Whole Fruits and Fruit Fiber Emerging Health Effects

Nutrients

10, 1833

DOI: 10.3390/nu10121833

Citation Report

#	Article	IF	Citations
1	The Associations of Fruit and Vegetable Intake with Lung Cancer Risk in Participants with Different Smoking Status: A Meta-Analysis of Prospective Cohort Studies. Nutrients, 2019, 11, 1791.	4.1	25
2	Cell Wall Polymer Composition and Spatial Distribution in Ripe Banana and Mango Fruit: Implications for Cell Adhesion and Texture Perception. Frontiers in Plant Science, 2019, 10, 858.	3.6	18
3	The Contribution of Food Consumption to Well-Being. Annals of Nutrition and Metabolism, 2019, 74, 44-52.	1.9	31
4	Chronic constipation: new insights, better outcomes?. The Lancet Gastroenterology and Hepatology, 2019, 4, 873-882.	8.1	31
5	Relation of Fruits and Vegetables with Major Cardiometabolic Risk Factors, Markers of Oxidation, and Inflammation. Nutrients, 2019, 11, 2381.	4.1	59
6	Effects of Probiotic Use on Quality of Life and Physical Activity in Constipated Female University Students: A Randomized, Double-Blind Placebo-Controlled Study. Journal of Alternative and Complementary Medicine, 2019, 25, 1163-1171.	2.1	9
7	Role of Apple Phytochemicals, Phloretin and Phloridzin, in Modulating Processes Related to Intestinal Inflammation. Nutrients, 2019, 11, 1173.	4.1	59
8	Antioxidant pectin enriched fractions obtained from discarded carrots (Daucus carota L.) by ultrasound-enzyme assisted extraction. Food Chemistry, 2019, 289, 453-460.	8.2	61
9	Disorders of intestinal transit. , 2019, , 215-235.		0
10	Randomized Controlled Trial of a Natural Food-Based Fiber Solution to Prevent Constipation in Postoperative Spine Fusion Patients. Orthopaedic Nursing, 2019, 38, 367-372.	0.4	4
11	Soluble fibre as a treatment for inflammation in asthma. Journal of Nutrition & Intermediary Metabolism, 2019, 18, 100108.	1.7	11
12	Dietary berries, insulin resistance and type 2 diabetes: an overview of human feeding trials. Food and Function, 2019, 10, 6227-6243.	4.6	57
13	Nutritional value, phytochemical composition, and biological activities of Middle Eastern and North African date fruit: an overview. Euro-Mediterranean Journal for Environmental Integration, 2019, 4, 1.	1.3	21
14	Effectiveness and safety of light vegetarian diet on functional constipation with gastrointestinal damp-heat pattern. Medicine (United States), 2019, 98, e18325.	1.0	5
15	Early-Life Contributors to Child Well-Being. Annals of Nutrition and Metabolism, 2019, 74, 5-6.	1.9	0
16	Anti-Atherosclerotic Properties of Wild Rice in Low-Density Lipoprotein Receptor Knockout Mice: The Gut Microbiome, Cytokines, and Metabolomics Study. Nutrients, 2019, 11, 2894.	4.1	14
17	The Potential for Plant-Based Diets to Promote Health Among Blacks Living in the United States. Nutrients, 2019, 11, 2915.	4.1	20
18	Enzymatic treatment, unfermented and fermented fruit-based products: current state of knowledge. Critical Reviews in Food Science and Nutrition, 2022, 62, 1890-1911.	10.3	17

