

Olive oil, the Mediterranean diet, and arterial blood pressure  
Prospective Investigation into Cancer and Nutrition (EPIC)

American Journal of Clinical Nutrition

80, 1012-1018

DOI: [10.1093/ajcn/80.4.1012](https://doi.org/10.1093/ajcn/80.4.1012)

Citation Report

#	ARTICLE	IF	CITATIONS
1	Virgin olive oil reduces blood pressure in hypertensive elderly subjects. <i>Clinical Nutrition</i> , 2004, 23, 1113-1121.	2.3	99
4	Oxidative stress in brain aging, neurodegenerative and vascular diseases: An overview. <i>Journal of Chromatography B: Analytical Technologies in the Biomedical and Life Sciences</i> , 2005, 827, 65-75.	1.2	556
5	A Mediterranean-Style Diet and Metabolic Syndrome. <i>Nutrition Reviews</i> , 2005, 63, 312-314.	2.6	40
6	Unsaturated fatty acids intake and all-causes mortality: a 8.5-year follow-up of the Italian Longitudinal Study on Aging. <i>Experimental Gerontology</i> , 2005, 40, 335-343.	1.2	33
7	Position paper of the American Dietetic Association: Nutrition across the spectrum of aging. <i>Journal of the American Dietetic Association</i> , 2005, 105, 616-633.	1.3	113
8	Effects of polyphenols on human Th1 and Th2 cytokine production. <i>Clinical Nutrition</i> , 2005, 24, 780-784.	2.3	33
9	Influence of the DASH diet and other low-fat, high-carbohydrate diets on blood pressure. <i>Current Atherosclerosis Reports</i> , 2005, 7, 446-454.	2.0	14
10	The Medi-RIVAGE study: reduction of cardiovascular disease risk factors after a 3-mo intervention with a Mediterranean-type diet or a low-fat diet. <i>American Journal of Clinical Nutrition</i> , 2005, 82, 954-961.	2.2	233
11	Low-fat dairy consumption and reduced risk of hypertension: the Seguimiento Universidad de Navarra (SUN) cohort. <i>American Journal of Clinical Nutrition</i> , 2005, 82, 972-979.	2.2	132
12	Effects of Protein, Monounsaturated Fat, and Carbohydrate Intake on Blood Pressure and Serum Lipids. <i>JAMA - Journal of the American Medical Association</i> , 2005, 294, 2455.	3.8	989
14	The role of Mediterranean diet in the epidemiology of metabolic syndrome; converting epidemiology to clinical practice. <i>Lipids in Health and Disease</i> , 2005, 4, 7.	1.2	41
15	Aceite de oliva y prevenci3n cardiovascular: m3s que una grasa. <i>Cl3nica E Investigaci3n En Arteriosclerosis</i> , 2006, 18, 195-205.	0.4	6
16	Traditional foods: Why and how to sustain them. <i>Trends in Food Science and Technology</i> , 2006, 17, 498-504.	7.8	122
17	Health benefits of monounsaturated fatty acids. , 2006, , 71-106.		7
18	Effects of dietary saturated, monounsaturated, and n~3 fatty acids on blood pressure in healthy subjects. <i>American Journal of Clinical Nutrition</i> , 2006, 83, 221-226.	2.2	170
19	The use of indexes evaluating the adherence to the Mediterranean diet in epidemiological studies: a review. <i>Public Health Nutrition</i> , 2006, 9, 132-146.	1.1	326
20	Mediterranean dietary pattern and mortality among young women: a cohort study in Sweden. <i>British Journal of Nutrition</i> , 2006, 96, 384-392.	1.2	131
21	Monounsaturated fatty acids, olive oil and blood pressure: epidemiological, clinical and experimental evidence. <i>Public Health Nutrition</i> , 2006, 9, 251-257.	1.1	97

#	ARTICLE	IF	CITATIONS
22	The SUN cohort study (Seguimiento University of Navarra). <i>Public Health Nutrition</i> , 2006, 9, 127-131.	1.1	70
23	Effects of a Mediterranean-Style Diet on Cardiovascular Risk Factors. <i>Annals of Internal Medicine</i> , 2006, 145, 1.	2.0	1,430
24	The Effect of Polyphenols in Olive Oil on Heart Disease Risk Factors. <i>Annals of Internal Medicine</i> , 2006, 145, 333.	2.0	627
25	The health effects of dietary unsaturated fatty acids. <i>Nutrition Bulletin</i> , 2006, 31, 178-224.	0.8	273
26	Monounsaturated Fat and Cardiovascular Risk. <i>Nutrition Reviews</i> , 2006, 64, S2-S12.	2.6	30
27	Minor Components of Olive Oil: Evidence to Date of Health Benefits in Humans. <i>Nutrition Reviews</i> , 2006, 64, S20-S30.	2.6	129
28	Role of Olive Oil and Monounsaturated Fatty Acids in Mitochondrial Oxidative Stress and Aging. <i>Nutrition Reviews</i> , 2006, 64, S31-S39.	2.6	15
29	Mind&Body Medicine: Stress and Its Impact on Overall Health and Longevity. <i>Annals of the New York Academy of Sciences</i> , 2005, 1057, 492-505.	1.8	24
30	Lipid concentrations of wild edible greens in Crete. <i>Food Chemistry</i> , 2006, 99, 822-834.	4.2	47
31	The role of virgin olive oil components in the modulation of endothelial function. <i>Journal of Nutritional Biochemistry</i> , 2006, 17, 429-445.	1.9	234
33	Mediterranean diet and risk for Alzheimer's disease. <i>Annals of Neurology</i> , 2006, 59, 912-921.	2.8	930
34	Modified Cretan Mediterranean Diet in the Prevention of Coronary Heart Disease and Cancer: An Update. , 2006, 97, 1-32.		19
35	Endothelial Nitric Oxide Synthase as a Mediator of the Positive Health Effects of Mediterranean Diets and Wine against Metabolic Syndrome. , 2006, 97, 33-51.		6
36	Local Food and Cardioprotection: The Role of Phytochemicals. <i>Forum of Nutrition</i> , 2006, 59, 116-129.	3.7	12
37	Optimal Dietary Habits for the Prevention of Stroke. <i>Seminars in Neurology</i> , 2006, 26, 011-023.	0.5	103
38	Mediterranean Diet and Longevity. <i>Current Nutrition and Food Science</i> , 2006, 2, 337-342.	0.3	1
39	Antihypertensive action of 2-hydroxyoleic acid in SHR via modulation of the protein kinase A pathway and Rho kinase. <i>Journal of Lipid Research</i> , 2006, 47, 1762-1770.	2.0	36
40	Mediterranean Diet, Alzheimer Disease, and Vascular Mediation. <i>Archives of Neurology</i> , 2006, 63, 1709.	4.9	338

#	ARTICLE	IF	CITATIONS
41	Prevention of Hypertension and Organ Damage in 2-Kidney, 1-Clip Rats by Tetradecylthioacetic Acid. <i>Hypertension</i> , 2006, 48, 460-466.	1.3	18
42	Mediterranean diet and metabolic syndrome: a cross-sectional study in the Canary Islands. <i>Public Health Nutrition</i> , 2006, 9, 1089-1098.	1.1	87
43	Monounsaturated Fat and Cardiovascular Risk. <i>Nutrition Reviews</i> , 2006, 64, 2-12.	2.6	8
44	Importance of functional foods in the Mediterranean diet. <i>Public Health Nutrition</i> , 2006, 9, 1136-1140.	1.1	145
45	Minor Components of Olive Oil: Evidence to Date of Health Benefits in Humans. <i>Nutrition Reviews</i> , 2006, 64, 20-30.	2.6	79
46	Role of Olive Oil and Monounsaturated Fatty Acids in Mitochondrial Oxidative Stress and Aging. <i>Nutrition Reviews</i> , 2006, 64, 31-39.	2.6	7
47	Cohort profile: The "Seguimiento Universidad de Navarra" (SUN) study. <i>International Journal of Epidemiology</i> , 2006, 35, 1417-1422.	0.9	199
48	Wine, Diet, and Arterial Hypertension. <i>Angiology</i> , 2007, 58, 92-96.	0.8	27
49	Five-year incidence of hypertension and its determinants: the ATTICA study. <i>Journal of Human Hypertension</i> , 2007, 21, 686-688.	1.0	11
50	Relationship of asthma and rhinoconjunctivitis with obesity, exercise and Mediterranean diet in Spanish schoolchildren. <i>Thorax</i> , 2007, 62, 503-508.	2.7	152
51	Mediterranean Diet and Essential Tremor. <i>Neuroepidemiology</i> , 2007, 29, 170-177.	1.1	20
52	Benefits of the Mediterranean diet on cardiovascular disease. <i>Future Cardiology</i> , 2007, 3, 575-578.	0.5	4
53	The Association between Adherence to the Mediterranean Diet and Fasting Indices of Glucose Homeostasis: The ATTICA Study. <i>Journal of the American College of Nutrition</i> , 2007, 26, 32-38.	1.1	98
54	Mediterranean Diet Inversely Associated With the Incidence of Metabolic Syndrome. <i>Diabetes Care</i> , 2007, 30, 2957-2959.	4.3	208
55	The Effect of Polyphenols in Olive Oil on Heart Disease Risk Factors. <i>Annals of Internal Medicine</i> , 2007, 146, 394.	2.0	13
56	Effects of a Mediterranean-Style Diet on Cardiovascular Risk Factors. <i>Annals of Internal Medicine</i> , 2007, 146, 73.	2.0	13
57	Moderate Consumption of Olive Oil by Healthy European Men Reduces Systolic Blood Pressure in Non-Mediterranean Participants. <i>Journal of Nutrition</i> , 2007, 137, 84-87.	1.3	54
58	Dietary patterns and blood pressure change over 5-y follow-up in the SU.VI.MAX cohort. <i>American Journal of Clinical Nutrition</i> , 2007, 85, 1650-1656.	2.2	116

