J Alfredo MartÃ-nez HernÃ¡ndez

List of Publications by Year
in descending order

977 papers	53,355 citations	1697 104 h-index	3638 180 g-index
1006 all docs	1006 docs citations	1006 times ranked	51962 citing authors

#	Article	IF	Citations
1	Primary Prevention of Cardiovascular Disease with a Mediterranean Diet. New England Journal of Medicine, 2013, 368, 1279-1290.	13.9	3,677
2	Primary Prevention of Cardiovascular Disease with a Mediterranean Diet Supplemented with Extra-Virgin Olive Oil or Nuts. New England Journal of Medicine, 2018, 378, e34.	13.9	2,065
3	Flavonoids as anti-inflammatory agents: implications in cancer and cardiovascular disease. Inflammation Research, 2009, 58, 537-552.	1.6	783
4	Obesity. Nature Reviews Disease Primers, 2017, 3, 17034.	18.1	766
5	Diets with High or Low Protein Content and Glycemic Index for Weight-Loss Maintenance. New England Journal of Medicine, 2010, 363, 2102-2113.	13.9	725
6	Cohort Profile: Design and methods of the PREDIMED study. International Journal of Epidemiology, 2012, 41, 377-385.	0.9	477
7	Validation of the Spanish version of the physical activity questionnaire used in the Nurses' Health Study and the Health Professionals' Follow-up Study. Public Health Nutrition, 2005, 8, 920-927.	1.1	470
8	Implication of Trimethylamine N-Oxide (TMAO) in Disease: Potential Biomarker or New Therapeutic Target. Nutrients, 2018, 10, 1398.	1.7	403
9	Noncoding RNAs, cytokines, and inflammation-related diseases. FASEB Journal, 2015, 29, 3595-3611.	0.2	386
10	Reshaping faecal gut microbiota composition by the intake of trans-resveratrol and quercetin in high-fat sucrose diet-fed rats. Journal of Nutritional Biochemistry, 2015, 26, 651-660.	1.9	372
11	Physical inactivity, sedentary lifestyle and obesity in the European Union. International Journal of Obesity, 1999, 23, 1192-1201.	1.6	348
12	Leptin resistance and diet-induced obesity: central and peripheral actions of leptin. Metabolism: Clinical and Experimental, 2015, 64, 35-46.	1.5	347
13	Distribution and determinants of sedentary lifestyles in the European Union. International Journal of Epidemiology, 2003, 32, 138-146.	0.9	336
14	Obesity and immune function relationships. Obesity Reviews, 2001, 2, 131-140.	3.1	327
15	Role of omega-3 fatty acids in obesity, metabolic syndrome, and cardiovascular diseases: a review of the evidence. Journal of Physiology and Biochemistry, 2013, 69, 633-651.	1.3	322
16	Oxidative stress and inflammation interactions in human obesity. Journal of Physiology and Biochemistry, 2012, 68, 701-711.	1.3	309
17	Adiposoft: automated software for the analysis of white adipose tissue cellularity in histological sections. Journal of Lipid Research, 2012, 53, 2791-2796.	2.0	308
18	Impact of Polyphenols and Polyphenol-Rich Dietary Sources on Gut Microbiota Composition. Journal of Agricultural and Food Chemistry, 2013, 61, 9517-9533.	2.4	306

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19	Mediterranean dietary pattern and depression: the PREDIMED randomized trial. BMC Medicine, 2013, 11, 208.	2.3	297
20	The TyG index may predict the development of cardiovascular events. European Journal of Clinical Investigation, 2016, 46, 189-197.	1.7	294
21	Antidiabetic effects of natural plant extracts via inhibition of carbohydrate hydrolysis enzymes with emphasis on pancreatic alpha amylase. Expert Opinion on Therapeutic Targets, 2012, 16, 269-297.	1.5	290
22	Mediterranean Diet and Cardiovascular Health: Teachings of the PREDIMED Study. Advances in Nutrition, 2014, 5, 330S-336S.	2.9	283
23	Edible mushrooms: Role in the prevention of cardiovascular diseases. FÃ¬toterapÃ¬Ã¢, 2010, 81, 715-723.	1.1	277
