

Luigi Fontana

List of Publications by Year in descending order

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Version: 2024-02-01

145
papers

23,291
citations

16791

66
h-index

11282

141
g-index

149
all docs

149
docs citations

149
times ranked

30105
citing authors

| # | ARTICLE | IF | CITATIONS |
|----|--|------|-----------|
| 1 | Extending Healthy Life Spanâ€”From Yeast to Humans. <i>Science</i> , 2010, 328, 321-326. | 6.0 | 2,493 |
| 2 | Diet Drives Convergence in Gut Microbiome Functions Across Mammalian Phylogeny and Within Humans. <i>Science</i> , 2011, 332, 970-974. | 6.0 | 1,712 |
| 3 | Visceral Fat Adipokine Secretion Is Associated With Systemic Inflammation in Obese Humans. <i>Diabetes</i> , 2007, 56, 1010-1013. | 0.3 | 1,094 |
| 4 | Promoting Health and Longevity through Diet: From Model Organisms to Humans. <i>Cell</i> , 2015, 161, 106-118. | 13.5 | 1,001 |
| 5 | Long-term calorie restriction is highly effective in reducing the risk for atherosclerosis in humans. <i>Proceedings of the National Academy of Sciences of the United States of America</i> , 2004, 101, 6659-6663. | 3.3 | 799 |
| 6 | MicroRNAs 221 and 222 inhibit normal erythropoiesis and erythroleukemic cell growth via kit receptor down-modulation. <i>Proceedings of the National Academy of Sciences of the United States of America</i> , 2005, 102, 18081-18086. | 3.3 | 747 |
| 7 | Low Protein Intake Is Associated with a Major Reduction in IGF-1, Cancer, and Overall Mortality in the 65 and Younger but Not Older Population. <i>Cell Metabolism</i> , 2014, 19, 407-417. | 7.2 | 715 |
| 8 | Absence of an Effect of Liposuction on Insulin Action and Risk Factors for Coronary Heart Disease. <i>New England Journal of Medicine</i> , 2004, 350, 2549-2557. | 13.9 | 680 |
| 9 | Interventions to Slow Aging in Humans: Are We Ready?. <i>Aging Cell</i> , 2015, 14, 497-510. | 3.0 | 481 |
| 10 | Aging, Adiposity, and Calorie Restriction. <i>JAMA - Journal of the American Medical Association</i> , 2007, 297, 986. | 3.8 | 437 |
| 11 | Meal frequency and timing in health and disease. <i>Proceedings of the National Academy of Sciences of the United States of America</i> , 2014, 111, 16647-16653. | 3.3 | 413 |
| 12 | Health Benefits of the Mediterranean Diet: Metabolic and Molecular Mechanisms. <i>Journals of Gerontology - Series A Biological Sciences and Medical Sciences</i> , 2018, 73, 318-326. | 1.7 | 401 |
| 13 | Calorie restriction in humans: An update. <i>Ageing Research Reviews</i> , 2017, 39, 36-45. | 5.0 | 359 |
| 14 | Intermittent Fasting Confers Protection in CNS Autoimmunity by Altering the Gut Microbiota. <i>Cell Metabolism</i> , 2018, 27, 1222-1235.e6. | 7.2 | 352 |
| 15 | A 2-Year Randomized Controlled Trial of Human Caloric Restriction: Feasibility and Effects on Predictors of Health Span and Longevity. <i>Journals of Gerontology - Series A Biological Sciences and Medical Sciences</i> , 2015, 70, 1097-1104. | 1.7 | 345 |
| 16 | Dietary fiber and health outcomes: an umbrella review of systematic reviews and meta-analyses. <i>American Journal of Clinical Nutrition</i> , 2018, 107, 436-444. | 2.2 | 339 |
| 17 | Long-term effects of calorie or protein restriction on serum IGFâ€1 and IGFBPâ€3 concentration in humans. <i>Aging Cell</i> , 2008, 7, 681-687. | 3.0 | 338 |
| 18 | Resveratrol Supplementation Does Not Improve Metabolic Function in Nonobese Women with Normal Glucose Tolerance. <i>Cell Metabolism</i> , 2012, 16, 658-664. | 7.2 | 336 |

