

Time-Restricted Feeding Improves Glucose Tolerance Randomized Crossover Trial

Obesity

27, 724-732

DOI: [10.1002/oby.22449](https://doi.org/10.1002/oby.22449)

Citation Report

#	ARTICLE	IF	CITATIONS
1	Time-Restricted Eating to Prevent and Manage Chronic Metabolic Diseases. Annual Review of Nutrition, 2019, 39, 291-315.	4.3	239
2	Current Treatments on Obesity. Korean Journal of Health Promotion, 2019, 19, 171.	0.1	2
3	Energy Restriction and Colorectal Cancer: A Call for Additional Research. Nutrients, 2020, 12, 114.	1.7	31
4	Dopamine D2 receptor signaling modulates pancreatic beta cell circadian rhythms. Psychoneuroendocrinology, 2020, 113, 104551.	1.3	22
5	A Time to Eat and a Time to Exercise. Exercise and Sport Sciences Reviews, 2020, 48, 4-10.	1.6	41
6	Ten-Hour Time-Restricted Eating Reduces Weight, Blood Pressure, and Atherogenic Lipids in Patients with Metabolic Syndrome. Cell Metabolism, 2020, 31, 92-104.e5.	7.2	500
7	Effects of Time-Restricted Eating on Weight Loss and Other Metabolic Parameters in Women and Men With Overweight and Obesity. JAMA Internal Medicine, 2020, 180, 1491.	2.6	283
8	Crosstalk between circadian rhythms and the microbiota. Immunology, 2020, 161, 278-290.	2.0	26
9	Habitual Nightly Fasting Duration, Eating Timing, and Eating Frequency are Associated with Cardiometabolic Risk in Women. Nutrients, 2020, 12, 3043.	1.7	20
10	Intermittent fasting as a nutrition approach against obesity and metabolic disease. Current Opinion in Clinical Nutrition and Metabolic Care, 2020, 23, 387-394.	1.3	18
11	Time-restricted eating and circadian rhythms: the biological clock is ticking. Critical Reviews in Food Science and Nutrition, 2021, 61, 2863-2875.	5.4	40
12	Food Timing, Circadian Rhythm and Chrononutrition: A Systematic Review of Time-Restricted Eating's Effects on Human Health. Nutrients, 2020, 12, 3770.	1.7	88
13	Time for Novel Strategies to Mitigate Cardiometabolic Risk in Shift Workers. Trends in Endocrinology and Metabolism, 2020, 31, 952-964.	3.1	17
14	Chrono-nutrition for the prevention and treatment of obesity and type 2 diabetes: from mice to men. Diabetologia, 2020, 63, 2253-2259.	2.9	72
15	The Future of Shift Work: Circadian Biology Meets Personalised Medicine and Behavioural Science. Frontiers in Nutrition, 2020, 7, 116.	1.6	22
16	Intermittent Fasting and Metabolic Health: From Religious Fast to Time-Restricted Feeding. Obesity, 2020, 28, S29-S37.	1.5	60
17	Two weeks of early time-restricted feeding (eTRF) improves skeletal muscle insulin and anabolic sensitivity in healthy men. American Journal of Clinical Nutrition, 2020, 112, 1015-1028.	2.2	64
18	Involvement of GABAergic interneuron dysfunction and neuronal network hyperexcitability in Alzheimer's disease: Amelioration by metabolic switching. International Review of Neurobiology, 2020, 154, 191-205.	0.9	10

#	ARTICLE	IF	CITATIONS
19	Perturbation of the circadian clock and pathogenesis of NAFLD. <i>Metabolism: Clinical and Experimental</i> , 2020, 111, 154337.	1.5	25
20	Time-Restricted Eating as a Nutrition Strategy for Individuals with Type 2 Diabetes: A Feasibility Study. <i>Nutrients</i> , 2020, 12, 3228.	1.7	71
21	Optimising intermittent fasting: Evaluating the behavioural and metabolic effects of extended morning and evening fasting. <i>Nutrition Bulletin</i> , 2020, 45, 444-455.	0.8	8
22	Protocol for a single-centre, parallel-group, randomised, controlled, superiority trial on the effects of time-restricted eating on body weight, behaviour and metabolism in individuals at high risk of type 2 diabetes: the REStRicted Eating Time (RESET) study. <i>BMJ Open</i> , 2020, 10, e037166.	0.8	13
23	Considerations for the Optimal Timing, Duration, Frequency, and Length of an Intermittent Fasting Regimen for Health Improvement. <i>Nutrients</i> , 2020, 12, 2567.	1.7	0
24	Periodic and Intermittent Fasting in Diabetes and Cardiovascular Disease. <i>Current Diabetes Reports</i> , 2020, 20, 83.	1.7	33
25	Defining Wellness. , 2020, , 1-12.		0
26	Wellness Interventions in the Workplace. , 2020, , 248-257.		0
27	Engaging the Five Senses. , 2020, , 448-462.		0
28	Family Relations, Friendships, and Love. , 2020, , 553-564.		0
30	Screening and Assessment Methods for Wellness. , 2020, , 13-22.		0
31	The Biopsychosocial Assessment. , 2020, , 23-36.		0
32	Wellness Measurement. , 2020, , 37-44.		0
33	The Wellness Treatment Plan. , 2020, , 45-56.		1
34	The Concept of Wellness in Psychiatric and Substance-Use Disorders. , 2020, , 57-65.		0
35	Neurological and Neurosurgical Disorders and Wellness. , 2020, , 66-78.		0
36	Cardiovascular and Pulmonary Wellness. , 2020, , 79-86.		0
37	Gastrointestinal System and Wellness. , 2020, , 87-97.		0