24	Olive oil intake and risk of cardiovascular disease and mortality in the PREDIMED Study. BMC Medicine, 2014, 12, 78.	2.3	267
25	Prevalence of physical activity during leisure time in the European Union. Medicine and Science in Sports and Exercise, 2001, 33, 1142-1146.	0.2	265
26	Inverse association between habitual polyphenol intake and incidence of cardiovascular events in the PREDIMED study. Nutrition, Metabolism and Cardiovascular Diseases, 2014, 24, 639-647.	1.1	265
27	Diet, Gut Microbiota, and Obesity: Links with Host Genetics and Epigenetics and Potential Applications. Advances in Nutrition, 2019, 10, S17-S30.	2.9	255
28	Obesity and the metabolic syndrome: role of different dietary macronutrient distribution patterns and specific nutritional components on weight loss and maintenance. Nutrition Reviews, 2010, 68, 214-231.	2.6	254
29	Individuality and epigenetics in obesity. Obesity Reviews, 2009, 10, 383-392.	3.1	243
30	Dietary factors, epigenetic modifications and obesity outcomes: Progresses and perspectives. Molecular Aspects of Medicine, 2013, 34, 782-812.	2.7	242
31	In VitroLipolytic Effect of Leptin on Mouse Adipocytes: Evidence for a Possible Autocrine/Paracrine Role of Leptin. Biochemical and Biophysical Research Communications, 1997, 240, 590-594.	1.0	240
32	Effect of a Lifestyle Intervention Program With Energy-Restricted Mediterranean Diet and Exercise on Weight Loss and Cardiovascular Risk Factors: One-Year Results of the PREDIMED-Plus Trial. Diabetes Care, 2019, 42, 777-788.	4.3	239
33	Triglycerideâ€“glucose index (TyG index) in comparison with fasting plasma glucose improved diabetes prediction in patients with normal fasting glucose: The Vascular-Metabolic CUN cohort. Preventive Medicine, 2016, 86, 99-105.	1.6	234
34	Mediterranean diet and reduction in the risk of a first acute myocardial infarction: an operational healthy dietary score. European Journal of Nutrition, 2002, 41, 153-160.	1.8	221
35	Effect of personalized nutrition on health-related behaviour change: evidence from the Food4me European randomized controlled trial. International Journal of Epidemiology, 2017, 46, dyw186.	0.9	219
36	Natural Inhibitors of Pancreatic Lipase as New Players in Obesity Treatment. Planta Medica, 2011, 77, 773-785.	0.7	218

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37	Virgin olive oil supplementation and long-term cognition: the Predimed-Navarra randomized, trial. Journal of Nutrition, Health and Aging, 2013, 17, 544-552.	1.5	216
38	Randomized trial of weight-loss-diets for young adults varying in fish and fish oil content. International Journal of Obesity, 2007, 31, 1560-1566.	1.6	213
39	Obesity and immunocompetence. European Journal of Clinical Nutrition, 2002, 56, S42-S45.	1.3	209
40	Dietary inflammatory index and anthropometric measures of obesity in a population sample at high cardiovascular risk from the PREDIMED (PREvenciÃ³n con DIeta MEDiterrÃ¡nea) trial. British Journal of Nutrition, 2015, 113, 984-995.	1.2	209
41	A dual epigenomic approach for the search of obesity biomarkers: DNA methylation in relation to dietâ€induced weight loss. FASEB Journal, 2011, 25, 1378-1389.	0.2	199
42	Weight Gain Induced by Highâ€Fat Feeding Involves Increased Liver Oxidative Stress. Obesity, 2006, 14, 1118-1123.	1.5	198
43	High fat diet-induced obesity modifies the methylation pattern of leptin promoter in rats. Journal of Physiology and Biochemistry, 2009, 65, 1-9.	1.3	195
44	Eicosapentaenoic acid actions on adiposity and insulin resistance in control and high-fat-fed rats: role of apoptosis, adiponectin and tumour necrosis factor-Î±. British Journal of Nutrition, 2007, 97, 389-398.	1.2	191