| # | ARTICLE | IF | CITATIONS |
|----|--|------|-----------|
| 19 | Decreased Consumption of Branched-Chain Amino Acids Improves Metabolic Health. <i>Cell Reports</i> , 2016, 16, 520-530. | 2.9 | 334 |
| 20 | Long-Term Caloric Restriction Ameliorates the Decline in Diastolic Function in Humans. <i>Journal of the American College of Cardiology</i> , 2006, 47, 398-402. | 1.2 | 321 |
| 21 | Calorie restriction and cancer prevention: metabolic and molecular mechanisms. <i>Trends in Pharmacological Sciences</i> , 2010, 31, 89-98. | 4.0 | 321 |
| 22 | Improvements in glucose tolerance and insulin action induced by increasing energy expenditure or decreasing energy intake: a randomized controlled trial. <i>American Journal of Clinical Nutrition</i> , 2006, 84, 1033-1042. | 2.2 | 305 |
| 23 | Fasting and cancer treatment in humans: A case series report. <i>Aging</i> , 2009, 1, 988-1007. | 1.4 | 305 |
| 24 | Caloric restriction in humans. <i>Experimental Gerontology</i> , 2007, 42, 709-712. | 1.2 | 281 |
| 25 | Molecular mechanisms of dietary restriction promoting health and longevity. <i>Nature Reviews Molecular Cell Biology</i> , 2022, 23, 56-73. | 16.1 | 277 |
| 26 | Bone Mineral Density Response to Caloric Restriction—Induced Weight Loss or Exercise-Induced Weight Loss. <i>Archives of Internal Medicine</i> , 2006, 166, 2502. | 4.3 | 259 |
| 27 | Calorie restriction and prevention of age-associated chronic disease. <i>FEBS Letters</i> , 2011, 585, 1537-1542. | 1.3 | 244 |
| 28 | 2 years of calorie restriction and cardiometabolic risk (CALERIE): exploratory outcomes of a multicentre, phase 2, randomised controlled trial. <i>Lancet Diabetes and Endocrinology</i> , 2019, 7, 673-683. | 5.5 | 239 |
| 29 | Calorie restriction or exercise: effects on coronary heart disease risk factors. A randomized, controlled trial. <i>American Journal of Physiology - Endocrinology and Metabolism</i> , 2007, 293, E197-E202. | 1.8 | 217 |
| 30 | Pre-Frailty and Risk of Cardiovascular Disease in Elderly Men and Women. <i>Journal of the American College of Cardiology</i> , 2015, 65, 976-983. | 1.2 | 213 |
| 31 | Medical research: Treat ageing. <i>Nature</i> , 2014, 511, 405-407. | 13.7 | 211 |
| 32 | Trends in age-related disease burden and healthcare utilization. <i>Aging Cell</i> , 2019, 18, e12861. | 3.0 | 209 |
| 33 | Calorie restriction in humans inhibits the PI3K/AKT pathway and induces a younger transcription profile. <i>Aging Cell</i> , 2013, 12, 645-651. | 3.0 | 208 |
| 34 | Regulators of Gut Motility Revealed by a Gnotobiotic Model of Diet-Microbiome Interactions Related to Travel. <i>Cell</i> , 2015, 163, 95-107. | 13.5 | 190 |
| 35 | One Year of Caloric Restriction in Humans: Feasibility and Effects on Body Composition and Abdominal Adipose Tissue. <i>Journals of Gerontology - Series A Biological Sciences and Medical Sciences</i> , 2006, 61, 943-950. | 1.7 | 189 |
| 36 | Risk of cardiovascular disease morbidity and mortality in frail and pre-frail older adults: Results from a meta-analysis and exploratory meta-regression analysis. <i>Ageing Research Reviews</i> , 2017, 35, 63-73. | 5.0 | 182 |