#	Article	IF	Citations
19	Effect of Sechium edule var. nigrum spinosum (Chayote) on Telomerase Levels and Antioxidant Capacity in Older Adults with Metabolic Syndrome. Antioxidants, 2020, 9, 634.	5.1	5
21	Association of Dietary Fiber on Asthma, Respiratory Symptoms, and Inflammation in the Adult National Health and Nutrition Examination Survey Population. Annals of the American Thoracic Society, 2020, 17, 1062-1068.	3.2	23
22	Consumption of Dried Fruits Is Associated with Greater Intakes of Underconsumed Nutrients, Higher Total Energy Intakes, and Better Diet Quality in US Adults: A Cross-Sectional Analysis of the National Health and Nutrition Examination Survey, 2007-2016. Journal of the Academy of Nutrition and Dietetics, 2021, 121, 1258-1272.	0.8	17
23	The Gut Microbiota and Respiratory Diseases: New Evidence. Journal of Immunology Research, 2020, 2020, 1-12.	2.2	116
24	Defining Wellness. , 2020, , 1-12.		0
25	Wellness Interventions in the Workplace. , 2020, , 248-257.		0
26	Engaging the Five Senses. , 2020, , 448-462.		0
27	Family Relations, Friendships, and Love. , 2020, , 553-564.		0
29	Screening and Assessment Methods for Wellness. , 2020, , 13-22.		0
30	The Biopsychosocial Assessment. , 2020, , 23-36.		0
31	Wellness Measurement. , 2020, , 37-44.		0
32	The Wellness Treatment Plan. , 2020, , 45-56.		1
33	The Concept of Wellness in Psychiatric and Substance-Use Disorders. , 2020, , 57-65.		0
34	Neurological and Neurosurgical Disorders and Wellness. , 2020, , 66-78.		0
35	Cardiovascular and Pulmonary Wellness. , 2020, , 79-86.		0
36	Gastrointestinal System and Wellness. , 2020, , 87-97.		0
37	Wellness and the Genito-Urinary System. , 2020, , 98-115.		0
38	Reproductive System. , 2020, , 116-134.		1

#	Article	IF	Citations
39	Allergic, Infectious, and Immunological Processes. , 2020, , 135-159.		1
40	Wellness in Endocrine and Metabolic Disorders. , 2020, , 160-176.		0
41	Wellness in Older Individuals. , 2020, , 188-198.		0
42	Wellness in Children and Adolescents. , 2020, , 199-208.		0
43	Wellness in Cancer and Neoplastic Diseases. , 2020, , 225-236.		0
44	Wellness in Terminal Illness. , 2020, , 237-247.		0
45	Wellness Interventions for Physicians and Healthcare Professionals. , 2020, , 258-270.		0
47	Exercise, Dance, Tai Chi, Pilates, and Alexander Technique. , 2020, , 315-323.		0
48	Sleep, Rest, and Relaxation in Improving Wellness. , 2020, , 324-331.		0
49	Sex, Intimacy, and Well-Being. , 2020, , 332-344.		0
50	Mindfulness, Meditation, and Yoga. , 2020, , 345-356.		0
51	Positive Neuropsychology, Cognitive Rehabilitation, and Neuroenhancement. , 2020, , 365-377.		0
52	Acupuncture, Herbs, and Ayurvedic Medicine. , 2020, , 378-393.		0
53	Massage, Humor, and Music. , 2020, , 403-412.		0
54	Nature and Pets. , 2020, , 413-422.		1
55	Resilience and Wellness. , 2020, , 484-493.		0
56	Developing Purpose, Meaning, and Achievements. , 2020, , 494-503.		0
57	Healing and Wellness. , 2020, , 504-514.		0

#	Article	IF	Citations
58	Connection, Compassion, and Community. , 2020, , 515-524.		0
59	Work, Love, Play, and Joie de Vivre. , 2020, , 535-544.		0
60	Well-Being and Workâ€“Life Balance. , 2020, , 545-552.		0
61	The Role of Leisure, Recreation, and Play in Health and Well-Being. , 2020, , 565-572.		0
63	Wellness Interventions in Patients Living with Chronic Medical Conditions. , 2020, , 177-187.		0
64	Pharmaceuticals and Alternatives for Wellness. , 2020, , 302-314.		0
65	Emotional Intelligence and Its Role in Sustaining Fulfillment in Life. , 2020, , 463-473.		0
66	Wellness and Whole-Person Care. , 2020, , 573-581.		0
67	Wellness in Pain Disorders. , 2020, , 209-224.		0
68	Forgiveness, Gratitude, and Spirituality. , 2020, , 357-364.		0
69	The Role of Aesthetics in Wellness. , 2020, , 394-402.		1
70	Circadian Rhythm in the Digital Age. , 2020, , 423-434.		0
71	The Arts in Health Settings. , 2020, , 435-447.		0
72	Wellness Interventions for Chronicity and Disability. , 2020, , 525-534.		0
73	The Personalized Wellness Life Plan. , 2020, , 582-597.		0
75	The small intestine shields the liver from fructose-induced steatosis. Nature Metabolism, 2020, 2, 586-593.	11.9	81
76	Codium fragile Ameliorates High-Fat Diet-Induced Metabolism by Modulating the Gut Microbiota in Mice. Nutrients, 2020, 12, 1848.	4.1	27
77	Dried fruit consumption and cardiometabolic health: a randomised crossover trial. British Journal of Nutrition, 2020, 124, 912-921.	2.3	7