45	Predictors of weight gain in a Mediterranean cohort: the Seguimiento Universidad de Navarra Study. American Journal of Clinical Nutrition, 2006, 83, 362-370.	2.2	189
46	Nutritional Status and Nutritional Treatment Are Related to Outcomes and Mortality in Older Adults with Hip Fracture. Nutrients, 2018, 10, 555.	1.7	186
47	Dietary Inflammatory Index and Incidence of Cardiovascular Disease in the PREDIMED Study. Nutrients, 2015, 7, 4124-4138.	1.7	182
48	Nut Consumption and Weight Gain in a Mediterranean Cohort: The SUN Study. Obesity, 2007, 15, 107-107.	1.5	180
49	Cohort Profile: Design and methods of the PREDIMED-Plus randomized trial. International Journal of Epidemiology, 2019, 48, 387-388o.	0.9	179
50	Adherence to the Mediterranean diet, long-term weight change, and incident overweight or obesity: the Seguimiento Universidad de Navarra (SUN) cohort. American Journal of Clinical Nutrition, 2010, 92, 1484-1493.	2.2	178
51	A legume-based hypocaloric diet reduces proinflammatory status and improves metabolic features in overweight/obese subjects. European Journal of Nutrition, 2011, 50, 61-69.	1.8	170
52	Composition and functional properties of protein isolates obtained from commercial legumes grown in northern Spain. Plant Foods for Human Nutrition, 1997, 51, 331-341.	1.4	169
53	The Diet, Obesity and Genes (Diogenes) Dietary Study in eight European countries â€“ a comprehensive design for longâ€term intervention. Obesity Reviews, 2010, 11, 76-91.	3.1	168
54	Obesity and metabolic syndrome: Potential benefit from specific nutritional components. Nutrition, Metabolism and Cardiovascular Diseases, 2011, 21, B1-B15.	1.1	168

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55	CLOCK, PER2 and BMAL1 DNA Methylation: Association with Obesity and Metabolic Syndrome Characteristics and Monounsaturated Fat Intake. Chronobiology International, 2012, 29, 1180-1194.	0.9	165
56	Sample preparation for the analysis of isoflavones from soybeans and soy foods. Journal of Chromatography A, 2009, 1216, 2-29.	1.8	164
57	Starches, Sugars and Obesity. Nutrients, 2011, 3, 341-369.	1.7	164
58	Body-weight regulation: causes of obesity. Proceedings of the Nutrition Society, 2000, 59, 337-345.	0.4	162
59	Effects of Weight Loss and Long-Term Weight Maintenance With Diets Varying in Protein and Glycemic Index on Cardiovascular Risk Factors. Circulation, 2011, 124, 2829-2838.	1.6	160
60	Omega-3 fatty acids and adipose tissue function in obesity and metabolic syndrome. Prostaglandins and Other Lipid Mediators, 2015, 121, 24-41.	1.0	159
61	Oxidative Stress and Non-Alcoholic Fatty Liver Disease: Effects of Omega-3 Fatty Acid Supplementation. Nutrients, 2019, 11, 872.	1.7	159
62	Interaction between genes and lifestyle factors on obesity. Proceedings of the Nutrition Society, 2008, 67, 1-8.	0.4	157
63	Dietary supplementation with methyl donors reduces fatty liver and modifies the fatty acid synthase DNA methylation profile in rats fed an obesogenic diet. Genes and Nutrition, 2013, 8, 105-113.	1.2	156
64	A 3 years follow-up of a Mediterranean diet rich in virgin olive oil is associated with high plasma antioxidant capacity and reduced body weight gain. European Journal of Clinical Nutrition, 2009, 63, 1387-1393.	1.3	149
65	Leptin and TNF-alpha promoter methylation levels measured by MSP could predict the response to a low-calorie diet. Journal of Physiology and Biochemistry, 2011, 67, 463-470.	1.3	149
66	Anti-inflammatory activity of methanolic extracts from edible mushrooms in LPS activated RAW 264.7 macrophages. Food Chemistry, 2012, 130, 350-355.	4.2	149
