muscle weakness and lower-extremity functional impairment in older adults: A prospective cohort study. <i>Clinical Nutrition</i> , 2020, 39, 3663-3670.	2.3	11
2355	Binge Drinking and Risk of Breast Cancer: Results from the SUN (Seguimiento Universidad de Navarra) Project. <i>Nutrients</i> , 2020, 12, 731.	1.7	5
2356	Impact of Vigorous-Intensity Physical Activity on Body Composition Parameters, Lipid Profile Markers, and Irisin Levels in Adolescents: A Cross-Sectional Study. <i>Nutrients</i> , 2020, 12, 742.	1.7	33
2357	Role of diet in regulating the gut microbiota and multiple sclerosis. <i>Clinical Immunology</i> , 2022, 235, 108379.	1.4	19
2358	The evolution of the heart-healthy diet for vascular health: A walk through time. <i>Vascular Medicine</i> , 2020, 25, 184-193.	0.8	20

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2359	Nutritional Determinants of Quality of Life in a Mediterranean Cohort: The SUN Study. <i>International Journal of Environmental Research and Public Health</i> , 2020, 17, 3897.	1.2	11
2360	NHANES 2011–2014 Reveals Cognition of US Older Adults may Benefit from Better Adaptation to the Mediterranean Diet. <i>Nutrients</i> , 2020, 12, 1929.	1.7	28
2361	Metabolic syndrome is associated with better quality of sleep in the oldest old: results from the Mugello Study. <i>Diabetology and Metabolic Syndrome</i> , 2020, 12, 46.	1.2	1
2362	Obesity, Insulin Resistance, and Hyperandrogenism Mediate the Link between Poor Diet Quality and Ovarian Dysmorphology in Reproductive-Aged Women. <i>Nutrients</i> , 2020, 12, 1953.	1.7	29
2363	Hypertension and changes in cognitive function in a Mediterranean population. <i>Nutritional Neuroscience</i> , 2020, , 1-9.	1.5	2
2364	The Impact of Plant-Based Dietary Patterns on Cancer-Related Outcomes: A Rapid Review and Meta-Analysis. <i>Nutrients</i> , 2020, 12, 2010.	1.7	48
2365	Low-carbohydrate diets and type 2 diabetes treatment: a meta-analysis of randomized controlled trials. <i>Acta Diabetologica</i> , 2020, 57, 1375-1382.	1.2	22
2366	Associations between systemic inflammation and somatic depressive symptoms: Findings from the Moli-sani study. <i>Depression and Anxiety</i> , 2020, 37, 935-943.	2.0	9
2367	Burnout Syndrome Risk in Child and Adolescent Tennis Players and The Role of Adherence to the Mediterranean Diet. <i>International Journal of Environmental Research and Public Health</i> , 2020, 17, 929.	1.2	6
2368	Mediterranean diet during pregnancy and childhood respiratory and atopic outcomes: birth cohort study. <i>European Respiratory Journal</i> , 2020, 55, 1901215.	3.1	29
2369	Does Adherence to Mediterranean Diet Mediate the Association Between Food Environment and Obesity Among Non-Hispanic Black and White Older US Adults? A Path Analysis. <i>American Journal of Health Promotion</i> , 2020, 34, 652-658.	0.9	3
2370	Environmental Impact of Dietary Choices: Role of the Mediterranean and Other Dietary Patterns in an Italian Cohort. <i>International Journal of Environmental Research and Public Health</i> , 2020, 17, 1468.	1.2	50
2371	Do healthy doctors deliver better messages of health promotion to their patients?: Data from the SUN cohort study. <i>European Journal of Public Health</i> , 2020, 30, 438-444.	0.1	15
2372	Prediagnosis dietary pattern and survival in patients with multiple myeloma. <i>International Journal of Cancer</i> , 2020, 147, 1823-1830.	2.3	27
2373	Spanish People with Type 2 Diabetes Show an Improved Adherence to the Mediterranean Diet. <i>Nutrients</i> , 2020, 12, 560.	1.7	4
2374	Adherence to Mediterranean diet and subsequent cognitive decline in men with cardiovascular disease. <i>Nutritional Neuroscience</i> , 2022, 25, 91-99.	1.5	6
2375	Phenolic Acid Subclasses, Individual Compounds, and Breast Cancer Risk in a Mediterranean Cohort: The SUN Project. <i>Journal of the Academy of Nutrition and Dietetics</i> , 2020, 120, 1002-1015.e5.	0.4	25
2376	Mediterranean diet components are linked to greater endothelial function and lower inflammation in a pilot study of ethnically diverse women. <i>Nutrition Research</i> , 2020, 75, 77-84.	1.3	17

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2377	Coffee consumption and breast cancer risk in the SUN project. <i>European Journal of Nutrition</i> , 2020, 59, 3461-3471.	1.8	25
2378	Multisite Culinary Medicine Curriculum Is Associated With Cardioprotective Dietary Patterns and Lifestyle Medicine Competencies Among Medical Trainees. <i>American Journal of Lifestyle Medicine</i> , 2020, 14, 225-233.	0.8	33
2379	Dynamics of Chinese Diet Divergence from Chinese Food Pagoda and Its Association with Adiposity and Influential Factors: 2004–2011. <i>International Journal of Environmental Research and Public Health</i> , 2020, 17, 507.	1.2	10
2380	Does food intake mediate the association between mindful eating and change in depressive symptoms?. <i>Public Health Nutrition</i> , 2020, 23, 1532-1542.	1.1	9
2381	The TTCYB Study Protocol: A Tailored Print Message Intervention to Improve Cardiovascular Patients'™ Lifestyles. <i>International Journal of Environmental Research and Public Health</i> , 2020, 17, 2919.	1.2	2
2382	The Bones of Children With Obesity. <i>Frontiers in Endocrinology</i> , 2020, 11, 200.	1.5	64