#	ARTICLE	IF	CITATIONS
59	Mediterranean Diet, Traditional Foods, and Health: Evidence from the Greek EPIC Cohort. <i>Food and Nutrition Bulletin</i> , 2007, 28, 236-240.	0.5	23
60	Association of fast food consumption with energy intake, diet quality, body mass index and the risk of obesity in a representative Mediterranean population. <i>British Journal of Nutrition</i> , 2007, 98, 1274-1280.	1.2	133
61	Does the periodic vegetarianism of Greek Orthodox Christians benefit blood pressure?. <i>Preventive Medicine</i> , 2007, 44, 341-348.	1.6	30
62	Adherence to the Mediterranean food pattern predicts the prevalence of hypertension, hypercholesterolemia, diabetes and obesity, among healthy adults; the accuracy of the MedDietScore. <i>Preventive Medicine</i> , 2007, 44, 335-340.	1.6	510
63	The altered homeostatic theory: A hypothesis proposed to be useful in understanding and preventing ischemic heart disease, hypertension, and diabetes including reducing the risk of age and atherosclerosis. <i>Medical Hypotheses</i> , 2007, 68, 415-433.	0.8	24
66	Olive oil and the cardiovascular system. <i>Pharmacological Research</i> , 2007, 55, 175-186.	3.1	317
68	Effects of Dietary Patterns. , 2007, , 89-98.		0
69	The influence of olive oil on human health: not a question of fat alone. <i>Molecular Nutrition and Food Research</i> , 2007, 51, 1199-1208.	1.5	190
70	Vasculoprotective potential of olive oil components. <i>Molecular Nutrition and Food Research</i> , 2007, 51, 1225-1234.	1.5	90
71	Olive oil and longevity. <i>Molecular Nutrition and Food Research</i> , 2007, 51, 1275-1278.	1.5	42
72	The potential role of olive oil-derived MUFA in insulin sensitivity. <i>Molecular Nutrition and Food Research</i> , 2007, 51, 1235-1248.	1.5	55
73	Compliance with the European and national nutritional objectives in a Mediterranean population. <i>European Journal of Clinical Nutrition</i> , 2007, 61, 1345-1351.	1.3	11
74	The impact of olive oil consumption pattern on the risk of acute coronary syndromes: the cardio2000 case-control study. <i>Clinical Cardiology</i> , 2007, 30, 125-129.	0.7	44
75	The Mediterranean food pattern: a good recipe for patients with the metabolic syndrome. <i>Mediterranean Journal of Nutrition and Metabolism</i> , 2008, 1, 3-14.	0.2	1
76	Food supplementation with an olive ( <i>Olea europaea</i> L.) leaf extract reduces blood pressure in borderline hypertensive monozygotic twins. <i>Phytotherapy Research</i> , 2008, 22, 1239-1242.	2.8	103
77	Alcoholic beverage preference and dietary pattern in Spanish university graduates: the SUN cohort study. <i>European Journal of Clinical Nutrition</i> , 2008, 62, 1178-1186.	1.3	33
78	Dietary management of the metabolic syndrome beyond macronutrients. <i>Nutrition Reviews</i> , 2008, 66, 429-444.	2.6	64
79	Heated Palm Oil Causes Rise in Blood Pressure and Cardiac Changes in Heart Muscle in Experimental Rats. <i>Archives of Medical Research</i> , 2008, 39, 567-572.	1.5	52

#	ARTICLE	IF	CITATIONS
80	Olive Oil, the Mediterranean Diet, and Cardiovascular Health. <i>Journal of the American College of Surgeons</i> , 2008, 207, 407-416.	0.2	156
81	Mediterranean Diet as a Protective Factor for Wheezing in Preschool Children. <i>Journal of Pediatrics</i> , 2008, 152, 823-828.e2.	0.9	110
82	Chemistry and Health of Olive Oil Phenolics. <i>Critical Reviews in Food Science and Nutrition</i> , 2008, 49, 218-236.	5.4	282
83	Adherence to Mediterranean diet and anthropometric and metabolic parameters in an observational study in the "Alto Molise"™ region: The MOLI-SAL project. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2008, 18, 415-421.	1.1	43
85	Oleic acid content is responsible for the reduction in blood pressure induced by olive oil. <i>Proceedings of the National Academy of Sciences of the United States of America</i> , 2008, 105, 13811-13816.	3.3	386
86	College Students™ Judgment of Others Based on Described Eating Pattern. <i>American Journal of Health Education</i> , 2008, 39, 213-220.	0.3	0
87	Adherence to a Mediterranean-type diet and reduced prevalence of clustered cardiovascular risk factors in a cohort of 3204 high-risk patients. <i>European Journal of Cardiovascular Prevention and Rehabilitation</i> , 2008, 15, 589-593.	3.1	126
88	Mediterranean Food and Diets, Global Resource for the Control of Metabolic Syndrome and Chronic Diseases. <i>World Review of Nutrition and Dietetics</i> , 2008, 98, 150-173.	0.1	11
89	Fruit and Vegetable Consumption and the Risk of Hypertension Determined by Self Measurement of Blood Pressure at Home: The Ohasama Study. <i>Hypertension Research</i> , 2008, 31, 1435-1443.	1.5	54
90	Fruit and vegetables and cardiovascular disease: epidemiological evidence from the non-Western world. <i>British Journal of Nutrition</i> , 2008, 99, 219-220.	1.2	14
91	Adherence Rates to the Mediterranean Diet Are Low in a Representative Sample of Greek Children and Adolescents. <i>Journal of Nutrition</i> , 2008, 138, 1951-1956.	1.3	149
92	Anthropometric and dietary determinants of blood pressure in over 7000 Mediterranean women: the European Prospective Investigation into Cancer and Nutrition-Florence cohort. <i>Journal of Hypertension</i> , 2008, 26, 2112-2120.	0.3	57
93	Acute combined effects of olive oil and wine on pressure wave reflections: another beneficial influence of the Mediterranean diet antioxidants?. <i>Journal of Hypertension</i> , 2008, 26, 223-229.	0.3	36
94	Administration of Minor Polar Compound-Enriched Extra Virgin Olive Oil Decreases Platelet Aggregation and the Plasma Concentration of Reduced Homocysteine in Rats. <i>Journal of Nutrition</i> , 2008, 138, 36-41.	1.3	12
95	Evaluation of nutritional quality of groundnut (&#x201c;Arachis Hypogaea&#x201c; L.) from Ghana.. <i>African Journal of Food, Agriculture, Nutrition and Development</i> , 2008, 8, .	0.1	26
96	The Mediterranean food pattern: a good recipe for patients with the metabolic syndrome. <i>Mediterranean Journal of Nutrition and Metabolism</i> , 2008, 1, 3-14.	0.2	0
97	The current status of and major trends in the world olive oil industry. , 2009, , 1-22.		2
98	Health Benefits of Traditional Culinary and Medicinal Mediterranean Plants. , 2009, , 541-562.		3

#	ARTICLE	IF	CITATIONS
99	Definition of the Mediterranean Diet Based on Bioactive Compounds. <i>Critical Reviews in Food Science and Nutrition</i> , 2009, 49, 145-152.	5.4	122
100	Close adherence to a Mediterranean diet improves endothelial function in subjects with abdominal obesity. <i>American Journal of Clinical Nutrition</i> , 2009, 90, 263-268.	2.2	182
101	Mediterranean diet and metabolic syndrome: the evidence. <i>Public Health Nutrition</i> , 2009, 12, 1607-1617.	1.1	151
102	Prenatal and childhood Mediterranean diet and the development of asthma and allergies in children. <i>Public Health Nutrition</i> , 2009, 12, 1629-1634.	1.1	70
103	Health impact of Mediterranean diets in food at work. <i>Public Health Nutrition</i> , 2009, 12, 1635-1643.	1.1	58
104	Olive Oil and Cognition: Results from the Three-City Study. <i>Dementia and Geriatric Cognitive Disorders</i> , 2009, 28, 357-364.	0.7	122
105	Inhibition of circulating immune cell activation: a molecular antiinflammatory effect of the Mediterranean diet. <i>American Journal of Clinical Nutrition</i> , 2009, 89, 248-256.	2.2	228
106	Lifestyle factors are determinants of children's blood pressure levels: the CYKIDS study. <i>Journal of Human Hypertension</i> , 2009, 23, 456-463.	1.0	54
107	Anti-aging medicine: pitfalls and hopes. <i>Aging Male</i> , 2009, 12, 13-20.	0.9	10
108	The Mediterranean Diet and Your Health. <i>American Journal of Lifestyle Medicine</i> , 2009, 3, 44-56.	0.8	23
109	Mediterranean Diet and Mild Cognitive Impairment. <i>Archives of Neurology</i> , 2009, 66, 216-25.	4.9	549
110	Foods E-KINDEX: A Dietary Index Associated with Reduced Blood Pressure Levels among Young Children: The CYKIDS Study. <i>Journal of the American Dietetic Association</i> , 2009, 109, 1070-1075.	1.3	30
111	Allium vegetable intake and risk of acute myocardial infarction in Italy. <i>European Journal of Nutrition</i> , 2009, 48, 120-123.	1.8	22
112	Role of vegetables and fruits in Mediterranean diets to prevent hypertension. <i>European Journal of Clinical Nutrition</i> , 2009, 63, 605-612.	1.3	54
113	Effects of the Mediterranean diet on longevity and age-related morbid conditions. <i>Maturitas</i> , 2009, 64, 67-79.	1.0	151
114	Mediterranean Diet and Incidence of and Mortality From Coronary Heart Disease and Stroke in Women. <i>Circulation</i> , 2009, 119, 1093-1100.	1.6	688
115	Hypertensive Status and Lipoprotein Oxidation in an Elderly Population at High Cardiovascular Risk. <i>American Journal of Hypertension</i> , 2009, 22, 68-73.	1.0	18
116	Olive Oil and Cardiovascular Health. <i>Journal of Cardiovascular Pharmacology</i> , 2009, 54, 477-482.	0.8	136