#	ARTICLE	IF	CITATIONS
38	Wellness and the Genito-Urinary System. , 2020, , 98-115.		0
39	Reproductive System. , 2020, , 116-134.		1
40	Allergic, Infectious, and Immunological Processes. , 2020, , 135-159.		1
41	Wellness in Endocrine and Metabolic Disorders. , 2020, , 160-176.		0
42	Wellness in Older Individuals. , 2020, , 188-198.		0
43	Wellness in Children and Adolescents. , 2020, , 199-208.		0
44	Wellness in Cancer and Neoplastic Diseases. , 2020, , 225-236.		0
45	Wellness in Terminal Illness. , 2020, , 237-247.		0
46	Wellness Interventions for Physicians and Healthcare Professionals. , 2020, , 258-270.		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

#	ARTICLE	IF	CITATIONS
57	Healing and Wellness. , 2020, , 504-514.		0
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 Work-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	Time-Restricted Feeding and Potential for Type 2 Diabetes Mellitus: A Narrative Review. Journal of Osteopathic Medicine, 2020, 120, 560-567.	0.4	3
76	Beneficial Effects of Time-Restricted Eating on Metabolic Diseases: A Systemic Review and Meta-Analysis. Nutrients, 2020, 12, 1267.	1.7	122

#	ARTICLE	IF	CITATIONS
77	Time-Restricted Eating: Benefits, Mechanisms, and Challenges in Translation. <i>IScience</i> , 2020, 23, 101161.	1.9	96
78	Restoration of metabolic tempo through time-restricted eating (TRE) as the preventive measure for metabolic diseases. <i>Critical Reviews in Food Science and Nutrition</i> , 2021, 61, 2444-2453.	5.4	7
79	Mealtime: A circadian disruptor and determinant of energy balance?. <i>Journal of Neuroendocrinology</i> , 2020, 32, e12886.	1.2	29
80	Acute effects of time-restricted feeding in low-income women with obesity placed on hypoenergetic diets: Randomized trial. <i>Nutrition</i> , 2020, 77, 110796.	1.1	37
81	A Delayed Morning and Earlier Evening Time-Restricted Feeding Protocol for Improving Glycemic Control and Dietary Adherence in Men with Overweight/Obesity: A Randomized Controlled Trial. <i>Nutrients</i> , 2020, 12, 505.	1.7	95
82	Calorie restriction for enhanced longevity: The role of novel dietary strategies in the present obesogenic environment. <i>Ageing Research Reviews</i> , 2020, 64, 101038.	5.0	54
83	Eating breakfast and avoiding late-evening snacking sustains lipid oxidation. <i>PLoS Biology</i> , 2020, 18, e3000622.	2.6	31
84	Circadian Rhythms in the Pathogenesis and Treatment of Fatty Liver Disease. <i>Gastroenterology</i> , 2020, 158, 1948-1966.e1.	0.6	84
85	Chocolate for breakfast prevents circadian desynchrony in experimental models of jet-lag and shift-work. <i>Scientific Reports</i> , 2020, 10, 6243.	1.6	25
86	Intermittent Fasting: Physiological Implications on Outcomes in Mice and Men. <i>Physiology</i> , 2020, 35, 185-195.	1.6	27
87	Nightly fasting duration is not associated with the prevalence of metabolic syndrome among non-shift workers: The Furukawa Nutrition and Health Study. <i>American Journal of Human Biology</i> , 2021, 33, e23437.	0.8	3
88	Effects of time-restricted feeding on body weight, body composition and vital signs in low-income women with obesity: A 12-month randomized clinical trial. <i>Clinical Nutrition</i> , 2021, 40, 759-766.	2.3	49
89	Eating Timing: Associations with Dietary Intake and Metabolic Health. <i>Journal of the Academy of Nutrition and Dietetics</i> , 2021, 121, 738-748.	0.4	15
90	Chrono-nutrition: From molecular and neuronal mechanisms to human epidemiology and timed feeding patterns. <i>Journal of Neurochemistry</i> , 2021, 157, 53-72.	2.1	88
91	The importance of 24-h metabolism in obesity-related metabolic disorders: opportunities for timed interventions. <i>International Journal of Obesity</i> , 2021, 45, 479-490.	1.6	5
92	Engineered diets to improve cancer outcomes. <i>Current Opinion in Biotechnology</i> , 2021, 70, 29-35.	3.3	8
93	The association between overnight fasting and body mass index in older adults: the interaction between duration and timing. <i>International Journal of Obesity</i> , 2021, 45, 555-564.	1.6	11
94	A Role for Exercise to Counter Skeletal Muscle Clock Disruption. <i>Exercise and Sport Sciences Reviews</i> , 2021, 49, 35-41.	1.6	8