2383	Overall dietary variety and adherence to the Mediterranean diet show additive protective effects against coronary heart disease. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2020, 30, 1315-1321.	1.1	12
2384	Dietary Factors in Relation to Liver Fat Content: A Cross-sectional Study. <i>Nutrients</i> , 2020, 12, 825.	1.7	23
2385	Influence of the Mediterranean and Ketogenic Diets on Cognitive Status and Decline: A Narrative Review. <i>Nutrients</i> , 2020, 12, 1019.	1.7	41
2386	The Role of the Mediterranean Dietary Pattern on Metabolic Control of Patients with Diabetes Mellitus: A Narrative Review. <i>Advances in Experimental Medicine and Biology</i> , 2020, 1307, 115-128.	0.8	7
2387	Diet and sedentary behaviour in relation to cancer survival. A report from the national health and nutrition examination survey linked to the U.S. mortality registry. <i>Clinical Nutrition</i> , 2020, 39, 3489-3496.	2.3	15
2388	Mediterranean diet and health: A systematic review of epidemiological studies and intervention trials. <i>Maturitas</i> , 2020, 136, 25-37.	1.0	81
2389	Lifestyle mediates the role of nutrient-sensing pathways in cognitive aging: cellular and epidemiological evidence. <i>Communications Biology</i> , 2020, 3, 157.	2.0	27
2390	Mediterranean diet adherence and risk of incident kidney stones. <i>American Journal of Clinical Nutrition</i> , 2020, 111, 1100-1106.	2.2	25
2391	Traditional Dietary Patterns and Risk of Mortality in a Longitudinal Cohort of the Salus in Apulia Study. <i>Nutrients</i> , 2020, 12, 1070.	1.7	27
2392	Dietary Patterns Based on Estimated Glomerular Filtration Rate and Kidney Function Decline in the General Population: The Lifelines Cohort Study. <i>Nutrients</i> , 2020, 12, 1099.	1.7	12
2393	Development and Validation of a Questionnaire to Measure Adherence to the Mediterranean Diet in Korean Adults. <i>Nutrients</i> , 2020, 12, 1102.	1.7	21
2394	A Mediterranean Diet Is Positively Associated with Bone and Muscle Health in a Non-Mediterranean Region in 25,450 Men and Women from EPIC-Norfolk. <i>Nutrients</i> , 2020, 12, 1154.	1.7	20

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2395	Ultra-processed food consumption and the risk of short telomeres in an elderly population of the Seguimiento Universidad de Navarra (SUN) Project. <i>American Journal of Clinical Nutrition</i> , 2020, 111, 1259-1266.	2.2	33
2396	Mediterranean Diet Nutrients to Turn the Tide against Insulin Resistance and Related Diseases. <i>Nutrients</i> , 2020, 12, 1066.	1.7	128
2397	Efficacy of dietary intervention or in combination with exercise on primary prevention of cardiovascular disease: A systematic review. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2020, 30, 1080-1093.	1.1	29
2398	Association of types of dietary fats and all-cause and cause-specific mortality: A prospective cohort study and meta-analysis of prospective studies with 1,164,029 participants. <i>Clinical Nutrition</i> , 2020, 39, 3677-3686.	2.3	52
2399	The relationship between lifestyle components and dietary patterns. <i>Proceedings of the Nutrition Society</i> , 2020, 79, 311-323.	0.4	24
2400	Sociodemographic and Lifestyle Factors Associated with Adherence to Mediterranean Diet in Representative Adult Population in Casablanca City, Morocco: A Cross-Sectional Study. <i>Journal of Nutrition and Metabolism</i> , 2020, 2020, 1-9.	0.7	5
2401	Adherence to a Mediterranean diet and cognitive function in the Age-Related Eye Disease Studies 1 & 2. <i>Alzheimer's and Dementia</i> , 2020, 16, 831-842.	0.4	28
2402	Maternal profile according to Mediterranean diet adherence and small for gestational age and preterm newborn outcomes. <i>Public Health Nutrition</i> , 2021, 24, 1372-1384.	1.1	6
2403	Adherence to the Mediterranean dietary pattern in relation to glioma: A case-control study. <i>Clinical Nutrition</i> , 2021, 40, 313-319.	2.3	17
2404	Dietary patterns are related to cognitive functioning in elderly enriched with individuals at increased risk for Alzheimer's disease. <i>European Journal of Nutrition</i> , 2021, 60, 849-860.	1.8	31
2405	Extended healthy lifestyle index and colorectal cancer risk in the Moroccan population. <i>European Journal of Nutrition</i> , 2021, 60, 1013-1022.	1.8	7
2406	Mediterranean diet adherence is associated with better cognitive status and less depressive symptoms in a Greek elderly population. <i>Aging Clinical and Experimental Research</i> , 2021, 33, 1033-1040.	1.4	34
2407	Higher ultra-processed food intake is associated with higher DNA damage in healthy adolescents. <i>British Journal of Nutrition</i> , 2021, 125, 568-576.	1.2	22
2408	Mediterranean diet, alcohol-drinking pattern and their combined effect on all-cause mortality: the Seguimiento Universidad de Navarra (SUN) cohort. <i>European Journal of Nutrition</i> , 2021, 60, 1489-1498.	1.8	16
2409	An updated systematic review and meta-analysis on adherence to mediterranean diet and risk of cancer. <i>European Journal of Nutrition</i> , 2021, 60, 1561-1586.	1.8	164
2410	Association between the nutrient profile system underpinning the Nutri-Score front-of-pack nutrition label and mortality in the SUN project: A prospective cohort study. <i>Clinical Nutrition</i> , 2021, 40, 1085-1094.	2.3	37