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|----|--|-----|-----------|
| 37 | Weight loss is associated with improvements in cognitive function among overweight and obese people: A systematic review and meta-analysis. <i>Neuroscience and Biobehavioral Reviews</i> , 2017, 72, 87-94. | 2.9 | 169 |
| 38 | Caloric restriction: powerful protection for the aging heart and vasculature. <i>American Journal of Physiology - Heart and Circulatory Physiology</i> , 2011, 301, H1205-H1219. | 1.5 | 162 |
| 39 | Lower extremity muscle size and strength and aerobic capacity decrease with caloric restriction but not with exercise-induced weight loss. <i>Journal of Applied Physiology</i> , 2007, 102, 634-640. | 1.2 | 161 |
| 40 | Long-term moderate calorie restriction inhibits inflammation without impairing cell-mediated immunity: a randomized controlled trial in non-obese humans. <i>Aging</i> , 2016, 8, 1416-1431. | 1.4 | 156 |
| 41 | Effects of long-term calorie restriction and endurance exercise on glucose tolerance, insulin action, and adipokine production. <i>Age</i> , 2010, 32, 97-108. | 3.0 | 150 |
| 42 | Effect of Long-Term Calorie Restriction with Adequate Protein and Micronutrients on Thyroid Hormones. <i>Journal of Clinical Endocrinology and Metabolism</i> , 2006, 91, 3232-3235. | 1.8 | 131 |
| 43 | Effects of 2-year calorie restriction on circulating levels of IGF-1, IGF-binding proteins and cortisol in nonobese men and women: a randomized clinical trial. <i>Aging Cell</i> , 2016, 15, 22-27. | 3.0 | 130 |
| 44 | Prior Dietary Practices and Connections to a Human Gut Microbial Metacommunity Alter Responses to Diet Interventions. <i>Cell Host and Microbe</i> , 2017, 21, 84-96. | 5.1 | 129 |
| 45 | What are the roles of calorie restriction and diet quality in promoting healthy longevity?. <i>Ageing Research Reviews</i> , 2014, 13, 38-45. | 5.0 | 125 |
| 46 | Effect of Two-Year Caloric Restriction on Bone Metabolism and Bone Mineral Density in Non-Obese Younger Adults: A Randomized Clinical Trial. <i>Journal of Bone and Mineral Research</i> , 2016, 31, 40-51. | 3.1 | 123 |
| 47 | Long-Term Calorie Restriction Enhances Cellular Quality-Control Processes in Human Skeletal Muscle. <i>Cell Reports</i> , 2016, 14, 422-428. | 2.9 | 123 |
| 48 | Optimal body weight for health and longevity: bridging basic, clinical, and population research. <i>Aging Cell</i> , 2014, 13, 391-400. | 3.0 | 120 |
| 49 | Dietary protein, aging and nutritional geometry. <i>Ageing Research Reviews</i> , 2017, 39, 78-86. | 5.0 | 120 |
| 50 | Dietary protein restriction inhibits tumor growth in human xenograft models of prostate and breast cancer. <i>Oncotarget</i> , 2013, 4, 2451-2461. | 0.8 | 110 |
| 51 | Will calorie restriction work in humans?. <i>Aging</i> , 2013, 5, 507-514. | 1.4 | 109 |
| 52 | The scientific basis of caloric restriction leading to longer life. <i>Current Opinion in Gastroenterology</i> , 2009, 25, 144-150. | 1.0 | 104 |
| 53 | Fasting and differential chemotherapy protection in patients. <i>Cell Cycle</i> , 2010, 9, 4474-4476. | 1.3 | 102 |
| 54 | Aging, lifestyle and dementia. <i>Neurobiology of Disease</i> , 2019, 130, 104481. | 2.1 | 97 |