#	ARTICLE	IF	CITATIONS
95	The Importance of Keeping Time in the Liver. <i>Endocrinology</i> , 2021, 162, .	1.4	8
96	Effect of early time-restricted feeding on the metabolic profile of adults with excess weight: A systematic review with meta-analysis. <i>Clinical Nutrition</i> , 2021, 40, 1788-1799.	2.3	47
97	Time restricted eating as a weight loss intervention in adults with obesity. <i>PLoS ONE</i> , 2021, 16, e0246186.	1.1	24
98	The circadian system: From clocks to physiology. <i>Handbook of Clinical Neurology</i> / Edited By P J Vinken and G W Bruyn, 2021, 179, 233-247.	1.0	18
99	DÃ©synchronisation de l'horloge biologique. , 2021, , 61-65.		0
100	Time-restricted feeding normalizes hyperinsulinemia to inhibit breast cancer in obese postmenopausal mouse models. <i>Nature Communications</i> , 2021, 12, 565.	5.8	51
101	Pilot Clinical Trial of Time-Restricted Eating in Patients with Metabolic Syndrome. <i>Nutrients</i> , 2021, 13, 346.	1.7	15
102	Effect of time restricted eating on body weight and fasting glucose in participants with obesity: results of a randomized, controlled, virtual clinical trial. <i>Nutrition and Diabetes</i> , 2021, 11, 6.	1.5	65
103	Chrono-nutrition Studies on Metabolic Diseases. <i>Oleoscience</i> , 2021, 21, 121-127.	0.0	0
104	Time-Restricted Eating and Metabolic Syndrome: Current Status and Future Perspectives. <i>Nutrients</i> , 2021, 13, 221.	1.7	55
106	Maintain host health with time-restricted eating and phytochemicals: A review based on gut microbiome and circadian rhythm. <i>Trends in Food Science and Technology</i> , 2021, 108, 258-268.	7.8	8
107	Intermittent fasting: is there a role in the treatment of diabetes? A review of the literature and guide for primary care physicians. <i>Clinical Diabetes and Endocrinology</i> , 2021, 7, 3.	1.3	45
108	The Effects of Time-Restricted Eating versus Standard Dietary Advice on Weight, Metabolic Health and the Consumption of Processed Food: A Pragmatic Randomised Controlled Trial in Community-Based Adults. <i>Nutrients</i> , 2021, 13, 1042.	1.7	50
109	Time-Restricted Eating for 12 Weeks Does Not Adversely Alter Bone Turnover in Overweight Adults. <i>Nutrients</i> , 2021, 13, 1155.	1.7	11
110	Time-Restricted Eating to Improve Cardiovascular Health. <i>Current Atherosclerosis Reports</i> , 2021, 23, 22.	2.0	44
111	Ten things to know about ten cardiovascular disease risk factors. <i>American Journal of Preventive Cardiology</i> , 2021, 5, 100149.	1.3	87
112	The Roles of Dietary, Nutritional and Lifestyle Interventions in Adipose Tissue Adaptation and Obesity. <i>Current Medicinal Chemistry</i> , 2021, 28, 1683-1702.	1.2	3
113	Carbohydrate intake and circadian synchronicity in the regulation of glucose homeostasis. <i>Current Opinion in Clinical Nutrition and Metabolic Care</i> , 2021, 24, 342-348.	1.3	11