2411	Adherence to the Mediterranean Diet and Overall Cancer Incidence: The Netherlands Cohort Study. <i>Journal of the Academy of Nutrition and Dietetics</i> , 2021, 121, 242-252.	0.4	12
2412	EAT-Lancet diet score requires minimum intake values to predict higher micronutrient adequacy of diets in rural women of reproductive age from five low- and middle-income countries. <i>British Journal of Nutrition</i> , 2021, 126, 92-100.	1.2	28

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2413	Mediterranean Dietary Pattern at Middle Age and Risk of Parkinson's Disease: A Swedish Cohort Study. <i>Movement Disorders</i> , 2021, 36, 255-260.	2.2	41
2414	Promoting exercise, reducing sedentarism or both for diabetes prevention: The "Seguimiento Universidad De Navarra" (SUN) cohort. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2021, 31, 411-419.	1.1	6
2415	Beneficial effects of olive oil and Mediterranean diet on cancer physio-pathology and incidence. <i>Seminars in Cancer Biology</i> , 2021, 73, 178-195.	4.3	24
2416	Body shape trajectories and risk of breast cancer: results from the SUN ("Seguimiento Universidad De") Tj ETQq1 1.1 0.784314 rgBT /Ov	1.1	4
2417	Serum Metabolites Associated with Healthy Diets in African Americans and European Americans. <i>Journal of Nutrition</i> , 2021, 151, 40-49.	1.3	23
2418	Composite Score of Healthy Lifestyle Factors and Risk of Hepatocellular Carcinoma: Findings from a Prospective Cohort Study. <i>Cancer Epidemiology Biomarkers and Prevention</i> , 2021, 30, 380-387.	1.1	13
2419	The Mediterranean diet between traditional foods and human health through culinary examples. , 2021, , 75-99.		4
2420	Mediterranean diet and its components. , 2021, , 293-306.		3
2421	The CASSIOPEA Study (Economic Crisis and Adherence to the Mediterranean diet: possible impact on) Tj ETQq0 0 0 rgBT /Overlock 10 T Rationale, design and characteristics of participants. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2021, 31, 1053-1062.	1.1	4
2422	Dietary Patterns and Cognitive Health in Older Adults: Findings from the Sydney Memory and Ageing Study. <i>Journal of Nutrition, Health and Aging</i> , 2021, 25, 255-262.	1.5	17
2423	Ultra-processed food consumption is associated with increased risk of all-cause and cardiovascular mortality in the Moli-sani Study. <i>American Journal of Clinical Nutrition</i> , 2021, 113, 446-455.	2.2	103
2424	Polyphenol intake and cognitive decline in the Seguimiento Universidad de Navarra (SUN) Project. <i>British Journal of Nutrition</i> , 2021, 126, 43-52.	1.2	10
2425	Association between dietary factors and brown adipose tissue volume/18F-FDG uptake in young adults. <i>Clinical Nutrition</i> , 2021, 40, 1997-2008.	2.3	8
2426	Mediterranean diet as a nutritional approach for COVID-19. <i>Metabolism: Clinical and Experimental</i> , 2021, 114, 154407.	1.5	63
2427	Association of carbohydrate quality and all-cause mortality in the SUN Project: A prospective cohort study. <i>Clinical Nutrition</i> , 2021, 40, 2364-2372.	2.3	12
2428	Quality diet indexes and risk of hepatocellular carcinoma: Findings from the Singapore Chinese Health Study. <i>International Journal of Cancer</i> , 2021, 148, 2102-2114.	2.3	13
2429	The association of the Mediterranean diet with heart failure risk in a Dutch population. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2021, 31, 60-66.	1.1	7
2430	The Relationship of Vitamin D Status, Adherence to the Mediterranean Diet, and Physical Activity in Obese Children and Adolescents. <i>Journal of Medicinal Food</i> , 2021, 24, 385-393.	0.8	6

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2431	Association of organic food consumption with obesity in a nationally representative sample. <i>British Journal of Nutrition</i> , 2021, 125, 703-711.	1.2	7
2432	The reliability and relative validity of predefined dietary patterns were higher than that of exploratory dietary patterns in the European Prospective Investigation into Cancer and Nutrition (EPIC)-Potsdam population. <i>British Journal of Nutrition</i> , 2021, 125, 1270-1280.	1.2	6
2433	Mediterranean Diet and Risk of Rheumatoid Arthritis: Findings From the French E3Nâ€“EPIC Cohort Study. <i>Arthritis and Rheumatology</i> , 2021, 73, 69-77.	2.9	30
2434	Effect of culinary education curriculum on Mediterranean diet adherence and food cost savings in families: a randomised controlled trial. <i>Public Health Nutrition</i> , 2021, 24, 2297-2303.	1.1	33
2435	Examining the Effect of a 1-yr Lifestyle Intervention on Cardiometabolic and Inflammatory Biomarkers in Youth with Overweight or Obesity: A Pilot Study. <i>Translational Journal of the American College of Sports Medicine</i> , 2021, 6, .	0.3	0
2436	Impact of cardiometabolic disease on cognitive function. , 2021, , 357-368.		0
2437	Changes in diet quality and body weight over 10 years: the Multiethnic Cohort Study. <i>British Journal of Nutrition</i> , 2021, 126, 1389-1397.	1.2	15
2438	Nutrition and osteoporosis. , 2021, , 503-529.		1
2440	Effects of High Glucose and Lipotoxicity on Diabetic Podocytes. <i>Nutrients</i> , 2021, 13, 241.	1.7	22
