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Does the Energy Restriction Intermittent Fasting Diet Alleviate Metabolic Syndrome Biomarkers? A Randomized Controlled Trial

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#	Paper	IF	Citations
21	Individual Diet Modification Reduces the Metabolic Syndrome in Patients Before Pharmacological Treatment. <i>Nutrients</i> , 2021 , 13,	6.7	1
20	Effect of High-Intensity Interval Training and Intermittent Fasting on Body Composition and Physical Performance in Active Women. <i>International Journal of Environmental Research and Public Health</i> , 2021 , 18,	4.6	1
19	A scoping review of intermittent fasting, chronobiology, and metabolism.. <i>American Journal of Clinical Nutrition</i> , 2022 ,	7	0
18	The impact of dawn to sunset fasting on immune system and its clinical significance in Covid-19 pandemic.. <i>Metabolism Open</i> , 2021 , 13, 100162	2.8	2
17	Effects of Intermittent Fasting in Human Compared to a Non-intervention Diet and Caloric Restriction: A Meta-Analysis of Randomized Controlled Trials.. <i>Frontiers in Nutrition</i> , 2022 , 9, 871682	6.2	1
16	Effect of Carbohydrate-Restricted Diets and Intermittent Fasting on Obesity, Type 2 Diabetes Mellitus, and Hypertension Management: Consensus Statement of the Korean Society for the Study of Obesity, Korean Diabetes Association, and Korean Society of Hypertension. <i>Diabetes and Metabolism Journal</i> , 2022 , 46, 357-375	5	2
15	Effect of carbohydrate-restricted diets and intermittent fasting on obesity, type 2 diabetes mellitus, and hypertension management: consensus statement of the Korean Society for the Study of obesity, Korean Diabetes Association, and Korean Society of Hypertension. <i>Clinical Nutrition</i> , 2022 , 41, 100-109	4.8	1
14	Effect of Carbohydrate-Restricted Diets and Intermittent Fasting on Obesity, Type 2 Diabetes Mellitus, and Hypertension Management: Consensus Statement of the Korean Society for the Study of Obesity, Korean Diabetes Association, and Korean Society of Hypertension. <i>Journal of Obesity and Metabolic Syndrome</i> , 2022 ,	4.4	2
13	The influence of metabolic syndrome on age-related hearing loss from the perspective of mitochondrial dysfunction. 14,		0
12	Is Ramadan fasting associated with low scores of Healthy Eating Index?. 2022 ,		0
11	The Effects of Isocaloric Intermittent Fasting vs. Daily Caloric Restriction on Weight loss and Metabolic Risk Factors for Non-communicable Chronic Diseases: A Systematic Review of Randomized Controlled or Comparative Trials. 2022 ,		0
10	Effects of 10-Day Complete Fasting on Physiological Homeostasis, Nutrition and Health Markers in Male Adults. 2022 , 14, 3860		0
9	Dietary carbohydrates: Pathogenesis and potential therapeutic targets to obesity-associated metabolic syndrome.		0
8	Updated Meta-Analysis of Studies from 2011 to 2021 Comparing the Effectiveness of Intermittent Energy Restriction and Continuous Energy Restriction. 2022 , 31, 230-244		0
7	Dietary Risk Factors and Eating Behaviors in Peripheral Arterial Disease (PAD). 2022 , 23, 10814		1
6	Intermittent fasting and exercise therapy abates STZ-induced diabetotoxicity in rats through modulation of adipocytokines hormone, oxidative glucose metabolic, and glycolytic pathway. 2022 , 10,		0
5	Fasting intervention and its clinical effects on the human host and microbiome.		0

- 4 Is time-restricted eating (8/16) beneficial for body weight and metabolism of obese and overweight adults? A systematic review and meta-analysis of randomized controlled trials.
- 3 Impact of early time-restricted eating on diet quality, meal frequency, appetite, and eating behaviors: A randomized trial.
- 2 Association of main meal quality index with the odds of metabolic syndrome in Iranian adults: a cross-sectional study. **2023**, 9,
- 1 Mechanisms of Oxidative Stress in Metabolic Syndrome. **2023**, 24, 7898