#	ARTICLE	IF	CITATIONS
114	Beneficial Effects of Early Time-Restricted Feeding on Metabolic Diseases: Importance of Aligning Food Habits with the Circadian Clock. <i>Nutrients</i> , 2021, 13, 1405.	1.7	56
115	Roadmap on biology in time varying environments. <i>Physical Biology</i> , 2021, 18, 041502.	0.8	23
116	A scoping review of chronotype and temporal patterns of eating of adults: tools used, findings, and future directions. <i>Nutrition Research Reviews</i> , 2022, 35, 112-135.	2.1	19
117	A randomized controlled trial to isolate the effects of fasting and energy restriction on weight loss and metabolic health in lean adults. <i>Science Translational Medicine</i> , 2021, 13, .	5.8	56
118	Meal timing, sleep, and cardiometabolic outcomes. <i>Current Opinion in Endocrine and Metabolic Research</i> , 2021, 18, 128-132.	0.6	4
119	The Effect of Four Weeks Dietary Intervention with 8-Hour Time-Restricted Eating on Body Composition and Cardiometabolic Risk Factors in Young Adults. <i>Nutrients</i> , 2021, 13, 2164.	1.7	14
120	A Smartphone Intervention to Promote Time Restricted Eating Reduces Body Weight and Blood Pressure in Adults with Overweight and Obesity: A Pilot Study. <i>Nutrients</i> , 2021, 13, 2148.	1.7	28
121	Identifying the Predictors of Self-Management Behaviors in Patients with Diabetes Based on Ecological Approach: A Systematic Review. <i>Current Diabetes Reviews</i> , 2021, 17, e102620187197.	0.6	3
122	Effects of Time-Restricted Feeding on Supramaximal Exercise Performance and Body Composition: A Randomized and Counterbalanced Crossover Study in Healthy Men. <i>International Journal of Environmental Research and Public Health</i> , 2021, 18, 7227.	1.2	12
123	Type 2 Diabetes Mellitus with Early Dry Skin Disorder: A Comparison Study between Primary and Tertiary Care in Indonesia. <i>Current Diabetes Reviews</i> , 2021, 17, .	0.6	0
124	Time Restricted Eating: A Dietary Strategy to Prevent and Treat Metabolic Disturbances. <i>Frontiers in Endocrinology</i> , 2021, 12, 683140.	1.5	28
125	Four Weeks of 16/8 Time Restrictive Feeding in Endurance Trained Male Runners Decreases Fat Mass, without Affecting Exercise Performance. <i>Nutrients</i> , 2021, 13, 2941.	1.7	16
126	Interconnections between circadian clocks and metabolism. <i>Journal of Clinical Investigation</i> , 2021, 131, .	3.9	63
127	Eating architecture in adults at increased risk of type 2 diabetes: associations with body fat and glycaemic control. <i>British Journal of Nutrition</i> , 2022, 128, 324-333.	1.2	7
128	Circadian control of brown adipose tissue. <i>Biochimica Et Biophysica Acta - Molecular and Cell Biology of Lipids</i> , 2021, 1866, 158961.	1.2	6
129	Covid 19 May Limit the Use of Anti-hyperglycemic Agents. Does it Call for the Development of New Anti-hyperglycemic Agents?. <i>Current Diabetes Reviews</i> , 2022, 18, .	0.6	2
130	Intermittent fasting in the prevention and treatment of cancer. <i>Ca-A Cancer Journal for Clinicians</i> , 2021, 71, 527-546.	157.7	74
131	The impact of circadian timing on energy balance: an extension of the energy balance model. <i>Health Psychology Review</i> , 2022, 16, 161-203.	4.4	2

#	ARTICLE	IF	CITATIONS
132	Time-restricted Eating for the Prevention and Management of Metabolic Diseases. <i>Endocrine Reviews</i> , 2022, 43, 405-436.	8.9	96
133	Time-restricted feeding regulates molecular mechanisms with involvement of circadian rhythm to prevent metabolic diseases. <i>Nutrition</i> , 2021, 89, 111244.	1.1	16
134	Effect of Time-Restricted Feeding on Anthropometric, Metabolic, and Fitness Parameters: A Systematic Review. <i>Journal of the American College of Nutrition</i> , 2022, 41, 810-825.	1.1	11
135	Meal Timing and Glycemic Control during Pregnancy—Is There a Link?. <i>Nutrients</i> , 2021, 13, 3379.	1.7	3
136	Time restricted eating for the prevention of type 2 diabetes. <i>Journal of Physiology</i> , 2022, 600, 1253-1264.	1.3	27
137	Identification of factors influencing motivation to undertake time-restricted feeding in humans. <i>Appetite</i> , 2021, 164, 105240.	1.8	8
138	The Prospect for Type 2 Diabetes Mellitus Combined with Exercise and Synbiotics: A Perspective. <i>Current Diabetes Reviews</i> , 2021, 17, e012821190875.	0.6	2
139	Specificities of the diabetic population in French Guiana: The health barometer survey. <i>Current Diabetes Reviews</i> , 2021, 17, .	0.6	7
140	Will Delaying Breakfast Mitigate the Metabolic Health Benefits of Time-Restricted Eating?. <i>Obesity</i> , 2020, 28, S6-S7.	1.5	10
141	Behavioral and social routines and biological rhythms in prevention and treatment of pediatric obesity.. <i>American Psychologist</i> , 2020, 75, 152-162.	3.8	19
143	Early versus late time-restricted feeding in adults at increased risk of developing type 2 diabetes: Is there an optimal time to eat for metabolic health?. <i>Nutrition Bulletin</i> , 2021, 46, 69-76.	0.8	7
144	Five Evidence-Based Lifestyle Habits People With Diabetes Can Use. <i>Clinical Diabetes</i> , 2020, 38, 273-284.	1.2	5
145	Cardiometabolic consequences of circadian disruption. , 2021, , .		1
146	Time-Restricted Eating: A Novel and Simple Dietary Intervention for Primary and Secondary Prevention of Breast Cancer and Cardiovascular Disease. <i>Nutrients</i> , 2021, 13, 3476.	1.7	15
147	Time-Limited Eating and Continuous Glucose Monitoring in Adolescents with Obesity: A Pilot Study. <i>Nutrients</i> , 2021, 13, 3697.	1.7	13
148	Time-restricted feeding improves blood glucose and insulin sensitivity in overweight patients with type 2 diabetes: a randomised controlled trial. <i>Nutrition and Metabolism</i> , 2021, 18, 88.	1.3	52
149	The rationale and design of a Mediterranean diet accompanied by time restricted feeding to optimise the management of type 2 diabetes: The MedDietFast randomised controlled trial. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2022, 32, 220-230.	1.1	5
150	Intermittent Fasting and Sleep: A Review of Human Trials. <i>Nutrients</i> , 2021, 13, 3489.	1.7	8