2442	Olive oilâ€“contained phenolic compounds protect cells against H2O2-induced damage and modulate redox signaling by chelating intracellular labile iron. , 2021, , 231-237.		1
2443	<scp>MIND</scp> and Mediterranean Diets Associated with Later Onset of Parkinson's Disease. <i>Movement Disorders</i> , 2021, 36, 977-984.	2.2	53
2444	Dietary fatty acids and CHD: from specific recommendations to dietary patterns. <i>Nutrition Research Reviews</i> , 2021, 34, 1-19.	2.1	5
2445	Cardiovascular Aging and Longevity. <i>Journal of the American College of Cardiology</i> , 2021, 77, 189-204.	1.2	36
2446	Effects of Fruit and Vegetable-Based Nutraceutical on Cognitive Function in a Healthy Population: Placebo-Controlled, Double-Blind, and Randomized Clinical Trial. <i>Antioxidants</i> , 2021, 10, 116.	2.2	10
2447	Olive oil consumption is associated with lower frailty risk: a prospective cohort study of community-dwelling older adults. <i>Age and Ageing</i> , 2022, 51, .	0.7	5
2448	The Association between Dietary Variety and Physical Frailty in Community-Dwelling Older Adults. <i>Healthcare (Switzerland)</i> , 2021, 9, 32.	1.0	12
2449	A longitudinal association between the traditional Japanese diet score and incidence and mortality of breast cancerâ€“an ecological study. <i>European Journal of Clinical Nutrition</i> , 2021, 75, 929-936.	1.3	11
2450	Mediterranean Diet, Screen-Time-Based Sedentary Behavior and Their Interaction Effect on Adiposity in European Adolescents: The HELENA Study. <i>Nutrients</i> , 2021, 13, 474.	1.7	9

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2451	Maternal Factors Associated with Levels of Fatty Acids, Specifically n-3 PUFA during Pregnancy: ECLIPSES Study. <i>Nutrients</i> , 2021, 13, 317.	1.7	21
2452	Are Dietary Indices Associated with Polycystic Ovary Syndrome and Its Phenotypes? A Preliminary Study. <i>Nutrients</i> , 2021, 13, 313.	1.7	11
2453	Machine learning-guided phenotyping of dilated cardiomyopathy and treatment of heart failure by antisense oligonucleotides: the future has begun. <i>European Heart Journal</i> , 2021, 42, 139-142.	1.0	2
2454	Adherence to Mediterranean Diet, Physical Activity and Survival after Prostate Cancer Diagnosis. <i>Nutrients</i> , 2021, 13, 243.	1.7	10
2455	Prevention and Treatment of Obesity for Cardiovascular Risk Mitigation: Dietary and Pharmacologic Approaches. <i>Contemporary Cardiology</i> , 2021, , 129-141.	0.0	0
2456	Adherence to the Mediterranean diet and body composition of breast-feeding mothers: the potential role of unsaturated fatty acids. <i>Journal of Nutritional Science</i> , 2021, 10, e63.	0.7	3
2457	The Lunch Conference Diet: Fostering Resident Engagement in Culinary Medicine Through a Curriculum Centered on Changes to Provided Conference Food. <i>American Journal of Lifestyle Medicine</i> , 2021, 15, 249-255.	0.8	1
2459	The association between self-perceived walking pace with the incidence of hypertension: the "Seguimiento Universidad de Navarra"™ cohort. <i>Journal of Hypertension</i> , 2021, 39, 1188-1194.	0.3	5
2460	Maternal Adherence to the Mediterranean Diet during Pregnancy: A Review of Commonly Used a priori Indexes. <i>Nutrients</i> , 2021, 13, 582.	1.7	11
2461	Global relationship between Mediterranean diet and the incidence and mortality of ischaemic heart disease. <i>European Journal of Public Health</i> , 2021, 31, 608-612.	0.1	4
2462	Association between Depression, Lifestyles, Sleep Quality, and Sense of Coherence in a Population with Cardiovascular Risk. <i>Nutrients</i> , 2021, 13, 585.	1.7	18
2464	Developing a methodology to create nutritionally balanced meals. <i>British Food Journal</i> , 2021, 123, 2170-2182.	1.6	3
2465	Protein Intake and Physical Activity in Newly Diagnosed Patients with Acute Coronary Syndrome: A 5-Year Longitudinal Study. <i>Nutrients</i> , 2021, 13, 634.	1.7	16
2466	Z-score neurofeedback, heart rate variability biofeedback, and brain coaching for older adults with memory concerns. <i>Restorative Neurology and Neuroscience</i> , 2021, 39, 9-37.	0.4	4
2467	Assessing Overall Diet Quality: Development and Evaluation of the Performance of a Short Self-Administrated Questionnaire SCASA. <i>Nutrients</i> , 2021, 13, 677.	1.7	2
2468	The Christian Orthodox Church Fasting Diet Is Associated with Lower Levels of Depression and Anxiety and a Better Cognitive Performance in Middle Life. <i>Nutrients</i> , 2021, 13, 627.	1.7	10
2469	The gut microbiome modulates the protective association between a Mediterranean diet and cardiometabolic disease risk. <i>Nature Medicine</i> , 2021, 27, 333-343.	15.2	179
2470	Dietary Antioxidant Vitamins and Minerals and Breast Cancer Risk: Prospective Results from the SUN Cohort. <i>Antioxidants</i> , 2021, 10, 340.	2.2	14

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2471	Nutrition from the kitchen: culinary medicine impacts students' counseling confidence. BMC Medical Education, 2021, 21, 88.	1.0	26
2472	Plant food intake is associated with lower cadmium body burden in middle-aged adults. European Journal of Nutrition, 2021, 60, 3365-3374.	1.8	5
2473	Feasibility and acceptability of a multi-domain intervention to increase Mediterranean diet adherence and physical activity in older UK adults at risk of dementia: protocol for the MedEx-UK randomised controlled trial. BMJ Open, 2021, 11, e042823.	0.8	9