#	Article	IF	Citations
78	The Forgotten Fruit: A Case for Consuming Avocado Within the Traditional Mediterranean Diet. Frontiers in Nutrition, 2020, 7, 78.	3.7	7
79	Persimmon (Diospyros Kaki L.): Chemical Properties, Bioactive Compounds and Potential Use in the Development of New Products â€“ A Review. Food Reviews International, 2022, 38, 384-401.	8.4	33
80	Respiratory. , 2020, , 927-968.		0
81	Developing and Validating an Instrument to Evaluate Theory-Based Behavioral Antecedents of Consuming a High-Fiber Diet. International Journal of Environmental Research and Public Health, 2020, 17, 4342.	2.6	0
82	Child Consumption of Whole Fruit and Fruit Juice Following Six Months of Exposure to a Pediatric Fruit and Vegetable Prescription Program. Nutrients, 2020, 12, 25.	4.1	24
83	Consumption of Vitamin K and Vitamin A Are Associated With Reduced Risk of Developing Emphysema: NHANES 2007â€“2016. Frontiers in Nutrition, 2020, 7, 47.	3.7	11
84	Dietary Fibre May Mitigate Sarcopenia Risk: Findings from the NU-AGE Cohort of Older European Adults. Nutrients, 2020, 12, 1075.	4.1	22
85	Corryocactus brevistylus (K. Schum. ex Vaupel) Britton & Rose (Cactaceae): Antioxidant, Gastroprotective Effects, and Metabolomic Profiling by Ultrahigh-Pressure Liquid Chromatography and Electrospray High Resolution Orbitrap Tandem Mass Spectrometry. Frontiers in Pharmacology, 2020, 11, 417.	3.5	12
86	Dietary Fiber, Genetic Variations of Gut Microbiota-derived Short-chain Fatty Acids, and Bone Health in UK Biobank. Journal of Clinical Endocrinology and Metabolism, 2021, 106, 201-210.	3.6	22
87	Breakfast cereals with inulin obtained through thermoplastic extrusion: Chemical characteristics and physical and technological properties. LWT - Food Science and Technology, 2021, 137, 110390.	5.2	7
88	Gum Arabic modifies anti-inflammatory cytokine in mice fed with high fat diet induced obesity. Bioactive Carbohydrates and Dietary Fibre, 2021, 25, 100258.	2.7	10
90	Characterization and molecular cloning of secreted Î±-amylase with dominant activity from mon thong durian (Durio zibethinus murr. cv. mon thong). Revista Brasileira De Fruticultura, 2021, 43, .	0.5	1
91	Nutrition specific and eating habits among young people. Profilakticheskaya Meditsina, 2021, 24, 37.	0.6	2
92	Dietary Fibre. , 2021, , 119-157.		1
94	Pterostilbene Ameliorates DSS-Induced Intestinal Epithelial Barrier Loss in Mice via Suppression of the NF-ÎºB-Mediated MLCK-MLC Signaling Pathway. Journal of Agricultural and Food Chemistry, 2021, 69, 3871-3878.	5.2	26
95	Physicochemical Parameters and Bioaccessibility of Lactic Acid Bacteria Fermented Chayote Leaf (Sechium edule) and Pineapple (Ananas comosus) Smoothies. Frontiers in Nutrition, 2021, 8, 649189.	3.7	29
96	Association between Fruit and Vegetable Intakes and Mental Health in the Australian Diabetes Obesity and Lifestyle Cohort. Nutrients, 2021, 13, 1447.	4.1	5
97	Diarrhea Predominant-Irritable Bowel Syndrome (IBS-D): Effects of Different Nutritional Patterns on Intestinal Dysbiosis and Symptoms. Nutrients, 2021, 13, 1506.	4.1	48