#	ARTICLE	IF	CITATIONS
151	Circadian timing of eating and BMI among adults in the American Time Use Survey. <i>International Journal of Obesity</i> , 2022, 46, 287-296.	1.6	7
153	Why We Eat Too Much, Have an Easier Time Gaining Than Losing Weight, and Expend Too Little Energy: Suggestions for Counteracting or Mitigating These Problems. <i>Nutrients</i> , 2021, 13, 3812.	1.7	3
154	The effects of intermittent fasting regimens in middle-age and older adults: Current state of evidence. <i>Experimental Gerontology</i> , 2021, 156, 111617.	1.2	12
155	Timing of food consumption in Hispanic adolescents with obesity. <i>Pediatric Obesity</i> , 2021, 16, e12764.	1.4	3
156	Prolonged nightly fasting and lower-extremity functioning in community-dwelling older adults. <i>British Journal of Nutrition</i> , 2021, 126, 1347-1354.	1.2	6
157	Repercussions of intermittent fasting on the intestinal microbiota community and body composition: a systematic review. <i>Nutrition Reviews</i> , 2022, 80, 613-628.	2.6	19
159	Nutraceuticals and Wellness. , 2020, , 292-301.		1
160	Effects of Early vs. Late Time-Restricted Eating on Cardiometabolic Health, Inflammation, and Sleep in Overweight and Obese Women: A Study Protocol for the ChronoFast Trial. <i>Frontiers in Nutrition</i> , 2021, 8, 765543.	1.6	7
161	An alternative approach to obesity treatment: intermittent fasting. <i>Minerva Endocrinology</i> , 2021, , .	0.6	4
162	Assessing temporal eating pattern in free living humans through the myCircadianClock app. <i>International Journal of Obesity</i> , 2022, 46, 696-706.	1.6	8
163	A Time to Rest, a Time to Dine: Sleep, Time-Restricted Eating, and Cardiometabolic Health. <i>Nutrients</i> , 2022, 14, 420.	1.7	18
164	Effects of Intermittent Fasting on Cardiometabolic Health: An Energy Metabolism Perspective. <i>Nutrients</i> , 2022, 14, 489.	1.7	20
165	Chrononutrition in Cardiometabolic Health. <i>Journal of Clinical Medicine</i> , 2022, 11, 296.	1.0	14
166	Time-restricted eating improves glycemic control and dampens energy-consuming pathways in human adipose tissue. <i>Nutrition</i> , 2022, 96, 111583.	1.1	22
167	Eating breakfast is associated with weight loss during an intensive lifestyle intervention for overweight/obesity. <i>Obesity</i> , 2022, 30, 378-388.	1.5	1
168	The Circadian Clock and Obesity. <i>Handbook of Experimental Pharmacology</i> , 2022, , 29-56.	0.9	2
169	Nutritional Regulation of Mammary Tumor Microenvironment. <i>Frontiers in Cell and Developmental Biology</i> , 2022, 10, 803280.	1.8	3
170	Chronic circadian disruption on a high-fat diet impairs glucose tolerance. <i>Metabolism: Clinical and Experimental</i> , 2022, 130, 155158.	1.5	8

#	ARTICLE	IF	CITATIONS
171	Beneficial effects of time-restricted feeding on gentamicin cytotoxicity in mouse cochlea and vestibular organs. <i>Laryngoscope Investigative Otolaryngology</i> , 2022, 7, 530-539.	0.6	2
172	Satiety Associated with Calorie Restriction and Time-Restricted Feeding: Peripheral Hormones. <i>Advances in Nutrition</i> , 2022, 13, 792-820.	2.9	13
175	Randomized controlled trial for time-restricted eating in healthy volunteers without obesity. <i>Nature Communications</i> , 2022, 13, 1003.	5.8	95
176	Intermittent Fasting: Potential Bridge of Obesity and Diabetes to Health?. <i>Nutrients</i> , 2022, 14, 981.	1.7	19
177	Perspective: Time-Restricted Eating—Integrating the What with the When. <i>Advances in Nutrition</i> , 2022, 13, 699-711.	2.9	20
178	Effects of Diet, Lifestyle, Chrononutrition and Alternative Dietary Interventions on Postprandial Glycemia and Insulin Resistance. <i>Nutrients</i> , 2022, 14, 823.	1.7	50
179	Continuous Glucose Monitoring in Adolescents With Obesity: Monitoring of Glucose Profiles, Glycemic Excursions, and Adherence to Time Restricted Eating Programs. <i>Frontiers in Endocrinology</i> , 2022, 13, 841838.	1.5	10
180	The Effect of Early Time-Restricted Feeding on Glycemic Profile in Adults: A Systematic Review of Interventional Studies. <i>Review of Diabetic Studies</i> , 2022, 18, 10-19.	0.5	6
181	Treatment Management of Diabetic Wounds Utilizing Herbalism: An Overview. <i>Current Diabetes Reviews</i> , 2023, 19, .	0.6	2
182	Effect of Intermittent Fasting Diet on Glucose and Lipid Metabolism and Insulin Resistance in Patients with Impaired Glucose and Lipid Metabolism: A Systematic Review and Meta-Analysis. <i>International Journal of Endocrinology</i> , 2022, 2022, 1-9.	0.6	14
184	The Effect of Dietary Interventions on Hypertriglyceridemia: From Public Health to Molecular Nutrition Evidence. <i>Nutrients</i> , 2022, 14, 1104.	1.7	13
185	Ten things to know about ten cardiovascular disease risk factors – 2022. <i>American Journal of Preventive Cardiology</i> , 2022, 10, 100342.	1.3	34
186	Dietary Assessment Tools and Metabolic Syndrome: Is It Time to Change the Focus?. <i>Nutrients</i> , 2022, 14, 1557.	1.7	5
187	Development and validation of the Chrononutrition Profile – Diary. <i>Eating Behaviors</i> , 2022, 45, 101625.	1.1	2
188	Preferential Metabolic Improvement by Intermittent Fasting in People with Elevated Baseline Red Cell Distribution Width: A Secondary Analysis of the WONDERFUL Randomized Controlled Trial. <i>Nutrients</i> , 2021, 13, 4407.	1.7	3
189	Early time-restricted eating compared with daily caloric restriction: A randomized trial in adults with obesity. <i>Obesity</i> , 2022, 30, 1027-1038.	1.5	39
192	Effects of Time-Restricted Feeding on Energy Balance: A Cross-Over Trial in Healthy Subjects. <i>Frontiers in Endocrinology</i> , 2022, 13, 870054.	1.5	9
193	Nutrients and the Circadian Clock: A Partnership Controlling Adipose Tissue Function and Health. <i>Nutrients</i> , 2022, 14, 2084.	1.7	8