#	ARTICLE	IF	CITATIONS
117	Intake of Repeatedly Heated Palm Oil Causes Elevation in Blood Pressure with Impaired Vasorelaxation in Rats. <i>Tohoku Journal of Experimental Medicine</i> , 2009, 219, 71-78.	0.5	46
118	Low-fat dairy products and blood pressure: follow-up of 2290 older persons at high cardiovascular risk participating in the PREDIMED study. <i>British Journal of Nutrition</i> , 2009, 101, 59-67.	1.2	85
119	Association of BMI and nutritional habits with hypertension in the adult population of Croatia. <i>Public Health Nutrition</i> , 2009, 12, 97-104.	1.1	11
120	Combined effect of health behaviours and risk of first ever stroke in 20 040 men and women over 11 years' follow-up in Norfolk cohort of European Prospective Investigation of Cancer (EPIC Norfolk): prospective population study. <i>BMJ: British Medical Journal</i> , 2009, 338, b349-b349.	2.4	130
121	Anti-inflammatory effects of the Mediterranean diet: the experience of the PREDIMED study. <i>Proceedings of the Nutrition Society</i> , 2010, 69, 333-340.	0.4	246
122	Nutraceutical Properties of Mediterranean Diet and Cognitive Decline: Possible Underlying Mechanisms. <i>Journal of Alzheimer's Disease</i> , 2010, 22, 715-740.	1.2	149
123	Role of Fiber in Cardiovascular Diseases: A Review. <i>Comprehensive Reviews in Food Science and Food Safety</i> , 2010, 9, 240-258.	5.9	160
124	A Mediterranean diet rich in virgin olive oil may reverse the effects of the $\epsilon$ 174G/C IL6 gene variant on 3-year body weight change. <i>Molecular Nutrition and Food Research</i> , 2010, 54, S75-82.	1.5	46
125	Olive oil during pregnancy is associated with reduced wheezing during the first year of life of the offspring. <i>Pediatric Pulmonology</i> , 2010, 45, 395-402.	1.0	53
126	Mediterranean diet and asthma in Spanish schoolchildren. <i>Pediatric Allergy and Immunology</i> , 2010, 21, 1021-1027.	1.1	46
127	The role of the mediterranean diet on the development of the metabolic syndrome. <i>Frontiers in Bioscience - Elite</i> , 2010, E2, 1320-1333.	0.9	10
128	Vegetables, Unsaturated Fats, Moderate Alcohol Intake, and Mild Cognitive Impairment. <i>Dementia and Geriatric Cognitive Disorders</i> , 2010, 29, 413-423.	0.7	136
129	Hypothesis-oriented food patterns and incidence of hypertension: 6-year follow-up of the SUN (Seguimiento Universidad de Navarra) prospective cohort. <i>Public Health Nutrition</i> , 2010, 13, 338-349.	1.1	41
130	Reproducibility of an FFQ validated in Spain. <i>Public Health Nutrition</i> , 2010, 13, 1364-1372.	1.1	314
131	Olive Oil and Acute Coronary Syndromes. , 2010, , 795-800.		0
132	Olive Oil Consumption and Reduced Incidence of Hypertension. , 2010, , 801-805.		0
133	Virgin Olive Oil and Blood Pressure in Hypertensive Elderly Subjects. , 2010, , 807-812.		1
134	Monounsaturated Fat Enriched with Olive Oil in Non-alcoholic Fatty Liver Disease. , 2010, , 1151-1156.		1



#	ARTICLE	IF	CITATIONS
135	Diet and Metabolic Syndrome. Endocrine, Metabolic and Immune Disorders - Drug Targets, 2010, 10, 124-137.	0.6	44
136	Biological Activities of Phenolic Compounds Present in Virgin Olive Oil. International Journal of Molecular Sciences, 2010, 11, 458-479.	1.8	350
138	Olive oil and health: Summary of the II international conference on olive oil and health consensus report, Ja�n and C�rdoba (Spain) 2008. Nutrition, Metabolism and Cardiovascular Diseases, 2010, 20, 284-294.	1.1	449
139	Mediterranean diet and coronary heart disease: Is obesity a link? � A systematic review. Nutrition, Metabolism and Cardiovascular Diseases, 2010, 20, 536-551.	1.1	65
140	Olive oil, Mediterranean diet and health. Cl�nica E Investigaci�n En Arteriosclerosis, 2010, 22, 19-20.	0.4	1
141	The Mediterranean diet: a short review of the health benefits. South African Family Practice: Official Journal of the South African Academy of Family Practice/Primary Care, 2011, 53, 459-461.	0.2	2
142	Mediterranean Diet Rich in Olive Oil and Obesity, Metabolic Syndrome and Diabetes Mellitus. Current Pharmaceutical Design, 2011, 17, 769-777.	0.9	149
143	Mediterranean Diet and Metabolic Syndrome in an Urban Population. Nutrition in Clinical Practice, 2011, 26, 598-606.	1.1	23
144	The Effect of Mediterranean Diet on Metabolic Syndrome and its Components. Journal of the American College of Cardiology, 2011, 57, 1299-1313.	1.2	917
146	Diet and Alzheimer�s disease risk factors or prevention: the current evidence. Expert Review of Neurotherapeutics, 2011, 11, 677-708.	1.4	231
147	Greater Mediterranean diet adherence is observed in Dutch compared with Greek university students. Nutrition, Metabolism and Cardiovascular Diseases, 2011, 21, 534-540.	1.1	36
148	Nuts, hypertension and endothelial function. Nutrition, Metabolism and Cardiovascular Diseases, 2011, 21, S21-S33.	1.1	74
149	Nutritional Therapy in Diabetes: Mediterranean Diet. , 2011, , .		0
150	Mediterranean Diet in Predementia and Dementia Syndromes. Current Alzheimer Research, 2011, 8, 520-542.	0.7	73
151	Scientific Opinion on the substantiation of health claims related to fruits and/or vegetables (ID 1212,) Tj ETQq0 0 0 rgBT /Overlock 10 T pursuant to Article 13(1) of Regulati. EFSA Journal, 2011, 9, 2245.	0.9	9
152	The effects of heated vegetable oils on blood pressure in rats. Clinics, 2011, 66, 2125-2132.	0.6	33
153	Adherence to the Mediterranean diet and albuminuria levels in Greek adolescents: data from the Leontio Lyceum ALbuminuria (3L study). European Journal of Clinical Nutrition, 2011, 65, 219-225.	1.3	51
154	Ursolic acid increases the secretion of atrial natriuretic peptide in isolated perfused beating rabbit atria. European Journal of Pharmacology, 2011, 653, 63-69.	1.7	6

#	ARTICLE	IF	CITATIONS
155	Dietary Monounsaturated Fatty Acids Are Protective Against Metabolic Syndrome and Cardiovascular Disease Risk Factors. <i>Lipids</i> , 2011, 46, 209-228.	0.7	407
156	Mediterranean diet and magnetic resonance imaging-assessed cerebrovascular disease. <i>Annals of Neurology</i> , 2011, 69, 257-268.	2.8	107
157	Mediterranean-style diet and risk of ischemic stroke, myocardial infarction, and vascular death: the Northern Manhattan Study. <i>American Journal of Clinical Nutrition</i> , 2011, 94, 1458-1464.	2.2	197
158	High fruit intake is associated with a lower risk of future hypertension determined by home blood pressure measurement: the OHASAMA study. <i>Journal of Human Hypertension</i> , 2011, 25, 164-171.	1.0	44
159	Olive oil consumption, plasma oleic acid, and stroke incidence. <i>Neurology</i> , 2011, 77, 418-425.	1.5	115
160	Rationale for the Use of a Mediterranean Diet in Diabetes Management. <i>Diabetes Spectrum</i> , 2011, 24, 36-40.	0.4	8
161	Effect of Olive Oil with Low Calorie Diet on Blood Lipids in Hyperlipidemic Patients. <i>Polish Journal of Food and Nutrition Sciences</i> , 2012, 62, 57-60.	0.6	5
162	Functional Foods and Nutraceuticals in the Primary Prevention of Cardiovascular Diseases. <i>Journal of Nutrition and Metabolism</i> , 2012, 2012, 1-16.	0.7	149
163	Antihypertensive Role of Polyphenols. <i>Advances in Clinical Chemistry</i> , 2012, 58, 225-254.	1.8	57
164	Relation of the Traditional Mediterranean Diet to Cerebrovascular Disease in a Mediterranean Population. <i>American Journal of Epidemiology</i> , 2012, 176, 1185-1192.	1.6	147
165	Adherence to a Mediterranean diet and Alzheimer's disease risk in an Australian population. <i>Translational Psychiatry</i> , 2012, 2, e164-e164.	2.4	149
166	Childhood serum cholesterol ester fatty acids are associated with blood pressure 27 y later in the Cardiovascular Risk in Young Finns Study. <i>American Journal of Clinical Nutrition</i> , 2012, 95, 1422-1431.	2.2	18
167	Diet and blood pressure in 18-74-year-old adults. <i>Journal of Hypertension</i> , 2012, 30, 1920-1927.	0.3	30
168	'Mediterranean' dietary pattern for the primary prevention of cardiovascular disease. , 2012, 2012, .		11
169	An update on potato crisps contents of moisture, fat, salt and fatty acids (including <i>trans</i> -fatty) Tj ETQq0 0 0 rgBT /Overlock 10 T and Nutrition, 2012, 63, 713-717.	1.3	17
170	Pharmacology of Olive Biophenols. <i>Advances in Molecular Toxicology</i> , 2012, , 195-242.	0.4	51
171	Self-Assembled Nanostructures of Fully Hydrated Monoelaidin-Elaidic Acid and Monoelaidin-Oleic Acid Systems. <i>Langmuir</i> , 2012, 28, 10105-10119.	1.6	60
172	Position of the Academy of Nutrition and Dietetics: Food and Nutrition for Older Adults: Promoting Health and Wellness. <i>Journal of the Academy of Nutrition and Dietetics</i> , 2012, 112, 1255-1277.	0.4	214

