

# MÃ²nica BullÃ³

## List of Publications by Year in descending order

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243  
papers

21,822  
citations

12330

69  
h-index

10445

139  
g-index

251  
all docs

251  
docs citations

251  
times ranked

23706  
citing authors

#	ARTICLE	IF	CITATIONS
1	Primary Prevention of Cardiovascular Disease with a Mediterranean Diet. <i>New England Journal of Medicine</i> , 2013, 368, 1279-1290.	27.0	3,677
2	Primary Prevention of Cardiovascular Disease with a Mediterranean Diet Supplemented with Extra-Virgin Olive Oil or Nuts. <i>New England Journal of Medicine</i> , 2018, 378, e34.	27.0	2,065
3	Reduction in the Incidence of Type 2 Diabetes With the Mediterranean Diet. <i>Diabetes Care</i> , 2011, 34, 14-19.	8.6	721
4	Benefits of the Mediterranean Diet: Insights From the PREDIMED Study. <i>Progress in Cardiovascular Diseases</i> , 2015, 58, 50-60.	3.1	538
5	Prevention of Diabetes With Mediterranean Diets. <i>Annals of Internal Medicine</i> , 2014, 160, 1-10.	3.9	533
6	Effect of a Mediterranean Diet Supplemented With Nuts on Metabolic Syndrome Status. <i>Archives of Internal Medicine</i> , 2008, 168, 2449.	3.8	396
7	Mediterranean Diet and Invasive Breast Cancer Risk Among Women at High Cardiovascular Risk in the PREDIMED Trial. <i>JAMA Internal Medicine</i> , 2015, 175, 1752.	5.1	391
8	Systemic Inflammation, Adipose Tissue Tumor Necrosis Factor, and Leptin Expression. <i>Obesity</i> , 2003, 11, 525-531.	4.0	338
9	Dietary patterns, foods and nutrients in male fertility parameters and fecundability: a systematic review of observational studies. <i>Human Reproduction Update</i> , 2017, 23, 371-389.	10.8	309
10	Lifestyle recommendations for the prevention and management of metabolic syndrome: an international panel recommendation. <i>Nutrition Reviews</i> , 2017, 75, 307-326.	5.8	294
11	The role of diet in the prevention of type 2 diabetes. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2011, 21, B32-B48.	2.6	278
12	Olive oil intake and risk of cardiovascular disease and mortality in the PREDIMED Study. <i>BMC Medicine</i> , 2014, 12, 78.	5.5	267
13	Components of the mediterranean-type food pattern and serum inflammatory markers among patients at high risk for cardiovascular disease. <i>European Journal of Clinical Nutrition</i> , 2008, 62, 651-659.	2.9	249
14	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. <i>Diabetes Care</i> , 2019, 42, 777-788.	8.6	239
15	Mediterranean diets and metabolic syndrome status in the PREDIMED randomized trial. <i>Cmaj</i> , 2014, 186, E649-E657.	2.0	235
16	Effect of the Mediterranean diet on blood pressure in the PREDIMED trial: results from a randomized controlled trial. <i>BMC Medicine</i> , 2013, 11, 207.	5.5	227
17	Dietary fat intake and risk of cardiovascular disease and all-cause mortality in a population at high risk of cardiovascular disease. <i>American Journal of Clinical Nutrition</i> , 2015, 102, 1563-1573.	4.7	219
18	Extravirgin Olive Oil Consumption Reduces Risk of Atrial Fibrillation. <i>Circulation</i> , 2014, 130, 18-26.	1.6	194