#	ARTICLE	IF	CITATIONS
194	Cardiometabolic effects of early . delayed time-restricted eating plus energetic restriction in adults with overweight and obesity: an exploratory randomised clinical trial. <i>British Journal of Nutrition</i> , 2023, 129, 637-649.	1.2	11
195	5Âdays of time-restricted feeding increases fat oxidation rate but not affect postprandial lipemia: a crossover trial. <i>Scientific Reports</i> , 2022, 12, .	1.6	2
196	Sex-specific differences in metabolic outcomes after sleeve gastrectomy and intermittent fasting in obese middle-aged mice. <i>American Journal of Physiology - Endocrinology and Metabolism</i> , 2022, 323, E107-E121.	1.8	2
197	One size does not fit all; practical, personal tailoring of the diet to <sc>NAFLD</sc> patients. <i>Liver International</i> , 2022, 42, 1731-1750.	1.9	13
198	The Role of Circadian Clock Genes in Critical Illness: The Potential Role of Translational Clock Gene Therapies for Targeting Inflammation, Mitochondrial Function, and Muscle Mass in Intensive Care. <i>Journal of Biological Rhythms</i> , 2022, 37, 385-402.	1.4	9
199	Time restricted feeding decreases renal innate immune cells and blood pressure in hypertensive mice. <i>Journal of Hypertension</i> , 2022, 40, 1960-1968.	0.3	8
200	Complex physiology and clinical implications of time-restricted eating. <i>Physiological Reviews</i> , 2022, 102, 1991-2034.	13.1	17
201	Three weeks of time-restricted eating improves glucose homeostasis in adults with type 2 diabetes but does not improve insulin sensitivity: a randomised crossover trial. <i>Diabetologia</i> , 2022, 65, 1710-1720.	2.9	34
202	A Bibliometric and Visualization Analysis of Intermittent Fasting. <i>Frontiers in Public Health</i> , 0, 10, .	1.3	8
203	Effect of fasting on cancer: A narrative review of scientific evidence. <i>Cancer Science</i> , 2022, 113, 3291-3302.	1.7	12
204	Circadian Rhythm, Mood, and Temporal Patterns of Eating Chocolate: A Scoping Review of Physiology, Findings, and Future Directions. <i>Nutrients</i> , 2022, 14, 3113.	1.7	3
205	Effects of Fasting and Lifestyle Modification in Patients with Metabolic Syndrome: A Randomized Controlled Trial. <i>Journal of Clinical Medicine</i> , 2022, 11, 4751.	1.0	1
206	Effectiveness of Early Time-Restricted Eating for Weight Loss, Fat Loss, and Cardiometabolic Health in Adults With Obesity. <i>JAMA Internal Medicine</i> , 2022, 182, 953.	2.6	67
207	Bibliometric and visual analysis of time-restricted eating. <i>Frontiers in Nutrition</i> , 0, 9, .	1.6	5
208	Circadian rhythms and pancreas physiology: A review. <i>Frontiers in Endocrinology</i> , 0, 13, .	1.5	9
209	Obesity, cancer risk,Âand time-restricted eating. <i>Cancer and Metastasis Reviews</i> , 2022, 41, 697-717.	2.7	8
210	Randomized controlled trial for time-restricted eating in overweight and obese young adults. <i>IScience</i> , 2022, 25, 104870.	1.9	11
211	Time-restricted eating to improve cardiometabolic health: The New York Time-Restricted EATING randomized clinical trial â€“ Protocol overview. <i>Contemporary Clinical Trials</i> , 2022, 120, 106872.	0.8	3