#	Article	IF	Citations
98	Environmental Influences on the Human Microbiome and Implications for Noncommunicable Disease. Annual Review of Public Health, 2021, 42, 277-292.	17.4	54
99	Dietary Strawberries Improve Cardiometabolic Risks in Adults with Obesity and Elevated Serum LDL Cholesterol in a Randomized Controlled Crossover Trial. Nutrients, 2021, 13, 1421.	4.1	20
100	Inulin as an ingredient for improvement of glycemic response and sensory acceptance of breakfast cereals. Food Hydrocolloids, 2021, 114, 106582.	10.7	7
102	Treatment of chronic airway diseases using nutraceuticals: Mechanistic insight. Critical Reviews in Food Science and Nutrition, 2022, 62, 7576-7590.	10.3	9
103	Fruit consumption and cardiometabolic risk in the PREDIMED-plus study: A cross-sectional analysis. Nutrition, Metabolism and Cardiovascular Diseases, 2021, 31, 1702-1713.	2.6	14
104	Nutritional Significance of Fruit and Fruit Products in the Average Polish Diet. Nutrients, 2021, 13, 2079.	4.1	14
105	A review on the fruit components affecting uric acid level and their underlying mechanisms. Journal of Food Biochemistry, 2021, 45, e13911.	2.9	12
106	Nutritional Imbalances in Adult Celiac Patients Following a Gluten-Free Diet. Nutrients, 2021, 13, 2877.	4.1	49
107	Do Children With Constipation Have Increased Risk of Asthma? Real-World Data From a Nationwide Population-Based Cohort Study. Frontiers in Pediatrics, 2021, 9, 714406.	1.9	6
108	Chronic Constipation: Is a Nutritional Approach Reasonable?. Nutrients, 2021, 13, 3386.	4.1	16
109	Fruit consumption and multiple health outcomes: An umbrella review. Trends in Food Science and Technology, 2021, 118, 505-518.	15.1	11
110	Exploring the potential of prebiotic and polyphenol-based dietary interventions for the alleviation of cognitive and gastrointestinal perturbations associated with military specific stressors. Journal of Functional Foods, 2021, 87, 104753.	3.4	2
111	Higher Frequency of Fruit Intake Is Associated With a Lower Risk of Constipation in Hemodialysis Patients: A Multicenter Study. , 2021, 31, 85-89.		12
112	Mediterranean Dietâ€"A Healthy Dietary Pattern and Lifestyle for Strong Immunity. Infosys Science Foundation Series, 2021, , 279-305.	0.6	0
113	Hazelnuts as Source of Bioactive Compounds and Health Value Underestimated Food. Current Research in Nutrition and Food Science, 2019, 7, 17-28.	0.8	14
114	Effectiveness of a Motivational Nutritional Intervention through Social Networks 2.0 to Increase Adherence to the Mediterranean Diet and Improve Lung Function in Active Smokers: The DIET Study, a Randomized, Controlled and Parallel Clinical Trial in Primary Care. Nutrients, 2021, 13, 3597.	4.1	2
115	Experimental studies and randomised controlled trial investigating the impact of traditional dried fruits consumed as snacks on food intake, experience of appetite and bodyweight. Nutrition Bulletin, 2021, 46, 451-467.	1.8	0
116	Dietary Fibre Intake in Relation to Asthma, Rhinitis and Lung Function Impairmentâ€"A Systematic Review of Observational Studies. Nutrients, 2021, 13, 3594.	4.1	7

