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Dietary fibre and cardiovascular health: a review of current evidence and policy

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#	Paper	IF	Citations
28	The Role of Specific Components of a Plant-Based Diet in Management of Dyslipidemia and the Impact on Cardiovascular Risk. <i>Nutrients</i> , 2020 , 12,	6.7	36
27	Consumption of Stilbenes and Flavonoids is Linked to Reduced Risk of Obesity Independently of Fiber Intake. <i>Nutrients</i> , 2020 , 12,	6.7	10
26	Optimal diet and lifestyle strategies for the management of cardio-metabolic risk. <i>Proceedings of the Nutrition Society</i> , 2020 , 79, 1-3	2.9	1
25	Gels as fat replacers in bakery products: a review. <i>Critical Reviews in Food Science and Nutrition</i> , 2021 , 1-14	11.5	9
24	Recent Molecular Mechanisms and Beneficial Effects of Phytochemicals and Plant-Based Whole Foods in Reducing LDL-C and Preventing Cardiovascular Disease. <i>Antioxidants</i> , 2021 , 10,	7.1	5
23	Study the influence of waxy wheat flour, inulin and guar gum on quality and microstructure of Pita and Tandoori breads: response surface methodology aids functional food development.. <i>Journal of Food Science and Technology</i> , 2022 , 59, 1372-1383	3.3	1
22	Response to Commentary. <i>Journal of the American College of Nutrition</i> , 2021 , 40, 483-484	3.5	
21	The Role of Supplementation with Natural Compounds in Post-Stroke Patients. <i>International Journal of Molecular Sciences</i> , 2021 , 22,	6.3	0
20	Nutraceuticals in the Management of Dyslipidemia: Which, When, and for Whom? Could Nutraceuticals Help Low-Risk Individuals with Non-optimal Lipid Levels?. <i>Current Atherosclerosis Reports</i> , 2021 , 23, 57	6	16
19	Effects of Short-Term Dietary Fiber Intervention on Gut Microbiota in Young Healthy People. <i>Diabetes, Metabolic Syndrome and Obesity: Targets and Therapy</i> , 2021 , 14, 3507-3516	3.4	3
18	Impact of Plant-Based Meat Alternatives on the Gut Microbiota of Consumers: A Real-World Study. <i>Foods</i> , 2021 , 10,	4.9	7
17	Physicochemical characterization and in vitro biological activities of water-extracted polysaccharides fractionated by stepwise ethanol precipitation from <i>Rosa roxburghii</i> Tratt fruit. <i>Journal of Food Measurement and Characterization</i> , 1	2.8	3
16	Potential Health Benefits of Rice By-products. 2020 , 69-102		
15	Experimental studies of the effect of sea buckthorn and wheat bran in food on the physiological status of rats. <i>Russian Open Medical Journal</i> , 2020 , 9,	1.6	
14	Total dietary fiber analysis in dates and other dry fruits without starch and protein hydrolyzing enzymes. <i>Journal of Food Composition and Analysis</i> , 2022 , 108, 104415	4.1	2
13	Dectin-1b activation by arabinoxylans induces trained immunity in human monocyte-derived macrophages.. <i>International Journal of Biological Macromolecules</i> , 2022 , 209, 942-950	7.9	0
12	Dietary fiber in the prevention of obesity and obesity-related chronic diseases: From epidemiological evidence to potential molecular mechanisms.. <i>Critical Reviews in Food Science and Nutrition</i> , 2022 , 1-16	11.5	2

11	Antioxidant and antihyperlipidemic activities of unique nicotinyll polysaccharide from the green seaweed <i>Ulva pertusa</i> . <i>Journal of Medicinal Plants Research</i> , 2022 , 16, 111-117	0.6
10	Association Between Dietary Fiber Intake and Heart Failure Among Adults: National Health and Nutrition Examination Survey 2009–2018. <i>Frontiers in Cardiovascular Medicine</i> , 2022 , 9,	5.4
9	Association of Dietary Fiber Intake With Myocardial Infarction and Stroke Events in US Adults: A Cross-Sectional Study of NHANES 2011–2018. <i>Frontiers in Nutrition</i> , 9,	6.2 0
8	Dietary Therapy in Prevention of Cardiovascular Disease (CVD)–Tradition or Modernity? A Review of the Latest Approaches to Nutrition in CVD. <i>Nutrients</i> , 2022 , 14, 2649	6.7 1
7	Evaluation of Dietary Intake and Anthropometric Status in 10-Year-Old Children Living in Serbia: National Food Consumption Survey according to the EU Menu Methodology. 2022 , 14, 3091	1
6	Investigating revisit intention of medical tourists in China through nutritional knowledge, perceived medical quality, and trust in the physiologist: A recommendation on health tourism policy measures. 10,	0
5	Effects of Dietary Fiber on Growth Performance, Nutrient Digestibility and Intestinal Health in Different Pig Breeds. 2022 , 12, 3298	0
4	Enhancing intestinal barrier efficiency: A novel metabolic diseases therapy. 10,	0
3	Emerging trends in pectin functional processing and its fortification for synbiotics: A review. 2023 , 134, 80-97	0
2	Dietary fiber intake associated with risk of rheumatoid arthritis among U.S. adults: NHANES 2010-2020. 2023 , 102, e33357	0
1	Carbohydrates for Fibre. 2023 , 29-43	0