#	ARTICLE	IF	CITATIONS
212	Time-restricted eating as a novel strategy for treatment of obesity and its comorbid conditions. <i>Problemy Endokrinologii</i> , 2022, 68, 78-91.	0.2	0
213	Antipsychotic-induced weight gain and metabolic effects show diurnal dependence and are reversible with time restricted feeding. , 2022, 8, .		2
214	Circadian clock and temporal meal pattern. <i>Medical Review</i> , 2023, 3, 85-101.	0.3	1
215	Efficacy of time-restricted eating and behavioural economic interventions in reducing fasting plasma glucose, HbA1c and cardiometabolic risk factors compared with time-restricted eating alone or usual care in patients with impaired fasting glucose: protocol for an open-label randomised controlled trial. <i>BMI Open</i> , 2022, 12, e058954.	0.8	3
216	Timed restricted feeding cycles drive daily rhythms in female rats maintained in constant light but only partially restore the estrous cycle. <i>Frontiers in Nutrition</i> , 0, 9, .	1.6	2
217	Neuroendocrine Tumors: A Comprehensive Review on Nutritional Approaches. <i>Cancers</i> , 2022, 14, 4402.	1.7	2
218	Timing of daily calorie loading affects appetite and hunger responses without changes in energy metabolism in healthy subjects with obesity. <i>Cell Metabolism</i> , 2022, 34, 1472-1485.e6.	7.2	28
219	Time-restricted eating and exercise training improve HbA1c and body composition in women with overweight/obesity: A randomized controlled trial. <i>Cell Metabolism</i> , 2022, 34, 1457-1471.e4.	7.2	31
220	Feasibility of time-restricted eating and impacts on cardiometabolic health in 24-h shift workers: The Healthy Heroes randomized control trial. <i>Cell Metabolism</i> , 2022, 34, 1442-1456.e7.	7.2	52
221	The feasibility and preliminary efficacy of early time-restricted eating on diet quality in college students: A randomized study. <i>Obesity Research and Clinical Practice</i> , 2022, 16, 413-420.	0.8	3
222	The effects of time-restricted eating and weight loss on bone metabolism and health: a 6-month randomized controlled trial. <i>Obesity</i> , 2023, 31, 85-95.	1.5	3
223	Intermittent fasting and time-restricted eating role in dietary interventions and precision nutrition. <i>Frontiers in Public Health</i> , 0, 10, .	1.3	8
224	Time-restricted eating with or without low-carbohydrate diet reduces visceral fat and improves metabolic syndrome: A randomized trial. <i>Cell Reports Medicine</i> , 2022, 3, 100777.	3.3	16
225	Early Time-Restricted Eating Reduces Weight and Improves Glycemic Response in Young Adults: A Pre-Post Single-Arm Intervention Study. <i>Obesity Facts</i> , 2023, 16, 69-81.	1.6	1
226	Minimizing Negative Effects on Glycemia of Pre- and Post-Meal Exercise for People With Diabetes: A Personal Case Report and Review of the Literature. <i>Clinical Diabetes</i> , 2023, 41, 311-321.	1.2	3
227	Effects of Time-Restricted Feeding and Ramadan Fasting on Body Weight, Body Composition, Glucose Responses, and Insulin Resistance: A Systematic Review of Randomized Controlled Trials. <i>Nutrients</i> , 2022, 14, 4778.	1.7	11
228	The effects of time-restricted eating on sleep, cognitive decline, and Alzheimer's disease. <i>Experimental Gerontology</i> , 2023, 171, 112033.	1.2	10
229	Chrononutrition—When We Eat Is of the Essence in Tackling Obesity. <i>Nutrients</i> , 2022, 14, 5080.	1.7	6

