

Rodrigo San-Cristobal

List of Publications by Year in descending order

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Version: 2024-02-01

54
papers

1,759
citations

279798

23
h-index

289244

40
g-index

56
all docs

56
docs citations

56
times ranked

2506
citing authors

#	ARTICLE	IF	CITATIONS
1	Effect of personalized nutrition on health-related behaviour change: evidence from the Food4me European randomized controlled trial. <i>International Journal of Epidemiology</i> , 2017, 46, dyw186.	1.9	219
2	Design and baseline characteristics of the Food4Me study: a web-based randomised controlled trial of personalised nutrition in seven European countries. <i>Genes and Nutrition</i> , 2015, 10, 450.	2.5	134
3	Guide for Current Nutrigenetic, Nutrigenomic, and Nutriepigenetic Approaches for Precision Nutrition Involving the Prevention and Management of Chronic Diseases Associated with Obesity. <i>Journal of Nutrigenetics and Nutrigenomics</i> , 2017, 10, 43-62.	1.3	118
4	Contribution of macronutrients to obesity: implications for precision nutrition. <i>Nature Reviews Endocrinology</i> , 2020, 16, 305-320.	9.6	113
5	Bovine Milk-Derived Exosomes as a Drug Delivery Vehicle for miRNA-Based Therapy. <i>International Journal of Molecular Sciences</i> , 2021, 22, 1105.	4.1	89
6	Effect of an Internet-based, personalized nutrition randomized trial on dietary changes associated with the Mediterranean diet: the Food4Me Study. <i>American Journal of Clinical Nutrition</i> , 2016, 104, 288-297.	4.7	77
7	Association between Diet-Quality Scores, Adiposity, Total Cholesterol and Markers of Nutritional Status in European Adults: Findings from the Food4Me Study. <i>Nutrients</i> , 2018, 10, 49.	4.1	61
8	The <i>PREVIEW</i> intervention study: Results from a 3-year randomized 2 x 2 factorial multinational trial investigating the role of protein, glycaemic index and physical activity for prevention of type 2 diabetes. <i>Diabetes, Obesity and Metabolism</i> , 2021, 23, 324-337.	4.4	58
9	Can genetic-based advice help you lose weight? Findings from the Food4Me European randomized controlled trial 1-3. <i>American Journal of Clinical Nutrition</i> , 2017, 105, 1204-1213.	4.7	50
10	Physical activity attenuates the effect of the <i>FTO</i> genotype on obesity traits in European adults: The <i>Food4Me</i> study. <i>Obesity</i> , 2016, 24, 962-969.	3.0	47
11	Use of Different Food Classification Systems to Assess the Association between Ultra-Processed Food Consumption and Cardiometabolic Health in an Elderly Population with Metabolic Syndrome (PREDIMED-Plus Cohort). <i>Nutrients</i> , 2021, 13, 2471.	4.1	46
12	How reliable is internet-based self-reported identity, socio-demographic and obesity measures in European adults?. <i>Genes and Nutrition</i> , 2015, 10, 28.	2.5	42
13	Application of dried blood spots to determine vitamin D status in a large nutritional study with unsupervised sampling: the Food4Me project. <i>British Journal of Nutrition</i> , 2016, 115, 202-211.	2.3	42
14	The effect of the apolipoprotein E genotype on response to personalized dietary advice intervention: findings from the Food4Me randomized controlled trial. <i>American Journal of Clinical Nutrition</i> , 2016, 104, 827-836.	4.7	41
15	A Dietary Feedback System for the Delivery of Consistent Personalized Dietary Advice in the Web-Based Multicenter Food4Me Study. <i>Journal of Medical Internet Research</i> , 2016, 18, e150.	4.3	37
16	Profile of European adults interested in internet-based personalised nutrition: the Food4Me study. <i>European Journal of Nutrition</i> , 2016, 55, 759-769.	3.9	34
17	Effects of a Web-Based Personalized Intervention on Physical Activity in European Adults: A Randomized Controlled Trial. <i>Journal of Medical Internet Research</i> , 2015, 17, e231.	4.3	34
18	Future Challenges and Present Ethical Considerations in the Use of Personalized Nutrition Based on Genetic Advice. <i>Journal of the Academy of Nutrition and Dietetics</i> , 2013, 113, 1447-1454.	0.8	33