#	ARTICLE	IF	CITATIONS
173	Dietary and Lifestyle Approaches to Hypertension in the Population with Diabetes. , 2012, , 161-173.		0
174	Adherence to Mediterranean Diet and Decline in Walking Speed over 8 Years in Community-Dwelling Older Adults. Journal of the American Geriatrics Society, 2012, 60, 1881-1888.	1.3	89
175	Diet and myocardial infarction: A nested case-control study in a cohort of elderly subjects in a Mediterranean area of southern Italy. Nutrition, Metabolism and Cardiovascular Diseases, 2012, 22, 727-733.	1.1	8
178	Dietary Derived Antioxidants: Implications on Health. , 0, , .		9
179	Virgin olive oil in preventive medicine: From legend to epigenetics. European Journal of Lipid Science and Technology, 2012, 114, 375-388.	1.0	61
180	Effect of olive, almond and walnut oil on cardiovascular risk factors in type 2 diabetic patients. International Journal of Diabetes in Developing Countries, 2013, 33, 115-119.	0.3	7
181	Mediterranean diet, stroke, cognitive impairment, and depression: A meta-analysis. Annals of Neurology, 2013, 74, 580-591.	2.8	613
182	'Mediterranean' dietary pattern for the primary prevention of cardiovascular disease. The Cochrane Library, 2013, , CD009825.	1.5	154
183	Nutrition and Nutraceutical Supplements for the Treatment of Hypertension: Part II. Journal of Clinical Hypertension, 2013, 15, 845-851.	1.0	5
184	Potential use of extra virgin olive oil in bakery products rich in fats: a comparative study with refined oils. International Journal of Food Science and Technology, 2013, 48, 82-88.	1.3	13
185	Adherence to a Mediterranean dietary pattern in early life is associated with lower arterial stiffness in adulthood: the Amsterdam Growth and Health Longitudinal Study. Journal of Internal Medicine, 2013, 273, 79-93.	2.7	56
186	Characterization of Spanish peanut germplasm ( <i>Arachis hypogaea</i> L.) for sugar profiling and oil quality. Industrial Crops and Products, 2013, 51, 46-50.	2.5	22
187	In vivo transcriptomic profile after a Mediterranean diet in high cardiovascular risk patients: a randomized controlled trial. American Journal of Clinical Nutrition, 2013, 98, 845-853.	2.2	79
188	Influence of Mediterranean diet on asthma in children: A systematic review and meta-analysis. Pediatric Allergy and Immunology, 2013, 24, 330-338.	1.1	128
189	Body composition changes and cardiometabolic benefits of a balanced Italian Mediterranean Diet in obese patients with metabolic syndrome. Acta Diabetologica, 2013, 50, 409-416.	1.2	82
190	Blood Pressure Lowering Effect of <i>Nigella sativa</i> L. Seed Oil in Healthy Volunteers: A Randomized, Double-Blind, Placebo-Controlled Clinical Trial. Phytotherapy Research, 2013, 27, 1849-1853.	2.8	94
191	An Overview of the Modulatory Effects of Oleic Acid in Health and Disease. Mini-Reviews in Medicinal Chemistry, 2013, 13, 201-210.	1.1	23
192	Diet Quality. , 2013, , .		3

#	ARTICLE	IF	CITATIONS
193	A systematic review of fish-oil supplements for the prevention and treatment of hypertension. <i>European Journal of Preventive Cardiology</i> , 2013, 20, 107-120.	0.8	71
194	Olive oil phenols and neuroprotection. <i>Nutritional Neuroscience</i> , 2013, 16, 243-249.	1.5	71
195	Relationship of dietary monounsaturated fatty acids to blood pressure. <i>Journal of Hypertension</i> , 2013, 31, 1144-1150.	0.3	38
196	Super, Red Palm and Palm Oleins Improve the Blood Pressure, Heart Size, Aortic Media Thickness and Lipid Profile in Spontaneously Hypertensive Rats. <i>PLoS ONE</i> , 2013, 8, e55908.	1.1	21
197	A Diet Pattern with More Dairy and Nuts, but Less Meat Is Related to Lower Risk of Developing Hypertension in Middle-Aged Adults: The Atherosclerosis Risk in Communities (ARIC) Study. <i>Nutrients</i> , 2013, 5, 1719-1733.	1.7	50
198	Olive oil and health effects: from epidemiological studies to the molecular mechanisms of phenolic fraction. <i>OCL - Oilseeds and Fats, Crops and Lipids</i> , 2014, 21, D512.	0.6	11
200	Polyphenol Consumption and Blood Pressure. , 2014, , 971-987.		4
201	A modified Mediterranean diet score is associated with a lower risk of incident metabolic syndrome over 25 years among young adults: the CARDIA (Coronary Artery Risk Development in Young Adults) study. <i>British Journal of Nutrition</i> , 2014, 112, 1654-1661.	1.2	83
202	Adherence to the Mediterranean diet in Italian school children (The ZOOM8 Study). <i>International Journal of Food Sciences and Nutrition</i> , 2014, 65, 621-628.	1.3	76
203	Mechanical Strategies to Increase Nutritional and Sensory Quality of Virgin Olive Oil by Modulating the Endogenous Enzyme Activities. <i>Comprehensive Reviews in Food Science and Food Safety</i> , 2014, 13, 135-154.	5.9	119
204	Factors Associated With Components of Arterial Pressure Among Older Individuals (the Tj ETQq0 0 0 rgBT /Overlock 10 Tf 50 347 Td (M Consumption. <i>Journal of Clinical Hypertension</i> , 2014, 16, 645-651.	1.0	14
205	Stress management and dietary counseling in hypertensive patients: a pilot study of additional effect. <i>Primary Health Care Research and Development</i> , 2014, 15, 38-45.	0.5	11
206	Mediterranean Diet for the Prevention and Treatment of Metabolic Syndrome. <i>Angiology</i> , 2014, 65, 5-8.	0.8	3
207	Dietary pattern and hypertension in Korean adults. <i>Public Health Nutrition</i> , 2014, 17, 597-606.	1.1	29
208	Knowledge, attitudes and behaviour of Greek adults towards salt consumption: a Hellenic Food Authority project. <i>Public Health Nutrition</i> , 2014, 17, 1877-1893.	1.1	33
209	Chemical properties of virgin olive oil from Iranian cultivars grown in the Fadak and Gilvan regions. <i>Grasas Y Aceites</i> , 2014, 65, e043.	0.3	0
210	The Association between a Mediterranean-Style Diet and Kidney Function in the Northern Manhattan Study Cohort. <i>Clinical Journal of the American Society of Nephrology: CJASN</i> , 2014, 9, 1868-1875.	2.2	107
211	Social marketing and healthy eating: findings from young people in Greece. <i>International Review on Public and Nonprofit Marketing</i> , 2014, 11, 161-180.	1.3	15