67	Epigenetics in Adipose Tissue, Obesity, Weight Loss, and Diabetes. Advances in Nutrition, 2014, 5, 71-81.	2.9	147
68	Dietary total antioxidant capacity is negatively associated with some metabolic syndrome features in healthy young adults. Nutrition, 2010, 26, 534-541.	1.1	143
69	Variables independently associated with self-reported obesity in the European Union. Public Health Nutrition, 1999, 2, 125-133.	1.1	141
70	DNA methylation markers in obesity, metabolic syndrome, and weight loss. Epigenetics, 2019, 14, 421-444.	1.3	140
71	Fast and simultaneous determination of phenolic compounds and caffeine in teas, mate, instant coffee, soft drink and energetic drink by high-performance liquid chromatography using a fused-core column. Analytica Chimica Acta, 2011, 685, 204-211.	2.6	137
72	Resveratrol attenuates steatosis in obese Zucker rats by decreasing fatty acid availability and reducing oxidative stress. British Journal of Nutrition, 2012, 107, 202-210.	1.2	137

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73	Mediterranean Diet and Stroke: Objectives and Design of the SUN Project. Nutritional Neuroscience, 2002, 5, 65-73.	1.5	136
74	DNA Microarray Analysis of Genes Differentially Expressed in Dietâ€Induced (Cafeteria) Obese Rats. Obesity, 2003, 11, 188-194.	4.0	136
75	Design and baseline characteristics of the Food4Me study: a web-based randomised controlled trial of personalised nutrition in seven European countries. Genes and Nutrition, 2015, 10, 450.	1.2	134
76	Postprandial de novo lipogenesis and metabolic changes induced by a high-carbohydrate, low-fat meal in lean and overweight men. American Journal of Clinical Nutrition, 2001, 73, 253-261.	2.2	133
77	Guide and Position of the International Society of Nutrigenetics/Nutrigenomics on Personalised Nutrition: Part 1 - Fields of Precision Nutrition. Lifestyle Genomics, 2016, 9, 12-27.	0.6	133
78	Low-fat dairy consumption and reduced risk of hypertension: the Seguimiento Universidad de Navarra (SUN) cohort. American Journal of Clinical Nutrition, 2005, 82, 972-979.	2.2	132
79	Reactive species and diabetes: counteracting oxidative stress to improve health. Current Opinion in Pharmacology, 2009, 9, 771-779.	1.7	132
80	Weight Regain after a Diet-Induced Loss Is Predicted by Higher Baseline Leptin and Lower Ghrelin Plasma Levels. Journal of Clinical Endocrinology and Metabolism, 2010, 95, 5037-5044.	1.8	132
81	Differential DNA methylation patterns between high and low responders to a weight loss intervention in overweight or obese adolescents: the EVASYON study. FASEB Journal, 2013, 27, 2504-2512.	0.2	131
82	Fruit and vegetable consumption is inversely associated with blood pressure in a Mediterranean population with a high vegetable-fat intake: the Seguimiento Universidad de Navarra (SUN) Study. British Journal of Nutrition, 2004, 92, 311-319.	1.2	130
83	A diet rich in long chain omega-3 fatty acids modulates satiety in overweight and obese volunteers during weight loss. Appetite, 2008, 51, 676-680.	1.8	128
84	The urgent need for integrated science to fight COVID-19 pandemic and beyond. Journal of Translational Medicine, 2020, 18, 205.	1.8	128
85	Consumption of Yogurt, Low-Fat Milk, and Other Low-Fat Dairy Products Is Associated with Lower Risk of Metabolic Syndrome Incidence in an Elderly Mediterranean Population. Journal of Nutrition, 2015, 145, 2308-2316.	1.3	127
86	Role of obesity-associated dysfunctional adipose tissue in cancer: A molecular nutrition approach. Biochimica Et Biophysica Acta - Bioenergetics, 2011, 1807, 664-678.	0.5	126
87	Dietary Strategies Implicated in the Prevention and Treatment of Metabolic Syndrome. International Journal of Molecular Sciences, 2016, 17, 1877.	1.8	126