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19	Obesity and inflammation. European Cytokine Network, 2018, 29, 83-94.	2.0	191
20	Cohort Profile: Design and methods of the PREDIMED-Plus randomized trial. International Journal of Epidemiology, 2019, 48, 387-388o.	1.9	179
21	Effects of one serving of mixed nuts on serum lipids, insulin resistance and inflammatory markers in patients with the metabolic syndrome. Nutrition, Metabolism and Cardiovascular Diseases, 2011, 21, 126-135.	2.6	177
22	Inflammation, obesity and comorbidities: the role of diet. Public Health Nutrition, 2007, 10, 1164-1172.	2.2	176
23	Adherence to the Mediterranean diet and risk of metabolic syndrome and its components. Nutrition, Metabolism and Cardiovascular Diseases, 2009, 19, 563-570.	2.6	164
24	The Mediterranean diet improves the systemic lipid and DNA oxidative damage in metabolic syndrome individuals. A randomized, controlled, trial. Clinical Nutrition, 2013, 32, 172-178.	5.0	164
25	Mediterranean diet and metabolic syndrome: the evidence. Public Health Nutrition, 2009, 12, 1607-1617.	2.2	151
26	Comparative effect of two Mediterranean diets versus a low-fat diet on glycaemic control in individuals with type 2 diabetes. European Journal of Clinical Nutrition, 2014, 68, 767-772.	2.9	151
27	Plasma Lipidomic Profiling and Risk of Type 2 Diabetes in the PREDIMED Trial. Diabetes Care, 2018, 41, 2617-2624.	8.6	138
28	Mediterranean Diet and Cardiovascular Disease Prevention: What Do We Know?. Progress in Cardiovascular Diseases, 2018, 61, 62-67.	3.1	137
29	Acute effects of three high-fat meals with different fat saturations on energy expenditure, substrate oxidation and satiety. Clinical Nutrition, 2009, 28, 39-45.	5.0	136
30	Frequency of nut consumption and mortality risk in the PREDIMED nutrition intervention trial. BMC Medicine, 2013, 11, 164.	5.5	135
31	Mediterranean Diet and Oxidation: Nuts and Olive Oil as Important Sources of Fat and Antioxidants. Current Topics in Medicinal Chemistry, 2011, 11, 1797-1810.	2.1	132
32	Effect of the glycemic index of the diet on weight loss, modulation of satiety, inflammation, and other metabolic risk factors: a randomized controlled trial. American Journal of Clinical Nutrition, 2014, 100, 27-35.	4.7	129
33	Adherence to a Mediterranean-type diet and reduced prevalence of clustered cardiovascular risk factors in a cohort of 3204 high-risk patients. European Journal of Cardiovascular Prevention and Rehabilitation, 2008, 15, 589-593.	2.8	126
34	Dairy product consumption and risk of type 2 diabetes in an elderly Spanish Mediterranean population at high cardiovascular risk. European Journal of Nutrition, 2016, 55, 349-360.	3.9	122
35	Delaying progression to type 2 diabetes among high-risk Spanish individuals is feasible in real-life primary healthcare settings using intensive lifestyle intervention. Diabetologia, 2012, 55, 1319-1328.	6.3	115
36	Conjugated Linoleic Acid Intake In Humans: A Systematic Review Focusing on Its Effect on Body Composition, Glucose, and Lipid Metabolism. Critical Reviews in Food Science and Nutrition, 2006, 46, 479-488.	10.3	113