#	ARTICLE	IF	CITATIONS
212	Nutrition, diet and immunosenescence. <i>Mechanisms of Ageing and Development</i> , 2014, 136-137, 116-128.	2.2	64
213	Conventional and Non-conventional Edible Oils: An Indian Perspective. <i>JAOCS, Journal of the American Oil Chemists' Society</i> , 2014, 91, 179-206.	0.8	19
214	Neurodegenerative Diseases. , 2014, , .		3
215	Mediterranean Diet and Cardiovascular Risk Factors: A Systematic Review. <i>Critical Reviews in Food Science and Nutrition</i> , 2014, 54, 593-610.	5.4	148
216	Protective effect of a pomace olive oil concentrated in triterpenic acids in alterations related to hypertension in rats: Mechanisms involved. <i>Molecular Nutrition and Food Research</i> , 2014, 58, 376-383.	1.5	25
217	Detection of virgin olive oil adulteration using a voltammetric e-tongue. <i>Computers and Electronics in Agriculture</i> , 2014, 108, 148-154.	3.7	68
218	Mediterranean Diet Reduces 24-Hour Ambulatory Blood Pressure, Blood Glucose, and Lipids. <i>Hypertension</i> , 2014, 64, 69-76.	1.3	184
219	Olive oil phenolic compounds decrease the postprandial inflammatory response by reducing postprandial plasma lipopolysaccharide levels. <i>Food Chemistry</i> , 2014, 162, 161-171.	4.2	48
220	Lipids in health and disease. <i>Nature</i> , 2014, 510, 47-47.	13.7	24
221	Mediterranean diet and carotid atherosclerosis in the Northern Manhattan Study. <i>Atherosclerosis</i> , 2014, 234, 303-310.	0.4	51
222	Accentuation of ursolic acid on muscarinic receptor-induced ANP secretion in beating rabbit atria. <i>Life Sciences</i> , 2014, 94, 145-150.	2.0	5
223	The role of nutrition and nutraceutical supplements in the treatment of hypertension. <i>World Journal of Cardiology</i> , 2014, 6, 38.	0.5	68
224	Effect of Talc Addition on the Extraction Yield and Quality of Extra Virgin Olive Oils from Coratina Cultivar after Production and during Storage. <i>Journal of Oleo Science</i> , 2014, 63, 1125-1132.	0.6	21
225	Dietary Habits and Prevalence of Allergic Rhinitis in 6 to 7-Year-Old Schoolchildren in Turkey. <i>Allergology International</i> , 2014, 63, 553-562.	1.4	26
227	Diet and Inflammation in Alzheimer's Disease and Related Chronic Diseases: A Review. <i>Journal of Alzheimer's Disease</i> , 2016, 50, 301-334.	1.2	46
228	Association Between Adherence to the Mediterranean Diet and Asthma in Peruvian Children. <i>Lung</i> , 2015, 193, 893-899.	1.4	49
229	Impact of Nutrition on Cerebral Circulation and Cognition in the Metabolic Syndrome. <i>Nutrients</i> , 2015, 7, 9416-9439.	1.7	31
230	Mediterranean Dietary Patterns and Cardiovascular Health. <i>Annual Review of Nutrition</i> , 2015, 35, 425-449.	4.3	113

#	ARTICLE	IF	CITATIONS
231	The Mediterranean Diet Quality Index (KIDMED) and Nutrition Knowledge. , 2015, , 115-122.		0
232	Cardio-metabolic and immunological impacts of extra virgin olive oil consumption in overweight and obese older adults: a randomized controlled trial. <i>Nutrition and Metabolism</i> , 2015, 12, 28.	1.3	37
233	Evaluation of a Voluntary Worksite Weight Loss Program on Metabolic Syndrome. <i>Metabolic Syndrome and Related Disorders</i> , 2015, 13, 406-414.	0.5	15
234	A randomised controlled trial investigating the effects of Mediterranean diet and aerobic exercise on cognition in cognitively healthy older people living independently within aged care facilities: the Lifestyle Intervention in Independent Living Aged Care (LILAC) study protocol [ACTRN12614001133628]. <i>Nutrition Journal</i> , 2015, 14, 53.	1.5	32
235	Olive oil as functional component in meat and meat products: a review. <i>Journal of Food Science and Technology</i> , 2015, 52, 6870-6878.	1.4	18
236	Mediterranean diet and non-fatal acute myocardial infarction: a case-control study from Italy. <i>Public Health Nutrition</i> , 2015, 18, 713-720.	1.1	12
237	Mediterranean Diet in Children and Adolescents. , 2015, , 69-80.		3
238	Can red yeast rice and olive extract improve lipid profile and cardiovascular risk in metabolic syndrome?: a double blind, placebo controlled randomized trial. <i>BMC Complementary and Alternative Medicine</i> , 2015, 15, 52.	3.7	45
239	Spinal NF- $\kappa$ B and Chemokine Ligand 5 Expression during Spinal Glial Cell Activation in a Neuropathic Pain Model. <i>PLoS ONE</i> , 2015, 10, e0115120.	1.1	35
240	Nutraceuticals and Blood Pressure Control: Results from Clinical Trials and Meta-Analyses. <i>High Blood Pressure and Cardiovascular Prevention</i> , 2015, 22, 203-213.	1.0	34
241	The Mediterranean Diet and Metabolic Syndrome. , 2015, , 313-323.		2
242	Adherence to the Mediterranean diet by the Greek and Cypriot population: a systematic review. <i>European Journal of Public Health</i> , 2015, 25, 1012-1018.	0.1	52
243	Association between Cardiometabolic Profile and Dietary Characteristics among Adults with Type 1 Diabetes Mellitus. <i>Journal of the Academy of Nutrition and Dietetics</i> , 2015, 115, 1965-1974.	0.4	26
244	Harvesting time influences fruit removal force, moisture, oil content, free fatty acids and peroxide in the oil of Frantoio and Manzanilla olive cultivars. <i>Australian Journal of Crop Science</i> , 2016, 10, 1662-1668.	0.1	13
245	Distinct breakfast patterns on satiety perception in individuals with weight excess. <i>Archives of Endocrinology and Metabolism</i> , 2016, 60, 333-340.	0.3	4
246	Virgin Olive Oil and Hypertension. <i>Current Vascular Pharmacology</i> , 2016, 14, 323-329.	0.8	20
247	New Insights on the Use of Dietary Polyphenols or Probiotics for the Management of Arterial Hypertension. <i>Frontiers in Physiology</i> , 2016, 7, 448.	1.3	41
248	Allergic diseases among children: nutritional prevention and intervention. <i>Therapeutics and Clinical Risk Management</i> , 2016, 12, 361.	0.9	34

#	ARTICLE	IF	CITATIONS
249	Has the use of talc an effect on yield and extra virgin olive oil quality?. <i>Journal of the Science of Food and Agriculture</i> , 2016, 96, 3292-3299.	1.7	15
250	Development of a Mediterranean diet score adapted to Japan and its relation to obesity risk. <i>Food and Nutrition Research</i> , 2016, 60, 32172.	1.2	24
251	Association between the Mediterranean-style dietary pattern score and physical performance: Results from TRELONG study. <i>Journal of Nutrition, Health and Aging</i> , 2016, 20, 415-419.	1.5	37
253	Different consumed oils and metabolic parameters in type 2 diabetes patients in diabetes society of Natanz. <i>Diabetes and Metabolic Syndrome: Clinical Research and Reviews</i> , 2016, 10, S11-S15.	1.8	1
254	Influence of calcium carbonate on extraction yield and quality of extra virgin oil from olive ( <i>Olea</i> ) Tj ETQq0 0 0 rgBT/Overlock,10 Tf 50 5	4.2	30
255	Effect of foods and Mediterranean diet during pregnancy and first years of life on wheezing, rhinitis and dermatitis in preschoolers. <i>Allergologia Et Immunopathologia</i> , 2016, 44, 400-409.	1.0	48
256	Evaluation of the deleterious health effects of consumption of repeatedly heated vegetable oil. <i>Toxicology Reports</i> , 2016, 3, 636-643.	1.6	74
257	Mediterranean diet score and left ventricular structure and function: the Multi-Ethnic Study of Atherosclerosis,. <i>American Journal of Clinical Nutrition</i> , 2016, 104, 595-602.	2.2	22
258	Fruit and vegetables consumption and incident hypertension: doseâ€“response meta-analysis of prospective cohort studies. <i>Journal of Human Hypertension</i> , 2016, 30, 573-580.	1.0	80
259	Drought tolerance of three olive cultivars alternatively selected for rain fed or intensive cultivation. <i>Scientia Horticulturae</i> , 2016, 199, 158-162.	1.7	18
260	Historical origins of the Mediterranean Diet, Regional Dietary Profiles, and the Development of the Dietary Guidelines. , 2016, , 43-56.		4
261	Efficacy of phytosterols and fish-oil supplemented high-oleic-sunflower oil rich diets in hypercholesterolemic growing rats. <i>International Journal of Food Sciences and Nutrition</i> , 2016, 67, 441-453.	1.3	11
262	Eating the Mediterranean Style: A Tasty Way for Stroke Prevention. <i>Agriculture and Agricultural Science Procedia</i> , 2016, 8, 762-768.	0.6	3
263	Retrospective Analysis of Protein- and Carbohydrate-Focused Diets Combined with Exercise on Metabolic Syndrome Prevalence in Overweight and Obese Women. <i>Metabolic Syndrome and Related Disorders</i> , 2016, 14, 228-237.	0.5	9
264	Effect of olive oil phenolic compounds on the expression of blood pressure-related genes in healthy individuals. <i>European Journal of Nutrition</i> , 2017, 56, 663-670.	1.8	46
265	Nutraceuticals with a clinically detectable blood pressureâ€“lowering effect: a review of available randomized clinical trials and their metaâ€“analyses. <i>British Journal of Clinical Pharmacology</i> , 2017, 83, 163-171.	1.1	88
266	Comparative evaluation of maceration and ultrasonic-assisted extraction of phenolic compounds from fresh olives. <i>Ultrasonics Sonochemistry</i> , 2017, 37, 328-334.	3.8	86
267	Adherence to the Mediterranean Diet in children and adolescents: A systematic review. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2017, 27, 283-299.	1.1	209