88	Sedentary Behaviors and the Risk of Incident Hypertension<xref ref-type="author-notes" rid="fn1">[*]</xref><subtitle>The SUN Cohort</subtitle>. American Journal of Hypertension, 2007, 20, 1156-62.	1.0	125
89	Effects of two energy-restricted diets differing in the carbohydrate/protein ratio on weight loss and oxidative changes of obese men. International Journal of Food Sciences and Nutrition, 2009, 60, 1-13.	1.3	125
90	Mediterranean Diet Reduces the Adverse Effect of the TCF7L2-rs7903146 Polymorphism on Cardiovascular Risk Factors and Stroke Incidence. Diabetes Care, 2013, 36, 3803-3811.	4.3	125

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91	Healthy properties of proanthocyanidins. BioFactors, 2010, 36, 159-168.	2.6	123
92	Men and women respond differently to rapid weight loss: Metabolic outcomes of a multiâ€centre intervention study after a lowâ€energy diet in 2500 overweight, individuals with preâ€diabetes (PREVIEW). Diabetes, Obesity and Metabolism, 2018, 20, 2840-2851.	2.2	120
93	Genes, lifestyles and obesity. International Journal of Obesity, 2004, 28, S29-S36.	1.6	119
94	Association of fiber intake and fruit/vegetable consumption with weight gain in a Mediterranean population. Nutrition, 2006, 22, 504-511.	1.1	119
95	Dietary total antioxidant capacity is inversely related to central adiposity as well as to metabolic and oxidative stress markers in healthy young adults. Nutrition and Metabolism, 2011, 8, 59.	1.3	119
96	Inflammation and gut-brain axis link obesity to cognitive dysfunction: plausible pharmacological interventions. Current Opinion in Pharmacology, 2017, 37, 87-92.	1.7	119
97	Guide for Current Nutrigenetic, Nutrigenomic, and Nutriepigenetic Approaches for Precision Nutrition Involving the Prevention and Management of Chronic Diseases Associated with Obesity. Journal of Nutrigenetics and Nutrigenomics, 2017, 10, 43-62.	1.8	118
98	Determinants of the adherence to an "a priori" defined Mediterranean dietary pattern. European Journal of Nutrition, 2002, 41, 249-257.	1.8	117
99	Physiological and metabolic functions of melatonin. Journal of Physiology and Biochemistry, 2004, 60, 61-72.	1.3	117
100	Longitudinal variation of circulating irisin after an energy restrictionâ€induced weight loss and following weight regain in obese men and women. American Journal of Human Biology, 2014, 26, 198-207.	0.8	117
101	Contribution of macronutrients to obesity: implications for precision nutrition. Nature Reviews Endocrinology, 2020, 16, 305-320.	4.3	113
102	Fruit and vegetable consumption and proinflammatory gene expression from peripheral blood mononuclear cells in young adults: a translational study. Nutrition and Metabolism, 2010, 7, 42.	1.3	111
103	Association between circulating irisin levels and the promotion of insulin resistance during the weight maintenance period after a dietary weight-lowering program in obese patients. Metabolism: Clinical and Experimental, 2014, 63, 520-531.	1.5	111
104	Presence of leptin receptors in rat small intestine and leptin effect on sugar absorption. FEBS Letters, 1998, 423, 302-306.	1.3	110
105	TNFâ€Î± Promoter Methylation as a Predictive Biomarker for Weightâ€loss Response. Obesity, 2009, 17, 1293-1297.	1.5	110
106	Fatty acids, epigenetic mechanisms and chronic diseases: a systematic review. Lipids in Health and Disease, 2019, 18, 178.	1.2	109
107	Lipolytic Effect ofin VivoLeptin Administration on Adipocytes of Lean andob/obMice, but Notdb/dbMice. Biochemical and Biophysical Research Communications, 1998, 250, 99-102.	1.0	108
108	Dietary Total Antioxidant Capacity: A Novel Indicator of Diet Quality in Healthy Young Adults. Journal of the American College of Nutrition, 2009, 28, 648-656.	1.1	108