#	Article	IF	Citations
117	Effects of raw vegan diet on periodontal and dental parameters. Tzu Chi Medical Journal, 2020, 32, 357.	1.1	8
118	Plant based diet and cardio-metabolic disease. Journal of Education, Health and Sport, 2020, 10, 149.	0.1	2
119	The Handbook of Wellness Medicine. Family Medicine, 2021, 53, 726-726.	0.5	0
120	Effect of Gut Microbial Enterotypes on the Association between Habitual Dietary Fiber Intake and Insulin Resistance Markers in Mexican Children and Adults. Nutrients, 2021, 13, 3892.	4.1	6
122	A Review on Pharmacological and Nutritional Benefits of Mango (Mangifera indica Linn): A Remedy for Cancer, Diabetes and Gastrointestinal Infections. Abasyn Journal of Life Sciences, 2020, , 82-92.	0.1	2
123	Improvement of bowel movements among people with a sedentary lifestyle after prebiotic snack supply â€“ preliminary study. Przeglad Gastroenterologiczny, 2022, 17, 73-80.	0.7	2
124	A prospective study in women: aÃ§aÃ-(Euterpe oleracea Martius) dietary intake affects serum p-selectin, leptin, and visfatin levels. Nutricion Hospitalaria, 2020, 38, 121-127.	0.3	1
128	Nutraceuticals and Wellness. , 2020, , 292-301.		1
129	Best quality foods of Iran for the prevention of non-communicable diseases. , 2022, , 121-135.		0
130	Effects of fresh mango consumption on cardiometabolic risk factors in overweight and obese adults. Nutrition, Metabolism and Cardiovascular Diseases, 2022, 32, 494-503.	2.6	9
131	Food Myths or Food Facts? Study about Perceptions and Knowledge in a Portuguese Sample. Foods, 2021, 10, 2746.	4.3	8
132	Host fruits shape the changes in the gut microbiota and development of Bactrocera dorsalis (Diptera:) Tj ETQq1 1 0.784314 rgBT /Ov	1.0	6
133	Suitability of Fruits and Vegetables for Provision of Daily Requirement of Dietary Fiber Targets. , 0, , .		3
134	Diet and mental health in pregnancy: Nutrients of importance based on large observational cohort data. Nutrition, 2022, 96, 111582.	2.4	15
135	Effect of In Vitro Gastrointestinal Digestion on Amino Acids, Polyphenols and Antioxidant Capacity of Tamarillo Yoghurts. International Journal of Molecular Sciences, 2022, 23, 2526.	4.1	15
136	Secondary Metabolites of Edible Cacti (Cactaceae) from the South American Andes. , 0, , .		0
137	Evaluation of Dietary Quality Based on Intelligent Ordering System and Chinese Healthy Eating Index in College Students from a Medical School in Shanghai, China. Nutrients, 2022, 14, 1012.	4.1	2
138	Brassica oleracea Extracts Prevent Hyperglycemia in Type 2 Diabetes Mellitus. Preventive Nutrition and Food Science, 2022, 27, 50-62.	1.6	6

#	Article	IF	Citations
139	Innovation as a Factor Increasing Fruit Consumption: The Case of Poland. Nutrients, 2022, 14, 1246.	4.1	4
140	Effect of classical and molecular production techniques on physical properties and volatile compounds of berry ice-creams. Food Science and Technology International, 2022, , 108201322210923.	2.2	0
141	A Comprehensive Review of Hass Avocado Clinical Trials, Observational Studies, and Biological Mechanisms. Nutrients, 2021, 13, 4376.	4.1	7
142	The Efficacy and Cost-Effectiveness of Replacing Whole Apples with Sliced in the National School Lunch Program. International Journal of Environmental Research and Public Health, 2021, 18, 13157.	2.6	1
143	Association between Dietary Factors and Constipation in Adults Living in Luxembourg and Taking Part in the ORISCAV-LUX 2 Survey. Nutrients, 2022, 14, 122.	4.1	11
144	Nutrition, Physical Activity, and Dietary Supplementation to Prevent Bone Mineral Density Loss: A Food Pyramid. Nutrients, 2022, 14, 74.	4.1	27
145	Mango Consumption Is Associated with Improved Nutrient Intakes, Diet Quality, and Weight-Related Health Outcomes. Nutrients, 2022, 14, 59.	4.1	10
146	Rosemary Extracts Improved the Antioxidant Status of Low-Fat Yoghurt Sauces Enriched with Inulin. Antioxidants, 2022, 11, 789.	5.1	6
147	The role of diet and physical activity in influencing the microbiota/microbiome. , 2022, , 693-745.		0
148	Sugar and Its Impact on Health. , 0, , .		1
149	Nutritional Composition and Antioxidant Activity of Selected Underutilized Fruits Grown in Sri Lanka. Agronomy, 2022, 12, 1073.	3.0	5
150	Exploring the Mangrove Fruit: From the Phytochemicals to Functional Food Development and the Current Progress in the Middle East. Marine Drugs, 2022, 20, 303.	4.6	8
151	Relationship Between Dietary Fiber and Vitamin C Intake and Oral Cancer. Frontiers in Public Health, 2022, 10, .	2.7	2
152	Plant-derived functional components: prevent from various disorders by regulating the endocrine glands. International Journal of Food Properties, 2022, 25, 976-995.	3.0	10
153	Vegetable and Fruit Intake, Its Patterns, and Cognitive Function: Cross-Sectional Findings among Older Adults in Anhui, China. Journal of Nutrition, Health and Aging, 2022, 26, 529-536.	3.3	1
154	A Prospective Study of Fruit Juice Consumption and the Risk of Overall and Cardiovascular Disease Mortality. Nutrients, 2022, 14, 2127.	4.1	6
156	Natural plant products as effective alternatives to synthetic chemicals for postharvest fruit storage management. Critical Reviews in Food Science and Nutrition, 2023, 63, 10332-10350.	10.3	5
157	Diversity of wild edible fruit plant species and their threatened status in the Aceh Province, Indonesia. Biodiversitas, 2022, 23, .	0.6	4

