

CITATION REPORT

List of articles citing

A bedtime milk snack does not impact RMR, substrate utilisation and appetite the following morning in mildly overweight males

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British Journal of Nutrition, 2018, 119, 1355-1365.

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#	Paper	IF	Citations
10	Influence of Resistance Exercise on Appetite and Affect Following Pre-Sleep Feeding. <i>Sports</i> , 2018 , 6,	3	1
9	Pre-Sleep Consumption of Casein and Whey Protein: Effects on Morning Metabolism and Resistance Exercise Performance in Active Women. <i>Nutrients</i> , 2018 , 10,	6.7	11
8	Pre-Sleep Casein Protein Ingestion Does Not Impact Next-Day Appetite, Energy Intake and Metabolism in Older Individuals. <i>Nutrients</i> , 2019 , 12,	6.7	5
7	Effects of Dietary Protein on Body Composition in Exercising Individuals. <i>Nutrients</i> , 2020 , 12,	6.7	3
6	The effects of pre-sleep consumption of casein protein on next-morning measures of RMR and appetite compared between sedentary pre- and postmenopausal women. <i>British Journal of Nutrition</i> , 2021 , 125, 121-128	3.6	0
5	The Acute Effects of a Relative Dose of Pre-Sleep Protein on Recovery Following Evening Resistance Exercise in Active Young Men. <i>Sports</i> , 2021 , 9,	3	
4	Pre-Sleep Casein Supplementation, Metabolism, and Appetite: A Systematic Review. <i>Nutrients</i> , 2021 , 13,	6.7	1
3	The impact of post-prandial delay periods on ad libitum consumption of a laboratory breakfast meal. <i>Applied Physiology, Nutrition and Metabolism</i> , 2021 , 46, 1290-1297	3	0
2	Impact of high energy oral nutritional supplements consumed in the late afternoon on appetite, energy intake and cardio-metabolic risk factors in females with lower BMI. <i>European Journal of Clinical Nutrition</i> , 2021 ,	5.2	0
1	Pre-sleep protein supplementation after an acute bout of evening resistance exercise does not improve next day performance or recovery in resistance trained men. <i>Journal of the International Society of Sports Nutrition</i> , 2022 , 19, 164-178	4.5	1