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19	Associations of vitamin D status with dietary intakes and physical activity levels among adults from seven European countries: the Food4Me study. <i>European Journal of Nutrition</i> , 2018, 57, 1357-1368.	3.9	29
20	Metabotyping for the development of tailored dietary advice solutions in a European population: the Food4Me study. <i>British Journal of Nutrition</i> , 2017, 118, 561-569.	2.3	28
21	Exploring the association of dairy product intake with the fatty acids C15:0 and C17:0 measured from dried blood spots in a multipopulation cohort: Findings from the Food4Me study. <i>Molecular Nutrition and Food Research</i> , 2016, 60, 834-845.	3.3	27
22	Personalised nutrition advice reduces intake of discretionary foods and beverages: findings from the Food4Me randomised controlled trial. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2021, 18, 70.	4.6	27
23	Mediterranean Diet Adherence and Genetic Background Roles within a Web-Based Nutritional Intervention: The Food4Me Study. <i>Nutrients</i> , 2017, 9, 1107.	4.1	25
24	DNA methylation patterns at sweet taste transducing genes are associated with BMI and carbohydrate intake in an adult population. <i>Appetite</i> , 2018, 120, 230-239.	3.7	25
25	Changes in Physical Activity Following a Genetic-Based Internet-Delivered Personalized Intervention: Randomized Controlled Trial (Food4Me). <i>Journal of Medical Internet Research</i> , 2016, 18, e30.	4.3	25
26	Reproducibility of the Online Food4Me Food-Frequency Questionnaire for Estimating Dietary Intakes across Europe. <i>Journal of Nutrition</i> , 2016, 146, 1068-1075.	2.9	24
27	Fat mass- and obesity-associated genotype, dietary intakes and anthropometric measures in European adults: the Food4Me study. <i>British Journal of Nutrition</i> , 2016, 115, 440-448.	2.3	22
28	Analysis of Dietary Pattern Impact on Weight Status for Personalised Nutrition through On-Line Advice: The Food4Me Spanish Cohort. <i>Nutrients</i> , 2015, 7, 9523-9537.	4.1	21
29	Correlates of overall and central obesity in adults from seven European countries: findings from the Food4Me Study. <i>European Journal of Clinical Nutrition</i> , 2018, 72, 207-219.	2.9	20
30	Frequent Nutritional Feedback, Personalized Advice, and Behavioral Changes: Findings from the European Food4Me Internet-Based RCT. <i>American Journal of Preventive Medicine</i> , 2019, 57, 209-219.	3.0	18
31	Inflammatory-Related Clinical and Metabolic Outcomes in COVID-19 Patients. <i>Mediators of Inflammation</i> , 2020, 2020, 1-7.	3.0	14
32	Characteristics of participants who benefit most from personalised nutrition: findings from the pan-European Food4Me randomised controlled trial. <i>British Journal of Nutrition</i> , 2020, 123, 1396-1405.	2.3	14
33	Gene methylation parallelisms between peripheral blood cells and oral mucosa samples in relation to overweight. <i>Journal of Physiology and Biochemistry</i> , 2016, 73, 465-474.	3.0	13
34	Within-person reproducibility and sensitivity to dietary change of C15:0 and C17:0 levels in dried blood spots: Data from the European Food4Me Study. <i>Molecular Nutrition and Food Research</i> , 2017, 61, 1700142.	3.3	13
35	The impact of MTHFR 677C>T risk knowledge on changes in folate intake: findings from the Food4Me study. <i>Genes and Nutrition</i> , 2016, 11, 25.	2.5	12
36	Capturing health and eating status through a nutritional perception screening questionnaire (NPSQ9) in a randomised internet-based personalised nutrition intervention: the Food4Me study. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2017, 14, 168.	4.6	12