2474	An Active Lifestyle Is Associated with Better Cognitive Function Over Time in APOE ε4 Non-Carriers. Journal of Alzheimer's Disease, 2021, 79, 1257-1268.	1.2	9
2476	A priori dietary patterns and cardiovascular disease incidence in adult population-based studies: a review of recent evidence. Critical Reviews in Food Science and Nutrition, 2022, 62, 6153-6168.	5.4	5
2477	Associations between habitual diet, metabolic disease, and the gut microbiota using latent Dirichlet allocation. Microbiome, 2021, 9, 61.	4.9	47
2478	Maternal diet in pregnancy is associated with differences in child body mass index trajectories from birth to adolescence. American Journal of Clinical Nutrition, 2021, 113, 895-904.	2.2	24
2479	Diet Quality and Breast Cancer Recurrence and Survival: The Pathways Study. JNCI Cancer Spectrum, 2021, 5, pkab019.	1.4	21
2480	Using a Paleo Ratio to Assess Adherence to Paleolithic Dietary Recommendations in a Randomized Controlled Trial of Individuals with Type 2 Diabetes. Nutrients, 2021, 13, 969.	1.7	8
2481	Dietary patterns and associations with biomarkers of inflammation in adults: a systematic review of observational studies. Nutrition Journal, 2021, 20, 24.	1.5	72
2482	Multinational dietary changes and anxiety during the coronavirus pandemic-findings from Israel. Israel Journal of Health Policy Research, 2021, 10, 28.	1.4	21
2483	Measuring the health effects of food by metabolomics. Critical Reviews in Food Science and Nutrition, 2022, 62, 6359-6373.	5.4	11
2486	Egg consumption and risk of all-cause and cause-specific mortality in an Italian adult population. European Journal of Nutrition, 2021, 60, 3691-3702.	1.8	17
2487	Maternal diet patterns during early pregnancy in relation to neonatal outcomes. American Journal of Clinical Nutrition, 2021, 114, 358-367.	2.2	18
2488	Association of Adherence to the Mediterranean-Style Diet with Lower Frailty Index in Older Adults. Nutrients, 2021, 13, 1129.	1.7	15
2489	Pathogenic Microenvironment from Diabetic-Obese Visceral and Subcutaneous Adipocytes Activating Differentiation of Human Healthy Preadipocytes Increases Intracellular Fat, Effect of the Apocarotenoid Crocetin. Nutrients, 2021, 13, 1032.	1.7	4
2490	Relationship between diet quality scores and the risk of frailty and mortality in adults across a wide age spectrum. BMC Medicine, 2021, 19, 64.	2.3	50
2491	Association between gastrointestinal symptoms and depression among older adults in Taiwan: A cross-sectional study. Journal of the Chinese Medical Association, 2021, 84, 331-335.	0.6	11

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2492	Macronutrient Quality and All-Cause Mortality in the SUN Cohort. <i>Nutrients</i> , 2021, 13, 972.	1.7	11
2493	Nutritional Approaches for Attenuating Muscle Atrophy. , 0, , .		1
2494	Metabolomic Biomarkers of Healthy Dietary Patterns and Cardiovascular Outcomes. <i>Current Atherosclerosis Reports</i> , 2021, 23, 26.	2.0	16
2495	Relationship between the quality of the pregnant woman's diet and birth weight: a prospective cohort study. <i>European Journal of Clinical Nutrition</i> , 2021, 75, 1819-1828.	1.3	5
2496	Risk-benefit in food safety and nutrition – Outcome of the 2019 Parma Summer School. <i>Food Research International</i> , 2021, 141, 110073.	2.9	16
2497	Association of adherence to the Mediterranean diet and physical activity habits with the presence of insomnia in patients with obstructive sleep apnea. <i>Sleep and Breathing</i> , 2022, 26, 89-97.	0.9	8
2498	Carbohydrate intake and risk of glaucoma in the sun cohort. <i>European Journal of Ophthalmology</i> , 2022, 32, 999-1008.	0.7	3
2499	Exposomes and metabolic health through a physical activity lens: a narrative review. <i>Journal of Endocrinology</i> , 2021, 249, R25-R41.	1.2	7
2500	Distinguishing between healthy and pathological orthorexia: a cluster analytic study. <i>Eating and Weight Disorders</i> , 2022, 27, 325-334.	1.2	12
2501	Impact of dietary and obesity genetic risk scores on weight gain. <i>American Journal of Clinical Nutrition</i> , 2021, 114, 741-751.	2.2	5
2502	Depression and metabolic syndrome in participants of the "Seguimiento Universidad de Navarra" (SUN) cohort study. <i>Journal of Affective Disorders</i> , 2021, 284, 183-189.	2.0	6
2503	Unhealthy Diet Pattern Mediates the Disproportionate Prevalence of Obesity among Adults with Socio-Economic Disadvantage: An Australian Representative Cross-Sectional Study. <i>Nutrients</i> , 2021, 13, 1363.	1.7	7
2504	Adherence to the Mediterranean Diet and Determinants Among Pregnant Women: The NELA Cohort. <i>Nutrients</i> , 2021, 13, 1248.	1.7	5
2505	Dietary calcium, vitamin D, and breast cancer risk in women: findings from the SUN cohort. <i>European Journal of Nutrition</i> , 2021, 60, 3783-3797.	1.8	4
2506	The SHED Index: a tool for assessing a Sustainable HEalthy Diet. <i>European Journal of Nutrition</i> , 2021, 60, 3897-3909.	1.8	20
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2509	Changes in the consumption of foods characterising the Mediterranean dietary pattern and major correlates during the COVID-19 confinement in Italy: results from two cohort studies. <i>International Journal of Food Sciences and Nutrition</i> , 2021, 72, 1105-1117.	1.3	22