#	ARTICLE	IF	CITATIONS
268	Nutritional quality of maize and groundnut composite flours and resultant porridges. <i>Nutrition and Food Science</i> , 2017, 47, 318-331.	0.4	2
269	A Mediterranean diet lowers blood pressure and improves endothelial function: results from the MedLev randomized intervention trial. <i>American Journal of Clinical Nutrition</i> , 2017, 105, 1305-1313.	2.2	136
270	Membrane lipid alterations in the metabolic syndrome and the role of dietary oils. <i>Biochimica Et Biophysica Acta - Biomembranes</i> , 2017, 1859, 1690-1703.	1.4	65
271	Food and plant bioactives for reducing cardiometabolic disease risk: an evidence based approach. <i>Food and Function</i> , 2017, 8, 2076-2088.	2.1	114
272	Is Salt a Culprit or an Innocent Bystander in Hypertension? A Hypothesis Challenging the Ancient Paradigm. <i>American Journal of Medicine</i> , 2017, 130, 893-899.	0.6	7
273	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
274	The relationship between adherence to the Mediterranean diet and body composition in Croatian university students. <i>European Journal of Integrative Medicine</i> , 2017, 13, 41-46.	0.8	10
275	Physical activity and blood pressure in 10,000 Mediterranean adults: The EPIC-Florence cohort. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2017, 27, 670-678.	1.1	13
276	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
277	Mediterranean food consumption patterns: low environmental impacts and significant health and nutrition benefits. <i>Proceedings of the Nutrition Society</i> , 2017, 76, 543-548.	0.4	30
278	Chemistry of the Mediterranean Diet. , 2017, , .		48
279	Greens and Other Vegetable Foods. , 2017, , 59-137.		5
280	Bioprocessing of Plant-Derived Bioactive Phenolic Compounds. , 2017, , 135-181.		4
281	Nutrition in primary and secondary prevention of cardiovascular risk in the continental and Mediterranean regions of Croatia. <i>BMC Cardiovascular Disorders</i> , 2017, 17, 247.	0.7	8
282	The Relationship between Lifestyle Factors and Body Composition in Young Adults. <i>International Journal of Environmental Research and Public Health</i> , 2017, 14, 893.	1.2	26
283	What Are the Effects of a Mediterranean Diet on Allergies and Asthma in Children?. <i>Frontiers in Pediatrics</i> , 2017, 5, 72.	0.9	53
284	Olive Oil-related Anti-inflammatory Effects on Atherosclerosis: Potential Clinical Implications. <i>Endocrine, Metabolic and Immune Disorders - Drug Targets</i> , 2017, 18, 51-62.	0.6	35
285	A healthy approach to dietary fats: understanding the science and taking action to reduce consumer confusion. <i>Nutrition Journal</i> , 2017, 16, 53.	1.5	150



#	ARTICLE	IF	CITATIONS
286	Impact of Mediterranean diet on metabolic syndrome, cancer and longevity. <i>Oncotarget</i> , 2017, 8, 8947-8979.	0.8	231
287	Dietary Patterns and Hypertension. , 2018, , 371-389.		1
288	Comparison of Environmental Impact and Nutritional Quality among a European Sample Population â€“ findings from the Food4Me study. <i>Scientific Reports</i> , 2018, 8, 2330.	1.6	30
289	Characterisation of the Turkish and Slovenian extra virgin olive oils by chemometric analysis of the presaturation 1H NMR spectra. <i>LWT - Food Science and Technology</i> , 2018, 92, 10-15.	2.5	21
290	Harvest time impacts the fatty acid compositions, phenolic compounds and sensory attributes of Frantoio and Manzanilla olive oil. <i>Scientia Horticulturae</i> , 2018, 234, 74-80.	1.7	37
291	Codonopsis lanceolata extract prevents hypertension in rats. <i>Phytomedicine</i> , 2018, 39, 119-124.	2.3	21
292	Mediterranean Diet in Preventing Neurodegenerative Diseases. <i>Current Nutrition Reports</i> , 2018, 7, 10-20.	2.1	78
293	Influence of the Mediterranean diet during pregnancy in the development of wheezing and eczema in infants in Pamplona, Spain. <i>Allergologia Et Immunopathologia</i> , 2018, 46, 9-14.	1.0	12
294	The impact of lifestyle intervention on atrial fibrillation. <i>Current Opinion in Cardiology</i> , 2018, 33, 14-19.	0.8	27
295	Clinical, physical, physiological, and dietary patterns of obese and sedentary adults with primary hypertension characterized by sex and cardiorespiratory fitness: EXERDIET-HTA study. <i>Clinical and Experimental Hypertension</i> , 2018, 40, 141-149.	0.5	13
296	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
297	Influence of Mediterranean Diet on Blood Pressure. <i>Nutrients</i> , 2018, 10, 1700.	1.7	75
298	Treatment of Hypertension with Nutrition and Nutraceutical Supplements: Part 1. <i>Alternative and Complementary Therapies</i> , 2018, 24, 260-275.	0.1	8
299	Adherence to Mediterranean dietary pattern in female adolescents. <i>Nutrition and Food Science</i> , 2018, 48, 722-732.	0.4	2
300	Evaluaci3n de la adherencia a la dieta mediterr3nea en pacientes con antecedentes de revascularizaci3n coronaria. <i>Revista Clinica Espanola</i> , 2018, 218, 215-222.	0.2	3
301	Virgin Olive Oil. , 2018, , 59-87.		2
302	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
303	Evaluation of Mediterranean diet adherence in patients with a history of coronary revascularization. <i>Revista Cl&amp;#x00ed;nica Espan&amp;#x00f5;la</i> , 2018, 218, 215-222.	0.3	1

#	ARTICLE	IF	CITATIONS
304	A Mediterranean Diet Model in Australia: Strategies for Translating the Traditional Mediterranean Diet into a Multicultural Setting. <i>Nutrients</i> , 2018, 10, 465.	1.7	45
305	Inflammation, not Cholesterol, Is a Cause of Chronic Disease. <i>Nutrients</i> , 2018, 10, 604.	1.7	202
306	Dietary Patterns Prior to Pregnancy and Associations with Pregnancy Complications. <i>Nutrients</i> , 2018, 10, 914.	1.7	36
307	First study of correlation between oleic acid content and SAD gene polymorphism in olive oil samples through statistical and bayesian modeling analyses. <i>Lipids in Health and Disease</i> , 2018, 17, 74.	1.2	7
308	Association of Breakfast Quality and Energy Density with Cardiometabolic Risk Factors in Overweight/Obese Children: Role of Physical Activity. <i>Nutrients</i> , 2018, 10, 1066.	1.7	12
309	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
310	Olea europaea as Potential Source of Bioactive Compounds for Diseases Prevention. <i>Studies in Natural Products Chemistry</i> , 2018, , 389-411.	0.8	11
311	A priori dietary patterns and blood pressure in the EPIC Florence cohort: a cross-sectional study. <i>European Journal of Nutrition</i> , 2019, 58, 455-466.	1.8	18
312	Dietary calcium intake and hypertension risk: a doseâ€“response meta-analysis of prospective cohort studies. <i>European Journal of Clinical Nutrition</i> , 2019, 73, 969-978.	1.3	30
313	Encapsulation of food ingredients by microemulsions. , 2019, , 129-149.		3
314	Olive Oil: Antioxidant Compounds and Their Potential Effects over Health. , 0, , .		4
315	Mediterranean-style diet for the primary and secondary prevention of cardiovascular disease. <i>The Cochrane Library</i> , 2019, 2019, CD009825.	1.5	151
316	Protective Effects of Dietary MUFAs Mediating Metabolites against Hypertension Risk in the Korean Genome and Epidemiology Study. <i>Nutrients</i> , 2019, 11, 1928.	1.7	7
317	Extra-virgin olive oil for potential prevention of Alzheimer disease. <i>Revue Neurologique</i> , 2019, 175, 705-723.	0.6	51
318	Artificial Neural Networks Help to Better Understand the Interplay Between Cognition, Mediterranean Diet, and Physical Performance: Clues from TRELONG Study. <i>Journal of Alzheimer's Disease</i> , 2019, 71, 1321-1330.	1.2	10
319	Metabolic and Vascular Effect of the Mediterranean Diet. <i>International Journal of Molecular Sciences</i> , 2019, 20, 4716.	1.8	144
320	Effect of Adherence to Mediterranean Diet during Pregnancy on Childrenâ€™s Health: A Systematic Review. <i>Nutrients</i> , 2019, 11, 997.	1.7	65
321	Olive Oil Properties from Technological Aspects to Dietary and Health Claims. , 2019, , 85-129.		6

