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## Weight Status, Adherence to the Mediterranean Diet, Physical Activity Level, and Sleep Behavior of Italian Junior High School Adolescents

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#	Paper	IF	Citations
27	Factors associated with adherence to a Mediterranean diet in adolescents from La Rioja (Spain). <i>British Journal of Nutrition</i> , <b>2020</b> , 1-8	3.6	2
26	Adherence to the Mediterranean Diet and Environmental Impact of the Diet on Primary School Children Living in Parma (Italy). <i>International Journal of Environmental Research and Public Health</i> , <b>2020</b> , 17,	4.6	3
25	Is adherence to the Mediterranean diet associated with healthy habits and physical fitness? A systematic review and meta-analysis including 565421 youths. <i>British Journal of Nutrition</i> , <b>2020</b> , 1-12	3.6	7
24	Mediterranean Diet and the Emotional Well-Being of Students of the Campus of Melilla (University of Granada). <i>Nutrients</i> , <b>2020</b> , 12,	6.7	7
23	Association between physical activity, screen time activities, diet patterns and daytime sleepiness in a sample of Brazilian adolescents. <i>Sleep Medicine</i> , <b>2021</b> , 78, 1-6	4.6	5
22	The association of actigraphic sleep measures and physical activity with excess weight and adiposity in kindergarteners. <i>Scientific Reports</i> , <b>2021</b> , 11, 2298	4.9	1
21	What are the determinants of adherence to the mediterranean diet?. <i>International Journal of Food Sciences and Nutrition</i> , <b>2021</b> , 72, 143-144	3.7	3
20	Trends in the adherence to the Mediterranean diet in Israeli adolescents: results from two national health and nutrition surveys, 2003 and 2016. <i>European Journal of Nutrition</i> , <b>2021</b> , 60, 3625-3638	5.2	3
19	Cardiorespiratory Fitness as Mediator of the Relationship of Recreational Screen Time on Mediterranean Diet Score in Schoolchildren. <i>International Journal of Environmental Research and Public Health</i> , <b>2021</b> , 18,	4.6	1
18	Association between Mediterranean Dietary Pattern and Breakfast Quality with Physical Fitness in School Children: The HIIT Project. <i>Nutrients</i> , <b>2021</b> , 13,	6.7	1
17	Mediterranean diet - promotion and dissemination of healthy eating: proceedings of an exploratory seminar at the Radcliffe institute for advanced study. <i>International Journal of Food Sciences and Nutrition</i> , <b>2021</b> , 1-14	3.7	4
16	Mediterranean Diet Adherence in a Sample of Italian Adolescents Attending Secondary School-The "#facciamoComunicAzione" Project. <i>Nutrients</i> , <b>2021</b> , 13,	6.7	1
15	Adherence to Mediterranean Diet, Alcohol Consumption and Emotional Eating in Spanish University Students. <i>Nutrients</i> , <b>2021</b> , 13,	6.7	2
14	Relationships among Physical Self-Concept, Physical Activity and Mediterranean Diet in Adolescents from the Province of Granada. <i>Children</i> , <b>2021</b> , 8,	2.8	0
13	Dietary Pattern in Junior High School Students: Literature Review. <i>Electronic Journal of General Medicine</i> , <b>2021</b> , 18, em333	2.1	
12	Mediterranean diet and adiposity in children and adolescents: A systematic review. <i>Obesity Reviews</i> , <b>2021</b> , e13381	10.6	4
11	Healthy and sustainable dietary patterns in children and adolescents: a systematic review. <i>Advances in Nutrition</i> , <b>2021</b> ,	10	0

10	A greater modified Mediterranean diet score is associated with lower insomnia score among adolescent girls: a cross-sectional study. <i>BMC Nutrition</i> , <b>2022</b> , 8,	2.5	1
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8	Physical, Psychological, and Body Composition Differences between Active and Sedentary Adolescents According to the Fat but Fit Paradigm. <b>2022</b> , 19, 10797		1
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6	The Importance of Healthy Habits to Compensate for Differences between Adolescent Males and Females in Anthropometric, Psychological and Physical Fitness Variables. <b>2022</b> , 9, 1926		0
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4	Lifestyle Behaviours Profile of Spanish Adolescents Who Actively Commute to School. <b>2023</b> , 10, 95		0
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