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2513	Advances in dietary pattern analysis in nutritional epidemiology. <i>European Journal of Nutrition</i> , 2021, 60, 4115-4130.	1.8	43
2514	Coffee Consumption and All-Cause, Cardiovascular, and Cancer Mortality in an Adult Mediterranean Population. <i>Nutrients</i> , 2021, 13, 1241.	1.7	16
2515	Relationships between diet and basal fat oxidation and maximal fat oxidation during exercise in sedentary adults. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2021, 31, 1087-1101.	1.1	10
2516	Diet quality indices, genetic risk and risk of cardiovascular disease and mortality: a longitudinal analysis of 77% UK Biobank participants. <i>BMJ Open</i> , 2021, 11, e045362.	0.8	19
2517	Adherence to the Mediterranean Diet and anthropometric profile of obese Algerian subjects. <i>Najfmr</i> , 2021, 5, 23-29.	0.1	0
2518	Mediterranean diet and the risk of COVID-19 in the "Seguimiento Universidad de Navarra" cohort. <i>Clinical Nutrition</i> , 2022, 41, 3061-3068.	2.3	52
2519	Estimating the effect of nutritional interventions using observational data: the American Heart Association's 2020 Dietary Goals and mortality. <i>American Journal of Clinical Nutrition</i> , 2021, 114, 690-703.	2.2	28
2520	Diet and erythrocyte metal concentrations in early pregnancy" cross-sectional analysis in Project Viva. <i>American Journal of Clinical Nutrition</i> , 2021, 114, 540-549.	2.2	20
2521	Blood cadmium and physical function limitations in older adults. <i>Environmental Pollution</i> , 2021, 276, 116748.	3.7	7
2522	Low Mediterranean Diet scores are associated with reduced kidney function and health related quality of life but not other markers of cardiovascular risk in adults with diabetes and chronic kidney disease. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2021, 31, 1445-1453.	1.1	14
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2526	Mediterranean diet and lung function, sensitization, and asthma at school age: The PARIS cohort. <i>Pediatric Allergy and Immunology</i> , 2021, 32, 1437-1444.	1.1	19
2527	Micellar Nanocarriers of Hydroxytyrosol Are Protective against Parkinson's Related Oxidative Stress in an In Vitro hCMEC/D3-SH-SY5Y Co-Culture System. <i>Antioxidants</i> , 2021, 10, 887.	2.2	13
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2530	Age-related macular degeneration. <i>Nature Reviews Disease Primers</i> , 2021, 7, 31.	18.1	340
2531	Mediterranean Diet, Alzheimer Disease Biomarkers, and Brain Atrophy in Old Age. <i>Neurology</i> , 2021, 96, .	1.5	72
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2533	Association of food quality index with subclinical inflammation in middle-aged obese men. <i>Mediterranean Journal of Nutrition and Metabolism</i> , 2021, 14, 163-171.	0.2	0
2534	Description of Lifestyle, Including Social Life, Diet and Physical Activity, of People ≥90 years Living in Ikaria, a Longevity Blue Zone. <i>International Journal of Environmental Research and Public Health</i> , 2021, 18, 6602.	1.2	18
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2538	Weight-related behaviors and weight loss maintenance: a cross-sectional study in Cyprus. <i>BMC Public Health</i> , 2021, 21, 1115.	1.2	4
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2540	Diet quality in relation to the risk of hypertension among Iranian adults: cross-sectional analysis of Fasa PERSIAN cohort study. <i>Nutrition Journal</i> , 2021, 20, 57.	1.5	12
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2543	Associations between Adherence to Four A Priori Dietary Indexes and Cardiometabolic Risk Factors among Hyperlipidemic Patients. <i>Nutrients</i> , 2021, 13, 2179.	1.7	9
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2549	Dietary selenium intake and risk of hospitalization for type 2 diabetes in the Moli-sani study cohort. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2021, 31, 1738-1746.	1.1	25
2550	A Critical Review of the Study of Neuroprotective Diets to Reduce Cognitive Decline. <i>Nutrients</i> , 2021, 13, 2264.	1.7	22
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2552	Pre-Gestational Consumption of Ultra-Processed Foods and Risk of Gestational Diabetes in a Mediterranean Cohort. The SUN Project. <i>Nutrients</i> , 2021, 13, 2202.	1.7	18
2553	The Nutri-Score nutrition label. <i>International Journal for Vitamin and Nutrition Research</i> , 2022, 92, 147-157.	0.6	34
2554	Poor Dietary Quality and Patterns Are Associated with Higher Perceived Stress among Women of Reproductive Age in the UK. <i>Nutrients</i> , 2021, 13, 2588.	1.7	9
2555	Association between body mass index, waist circumference, and relative fat mass with the risk of first unprovoked venous thromboembolism. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2021, 31, 3122-3130.	1.1	7
2556	Whole-Grain Intake in the Mediterranean Diet and a Low Protein to Carbohydrates Ratio Can Help to Reduce Mortality from Cardiovascular Disease, Slow Down the Progression of Aging, and to Improve Lifespan: A Review. <i>Nutrients</i> , 2021, 13, 2540.	1.7	18