#	Article	IF	Citations
158	Association of Dietary Fiber Intake With Myocardial Infarction and Stroke Events in US Adults: A Cross-Sectional Study of NHANES 2011â€“2018. Frontiers in Nutrition, 0, 9, .	3.7	14
160	Valorization of Persimmon Fruit Through the Development of New Food Products. Frontiers in Food Science and Technology, 0, 2, .	1.6	7
161	Therapeutic Benefits and Dietary Restrictions of Fiber Intake: A State of the Art Review. Nutrients, 2022, 14, 2641.	4.1	54
162	Inhibition of obesity through alterations of C/EBP-Î± gene expression by gum Arabic in mice with a high-fat feed diet. Carbohydrate Polymer Technologies and Applications, 2022, 4, 100231.	2.6	2
163	Undercarboxylated Osteocalcin: A Promising Target for Early Diagnosis of Cardiovascular and Glycemic Disorders in Patients with Metabolic Syndrome: A Pilot Study. Nutrients, 2022, 14, 2991.	4.1	2
165	An Exploratory Critical Review on TNF-Î± as a Potential Inflammatory Biomarker Responsive to Dietary Intervention with Bioactive Foods and Derived Products. Foods, 2022, 11, 2524.	4.3	5
166	Fiberâ€enriched botanicals: A therapeutic tool against certain metabolic ailments. Food Science and Nutrition, 2022, 10, 3203-3218.	3.4	9
167	The Association of High-Frequency Nut Intake With a Low Risk of Psychological Problems in Female Methamphetamine Users. Frontiers in Psychiatry, 0, 13, .	2.6	0
168	Berries as a case study for crop wild relative conservation, use, and public engagement in Canada. Plants People Planet, 2022, 4, 558-578.	3.3	4
169	Dietary fibre in relation to asthma, allergic rhinitis andÂsensitization from childhood up to adulthood. Clinical and Translational Allergy, 2022, 12, .	3.2	4
170	Middle Eastern Diets as a Potential Source of Immunomodulators. , 2022, , 163-190.		0
171	Acute Effects of Breakfast Fruits Meal Sequence and Postprandial Exercise on the Blood Glucose Level and DPP4 Activity among Type 2 Diabetes Mellitus Patients: A Pilot Study. Journal of Obesity, 2022, 2022, 1-8.	2.7	1
172	Relationship Between Fruit and Vegetables Intake and Common Mental Disorders in Youth: A Systematic Review. Public Health Reviews, 0, 43, .	3.2	1
173	Postprandial Glycemic Response to Whole Fruit versus Blended Fruit in Healthy, Young Adults. Nutrients, 2022, 14, 4565.	4.1	2
174	Brain Food: The Impact of Diet, Nutrition, and Nutraceuticals on the Brain and the Microbiota-Gut-Brain Axis. , 2022, , 303-357.		0
175	Journey of Rosmarinic Acid as Biomedicine to Nano-Biomedicine for Treating Cancer: Current Strategies and Future Perspectives. Pharmaceutics, 2022, 14, 2401.	4.5	10
176	Inverse association of a traditional Korean diet composed of a multigrain rice-containing meal with fruits and nuts with metabolic syndrome risk: The KoGES. Frontiers in Nutrition, 0, 9, .	3.7	3
177	Prospective Study of Avocado Consumption and Cancer Risk in U.S. Men and Women. Cancer Prevention Research, 2023, 16, 211-218.	1.5	3