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37	Circulating nerve growth factor levels in relation to obesity and the metabolic syndrome in women. <i>European Journal of Endocrinology</i> , 2007, 157, 303-310.	3.7	110
38	Legume consumption is inversely associated with type 2 diabetes incidence in adults: A prospective assessment from the PREDIMED study. <i>Clinical Nutrition</i> , 2018, 37, 906-913.	5.0	108
39	Beneficial Effect of Pistachio Consumption on Glucose Metabolism, Insulin Resistance, Inflammation, and Related Metabolic Risk Markers: A Randomized Clinical Trial. <i>Diabetes Care</i> , 2014, 37, 3098-3105.	8.6	104
40	Mediterranean Diet, Retinopathy, Nephropathy, and Microvascular Diabetes Complications: A Post Hoc Analysis of a Randomized Trial. <i>Diabetes Care</i> , 2015, 38, 2134-2141.	8.6	104
41	Cross-Sectional Assessment of Nut Consumption and Obesity, Metabolic Syndrome and Other Cardiometabolic Risk Factors: The PREDIMED Study. <i>PLoS ONE</i> , 2013, 8, e57367.	2.5	102
42	Trends in food availability determined by the Food and Agriculture Organization's food balance sheets in Mediterranean Europe in comparison with other European areas. <i>Public Health Nutrition</i> , 2007, 10, 168-176.	2.2	100
43	Effect of a Nutritional and Behavioral Intervention on Energy-Reduced Mediterranean Diet Adherence Among Patients With Metabolic Syndrome. <i>JAMA - Journal of the American Medical Association</i> , 2019, 322, 1486.	7.4	100
44	Metabolomics Unveils Urinary Changes in Subjects with Metabolic Syndrome following 12-Week Nut Consumption. <i>Journal of Proteome Research</i> , 2011, 10, 5047-5058.	3.7	99
45	Dietary fibre, nuts and cardiovascular diseases. <i>British Journal of Nutrition</i> , 2006, 96, S45-S51.	2.3	98
46	Effect of two doses of a mixture of soluble fibres on body weight and metabolic variables in overweight or obese patients: a randomised trial. <i>British Journal of Nutrition</i> , 2008, 99, 1380-1387.	2.3	98
47	Association between red meat consumption and metabolic syndrome in a Mediterranean population at high cardiovascular risk: Cross-sectional and 1-year follow-up assessment. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2012, 22, 200-207.	2.6	98
48	TNFÎ± expression of subcutaneous adipose tissue in obese and morbid obese females: relationship to adipocyte LPL activity and leptin synthesis. <i>International Journal of Obesity</i> , 2002, 26, 652-658.	3.4	96
49	Plasma Metabolites From Choline Pathway and Risk of Cardiovascular Disease in the PREDIMED (Prevention With Mediterranean Diet) Study. <i>Journal of the American Heart Association</i> , 2017, 6, .	3.7	95
50	The Effect of Nutrients and Dietary Supplements on Sperm Quality Parameters: A Systematic Review and Meta-Analysis of Randomized Clinical Trials. <i>Advances in Nutrition</i> , 2018, 9, 833-848.	6.4	94
51	A Controlled, Randomized, Double-Blind Trial to Evaluate the Effect of a Supplement of Cocoa Husk That Is Rich in Dietary Fiber on Colonic Transit in Constipated Pediatric Patients. <i>Pediatrics</i> , 2006, 118, e641-e648.	2.1	93
52	Nutrition attributes and health effects of pistachio nuts. <i>British Journal of Nutrition</i> , 2015, 113, S79-S93.	2.3	91
53	Resveratrol metabolites in urine as a biomarker of wine intake in free-living subjects: The PREDIMED Study. <i>Free Radical Biology and Medicine</i> , 2009, 46, 1562-1566.	2.9	90
54	Mediterranean diet and non enzymatic antioxidant capacity in the PREDIMED study: Evidence for a mechanism of antioxidant tuning. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2013, 23, 1167-1174.	2.6	90