#	ARTICLE	IF	CITATIONS
322	Combined impact of healthy lifestyle factors on risk of asthma, rhinoconjunctivitis and eczema in school children: ISAAC phase III. Thorax, 2019, 74, 531-538.	2.7	18
323	Diet and Cardiovascular Disease: The Mediterranean Diet. , 2019, , 267-288.		4
324	Olive Oil Processing: Current Knowledge, Literature Gaps, and Future Perspectives. JAOCS, Journal of the American Oil Chemists' Society, 2019, 96, 481-507.	0.8	22
325	Oleic Acid in the Diet and What It Does: Implications for Diabetes and Its Complications. , 2019, , 211-229.		5
326	How dietary patterns affect left ventricular structure, function and remodelling: Evidence from the Kardiovize Brno 2030 study. Scientific Reports, 2019, 9, 19154.	1.6	15
327	Are Dietary Factors Associated with Lung Function in Canadian Adults?. Canadian Journal of Dietetic Practice and Research, 2020, 81, 1-9.	0.5	4
328	Important Food Sources of Fructose-Containing Sugars and Incident Hypertension: A Systematic Review and Dose-Response Meta-Analysis of Prospective Cohort Studies. Journal of the American Heart Association, 2019, 8, e010977.	1.6	32
329	Fish and omega-3 fatty acid consumption and risk of hypertension. Journal of Hypertension, 2019, 37, 1223-1229.	0.3	11
330	A comprehensive review of the physicochemical, quality and nutritional properties of <i>Nigella sativa</i> oil. Food Reviews International, 2019, 35, 342-362.	4.3	52
331	Arterial Stiffness and Blood Pressure in a Multicultural Child Sample (Angola, Brazil, and Spain). American Journal of Hypertension, 2019, 32, 265-271.	1.0	5
332	Impact of consumption of repeatedly heated cooking oils on the incidence of various cancers- A critical review. Critical Reviews in Food Science and Nutrition, 2019, 59, 488-505.	5.4	56
333	Virgin olive oil (unfiltered) extract contains peptides and possesses ACE inhibitory and antihypertensive activity. Clinical Nutrition, 2020, 39, 1242-1249.	2.3	20
334	Consumption of rich/enrich phytonutrients food and their relationship with health status of population. , 2020, , 67-101.		4
335	Fluorescence-Based Determination of Olive Oil Quality Using an Endoscopic Smart Mobile Spectrofluorimeter. IEEE Sensors Journal, 2020, 20, 4156-4163.	2.4	17
336	The Mediterranean diet and metabolic syndrome. , 2020, , 371-379.		0
337	Association of Food and Alcohol Consumption with Peripheral Atherosclerotic Plaque Volume as Measured by 3D-Ultrasound. Nutrients, 2020, 12, 3711.	1.7	5
338	The analysis of protein, fat and free fatty acid content changes in fried chicken cooked with repeated cooking oil at street vendors in Malang. IOP Conference Series: Earth and Environmental Science, 2020, 462, 012019.	0.2	0
339	The Effect of High Polyphenol Extra Virgin Olive Oil on Blood Pressure and Arterial Stiffness in Healthy Australian Adults: A Randomized, Controlled, Cross-Over Study. Nutrients, 2020, 12, 2272.	1.7	20

#	ARTICLE	IF	CITATIONS
340	<p>Metabolic Syndrome and Diabetes Risk Among Young Adult Students in the Health Sciences from Kathmandu, Nepal</p>. Drug, Healthcare and Patient Safety, 2020, Volume 12, 125-133.	1.0	3
341	How to Improve the Functional Capacity of Frail and Pre-Frail Elderly People? Health, Nutritional Status and Exercise Intervention. The EXERNET-Elder 3.0 Project. Sustainability, 2020, 12, 6246.	1.6	18
342	Association between adherence to the Mediterranean diet and renal function biomarkers and cardiovascular risk factors among diabetic patients with nephropathy. Clinical Nutrition ESPEN, 2020, 40, 156-163.	0.5	6
343	Effects of Olive Oil on Blood Pressure: Epidemiological, Clinical, and Mechanistic Evidence. Nutrients, 2020, 12, 1548.	1.7	34
345	Potassium Intake and Blood Pressure: A Doseâ€Response Metaâ€Analysis of Randomized Controlled Trials. Journal of the American Heart Association, 2020, 9, e015719.	1.6	132
346	Extra Virgin Olive Oil Phenols Dilate the Rat Mesenteric Artery by Activation of BKCa <sup>2+</sup> Channels in Smooth Muscle Cells. Molecules, 2020, 25, 2601.	1.7	5
347	Localisation of C=C Bond and absolute quantification of unsaturated Fatty Acids in Vegetable Oils based on photochemical derivatisation reaction coupled with mass spectrometry. International Journal of Food Science and Technology, 2020, 55, 2883-2892.	1.3	4
348	Dietary inflammation and cardiometabolic health in adolescents. Pediatric Obesity, 2021, 16, e12706.	1.4	15
349	Maternal Adherence to the Mediterranean Diet during Pregnancy: A Review of Commonly Used a priori Indexes. Nutrients, 2021, 13, 582.	1.7	11
350	The effect of table olive wastewater extract administration on the adult ovariectomised rat model of osteoporosis. British Journal of Nutrition, 2021, 126, 1-10.	1.2	2
351	Rapid Detection of Adulteration in Extra Virgin Olive Oil by Low-Field Nuclear Magnetic Resonance Combined with Pattern Recognition. Food Analytical Methods, 2021, 14, 1322-1335.	1.3	7
352	Preliminary Study on Pasta Samples Characterized in Antioxidant Compounds and Their Biological Activity on Kidney Cells. Nutrients, 2021, 13, 1131.	1.7	5
353	Impact of the Level of Adherence to Mediterranean Diet on the Parameters of Metabolic Syndrome: A Systematic Review and Meta-Analysis of Observational Studies. Nutrients, 2021, 13, 1514.	1.7	37
354	Oral factors and adherence to Mediterranean diet in an older Greek population. Aging Clinical and Experimental Research, 2021, 33, 3237-3244.	1.4	12
355	Characterization of â€Olivastro di Bucchianico cvâ€™™ extra virgin olive oils and its recognition by <sc>HSAâ€Gâ€IMS</sc>. Journal of the Science of Food and Agriculture, 2021, 101, 6074-6082.	1.7	6
356	A randomized, <sc>doubleâ€blind</sc>, <sc>placeboâ€controlled</sc>, clinical trial to evaluate the benefits of <sc><i>Nigella sativa</i></sc> seeds oil in reducing cardiovascular risks in hypertensive patients. Phytotherapy Research, 2021, 35, 4388-4400.	2.8	20
357	Impact of Christian Orthodox Church dietary recommendations on metabolic syndrome risk factors: a scoping review. Nutrition Research Reviews, 2022, 35, 221-235.	2.1	15
358	Impact of Brazil Nut (<i>Bertholletia excelsa</i>, H.B.K.) Supplementation on Body Composition, Blood Pressure, and the Vascular Reactivity of Wistar Rats When Submitted to a Hypersodium Diet. Journal of the American College of Nutrition, 2022, 41, 559-568.	1.1	4

#	ARTICLE	IF	CITATIONS
359	Geographical regions and genetic variation of <i>SAD2</i> gene affect olive oil quality of "Mari" and "Shengeh" cultivars. <i>Acta Horticulturae</i> , 2021, , 575-580.	0.1	0
360	Geschlecht und Gesundheit " Grundlagen einer geschlechtssensiblen Medizin und Gesundheitsvorsorge. <i>The Springer Reference Pflege, Gesundheit</i> , 2021, , 1-14.	0.2	0
361	Mediterranean Diet and Dietary Sodium Intake. , 2013, , 235-245.		2
363	Olive Oil as a Functional Food: Nutritional and Health Benefits. , 2013, , 677-714.		14
364	Nutrition and the Benefits of Early Interventions in Diabetes, Cardiovascular and Noncommunicable Diseases. , 2011, , 365-390.		1
365	Lipotoxicity in Obesity: Benefit of Olive Oil. <i>Advances in Experimental Medicine and Biology</i> , 2017, 960, 607-617.	0.8	9
366	Dietary Fats and Blood Pressure. , 2007, , 77-88.		3
367	Direct association between high fat dietary pattern and risk of being in the higher stages of chronic kidney disease. <i>International Journal for Vitamin and Nutrition Research</i> , 2019, 89, 261-270.	0.6	5
368	Beneficial Effect of Dietary Fiber on Hyperuricemia in Rats and Humans: A Review. <i>International Journal for Vitamin and Nutrition Research</i> , 2019, 89, 89-108.	0.6	9
369	Beneficial Effects of Simulated Gastro-Intestinal Digests of Fried Egg and Its Fractions on Blood Pressure, Plasma Lipids and Oxidative Stress in Spontaneously Hypertensive Rats. <i>PLoS ONE</i> , 2014, 9, e115006.	1.1	33
370	Effects of the Mediterranean Diet on Cardiovascular Outcomes" A Systematic Review and Meta-Analysis. <i>PLoS ONE</i> , 2016, 11, e0159252.	1.1	145
371	Oleic Acid - Health Benefits and Status in Plasma Phospholipids in the Serbian Population. <i>Serbian Journal of Experimental and Clinical Research</i> , 2019, 20, 3-8.	0.2	7
372	An Overview of the Modulatory Effects of Oleic Acid in Health and Disease. <i>Mini-Reviews in Medicinal Chemistry</i> , 2013, 13, 201-210.	1.1	112
373	Mediterranean Diet And Longevity: An Example Of Nutraceuticals?. <i>Current Vascular Pharmacology</i> , 2013, 12, 735-738.	0.8	46
374	Mediterranean Food Pattern in Rheumatoid Arthritis. <i>Current Rheumatology Reviews</i> , 2009, 5, 233-240.	0.4	8
375	The Mediterranean Diet: Socio-cultural Relevance for Contemporary Health Promotion. <i>Open Public Health Journal</i> , 2015, 8, 35-40.	0.1	14
376	Molecular characterization of indigenous olive genotypes based on SSR analysis. <i>Genetika</i> , 2016, 48, 1017-1025.	0.1	2
377	Mediterranean countries facing the Mediterranean Diet, are we still on track? The example of southern Spain midlife women. <i>Nutricion Hospitalaria</i> , 2015, 31, 2523-32.	0.2	5