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|----|--|-------|-----------|
| 55 | Long-Term Effects of Caloric Restriction or Exercise on DNA and RNA Oxidation Levels in White Blood Cells and Urine in Humans. <i>Rejuvenation Research</i> , 2008, 11, 793-799. | 0.9 | 92 |
| 56 | Combined associations of body weight and lifestyle factors with all cause and cause specific mortality in men and women: prospective cohort study. <i>BMJ</i> , The, 2016, 355, i5855. | 3.0 | 89 |
| 57 | Body-composition changes in the Comprehensive Assessment of Long-term Effects of Reducing Intake of Energy (CALERIE)-2 study: a 2-y randomized controlled trial of calorie restriction in nonobese humans. <i>American Journal of Clinical Nutrition</i> , 2017, 105, 913-927. | 2.2 | 87 |
| 58 | Long-term calorie restriction, but not endurance exercise, lowers core body temperature in humans. <i>Aging</i> , 2011, 3, 374-379. | 1.4 | 86 |
| 59 | Long-term low-protein, low-calorie diet and endurance exercise modulate metabolic factors associated with cancer risk. <i>American Journal of Clinical Nutrition</i> , 2006, 84, 1456-1462. | 2.2 | 83 |
| 60 | Caloric restriction may reverse age-related autonomic decline in humans. <i>Aging Cell</i> , 2012, 11, 644-650. | 3.0 | 81 |
| 61 | Long-term effects of calorie restriction on serum sex hormone concentrations in men. <i>Aging Cell</i> , 2010, 9, 236-242. | 3.0 | 80 |
| 62 | Modulating human aging and age-associated diseases. <i>Biochimica Et Biophysica Acta - General Subjects</i> , 2009, 1790, 1133-1138. | 1.1 | 75 |
| 63 | Intermittent fasting in the prevention and treatment of cancer. <i>Ca-A Cancer Journal for Clinicians</i> , 2021, 71, 527-546. | 157.7 | 74 |
| 64 | Caloric restriction and cellular senescence. <i>Mechanisms of Ageing and Development</i> , 2018, 176, 19-23. | 2.2 | 73 |
| 65 | Protein restriction cycles reduce IGF1 and phosphorylated Tau, and improve behavioral performance in an Alzheimer's disease mouse model. <i>Aging Cell</i> , 2013, 12, 257-268. | 3.0 | 71 |
| 66 | Neuroendocrine factors in the regulation of inflammation: Excessive adiposity and calorie restriction. <i>Experimental Gerontology</i> , 2009, 44, 41-45. | 1.2 | 70 |
| 67 | Dietary Protein Restriction Reprograms Tumor-Associated Macrophages and Enhances Immunotherapy. <i>Clinical Cancer Research</i> , 2018, 24, 6383-6395. | 3.2 | 69 |
| 68 | Growth Factors, Nutrient Signaling, and Cardiovascular Aging. <i>Circulation Research</i> , 2012, 110, 1139-1150. | 2.0 | 67 |
| 69 | Renal and Systemic Effects of Calorie Restriction in Patients With Type 2 Diabetes With Abdominal Obesity: A Randomized Controlled Trial. <i>Diabetes</i> , 2017, 66, 75-86. | 0.3 | 66 |
| 70 | Effects of 2 years of caloric restriction on oxidative status assessed by urinary F2-isoprostanes: The CALERIE 2 randomized clinical trial. <i>Aging Cell</i> , 2018, 17, e12719. | 3.0 | 65 |
| 71 | Preferential reductions in intermuscular and visceral adipose tissue with exercise-induced weight loss compared with calorie restriction. <i>Journal of Applied Physiology</i> , 2012, 112, 79-85. | 1.2 | 63 |
| 72 | Interventions to promote cardiometabolic health and slow cardiovascular ageing. <i>Nature Reviews Cardiology</i> , 2018, 15, 566-577. | 6.1 | 63 |