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55	Nuts and oxidation: a systematic review. <i>Nutrition Reviews</i> , 2009, 67, 497-508.	5.8	87
56	A Mediterranean diet supplemented with extra virgin olive oil or nuts improves endothelial markers involved in blood pressure control in hypertensive women. <i>European Journal of Nutrition</i> , 2017, 56, 89-97.	4.6	87
57	Dietary inflammatory index and all-cause mortality in large cohorts: The SUN and PREDIMED studies. <i>Clinical Nutrition</i> , 2019, 38, 1221-1231.	5.0	87
58	The Mediterranean Diet Pattern and Its Main Components Are Associated with Lower Plasma Concentrations of Tumor Necrosis Factor Receptor 60 in Patients at High Risk for Cardiovascular Disease. <i>Journal of Nutrition</i> , 2012, 142, 1019-1025.	2.9	86
59	Effect of nut consumption on oxidative stress and the endothelial function in metabolic syndrome. <i>Clinical Nutrition</i> , 2010, 29, 373-380.	5.0	85
60	Alcohol intake, wine consumption and the development of depression: the PREDIMED study. <i>BMC Medicine</i> , 2013, 11, 192.	5.5	85
61	Comparing eating behaviours, and symptoms of depression and anxiety between Spain and Greece during the COVID-19 outbreak: Cross-sectional analysis of two different confinement strategies. <i>European Eating Disorders Review</i> , 2020, 28, 836-846.	4.1	85
62	Evaluation of the Safety and Efficacy of Hydroxycitric Acid or <i>Garcinia cambogia</i> Extracts in Humans. <i>Critical Reviews in Food Science and Nutrition</i> , 2012, 52, 585-594.	10.3	84
63	Reduced Serum Concentrations of Carboxylated and Undercarboxylated Osteocalcin Are Associated With Risk of Developing Type 2 Diabetes Mellitus in a High Cardiovascular Risk Population: A Nested Case-Control Study. <i>Journal of Clinical Endocrinology and Metabolism</i> , 2013, 98, 4524-4531.	3.6	83
64	Subcutaneous adipose tissue cytokine production is not responsible for the restoration of systemic inflammation markers during weight loss. <i>International Journal of Obesity</i> , 2006, 30, 1714-1720.	3.4	80
65	In vivo transcriptomic profile after a Mediterranean diet in high cardiovascular risk patients: a randomized controlled trial. <i>American Journal of Clinical Nutrition</i> , 2013, 98, 845-853.	4.7	79
66	A Mediterranean Diet Enriched with Olive Oil Is Associated with Higher Serum Total Osteocalcin Levels in Elderly Men at High Cardiovascular Risk. <i>Journal of Clinical Endocrinology and Metabolism</i> , 2012, 97, 3792-3798.	3.6	78
67	White Blood Cell Counts as Risk Markers of Developing Metabolic Syndrome and Its Components in the Predimed Study. <i>PLoS ONE</i> , 2013, 8, e58354.	2.5	76
68	Nuts, hypertension and endothelial function. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2011, 21, S21-S33.	2.6	74
69	Total and undercarboxylated osteocalcin predict changes in insulin sensitivity and $\beta^2$ cell function in elderly men at high cardiovascular risk. <i>American Journal of Clinical Nutrition</i> , 2012, 95, 249-255.	4.7	74
70	Legume consumption and risk of all-cause, cardiovascular, and cancer mortality in the PREDIMED study. <i>Clinical Nutrition</i> , 2019, 38, 348-356.	5.0	74
71	Mediterranean diet and risk of heart failure: results from the PREDIMED randomized controlled trial. <i>European Journal of Heart Failure</i> , 2017, 19, 1179-1185.	7.1	71
72	Plasma vitamin D and parathormone are associated with obesity and atherogenic dyslipidemia: a cross-sectional study. <i>Cardiovascular Diabetology</i> , 2012, 11, 149.	6.8	69