#	ARTICLE	IF	CITATIONS
378	DESCRIPTION OF INDEXES BASED ON THE ADHERENCE TO THE MEDITERRANEAN DIETARY PATTERN: A REVIEW. <i>Nutricion Hospitalaria</i> , 2015, 32, 1872-84.	0.2	50
379	Antihypertensive Effects of Virgin Olive Oil (Unfiltered) Low Molecular Weight Peptides with ACE Inhibitory Activity in Spontaneously Hypertensive Rats. <i>Nutrients</i> , 2020, 12, 271.	1.7	34
380	Association among Adherence to the Mediterranean Diet, Cardiorespiratory Fitness, Cardiovascular, Obesity, and Anthropometric Variables of Overweight and Obese Middle-Aged and Older Adults. <i>Nutrients</i> , 2020, 12, 2750.	1.7	9
381	Comparison of Lipid Content and Monounsaturated Fatty Acid Composition of Beef by Country of Origin and Marbling Score. <i>Journal of the Korean Society of Food Science and Nutrition</i> , 2015, 44, 1806-1812.	0.2	13
382	Olive oil consumption and non-alcoholic fatty liver disease. <i>World Journal of Gastroenterology</i> , 2009, 15, 1809.	1.4	132
383	Accuracy Analysis of the Food Intake Variety Questionnaire (FIVEQ). Reproducibility Assessment among Older People. <i>Pakistan Journal of Nutrition</i> , 2008, 7, 426-435.	0.2	9
384	A Mediterranean Diet Reduces F2-Isoprostanes and Triglycerides among Older Australian Men and Women after 6 Months. <i>Journal of Nutrition</i> , 2017, 147, 1348-1355.	1.3	40
385	Advanced olive selections with enhanced quality for minor constituents. <i>Grasas Y Aceites</i> , 2015, 66, e100.	0.3	7
386	ROL DE LA DIETA MEDITERRÁNEA EN LA PREVALENCIA DEL SINDROME METABÓLICO. <i>Revista Chilena De Nutricion</i> , 2007, 34, .	0.1	2
387	The association between olive oil consumption and primary prevention of cardiovascular diseases. <i>Journal of Family Medicine and Primary Care</i> , 2018, 7, 859.	0.3	1
388	Hypertension in children: Could the prevalence be on the increase?. <i>Nigerian Medical Journal</i> , 2019, 60, 262.	0.6	7
389	Mediterranean-Style Diet for the Primary and Secondary Prevention of Cardiovascular Disease: A Cochrane Review. <i>Global Heart</i> , 2020, 15, 56.	0.9	29
390	Nutrition, Well-Being and Health. , 2012, , .		25
391	Impact of the level of adherence to the Mediterranean Diet on blood pressure: A systematic review and meta-analysis of observational studies. <i>Clinical Nutrition</i> , 2021, 40, 5771-5780.	2.3	9
392	Pediatric Obesity-Related Asthma: The Role of Nutrition and Nutrients in Prevention and Treatment. <i>Nutrients</i> , 2021, 13, 3708.	1.7	16
393	Association of adherence to the dietary approach to stop hypertension and Mediterranean diets with blood pressure in a non-hypertensive population: Results from Isfahan Salt Study (ISS). <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2022, 32, 109-116.	1.1	9
394	Traditional Mediterranean Diet and Health. , 2008, , 7-9.		0
395	Mediterranean Diet in Disease Prevention: Current Perspectives. , 2009, , 263-278.		2

#	ARTICLE	IF	CITATIONS
396	Nutritional Management of Hypertension: Cost Versus Benefit. , 2011, , 323-347.		0
397	Dietary Intervention in Coronary Care Units and in Secondary Prevention. , 2011, , 344-360.		0
399	Mediterranean Diet and Gene-Mediterranean Diet Interactions in Determining Intermediate Cardiovascular Disease Phenotypes. , 0, , .		0
401	Nongenetic Risk Factors for Alzheimerâ€™s Disease. , 2014, , 77-92.		0
402	Functional foods: the new concept emerging from the traditional nutrition. Scripta Scientifica Pharmaceutica, 2015, 2, 15.	0.1	0
404	Mediterranean Diet and Metabolic Syndrome. , 2015, , 405-418.		0
405	Functional Foods and Cardiac Health. Advances in Environmental Engineering and Green Technologies Book Series, 2017, , 16-41.	0.3	0
406	The lifestyle modification effectiveness in reducing Hypertension in a Brazilian Community: From the epigenetic basis of Ancestral Survival to the Contemporary Lifestyle and Public Health Initiatives. , 2017, 1, 010-031.		1
407	The lifestyle modification effectiveness in reducing Hypertension in a Brazilian Community: From the epigenetic basis of Ancestral Survival to the Contemporary Lifestyle and Public Health Initiatives. , 2016, 1, 010-031.		3
408	Extra-Virgin Olive Oil and Cardiovascular Disease. Practical Issues in Geriatrics, 2018, , 23-55.	0.3	0
409	Hipertansiyon tedavisinde beslenmenin ve yaÅŸam tarzÄ± deÄŸiÅŸikliklerinin ÄŸnemi. Bozok TÄ±p Dergisi, 0, , .	0.0	0
410	Functional Foods and Cardiac Health. , 2019, , 304-329.		0
411	EFFECT OF SOME PLANT OILS ON REPRODUCTIVE ACTIVITIES IN FEMALE ALBINO RATS. Journal of Veterinary Medical Research, 2019, 26, 9-21.	0.2	0
413	Blood Pressure and Hypertension Management. Contemporary Cardiology, 2021, , 201-225.	0.0	1
414	Nutrition and blood pressure. , 2022, , 699-739.		0
415	Evolution of Phenotypic Traits and Main Functional Components in the Fruit of â€˜Chenggu-32â€™ Olives (&lt;i>Olea europaea&lt;/i> L.) Cultivated in Longnan (China). Journal of Oleo Science, 2020, 69, 973-984.	0.6	5
416	The Effect of Behavioral Changes on the Treatment of Hypertension. Current Hypertension Reports, 2021, 23, 43.	1.5	0
417	Association of Dietary Approaches to Stop Hypertension diet and Mediterranean diet with blood pressure in less-developed ethnic minority regions. Public Health Nutrition, 2022, 25, 3476-3486.	1.1	4

#	ARTICLE	IF	CITATIONS
418	Influence of Hydroxytyrosol Acetate Enrichment of an Oil Rich in Omega-6 Groups on the Evolution of Its Oxidation and Oxylipin Formation When Subjected to Accelerated Storage. A Global Study by Proton Nuclear Magnetic Resonance. <i>Antioxidants</i> , 2022, 11, 722.	2.2	1
419	Urinary Sodium Excretion and Adherence to the Mediterranean Diet in Older Adults. <i>Nutrients</i> , 2022, 14, 61.	1.7	2
420	Does Adherence to the Mediterranean Diet Have a Protective Effect against Asthma and Allergies in Children? A Systematic Review. <i>Nutrients</i> , 2022, 14, 1618.	1.7	19
421	Mediterranean-Type Diets as a Protective Factor for Asthma and Atopy. <i>Nutrients</i> , 2022, 14, 1825.	1.7	13
422	The Mediterranean diet biodiversity impact on metabolic and oxidative stress parameters in type 2 diabetes. , 2022, 6, 87-102.		0
423	Beneficial Effects of Moringa oleifera Seed Oil Bioactive Compounds. <i>Advances in Medical Diagnosis, Treatment, and Care</i> , 2022, , 268-291.	0.1	0
425	Mediterranean Diet and White Matter Hyperintensity Change over Time in Cognitively Intact Adults. <i>Nutrients</i> , 2022, 14, 3664.	1.7	5
426	The potential impact of a probiotic: <i>Akkermansia muciniphila</i> in the regulation of blood pressure—the current facts and evidence. <i>Journal of Translational Medicine</i> , 2022, 20, .	1.8	11
427	Mediterranean diet in the Castilian plains: Dietary patterns and childhood asthma in 6–7-year-old children from the province of Salamanca. <i>Allergologia Et Immunopathologia</i> , 2022, 50, 91-99.	1.0	8
428	Impact of Specific Diets and Nutritional Supplements on Cardiovascular Diseases. , 2022, , 331-355.		0
429	Geschlecht und Gesundheit – Grundlagen einer geschlechtssensiblen Medizin und Gesundheitsvorsorge. <i>The Springer Reference Pflege, Gesundheit</i> , 2022, , 573-585.	0.2	0
431	Mid- and long-term changes in satiety-related hormones, lipid and glucose metabolism, and inflammation after a Mediterranean diet intervention with the goal of losing weight: A randomized, clinical trial. <i>Frontiers in Nutrition</i> , 0, 9, .	1.6	4
432	Study of The Mediterranean Diet and Its Significance for Hypertension Prevention. , 0, 19, 81-88.		0
433	Effects of Mediterranean diets and nutrigenomics on cardiovascular health. <i>Critical Reviews in Food Science and Nutrition</i> , 0, , 1-20.	5.4	3
434	Impact of Christian Orthodox Church Fasting on Metabolic Syndrome Components in Adults Aged 18–49 Years. <i>Nutrients</i> , 2023, 15, 1755.	1.7	2
435	The Mediterranean diet: Unsaturated fatty acids and prevention of Alzheimer's disease. , 2023, , 69-85.		0