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|----|--|-----|-----------|
| 73 | Dehydroepiandrosterone (DHEA) replacement decreases insulin resistance and lowers inflammatory cytokines in aging humans. <i>Aging</i> , 2011, 3, 533-542. | 1.4 | 63 |
| 74 | Validation of a modified-multidimensional prognostic index (m-MPI) including the mini nutritional assessment short-form (MNA-SF) for the prediction of one-year mortality in hospitalized elderly patients. <i>Journal of Nutrition, Health and Aging</i> , 2011, 15, 169-173. | 1.5 | 62 |
| 75 | A word of caution against excessive protein intake. <i>Nature Reviews Endocrinology</i> , 2020, 16, 59-66. | 4.3 | 62 |
| 76 | Calorie restriction and cardiometabolic health. <i>European Journal of Cardiovascular Prevention and Rehabilitation</i> , 2008, 15, 3-9. | 3.1 | 61 |
| 77 | Dehydroepiandrosterone replacement therapy in older adults: 1- and 2-y effects on bone. <i>American Journal of Clinical Nutrition</i> , 2009, 89, 1459-1467. | 2.2 | 61 |
| 78 | 8-Iso-PGF ₂ α Induces β 2-Integrin-Mediated Rapid Adhesion of Human Polymorphonuclear Neutrophils. <i>Arteriosclerosis, Thrombosis, and Vascular Biology</i> , 2001, 21, 55-60. | 1.1 | 58 |
| 79 | Identification of a metabolic signature for multidimensional impairment and mortality risk in hospitalized older patients. <i>Aging Cell</i> , 2013, 12, 459-466. | 3.0 | 56 |
| 80 | Energy requirements in nonobese men and women: results from CALERIE. <i>American Journal of Clinical Nutrition</i> , 2014, 99, 71-78. | 2.2 | 55 |
| 81 | Restriction of dietary protein decreases mTORC1 in tumors and somatic tissues of a tumor-bearing mouse xenograft model. <i>Oncotarget</i> , 2015, 6, 31233-31240. | 0.8 | 55 |
| 82 | Study of platelet adhesion in patients with uncomplicated hypertension. <i>Journal of Hypertension</i> , 1996, 14, 1215-1221. | 0.3 | 53 |
| 83 | Low Bone Mass in Subjects on a Long-term Raw Vegetarian Diet. <i>Archives of Internal Medicine</i> , 2005, 165, 684. | 4.3 | 53 |
| 84 | Long-Term Low-Calorie Low-Protein Vegan Diet and Endurance Exercise are Associated with Low Cardiometabolic Risk. <i>Rejuvenation Research</i> , 2007, 10, 225-234. | 0.9 | 53 |
| 85 | The effects of caloric restriction- and exercise-induced weight loss on left ventricular diastolic function. <i>American Journal of Physiology - Heart and Circulatory Physiology</i> , 2008, 294, H1174-H1182. | 1.5 | 52 |
| 86 | The effects of graded caloric restriction: α -II. Comparison of mouse to human impact on cellular senescence in the colon. <i>Aging Cell</i> , 2018, 17, e12746. | 3.0 | 52 |
| 87 | Perspective: Improving Nutritional Guidelines for Sustainable Health Policies: Current Status and Perspectives. <i>Advances in Nutrition</i> , 2017, 8, 532-545. | 2.9 | 51 |
| 88 | Alterations in liver, muscle, and adipose tissue insulin sensitivity in men with HIV infection and dyslipidemia. <i>American Journal of Physiology - Endocrinology and Metabolism</i> , 2006, 290, E47-E53. | 1.8 | 49 |
| 89 | Serum Insulin-Like Growth Factor-I and Platelet-Derived Growth Factor as Biomarkers of Breast Cancer Prognosis. <i>Cancer Epidemiology Biomarkers and Prevention</i> , 2008, 17, 1719-1722. | 1.1 | 49 |
| 90 | Frailty Is Associated with an Increased Risk of Incident Type 2 Diabetes in the Elderly. <i>Journal of the American Medical Association</i> , 2016, 316, 902-907. | 1.2 | 49 |