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109	Dietary inflammatory index and telomere length in subjects with a high cardiovascular disease risk from the PREDIMED-NAVARRA study: cross-sectional and longitudinal analyses over 5 y. American Journal of Clinical Nutrition, 2015, 102, 897-904.	2.2	104
110	Effects of different doses of resveratrol on body fat and serum parameters in rats fed a hypercaloric diet. Journal of Physiology and Biochemistry, 2009, 65, 369-376.	1.3	103
111	Cardiotrophin-1 Is a Key Regulator of Glucose and Lipid Metabolism. Cell Metabolism, 2011, 14, 242-253.	7.2	103
112	Adherence to Mediterranean diet is associated with methylation changes in inflammation-related genes in peripheral blood cells. Journal of Physiology and Biochemistry, 2016, 73, 445-455.	1.3	103
113	A Randomized, Doubleâ€Blind, Placeboâ€Controlled Study of Gelesis100: A Novel Nonsystemic Oral Hydrogel for Weight Loss. Obesity, 2019, 27, 205-216.	1.5	102
114	Weight loss maintenance in overweight subjects on ad libitum diets with high or low protein content and glycemic index: the DIOGENES trial 12-month results. International Journal of Obesity, 2014, 38, 1511-1517.	1.6	101
115	Differential Expression of Oxidative Stress and Inflammation Related Genes in Peripheral Blood Mononuclear Cells in Response to a Low-Calorie Diet: A Nutrigenomics Study. OMICS A Journal of Integrative Biology, 2008, 12, 251-261.	1.0	100
116	Transcriptomic and epigenetic changes in early liver steatosis associated to obesity: Effect of dietary methyl donor supplementation. Molecular Genetics and Metabolism, 2013, 110, 388-395.	0.5	100
117	Mediterranean diet and quality of life: Baseline cross-sectional analysis of the PREDIMED-PLUS trial. PLoS ONE, 2018, 13, e0198974.	1.1	100
118	Effect of a Nutritional and Behavioral Intervention on Energy-Reduced Mediterranean Diet Adherence Among Patients With Metabolic Syndrome. JAMA - Journal of the American Medical Association, 2019, 322, 1486.	3.8	100
119	Interplay of early-life nutritional programming on obesity, inflammation and epigenetic outcomes. Proceedings of the Nutrition Society, 2012, 71, 276-283.	0.4	99
120	Usefulness of combining intermittent hypoxia and physical exercise in the treatment of obesity. Journal of Physiology and Biochemistry, 2012, 68, 289-304.	1.3	98
121	Diet-induced obesity in animal models: points to consider and influence on metabolic markers. Diabetology and Metabolic Syndrome, 2021, 13, 32.	1.2	98
122	Differential expression of aquaporin 7 in adipose tissue of lean and obese high fat consumers. Biochemical and Biophysical Research Communications, 2006, 339, 785-789.	1.0	97
123	Central Adiposity Rather Than Total Adiposity Measurements Are Specifically Involved in the Inflammatory Status from Healthy Young Adults. Inflammation, 2011, 34, 161-170.	1.7	97
124	Evidences on three relevant obesogenes: MC4R, FTO and PPARÎ³. Approaches for personalized nutrition. Molecular Nutrition and Food Research, 2011, 55, 136-149.	1.5	96
125	Association of weight regain with specific methylation levels in the NPY and POMC promoters in leukocytes of obese men: A translational study. Regulatory Peptides, 2013, 186, 1-6.	1.9	96
126	Olive oil consumption and weight change: The SUN prospective cohort study. Lipids, 2006, 41, 249-256.	0.7	94

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127	Effects of the whole seed and a protein isolate of faba bean (Vicia faba) on the cholesterol metabolism of hypercholesterolaemic rats. British Journal of Nutrition, 2001, 85, 607-614.	1.2	92