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73	The Mediterranean diet: culture, health and science. <i>British Journal of Nutrition</i> , 2015, 113, S1-S3.	2.3	69
74	Nutritional composition of raw fresh cashew ( <i>Anacardium occidentale</i> L.) kernels from different origin. <i>Food Science and Nutrition</i> , 2016, 4, 329-338.	3.4	69
75	Nuts and Dried Fruits: An Update of Their Beneficial Effects on Type 2 Diabetes. <i>Nutrients</i> , 2017, 9, 673.	4.1	69
76	Total polyphenol excretion and blood pressure in subjects at high cardiovascular risk. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2011, 21, 323-331.	2.6	68
77	Increased Serum Calcium Levels and Risk of Type 2 Diabetes in Individuals at High Cardiovascular Risk. <i>Diabetes Care</i> , 2014, 37, 3084-3091.	8.6	67
78	Dietary Intake of Vitamin K Is Inversely Associated with Mortality Risk. <i>Journal of Nutrition</i> , 2014, 144, 743-750.	2.9	65
79	Moderate red wine consumption is associated with a lower prevalence of the metabolic syndrome in the PREDIMED population. <i>British Journal of Nutrition</i> , 2015, 113, S121-S130.	2.3	65
80	Dietary phylloquinone intake and risk of type 2 diabetes in elderly subjects at high risk of cardiovascular disease. <i>American Journal of Clinical Nutrition</i> , 2012, 96, 1113-1118.	4.7	64
81	Waist-to-Height Ratio and Cardiovascular Risk Factors in Elderly Individuals at High Cardiovascular Risk. <i>PLoS ONE</i> , 2012, 7, e43275.	2.5	64
82	High dietary protein intake is associated with an increased body weight and total death risk. <i>Clinical Nutrition</i> , 2016, 35, 496-506.	5.0	64
83	Type 2 diabetes and cognitive impairment in an older population with overweight or obesity and metabolic syndrome: baseline cross-sectional analysis of the PREDIMED-plus study. <i>Scientific Reports</i> , 2018, 8, 16128.	3.3	64
84	Serum sterol responses to increasing plant sterol intake from natural foods in the Mediterranean diet. <i>European Journal of Nutrition</i> , 2009, 48, 373-382.	3.9	63
85	The Role of Leptin in the Regulation of Energy Balance and Adiposity. <i>Journal of Neuroendocrinology</i> , 2001, 13, 913-921.	2.6	61
86	Urolithins Are the Main Urinary Microbial-Derived Phenolic Metabolites Discriminating a Moderate Consumption of Nuts in Free-Living Subjects with Diagnosed Metabolic Syndrome. <i>Journal of Agricultural and Food Chemistry</i> , 2012, 60, 8930-8940.	5.2	61
87	Dietary $\alpha$ -Linolenic Acid, Marine $\omega$ -3 Fatty Acids, and Mortality in a Population With High Fish Consumption: Findings From the PREVENCIÓN con Dieta MEDITERRÁNEA (PREDIMED) Study. <i>Journal of the American Heart Association</i> , 2016, 5, .	3.7	60
88	Plasma Acylcarnitines and Risk of Type 2 Diabetes in a Mediterranean Population at High Cardiovascular Risk. <i>Journal of Clinical Endocrinology and Metabolism</i> , 2019, 104, 1508-1519.	3.6	60
89	Effect on gut microbiota of a 1-y lifestyle intervention with Mediterranean diet compared with energy-reduced Mediterranean diet and physical activity promotion: PREDIMED-Plus Study. <i>American Journal of Clinical Nutrition</i> , 2021, 114, 1148-1158.	4.7	60
90	Effects of Mediterranean Diets on Kidney Function: A Report From the PREDIMED Trial. <i>American Journal of Kidney Diseases</i> , 2012, 60, 380-389.	1.9	59