#	Article	IF	Citations
178	Precision Nutrition in NAFLD: Effects of a High-Fiber Intervention on the Serum Metabolome of NAFD Patientsâ€"A Pilot Study. Nutrients, 2022, 14, 5355.	4.1	7
179	The association between dietary patterns derived by three statistical methods and type 2 diabetes risk: YaHS-TAMYZ and Shahedieh cohort studies. Scientific Reports, 2023, 13, .	3.3	0
180	Pectin in Metabolic Liver Disease. Nutrients, 2023, 15, 157.	4.1	5
181	Fruit Leaf Diseases Classification: A Hierarchical Deep Learning Framework. Computers, Materials and Continua, 2023, 75, 1179-1194.	1.9	2
182	Clinical Evidence of Low-Carbohydrate Diets against Obesity and Diabetes Mellitus. Metabolites, 2023, 13, 240.	2.9	5
184	Life Cycle Assessment of the Canned Fruits Industry: Sustainability through Waste Valorization and Implementation of Innovative Techniques. AgriEngineering, 2023, 5, 395-412.	3.2	2
185	The Fruit Intakeâ€"Adiposity Paradox: Findings from a Peruvian Cross-Sectional Study. Nutrients, 2023, 15, 1183.	4.1	1
186	The Role of Phytochemicals and Gut Microbiome in Atherosclerosis in Preclinical Mouse Models. Nutrients, 2023, 15, 1212.	4.1	6
187	Nutrition for Common Gastrointestinal, Autoimmune, and Inflammatory Conditions. , 2023, , .		0
188	Tactics with Prebiotics for the Treatment of Metabolic Dysfunction-Associated Fatty Liver Disease via the Improvement of Mitophagy. International Journal of Molecular Sciences, 2023, 24, 5465.	4.1	8
189	Functional constipation symptoms and complementary feeding methods: A randomized clinical trial. Anales De PediatrÃa (English Edition), 2023, 98, 267-275.	0.2	0
190	Health benefits of Inulin and Agavin-type Fructans in Food: Impact on Microbiota, Immune and Gut Barrier Function. , 2023, , 211-234.		0
191	Avocado consumption and markers of inflammation: results from the Multi-Ethnic Study of Atherosclerosis (MESA). European Journal of Nutrition, 2023, 62, 2105-2113.	3.9	1
192	Depression and lifestyle: Focusing on nutrition, exercise, and their possible relevance to molecular mechanisms. Psychiatry and Clinical Neurosciences, 2023, 77, 420-433.	1.8	4
193	Fruits. , 2023, , 87-101.		0
194	Global Impacts of Western Diet and Its Effects on Metabolism and Health: A Narrative Review. Nutrients, 2023, 15, 2749.	4.1	43
195	Anti-obesity Effect of Bioengineered Silver Nanoparticles Synthesized from Persea americana on Obese Albino Rats. Pharmaceutical Nanotechnology, 2023, 11, 433-446.	1.5	0
196	Genomic insights into domestication and genetic improvement of fruit crops. Plant Physiology, 2023, 192, 2604-2627.	4.8	4