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|-----|--|-----|-----------|
| 91 | Fried potato consumption is associated with elevated mortality: an 8-y longitudinal cohort study. <i>American Journal of Clinical Nutrition</i> , 2017, 106, 162-167. | 2.2 | 49 |
| 92 | Multiple dietary supplements do not affect metabolic and cardiovascular health. <i>Aging</i> , 2013, 6, 149-157. | 1.4 | 47 |
| 93 | Effects of dietary restriction on neuroinflammation in neurodegenerative diseases. <i>Journal of Experimental Medicine</i> , 2021, 218, . | 4.2 | 47 |
| 94 | Impaired Mononuclear Cell Immune Function in Extreme Obesity Is Corrected by Weight Loss. <i>Rejuvenation Research</i> , 2007, 10, 41-46. | 0.9 | 44 |
| 95 | Sarcosine Is Uniquely Modulated by Aging and Dietary Restriction in Rodents and Humans. <i>Cell Reports</i> , 2018, 25, 663-676.e6. | 2.9 | 43 |
| 96 | Dietary protein restriction reduces circulating VLDL triglyceride levels via CREBH-APOA5â€“dependent and â€“independent mechanisms. <i>JCI Insight</i> , 2018, 3, . | 2.3 | 42 |
| 97 | A Comparison of Objective Physical Performance Tests and Future Mortality in the Elderly People. <i>Journals of Gerontology - Series A Biological Sciences and Medical Sciences</i> , 2017, 72, glw139. | 1.7 | 41 |
| 98 | In a randomized trial in prostate cancer patients, dietary protein restriction modifies markers of leptin and insulin signaling in plasma extracellular vesicles. <i>Aging Cell</i> , 2017, 16, 1430-1433. | 3.0 | 40 |
| 99 | Vascular adhesion molecule-1 and markers of platelet function before and after a treatment with iloprost or a supervised physical exercise program in patients with peripheral arterial disease. <i>Life Sciences</i> , 2001, 69, 421-433. | 2.0 | 39 |
| 100 | Reduced bone mineral density is not associated with significantly reduced bone quality in men and women practicing longâ€“term calorie restriction with adequate nutrition. <i>Aging Cell</i> , 2011, 10, 96-102. | 3.0 | 39 |
| 101 | Effects of Two Years of Calorie Restriction on Aerobic Capacity and Muscle Strength. <i>Medicine and Science in Sports and Exercise</i> , 2017, 49, 2240-2249. | 0.2 | 39 |
| 102 | Immune-metabolic profiling of anorexic patients reveals an anti-oxidant and anti-inflammatory phenotype. <i>Metabolism: Clinical and Experimental</i> , 2015, 64, 396-405. | 1.5 | 37 |
| 103 | Mediterranean diet and cognitive function: From methodology to mechanisms of action. <i>Free Radical Biology and Medicine</i> , 2021, 176, 105-117. | 1.3 | 35 |
| 104 | Associations between body mass index, waist circumference and erectile dysfunction: a systematic review and META-analysis. <i>Reviews in Endocrine and Metabolic Disorders</i> , 2020, 21, 657-666. | 2.6 | 34 |
| 105 | Dehydroepiandrosterone replacement therapy in older adults improves indices of arterial stiffness. <i>Aging Cell</i> , 2012, 11, 876-884. | 3.0 | 32 |
| 106 | Intermittent supplementation with rapamycin as a dietary restriction mimetic. <i>Aging</i> , 2011, 3, 1039-1040. | 1.4 | 31 |
| 107 | Impact of intermittent energy restriction on anthropometric outcomes and intermediate disease markers in patients with overweight and obesity: systematic review and meta-analyses. <i>Critical Reviews in Food Science and Nutrition</i> , 2021, 61, 1293-1304. | 5.4 | 30 |
| 108 | Calorie restriction induces reversible lymphopenia and lymphoid organ atrophy due to cell redistribution. <i>GeroScience</i> , 2018, 40, 279-291. | 2.1 | 29 |