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91	A Mediterranean Diet Rich in Extra-Virgin Olive Oil Is Associated with a Reduced Prevalence of Nonalcoholic Fatty Liver Disease in Older Individuals at High Cardiovascular Risk. <i>Journal of Nutrition</i> , 2019, 149, 1920-1929.	2.9	59
92	Association between dietary phyloquinone intake and peripheral metabolic risk markers related to insulin resistance and diabetes in elderly subjects at high cardiovascular risk. <i>Cardiovascular Diabetology</i> , 2013, 12, 7.	6.8	58
93	High urinary levels of resveratrol metabolites are associated with a reduction in the prevalence of cardiovascular risk factors in high-risk patients. <i>Pharmacological Research</i> , 2012, 65, 615-620.	7.1	57
94	Mediterranean Diet and Risk of Hyperuricemia in Elderly Participants at High Cardiovascular Risk. <i>Journals of Gerontology - Series A Biological Sciences and Medical Sciences</i> , 2013, 68, 1263-1270.	3.6	57
95	Sociodemographic risk factors associated with metabolic syndrome in a Mediterranean population. <i>Public Health Nutrition</i> , 2008, 11, 1372-1378.	2.2	55
96	Nuts, inflammation and insulin resistance. <i>Asia Pacific Journal of Clinical Nutrition</i> , 2010, 19, 124-30.	0.4	55
97	Tumour necrosis factor, a key role in obesity?. <i>FEBS Letters</i> , 1999, 451, 215-219.	2.8	54
98	Effect of nut consumption on semen quality and functionality in healthy men consuming a Western-style diet: a randomized controlled trial. <i>American Journal of Clinical Nutrition</i> , 2018, 108, 953-962.	4.7	54
99	Dysfunctional High-Density Lipoproteins Are Associated With a Greater Incidence of Acute Coronary Syndrome in a Population at High Cardiovascular Risk. <i>Circulation</i> , 2020, 141, 444-453.	1.6	54
100	Dietary Magnesium Intake Is Inversely Associated with Mortality in Adults at High Cardiovascular Disease Risk. <i>Journal of Nutrition</i> , 2014, 144, 55-60.	2.9	52
101	Plasma lipidome patterns associated with cardiovascular risk in the PREDIMED trial: A case-cohort study. <i>International Journal of Cardiology</i> , 2018, 253, 126-132.	1.7	52
102	Plasma soluble tumor necrosis factor alpha receptors and leptin levels in normal-weight and obese women: effect of adiposity and diabetes. <i>European Journal of Endocrinology</i> , 2002, 146, 325-331.	3.7	51
103	Impact of Nutrition on Telomere Health: Systematic Review of Observational Cohort Studies and Randomized Clinical Trials. <i>Advances in Nutrition</i> , 2020, 11, 576-601.	6.4	51
104	Nutritional adequacy according to carbohydrates and fat quality. <i>European Journal of Nutrition</i> , 2016, 55, 93-106.	3.9	49
105	Bakery Products Enriched with Phytosterol Esters, Î±-Tocopherol and Î²-Carotene Decrease Plasma LDL-Cholesterol and Maintain Plasma Î²-Carotene Concentrations in Normocholesterolemic Men and Women. <i>Journal of Nutrition</i> , 2003, 133, 3103-3109.	2.9	48
106	Cross-sectional association of nut intake with adiposity in a Mediterranean population. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2011, 21, 518-525.	2.6	48
107	Effect of pistachio consumption on the modulation of urinary gut microbiota-related metabolites in prediabetic subjects. <i>Journal of Nutritional Biochemistry</i> , 2017, 45, 48-53.	4.2	48
108	Association between a healthy lifestyle and general obesity and abdominal obesity in an elderly population at high cardiovascular risk. <i>Preventive Medicine</i> , 2011, 53, 155-161.	3.4	46