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37	Influencia multisensorial sobre la conducta alimentaria: ingesta hedónica. <i>Endocrinología, Diabetes Y Nutrición</i> , 2018, 65, 114-125.	0.3	11
38	Higher vegetable protein consumption, assessed by an isoenergetic macronutrient exchange model, is associated with a lower presence of overweight and obesity in the web-based Food4me European study. <i>International Journal of Food Sciences and Nutrition</i> , 2019, 70, 240-253.	2.8	11
39	Proinflammatory and Hepatic Features Related to Morbidity and Fatal Outcomes in COVID-19 Patients. <i>Journal of Clinical Medicine</i> , 2021, 10, 3112.	2.4	11
40	Clustering of adherence to personalised dietary recommendations and changes in healthy eating index within the Food4Me study. <i>Public Health Nutrition</i> , 2016, 19, 3296-3305.	2.2	10
41	Predicting fatty acid profiles in blood based on food intake and the FADS1 rs174546 SNP. <i>Molecular Nutrition and Food Research</i> , 2015, 59, 2565-2573.	3.3	9
42	Weekday sunlight exposure, but not vitamin D intake, influences the association between vitamin D receptor genotype and circulating concentration 25-hydroxyvitamin D in a pan-European population: the Food4Me study. <i>Molecular Nutrition and Food Research</i> , 2017, 61, 1600476.	3.3	9
43	Characteristics of European adults who dropped out from the Food4Me Internet-based personalised nutrition intervention. <i>Public Health Nutrition</i> , 2017, 20, 53-63.	2.2	8
44	Antioxidant Lifestyle, Co-Morbidities and Quality of Life Empowerment Concerning Liver Fibrosis. <i>Antioxidants</i> , 2020, 9, 1125.	5.1	7
45	Polymorphic Appetite Effects on Waist Circumference Depend on rs3749474 CLOCK Gene Variant. <i>Nutrients</i> , 2020, 12, 1846.	4.1	7
46	Longwise Cluster Analysis for the Prediction of COVID-19 Severity within 72 h of Admission: COVID-DATA-SAVE-LIFES Cohort. <i>Journal of Clinical Medicine</i> , 2022, 11, 3327.	2.4	7
47	Benefits on body fat composition of isocalorically controlled diets including functionally optimized meat products: Role of alpha-linolenic acid. <i>Journal of Functional Foods</i> , 2015, 12, 319-331.	3.4	6
48	Cardiometabolic Health Status, Ethnicity and Health-Related Quality of Life (HRQoL) Disparities in an Adult Population: NutriMDEA Observational Web-Based Study. <i>International Journal of Environmental Research and Public Health</i> , 2022, 19, 2948.	2.6	5
49	Interactions of Comorbidity and Five Simple Environmental Unhealthy Habits Concerning Physical and Mental Quality of Life in the Clinical Setting. <i>International Journal of Environmental Research and Public Health</i> , 2021, 18, 9590.	2.6	3
50	Interaction of ACEI antihypertensive agent's administration with the inflammatory status at admission concerning COVID-19 clinical stay outcomes. <i>Vascular Pharmacology</i> , 2022, 143, 106955.	2.1	3
51	Interactions of Carbohydrate Intake and Physical Activity with Regulatory Genes Affecting Glycaemia: A Food4Me Study Analysis. <i>Lifestyle Genomics</i> , 2021, 14, 63-72.	1.7	2
52	Appraisal of Triglyceride-Related Markers as Early Predictors of Metabolic Outcomes in the PREVIEW Lifestyle Intervention: A Controlled Post-hoc Trial. <i>Frontiers in Nutrition</i> , 2021, 8, 733697.	3.7	2
53	Precision Nutrition Interventions Based on Personalized Genetic Advice. , 2020, , 499-508.		1
54	Integrative development of a short screening questionnaire of highly processed food consumption (sQ-HPF). <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2022, 19, 6.	4.6	1