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|-----|---|-----|-----------|
| 109 | Caloric Restriction But Not Exercise-Induced Reductions in Fat Mass Decrease Plasma Triiodothyronine Concentrations: A Randomized Controlled Trial. <i>Rejuvenation Research</i> , 2008, 11, 605-609. | 0.9 | 26 |
| 110 | In vitro study of the anti-aggregating activity of two nitroderivatives of acetylsalicylic acid. <i>Blood Coagulation and Fibrinolysis</i> , 1996, 7, 206-209. | 0.5 | 24 |
| 111 | Physical activity, diet quality and all-cause cardiovascular disease and cancer mortality: a prospective study of 346 627 UK Biobank participants. <i>British Journal of Sports Medicine</i> , 2022, 56, 1148-1156. | 3.1 | 23 |
| 112 | Î²2Integrin-Dependent Neutrophil Adhesion Induced by Minimally Modified Low-Density Lipoproteins Is Mainly Mediated by F2-Isoprostanes. <i>Circulation</i> , 2002, 106, 2434-2441. | 1.6 | 22 |
| 113 | Beyond Calories: An Integrated Approach to Promote Health, Longevity, and Well-Being. <i>Gerontology</i> , 2017, 63, 13-19. | 1.4 | 19 |
| 114 | Excess body weight increases the burden of age-associated chronic diseases and their associated health care expenditures. <i>Aging</i> , 2015, 7, 882-892. | 1.4 | 19 |
| 115 | Serum from humans on long-term calorie restriction enhances stress resistance in cell culture. <i>Aging</i> , 2013, 5, 599-606. | 1.4 | 17 |
| 116 | Excessive Adiposity, Calorie Restriction, and Aging. <i>JAMA - Journal of the American Medical Association</i> , 2006, 295, 1577. | 3.8 | 15 |
| 117 | Postprandial Plasma Incretin Hormones in Exercise-Trained versus Untrained Subjects. <i>Medicine and Science in Sports and Exercise</i> , 2014, 46, 1098-1103. | 0.2 | 15 |
| 118 | Dietary inflammatory index and mortality: a cohort longitudinal study in a Mediterranean area. <i>Journal of Human Nutrition and Dietetics</i> , 2020, 33, 138-146. | 1.3 | 15 |
| 119 | Systemic Acid Load from the Diet Affects Maximal-Exercise RER. <i>Medicine and Science in Sports and Exercise</i> , 2012, 44, 709-715. | 0.2 | 14 |
| 120 | Translational approaches to addressing complex genetic pathways in colorectal cancer. <i>Translational Research</i> , 2008, 151, 10-16. | 2.2 | 13 |
| 121 | Transdisciplinary research and clinical priorities for better health. <i>PLoS Medicine</i> , 2021, 18, e1003699. | 3.9 | 11 |
| 122 | Effects of dietary restriction on gut microbiota and CNS autoimmunity. <i>Clinical Immunology</i> , 2022, 235, 108575. | 1.4 | 10 |
| 123 | Long-term kidney and systemic effects of calorie restriction in overweight or obese type 2 diabetic patients (C.Re.S.O. 2 randomized controlled trial). <i>Diabetes Research and Clinical Practice</i> , 2022, 185, 109804. | 1.1 | 10 |
| 124 | The historical context and scientific legacy of John O. Holloszy. <i>Journal of Applied Physiology</i> , 2019, 127, 277-305. | 1.2 | 9 |
| 125 | Energy efficiency as a unifying principle for human, environmental, and global health. <i>F1000Research</i> , 2013, 2, 101. | 0.8 | 9 |
| 126 | Klotho locus, metabolic traits, and serum hemoglobin in hospitalized older patients: a genetic association analysis. <i>Age</i> , 2012, 34, 949-968. | 3.0 | 8 |