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109	Dietary Glycemic Index and Glycemic Load Are Positively Associated with Risk of Developing Metabolic Syndrome in Middle-Aged and Elderly Adults. <i>Journal of the American Geriatrics Society</i> , 2015, 63, 1991-2000.	2.6	46
110	Nuts in the prevention and treatment of metabolic syndrome. <i>American Journal of Clinical Nutrition</i> , 2014, 100, 399S-407S.	4.7	44
111	Plasma metabolomic biomarkers of mixed nuts exposure inversely correlate with severity of metabolic syndrome. <i>Molecular Nutrition and Food Research</i> , 2015, 59, 2480-2490.	3.3	44
112	Extra virgin olive oil consumption reduces the risk of osteoporotic fractures in the PREDIMED trial. <i>Clinical Nutrition</i> , 2018, 37, 329-335.	5.0	43
113	Dietary Fibre Consensus from the International Carbohydrate Quality Consortium (ICQC). <i>Nutrients</i> , 2020, 12, 2553.	4.1	42
114	Predictors of adherence to a Mediterranean-type diet in the PREDIMED trial. <i>European Journal of Nutrition</i> , 2010, 49, 91-99.	3.9	41
115	The Involvement of Peripheral and Brain Insulin Resistance in Late Onset Alzheimer's Dementia. <i>Frontiers in Aging Neuroscience</i> , 2019, 11, 236.	3.4	40
116	Dietary Patterns Emphasizing the Consumption of Plant Foods in the Management of Type 2 Diabetes: A Narrative Review. <i>Advances in Nutrition</i> , 2019, 10, S320-S331.	6.4	40
117	Chronic pistachio intake modulates circulating microRNAs related to glucose metabolism and insulin resistance in prediabetic subjects. <i>European Journal of Nutrition</i> , 2017, 56, 2181-2191.	3.9	39
118	Cross-sectional associations of objectively-measured sleep characteristics with obesity and type 2 diabetes in the PREDIMED-Plus trial. <i>Sleep</i> , 2018, 41, .	1.1	39
119	Empirically-derived food patterns and the risk of total mortality and cardiovascular events in the PREDIMED study. <i>Clinical Nutrition</i> , 2015, 34, 859-867.	5.0	38
120	Plant-Based Fat, Dietary Patterns Rich in Vegetable Fat and Gut Microbiota Modulation. <i>Frontiers in Nutrition</i> , 2019, 6, 157.	3.7	38
121	C-reactive protein, adiposity and cardiovascular risk factors in a Mediterranean population. <i>International Journal of Obesity</i> , 2006, 30, 468-474.	3.4	37
122	Mediterranean Diet and High Dietary Acid Load Associated with Mixed Nuts: Effect on Bone Metabolism in Elderly Subjects. <i>Journal of the American Geriatrics Society</i> , 2009, 57, 1789-1798.	2.6	37
123	MicroRNA-410 regulated lipoprotein lipase variant rs13702 is associated with stroke incidence and modulated by diet in the randomized controlled PREDIMED trial. <i>American Journal of Clinical Nutrition</i> , 2014, 100, 719-731.	4.7	37
124	Plasma trimethylamine-N-oxide and related metabolites are associated with type 2 diabetes risk in the Prevención con Dieta Mediterránea (PREDIMED) trial. <i>American Journal of Clinical Nutrition</i> , 2018, 108, 163-173.	4.7	37
125	Adiponectin Expression and Adipose Tissue Lipolytic Activity in Lean and Obese Women. <i>Obesity Surgery</i> , 2005, 15, 382-386.	2.1	36
126	Polymorphisms Cyclooxygenase-2 -765G>C and Interleukin-6 -174G>C Are Associated with Serum Inflammation Markers in a High Cardiovascular Risk Population and Do Not Modify the Response to a Mediterranean Diet Supplemented with Virgin Olive Oil or Nuts. <i>Journal of Nutrition</i> , 2009, 139, 128-134.	2.9	36