2557	Dietary and Lifestyle-Centered Approach in Gout Care and Prevention. <i>Current Rheumatology Reports</i> , 2021, 23, 51.	2.1	21
2558	Authors' reply. <i>British Journal of Psychiatry</i> , 2021, 219, 462-463.	1.7	0
2559	Efficacy of Dietary and Supplementation Interventions for Individuals with Type 2 Diabetes. <i>Nutrients</i> , 2021, 13, 2378.	1.7	12
2560	Comparing dietary score associations with lipoprotein particle subclass profiles: A cross-sectional analysis of a middle-to older-aged population. <i>Clinical Nutrition</i> , 2021, 40, 4720-4729.	2.3	16
2561	Mediterranean diet scoring systems: understanding the evolution and applications for Mediterranean and non-Mediterranean countries. <i>British Journal of Nutrition</i> , 2022, 128, 1371-1392.	1.2	26
2562	Assessment of Adherence to the Healthy Food Pyramid in Pregnant and Lactating Women. <i>Nutrients</i> , 2021, 13, 2372.	1.7	8
2563	Adhering to a Mediterranean diet in a Mediterranean country: an excess cost for families?. <i>British Journal of Nutrition</i> , 2021, , 1-8.	1.2	3
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2567	Leisure-time physical activity, sedentary behavior, and risk of breast cancer: Results from the SUN (â€Seguimiento Universidad De Navarraâ€™) project. <i>Preventive Medicine</i> , 2021, 148, 106535.	1.6	7
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2569	Adherence to a Healthy Lifestyle and the Risk of All-Cause Mortality and Cardiovascular Events in Individuals With Diabetes: The ARIC Study. <i>Frontiers in Nutrition</i> , 2021, 8, 698608.	1.6	7
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2571	Association between Diet Quality and Sarcopenia in Older Adults: Systematic Review of Prospective Cohort Studies. <i>Life</i> , 2021, 11, 811.	1.1	13
2572	Design and implementation of a standard care programme of therapeutic exercise and education for breast cancer survivors. <i>Supportive Care in Cancer</i> , 2022, 30, 1243-1251.	1.0	5
2573	The Mediterranean diet and health: a comprehensive overview. <i>Journal of Internal Medicine</i> , 2021, 290, 549-566.	2.7	210
2574	Dietary patterns in middle age: effects on concurrent neurocognition and risk of age-related cognitive decline. <i>Nutrition Reviews</i> , 2022, 80, 1129-1159.	2.6	22
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2577	Maternal diet quality during pregnancy is associated with biomarkers of metabolic risk among male offspring. <i>Diabetologia</i> , 2021, 64, 2478-2490.	2.9	15
2578	Mediterranean Diet is Associated with Reduced Risk of Abdominal Aortic Aneurysm in Smokers: Results of Two Prospective Cohort Studies. <i>European Journal of Vascular and Endovascular Surgery</i> , 2021, 62, 284-293.	0.8	13
2579	Barriers and facilitators to participant adherence of dietary recommendations within comprehensive cardiac rehabilitation programmes: a systematic review. <i>Public Health Nutrition</i> , 2021, 24, 4823-4839.	1.1	7
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2581	Gut Microbiota Differences According to Ultra-Processed Food Consumption in a Spanish Population. <i>Nutrients</i> , 2021, 13, 2710.	1.7	45
2582	Exploring domains, clinical implications and environmental associations of a deep learning marker of biological ageing. <i>European Journal of Epidemiology</i> , 2022, 37, 35-48.	2.5	14
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2586	Development of a Portfolio Diet Score and Its Concurrent and Predictive Validity Assessed by a Food Frequency Questionnaire. <i>Nutrients</i> , 2021, 13, 2850.	1.7	7
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2588	Adherence to the Mediterranean Diet, Five-Year Weight Change, and Risk of Overweight and Obesity: A Systematic Review and Dose-Response Meta-Analysis of Prospective Cohort Studies. <i>Advances in Nutrition</i> , 2022, 13, 152-166.	2.9	29
2589	Global trends and performances of Mediterranean diet. <i>Medicine (United States)</i> , 2021, 100, e27175.	0.4	5
2590	Retirement is associated with a decrease in dietary quality. <i>Clinical Nutrition ESPEN</i> , 2021, 45, 206-212.	0.5	1
2591	Maternal Dietary Quality and Dietary Inflammation Associations with Offspring Growth, Placental Development, and DNA Methylation. <i>Nutrients</i> , 2021, 13, 3130.	1.7	26
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2593	A Randomized Trial Comparing the Specific Carbohydrate Diet to a Mediterranean Diet in Adults With Crohn's Disease. <i>Gastroenterology</i> , 2021, 161, 837-852.e9.	0.6	113
2594	Influencia del confinamiento ocurrido en España debido a la pandemia por el virus SARS-CoV-2 en la adherencia a la dieta mediterránea. <i>Clínica E Investigación En Arteriosclerosis</i> , 2021, 33, 235-246.	0.4	3
2595	Cross-sectional and longitudinal associations between adherence to Mediterranean diet with physical performance and cognitive function in older adults: A systematic review and meta-analysis. <i>Ageing Research Reviews</i> , 2021, 70, 101395.	5.0	95
2596	The Mediterranean diet and dietary approach to stop hypertension (DASH)-style diet are differently associated with lipid profile in a large sample of Iranian adults: a cross-sectional study of Shahedieh cohort. <i>BMC Endocrine Disorders</i> , 2021, 21, 192.	0.9	9