128	Mitochondrial oxidative stress and inflammation: an slalom to obesity and insulin resistance. Journal of Physiology and Biochemistry, 2006, 62, 303-306.	1.3	92
129	A 3-year intervention with a Mediterranean diet modified the association between the rs9939609 gene variant in FTO and body weight changes. International Journal of Obesity, 2010, 34, 266-272.	1.6	92
130	Effectiveness of nutritional supplementation on sarcopenia and recovery in hip fracture patients. A multi-centre randomized trial. Maturitas, 2017, 101, 42-50.	1.0	92
131	Sirtuin gene expression in human mononuclear cells is modulated by caloric restriction. European Journal of Clinical Investigation, 2008, 38, 672-678.	1.7	91
132	Metabolic profiling of Goji berry extracts for discrimination of geographical origin by non-targeted liquid chromatography coupled to quadrupole time-of-flight mass spectrometry. Food Research International, 2014, 63, 132-138.	2.9	91
133	Effects of Î±-lipoic acid and eicosapentaenoic acid in overweight and obese women during weight loss. Obesity, 2015, 23, 313-321.	1.5	91
134	An update on the role of omega-3 fatty acids on inflammatory and degenerative diseases. Journal of Physiology and Biochemistry, 2015, 71, 341-349.	1.3	90
135	MicroRNAs and other non-coding RNAs in adipose tissue and obesity: emerging roles as biomarkers and therapeutic targets. Clinical Science, 2019, 133, 23-40.	1.8	90
136	The influence of Mediterranean, carbohydrate and high protein diets on gut microbiota composition in the treatment of obesity and associated inflammatory state. Asia Pacific Journal of Clinical Nutrition, 2014, 23, 360-8.	0.3	90
137	A hypocaloric diet enriched in legumes specifically mitigates lipid peroxidation in obese subjects. Free Radical Research, 2007, 41, 498-506.	1.5	89
138	Adiposity dependent apelin gene expression: relationships with oxidative and inflammation markers. Molecular and Cellular Biochemistry, 2007, 305, 87-94.	1.4	89
139	Legume-, Fish-, or High-Protein-Based Hypocaloric Diets: Effects on Weight Loss and Mitochondrial Oxidation in Obese Men. Journal of Medicinal Food, 2009, 12, 100-108.	0.8	89
140	Regulation of adipokine secretion byn-3 fatty acids. Proceedings of the Nutrition Society, 2010, 69, 324-332.	0.4	89
141	Longitudinal association of telomere length and obesity indices in an intervention study with a Mediterranean diet: the PREDIMED-NAVARRA trial. International Journal of Obesity, 2014, 38, 177-182.	1.6	89
142	Obesity Risk Is Associated with Carbohydrate Intake in Women Carrying the Gln27Glu Î²2-Adrenoceptor Polymorphism. Journal of Nutrition, 2003, 133, 2549-2554.	1.3	88
143	Energy-restricted diets based on a distinct food selection affecting the glycemic index induce different weight loss and oxidative response. Clinical Nutrition, 2008, 27, 545-551.	2.3	88
144	FTO genotype and weight loss: systematic review and meta-analysis of 9563 individual participant data from eight randomised controlled trials. BMJ, The, 2016, 354, i4707.	3.0	88

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145	DNA methylation map in circulating leukocytes mirrors subcutaneous adipose tissue methylation pattern: a genome-wide analysis from non-obese and obese patients. Scientific Reports, 2017, 7, 41903.	1.6	88
146	Pterostilbeneâ€induced changes in gut microbiota composition in relation to obesity. Molecular Nutrition and Food Research, 2017, 61, 1500906.	1.5	88
147	A prospective study of eating away-from-home meals and weight gain in a Mediterranean population: the SUN (Seguimiento Universidad de Navarra) cohort. Public Health Nutrition, 2010, 13, 1356-1363.	1.1	86