| # | ARTICLE | IF | CITATIONS |
|-----|--|------|-----------|
| 127 | Nutritional Controlled Preparation and Administration of Different Tomato PurÃ©es Indicate Increase of Î²-Carotene and Lycopene Isoforms, and of Antioxidant Potential in Human Blood Bioavailability: A Pilot Study. <i>Nutrients</i> , 2021, 13, 1336. | 1.7 | 8 |
| 128 | The science of nutritional modulation of aging. <i>Ageing Research Reviews</i> , 2017, 39, 1-2. | 5.0 | 7 |
| 129 | Effect of Obesity, Serum Lipoproteins, and Apolipoprotein E Genotypes on Mortality in Hospitalized Elderly Patients. <i>Rejuvenation Research</i> , 2011, 14, 111-118. | 0.9 | 6 |
| 130 | Short-term consumption of a plant protein diet does not improve glucose homeostasis of young C57BL/6J mice. <i>Nutrition and Healthy Aging</i> , 2017, 4, 239-245. | 0.5 | 6 |
| 131 | Effects of prolonged calorie restriction on inflammation and immune function: a randomized controlled trial in non-obese humans (40.4). <i>FASEB Journal</i> , 2014, 28, 40.4. | 0.2 | 6 |
| 132 | Adherence to a healthy lifestyle and multiple sclerosis: a case-control study from the UK Biobank. <i>Nutritional Neuroscience</i> , 2020, , 1-9. | 1.5 | 4 |
| 133 | Calorie restriction, endothelial function and blood pressure homeostasis. <i>Vascular Pharmacology</i> , 2015, 65-66, 1-2. | 1.0 | 3 |
| 134 | Low-protein diet in cancer: ready for prime time?. <i>Nature Reviews Endocrinology</i> , 2018, 14, 384-386. | 4.3 | 3 |
| 135 | Dietary Intakes of Animal and Plant Proteins and Risk of Colorectal Cancer: The EPIC-Italy Cohort. <i>Cancers</i> , 2022, 14, 2917. | 1.7 | 3 |
| 136 | Impact of an intensive lifestyle program on low attenuation plaque and myocardial perfusion in coronary heart disease: A randomised clinical trial protocol. <i>Nutrition and Healthy Aging</i> , 2022, , 1-14. | 0.5 | 3 |
| 137 | Dietary Restriction: Standing Up for Sirtuins' Response. <i>Science</i> , 2010, 329, 1013-1013. | 6.0 | 2 |
| 138 | Dietary Restriction: Theory Fails to Satiates' Response. <i>Science</i> , 2010, 329, 1015-1015. | 6.0 | 2 |
| 139 | Regulators of Gut Motility Revealed by a Gnotobiotic Model of Diet-Microbiome Interactions Related to Travel. <i>Cell</i> , 2015, 163, 1037. | 13.5 | 2 |
| 140 | Calorie Restriction in Nonhuman and Human Primates. , 2011, , 447-461. | | 1 |
| 141 | Changing the conversation from "chronic disease"™ to "chronic health"™. <i>European Heart Journal</i> , 2022, 43, 708-711. | 1.0 | 1 |
| 142 | IGF-1, nutrition and aging: the big picture. <i>Ageing Cell</i> , 2009, 8, 215-215. | 3.0 | 0 |
| 143 | Reply to KA Beals and to C Parks. <i>American Journal of Clinical Nutrition</i> , 2018, 107, 849-850. | 2.2 | 0 |
| 144 | Liposuction and Obesity. , 2008, , 545-551. | | 0 |

| # | ARTICLE | IF | CITATIONS |
|-----|---|-----|-----------|
| 145 | Dietary intake of animal and plant proteins and risk of all cause and cause-specific mortality: The Epic-Italy cohort. Nutrition and Healthy Aging, 2022, , 1-12. | 0.5 | 0 |