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2603	Maternal diet quality during pregnancy and child cognition and behavior in a US cohort. <i>American Journal of Clinical Nutrition</i> , 2022, 115, 128-141.	2.2	27
2604	Poor quality of dietary assessment in randomized controlled trials of nutritional interventions for type 2 diabetes may affect outcome conclusions: A systematic review and meta-analysis. <i>Nutrition</i> , 2022, 94, 111498.	1.1	3
2605	Long-Term Trends (1994â€“2011) and Predictors of Total Alcohol and Alcoholic Beverages Consumption: The EPIC Greece Cohort. <i>Nutrients</i> , 2021, 13, 3077.	1.7	5
2606	Associations of dietary markers with brain volume and connectivity: A systematic review of MRI studies. <i>Ageing Research Reviews</i> , 2021, 70, 101360.	5.0	23
2607	Diet quality and incident chronic kidney disease in the general population: The Lifelines Cohort Study. <i>Clinical Nutrition</i> , 2021, 40, 5099-5105.	2.3	11
2608	Association of Cycling With All-Cause and Cardiovascular Disease Mortality Among Persons With Diabetes. <i>JAMA Internal Medicine</i> , 2021, 181, 1196.	2.6	16
2609	Increased Adiposity Appraised with CUN-BAE Is Highly Predictive of Incident Hypertension. The SUN Project. <i>Nutrients</i> , 2021, 13, 3309.	1.7	1
2610	Consumersâ€™ Trust in Greek Traditional Foods in the Post COVID-19 Era. <i>Sustainability</i> , 2021, 13, 9975.	1.6	14
2611	Diet Quality Indices in the SUN Cohort: Observed Changes and Predictors of Changes in Scores Over a 10-Year Period. <i>Journal of the Academy of Nutrition and Dietetics</i> , 2021, 121, 1948-1960.e7.	0.4	8
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2614	Nutrition, nutritional deficiencies, and schizophrenia: An association worthy of constant reassessment. <i>World Journal of Clinical Cases</i> , 2021, 9, 8295-8311.	0.3	14
2615	Mediterranean diet and cognitive function: From methodology to mechanisms of action. <i>Free Radical Biology and Medicine</i> , 2021, 176, 105-117.	1.3	35
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2618	The role of diet in hyperuricemia and gout. <i>Current Opinion in Rheumatology</i> , 2021, 33, 135-144.	2.0	60
2619	Healthy Diet for Older Adults: A Focus on Mediterranean Diet. , 2021, , 781-794.		0

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2622	Urinary sodium-to-potassium ratio: a simple and useful indicator of diet quality in population-based studies. <i>European Journal of Medical Research</i> , 2021, 26, 3.	0.9	15
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2626	Diet and risk of gastro-oesophageal reflux disease in the Melbourne Collaborative Cohort Study. <i>Public Health Nutrition</i> , 2021, 24, 5034-5046.	1.1	8
2627	Mediterranean Diet, Lifestyle Factors, and Mortality. <i>JAMA - Journal of the American Medical Association</i> , 2005, 293, 674.	3.8	4
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2634	Mediterranean Diet and Dietary Sodium Intake. , 2013, , 235-245.		2
2636	Nutrition and Diabetic Retinopathy. , 2007, , 241-256.		1
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2638	Chronomics of the Metabolic Syndrome. , 2008, , 373-386.		3
2639	Nutrition and the Benefits of Early Interventions in Diabetes, Cardiovascular and Noncommunicable Diseases. , 2011, , 365-390.		1
2640	Rehabilitation in Elderly Patients. , 2007, , 383-392.		1
2641	Diet Quality and Cardiovascular Disease Prevention. , 2015, , 245-254.		1
2642	Lipotoxicity in Obesity: Benefit of Olive Oil. <i>Advances in Experimental Medicine and Biology</i> , 2017, 960, 607-617.	0.8	9

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2644	Association of a traditional Mediterranean diet and non-Mediterranean dietary scores with all-cause and cause-specific mortality: prospective findings from the Moli-sani Study. European Journal of Nutrition, 2021, 60, 729-746.	1.8	18
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2648	Prinzipien vollwertiger ErnÃ©hrung. , 2006, , 201-220.		1
2649	Cured ham consumption and incidence of hypertension: The "Seguimiento Universidad de Navarra" (SUN) cohort. Medicina ClÃ©nica, 2020, 155, 9-17.	0.3	5
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2656	Food, Nutrition, and Population Health: From Scarcity to Social Inequalities. , 2006, , 135-172.		8
2657	Healthful dietary patterns and risk of end-stage kidney disease: the Singapore Chinese Health Study. American Journal of Clinical Nutrition, 2021, 113, 675-683.	2.2	9
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2660	Relative validity and reproducibility of a 14-item semi-quantitative food frequency questionnaire for cardiovascular prevention. European Journal of Cardiovascular Prevention and Rehabilitation, 2005, 12, 587-595.	3.1	37
2661	MEDITERRANEAN DIET, LIFESTYLE FACTORS, AND 10-YEAR MORTALITY IN ELDERLY EUROPEAN MEN AND WOMEN: THE HALE PROJECT. Evidence-Based Eye Care, 2005, 6, 48-49.	0.2	2

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3220	Impact of physical activity during pregnancy on infant neurodevelopment. <i>Journal of Reproductive and Infant Psychology</i> , 0, , 1-16.	0.9	0
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