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127	Pairing nuts and dried fruit for cardiometabolic health. <i>Nutrition Journal</i> , 2015, 15, 23.	3.4	36
128	Metabolites related to purine catabolism and risk of type 2 diabetes incidence; modifying effects of the TCF7L2-rs7903146 polymorphism. <i>Scientific Reports</i> , 2019, 9, 2892.	3.3	36
129	Benzodiazepines and Related Drugs as a Risk Factor in Alzheimer's Disease Dementia. <i>Frontiers in Aging Neuroscience</i> , 2019, 11, 344.	3.4	35
130	Effects of Mediterranean Diet on plasma metabolites and their relationship with insulin resistance and gut microbiota composition in a crossover randomized clinical trial. <i>Clinical Nutrition</i> , 2021, 40, 3798-3806.	5.0	35
131	Plasma adiponectin distribution in a Mediterranean population and its association with cardiovascular risk factors and metabolic syndrome. <i>Metabolism: Clinical and Experimental</i> , 2007, 56, 1486-1492.	3.4	34
132	Improved Postprandial Response and Feeling of Satiety after Consumption of Low-Calorie Muffins with Maltitol and High-Amylose Corn Starch. <i>Journal of Food Science</i> , 2007, 72, S407-S411.	3.1	34
133	Effects of a Mediterranean Eating Plan on the Need for Glucose-Lowering Medications in Participants With Type 2 Diabetes: A Subgroup Analysis of the PREDIMED Trial. <i>Diabetes Care</i> , 2019, 42, 1390-1397.	8.6	34
134	Cross-sectional associations between macronutrient intake and chronic kidney disease in a population at high cardiovascular risk. <i>Clinical Nutrition</i> , 2013, 32, 606-612.	5.0	33
135	Effectiveness of the physical activity intervention program in the PREDIMED-Plus study: a randomized controlled trial. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2018, 15, 110.	4.6	32
136	Adherence to the Mediterranean diet is positively associated with sperm motility: A cross-sectional analysis. <i>Scientific Reports</i> , 2019, 9, 3389.	3.3	32
137	Effects of Nutrition on Cognitive Function in Adults with or without Cognitive Impairment: A Systematic Review of Randomized Controlled Clinical Trials. <i>Nutrients</i> , 2021, 13, 3728.	4.1	32
138	Choline Metabolism and Risk of Atrial Fibrillation and Heart Failure in the PREDIMED Study. <i>Clinical Chemistry</i> , 2021, 67, 288-297.	3.2	31
139	A Risk Score to Predict Type 2 Diabetes Mellitus in an Elderly Spanish Mediterranean Population at High Cardiovascular Risk. <i>PLoS ONE</i> , 2012, 7, e33437.	2.5	31
140	Stimulation of NGF expression and secretion in 3T3-L1 adipocytes by prostaglandins PGD <sub>2</sub> , PGJ <sub>2</sub> , and $\mu$ -12-PGJ <sub>2</sub> . <i>American Journal of Physiology - Endocrinology and Metabolism</i> , 2005, 289, E62-E67.	3.5	30
141	Dietary glycemic index/load and peripheral adipokines and inflammatory markers in elderly subjects at high cardiovascular risk. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2013, 23, 443-450.	2.6	30
142	Plasma metabolites predict both insulin resistance and incident type 2 diabetes: a metabolomics approach within the Prevención con Dieta Mediterránea (PREDIMED) study. <i>American Journal of Clinical Nutrition</i> , 2019, 109, 626-634.	4.7	30
143	Weight-reducing diets: Are there any differences?. <i>Nutrition Reviews</i> , 2009, 67, S99-S101.	5.8	28
144	Dietary vitamin K intake is associated with bone quantitative ultrasound measurements but not with bone peripheral biochemical markers in elderly men and women. <i>Bone</i> , 2011, 48, 1313-1318.	2.9	28

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145	FABP4 predicts atherogenic dyslipidemia development. The PREDIMED study. <i>Atherosclerosis</i> , 2012, 222, 229-234.	0.8	28
146	Mercury exposure and risk of cardiovascular disease: a nested case-control study in the PREDIMED (PREvention with MEDiterranean Diet) study. <i>BMC Cardiovascular Disorders</i> , 2017, 17, 9.	1.7	28
147	Obesity Indexes and Total Mortality among Elderly Subjects at High Cardiovascular Risk: The PREDIMED Study. <i>PLoS ONE</i> , 2014, 9, e103246.	2.5	27
148	Excess body iron and the risk of type 2 diabetes mellitus: a nested case-control in the PREDIMED (PREvention with MEDiterranean Diet) study. <i>British Journal of Nutrition</i> , 2014, 112, 1896-1904.	2.3	27
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