148	Content and Profile of Isoflavones in Soy-Based Foods as a Function of the Production Process. Food and Bioprocess Technology, 2011, 4, 27-38.	2.6	85
149	Inflammatory potential of diet, weight gain, and incidence of overweight/obesity: The SUN cohort. Obesity, 2017, 25, 997-1005.	1.5	85
150	Association of triglycerides and new lipid markers with the incidence of hypertension in a Spanish cohort. Journal of Hypertension, 2016, 34, 1257-1265.	0.3	83
151	A systematic review of socioeconomic differences in food habits in Europe: consumption of cheese and milk. European Journal of Clinical Nutrition, 2003, 57, 917-929.	1.3	81
152	Epigenetics and Obesity. Progress in Molecular Biology and Translational Science, 2010, 94, 291-347.	0.9	81
153	Vitamin C in the Treatment and/or Prevention of Obesity. Journal of Nutritional Science and Vitaminology, 2014, 60, 367-379.	0.2	81
154	Role of Omentin, Vaspin, Cardiotrophin-1, TWEAK and NOV/CCN3 in Obesity and Diabetes Development. International Journal of Molecular Sciences, 2017, 18, 1770.	1.8	81
155	A role for fruit content in energy-restricted diets in improving antioxidant status in obese women during weight loss. Nutrition, 2006, 22, 593-599.	1.1	80
156	Randomized, multi-center trial of two hypo-energetic diets in obese subjects: high- versus low-fat content. International Journal of Obesity, 2006, 30, 552-560.	1.6	80
157	Maresin 1 improves insulin sensitivity and attenuates adipose tissue inflammation in ob/ob and dietâ€induced obese mice. FASEB Journal, 2017, 31, 2135-2145.	0.2	80
158	Discriminated benefits of a Mediterranean dietary pattern within a hypocaloric diet program on plasma RBP4 concentrations and other inflammatory markers in obese subjects. Endocrine, 2009, 36, 445-451.	1.1	79
159	Relationship between lactose digestion, gastrointestinal transit time and symptoms in lactose malabsorbers after dairy consumption. Alimentary Pharmacology and Therapeutics, 2001, 15, 543-549.	1.9	78
160	The Effect of Protein and Glycemic Index on Children's Body Composition: The DiOGenes Randomized Study. Pediatrics, 2010, 126, e1143-e1152.	1.0	78
161	Weight gain induced by an isocaloric pair-fed high fat diet: A nutriepigenetic study on FASN and NDUFB6 gene promoters. Molecular Genetics and Metabolism, 2010, 101, 273-278.	0.5	78
162	TNF-alpha promoter methylation in peripheral white blood cells: Relationship with circulating TNFÎ±, truncal fat and n-6 PUFA intake in young women. Cytokine, 2013, 64, 265-271.	1.4	78

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163	Guide and Position of the International Society of Nutrigenetics/Nutrigenomics on Personalized Nutrition: Part 2 - Ethics, Challenges and Endeavors of Precision Nutrition. Journal of Nutrigenetics and Nutrigenomics, 2016, 9, 28-46.	1.8	78
164	Epigenetic signatures underlying inflammation: an interplay of nutrition, physical activity, metabolic diseases, and environmental factors for personalized nutrition. Inflammation Research, 2021, 70, 29-49.	1.6	78
165	Prevention of dietâ€induced obesity by apple polyphenols in <scp>W</scp>istar rats through regulation of adipocyte gene expression and <scp>DNA</scp> methylation patterns. Molecular Nutrition and Food Research, 2013, 57, 1473-1478.	1.5	77
166	Effect of an Internet-based, personalized nutrition randomized trial on dietary changes associated with the Mediterranean diet: the Food4Me Study. American Journal of Clinical Nutrition, 2016, 104, 288-297.	2.2	77
167	Alterations in Carbohydrate and Lipid Metabolism Induced by a Diet Rich in Coconut Oil and Cholesterol in a Rat Model. Journal of the American College of Nutrition, 1999, 18, 36-42.	1.1	76
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