#	ARTICLE	IF	CITATIONS
230	Role of Circadian Clock on the Pathogenesis and Lifestyle Management in Non-Alcoholic Fatty Liver Disease. <i>Nutrients</i> , 2022, 14, 5053.	1.7	5
231	Does Timing Matter? A Narrative Review of Intermittent Fasting Variants and Their Effects on Bodyweight and Body Composition. <i>Nutrients</i> , 2022, 14, 5022.	1.7	3
232	Divergent remodeling of the skeletal muscle metabolome over 24h between young, healthy men and older, metabolically compromised men. <i>Cell Reports</i> , 2022, 41, 111786.	2.9	3
233	Early time-restricted eating affects weight, metabolic health, mood, and sleep in adherent completers: A secondary analysis. <i>Obesity</i> , 2023, 31, 96-107.	1.5	12
234	Time-restricted eating did not alter insulin sensitivity or β -cell function in adults with obesity: A randomized pilot study. <i>Obesity</i> , 2023, 31, 108-115.	1.5	2
235	Timing of Medium-Chain Triglyceride Consumption Modulates Effects in Mice with Obesity Induced by a High-Fat High-Sucrose Diet. <i>Nutrients</i> , 2022, 14, 5096.	1.7	1
236	Umbrella review of time-restricted eating on weight loss, fasting blood glucose, and lipid profile. <i>Nutrition Reviews</i> , 2023, 81, 1180-1199.	2.6	10
237	Eight-hour time-restricted eating does not lower daily myofibrillar protein synthesis rates: A randomized control trial. <i>Obesity</i> , 2023, 31, 116-126.	1.5	5
238	When should I eat: A circadian view on food intake and metabolic regulation. <i>Acta Physiologica</i> , 2023, 237, .	1.8	8
239	Barriers to adherence in time-restricted eating clinical trials: An early preliminary review. <i>Frontiers in Nutrition</i> , 0, 9, .	1.6	2
240	Effect of Time-Restricted Eating and Resistance Training on High-Speed Strength and Body Composition. <i>Nutrients</i> , 2023, 15, 285.	1.7	5
241	The impact of time restricted eating on appetite and disordered eating in adults: A mixed methods systematic review. <i>Appetite</i> , 2023, 183, 106452.	1.8	1
242	Impact of early time-restricted eating on diet quality, meal frequency, appetite, and eating behaviors: A randomized trial. <i>Obesity</i> , 2023, 31, 127-138.	1.5	7
243	Intermittent fasting and protein pacing are superior to caloric restriction for weight and visceral fat loss. <i>Obesity</i> , 2023, 31, 139-149.	1.5	9
244	Controlled light exposure and intermittent fasting as treatment strategies for metabolic syndrome and gut microbiome dysregulation in night shift workers. <i>Physiology and Behavior</i> , 2023, 263, 114103.	1.0	3
245	Nutritional strategies for intervention of diabetes and improvement of β -cell function. <i>Bioscience Reports</i> , 2023, 43, .	1.1	2
246	Timing Is Important—Management of Metabolic Syndrome According to the Circadian Rhythm. <i>Biomedicines</i> , 2023, 11, 1171.	1.4	2
247	Time-restricted eating: What we know and where the field is going. <i>Obesity</i> , 2023, 31, 7-8.	1.5	1

#	ARTICLE	IF	CITATIONS
248	Effects of time-restricted feeding on letrozole-induced mouse model of polycystic ovary syndrome. <i>Scientific Reports</i> , 2023, 13, .	1.6	0
249	Time-restricted eating improves measures of daily glycaemic control in people with type 2 diabetes. <i>Diabetes Research and Clinical Practice</i> , 2023, 197, 110569.	1.1	2
250	Dietary patterns and cardiometabolic health: Clinical evidence and mechanism. <i>MedComm</i> , 2023, 4, .	3.1	8
251	Intermittent Fasting Resolves Dyslipidemia and Atherogenesis in Apolipoprotein E-Deficient Mice in a Diet-Dependent Manner, Irrespective of Sex. <i>Cells</i> , 2023, 12, 533.	1.8	3
252	A prolonged fast improves overnight substrate oxidation without modulating hepatic glycogen in adults with and without nonalcoholic fatty liver: A randomized crossover trial. <i>Obesity</i> , 2023, 31, 757-767.	1.5	0
253	An Intervention of Four Weeks of Time-Restricted Eating (16/8) in Male Long-Distance Runners Does Not Affect Cardiometabolic Risk Factors. <i>Nutrients</i> , 2023, 15, 985.	1.7	4
254	Circadian Rhythms and Time-Restricted Eating in Healthy Aging and Longevity. <i>Healthy Ageing and Longevity</i> , 2023, , 425-443.	0.2	0
255	Reliability estimates for assessing meal timing derived from longitudinal repeated 24-hour dietary recalls. <i>American Journal of Clinical Nutrition</i> , 2023, 117, 964-975.	2.2	2
256	Effects and possible mechanisms of intermittent fasting on health and disease: a narrative review. <i>Nutrition Reviews</i> , 2023, 81, 1626-1635.	2.6	4
257	Association between time-restricted eating and non-alcoholic fatty liver disease in a nationwide cross-sectional study. <i>British Journal of Nutrition</i> , 2023, 130, 1787-1794.	1.2	1
258	SARS-CoV-2 Infection, Inflammation, Immunonutrition, and Pathogenesis of COVID-19. <i>Current Medicinal Chemistry</i> , 2023, 30, 4390-4408.	1.2	2
259	Circadian desynchrony and health. , 2024, , 168-174.e1.		0
260	Intermittent fasting plus early time-restricted eating versus calorie restriction and standard care in adults at risk of type 2 diabetes: a randomized controlled trial. <i>Nature Medicine</i> , 2023, 29, 963-972.	15.2	21
261	Influence of Fasting until Noon (Extended Postabsorptive State) on Clock Gene mRNA Expression and Regulation of Body Weight and Glucose Metabolism. <i>International Journal of Molecular Sciences</i> , 2023, 24, 7154.	1.8	0
262	Intermittent fastingâ€”the future treatment in NASH patients?. <i>Hepatology</i> , 2023, 78, 1290-1305.	3.6	4
263	Design and Implementation of a Time-Restricted Eating Intervention in a Randomized, Controlled Eating Study. <i>Nutrients</i> , 2023, 15, 1978.	1.7	0
278	Intermittent fasting and Alzheimer's diseaseâ€”Targeting ketone bodies as a potential strategy for brain energy rescue. <i>Metabolic Brain Disease</i> , 0, , .	1.4	0
291	Dietary interventions to combat obesity in metabolic syndrome - Role of time restricted eating. , 2024, , 609-619.		0

#	ARTICLE	IF	CITATIONS
---	---------	----	-----------