#	Article	IF	Citations
197	Dietary fibre in relation to lung function and respiratory symptoms from childhood to adulthood. ERJ Open Research, 2023, 9, 00036-2023.	2.6	0
198	Nutritional Effects of Adding Quinoa to Bread: A Systematic Review. Shiraz E Medical Journal, 2023, 24, .	0.3	0
199	Mediterranean Dietary Pattern and Psychosocial Health Problems in Spanish Adolescents: The EHDLA Study. Nutrients, 2023, 15, 2905.	4.1	2
200	Lifestyle behaviors and associated factors among individuals with diabetes in Brazil: a latent class analysis approach. Ciencia E Saude Coletiva, 2023, 28, 1983-1992.	0.5	1
201	Probiotic-fortified fruit juices: Health benefits, challenges, and future perspective. Nutrition, 2023, 115, 112154.	2.4	6
202	Native vs. Unique Fruit Popularity: Exploring the Sustainable Fruit Consumption in Polandâ€"Research Report. Sustainability, 2023, 15, 10953.	3.2	0
203	Effects of fresh vs dried mango consumption on satiety and postprandial glucose in healthy adults. Metabolism Open, 2023, 19, 100253.	2.9	0
204	The Relationship of Fruits and Fruit-Products Consumption with Glucose Homeostasis and Diabetes: A Comprehensive Update on the Current Clinical Literature. Dietetics, 2023, 2, 237-266.	1.3	1
205	Solanum lycocarpum St. Hill. fibrous fraction intake can contribute to counteract diet-induced obesity co-morbidities. Bioactive Carbohydrates and Dietary Fibre, 2023, 30, 100383.	2.7	0
206	Food Order and Timing Effects on Glycaemic and Satiety Responses to Partial Fruit-for-Cereal Carbohydrate Exchange: A Randomized Cross-Over Human Intervention Study. Nutrients, 2023, 15, 3269.	4.1	2
207	Effect of Special Low-Protein Foods Consumption in the Dietary Pattern and Biochemical Profile of Patients with Inborn Errors of Protein Metabolism: Application of a Database of Special Low-Protein Foods. Nutrients, 2023, 15, 3475.	4.1	1
208	Maternal breastfeeding is associated with offspring microbiome diversity; a secondary analysis of the MicrobeMom randomized control trial. Frontiers in Microbiology, 0, 14, .	3.5	6
209	Dietary food patterns as determinants of the gut microbiomeâ€"endocannabinoidome axis in humans. Scientific Reports, 2023, 13, .	3.3	0
211	Insights on nutritional profile, nutraceutical components, pharmacological potential, and trending utilization of persimmon cultivars: A review. , 2023, 3, 100431.		5
212	The Vision-Based Target Recognition, Localization, and Control for Harvesting Robots: A Review. International Journal of Precision Engineering and Manufacturing, 0, , .	2.2	1
213	Certain Fermented Foods and Their Possible Health Effects with a Focus on Bioactive Compounds and Microorganisms. Fermentation, 2023, 9, 923.	3.0	1
214	Pathways toward precise monitoring and low-carbon sustainability in fruit cold chain logistics: A solution enabled by flexible temperature sensing. Materials Today Sustainability, 2023, 24, 100592.	4.1	1
215	Longitudinal Associations of Dietary Fiber Intake with Glycated Hemoglobin and Estimated Insulin Sensitivity in Adults with and without Type 1 Diabetes. Nutrients, 2023, 15, 4620.	4.1	0

#	Article	IF	Citations
216	Higher fresh fruit intake relates to larger grey matter volumes in areas involved in dementia and depression: A UK Biobank study. NeuroImage, 2023, 283, 120438.	4.2	1
217	Total and different dietary fiber subtypes and the risk of all-cause, cardiovascular, and cancer mortality: a doseâ€“response meta-analysis of prospective cohort studies. Food and Function, 2023, 14, 10667-10680.	4.6	1
218	Associations of fruit, whole grain, and total energy intakes with gut microbiome diversity and composition. Food and Nutrition Research, 0, 67, .	2.6	0
219	Nutrient Density, Added Sugar, and Fiber Content of Commercially Available Fruit Snacks in the United States from 2017 to 2022. Nutrients, 2024, 16, 292.	4.1	0
220	A simple and fast alternative method for measuring the insoluble solids and starch content of kiwifruit tissue. Postharvest Biology and Technology, 2024, 211, 112854.	6.0	0
221	The effects of different fiber fractions from sour cherry (Prunus cerasus L.) pomace and fiber modification methods on cake quality. Journal of Food Science, 2024, 89, 2359-2370.	3.1	0
222	Chronic constipation in children: diagnosis and treatment through the prism of time. Eksperimental'naya I Klinicheskaya Gastroenterologiya, 2024, , 143-151.	0.4	0