

Miguel A MartÃ- nez-GonzÃ;lez

List of Publications by Year in descending order

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449
papers

36,907
citations

4658

85
h-index

3915

177
g-index

464
all docs

464
docs citations

464
times ranked

32536
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	Effects of a Mediterranean-Style Diet on Cardiovascular Risk Factors. <i>Annals of Internal Medicine</i> , 2006, 145, 1.	3.9	1,430
4	A Short Screener Is Valid for Assessing Mediterranean Diet Adherence among Older Spanish Men and Women. <i>Journal of Nutrition</i> , 2011, 141, 1140-1145.	2.9	973
5	Reduction in the Incidence of Type 2 Diabetes With the Mediterranean Diet. <i>Diabetes Care</i> , 2011, 34, 14-19.	8.6	721
6	A 14-Item Mediterranean Diet Assessment Tool and Obesity Indexes among High-Risk Subjects: The PREDIMED Trial. <i>PLoS ONE</i> , 2012, 7, e43134.	2.5	704
7	Relative validity of a semi-quantitative food-frequency questionnaire in an elderly Mediterranean population of Spain. <i>British Journal of Nutrition</i> , 2010, 103, 1808-1816.	2.3	666
8	Mediterranean Diet and Age-Related Cognitive Decline. <i>JAMA Internal Medicine</i> , 2015, 175, 1094.	5.1	653
9	Metabolomics in Prediabetes and Diabetes: A Systematic Review and Meta-analysis. <i>Diabetes Care</i> , 2016, 39, 833-846.	8.6	642
10	Benefits of the Mediterranean Diet: Insights From the PREDIMED Study. <i>Progress in Cardiovascular Diseases</i> , 2015, 58, 50-60.	3.1	538
11	Mediterranean diet improves cognition: the PREDIMED-NAVARRA randomised trial. <i>Journal of Neurology, Neurosurgery and Psychiatry</i> , 2013, 84, 1318-1325.	1.9	534
12	Prevention of Diabetes With Mediterranean Diets. <i>Annals of Internal Medicine</i> , 2014, 160, 1-10.	3.9	533
13	Association of the Mediterranean Dietary Pattern With the Incidence of Depression. <i>Archives of General Psychiatry</i> , 2009, 66, 1090.	12.3	489
14	Cohort Profile: Design and methods of the PREDIMED study. <i>International Journal of Epidemiology</i> , 2012, 41, 377-385.	1.9	477
15	Validation of the Spanish version of the physical activity questionnaire used in the Nurses' Health Study and the Health Professionals' Follow-up Study. <i>Public Health Nutrition</i> , 2005, 8, 920-927.	2.2	470
16	Definitions and potential health benefits of the Mediterranean diet: views from experts around the world. <i>BMC Medicine</i> , 2014, 12, 112.	5.5	443
17	The Mediterranean Diet and Cardiovascular Health. <i>Circulation Research</i> , 2019, 124, 779-798.	4.5	441
18	Ultraprocessed food consumption and risk of overweight and obesity: the University of Navarra Follow-Up (SUN) cohort study. <i>American Journal of Clinical Nutrition</i> , 2016, 104, 1433-1440.	4.7	412

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19	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
20	Diet quality and depression risk: A systematic review and dose-response meta-analysis of prospective studies. <i>Journal of Affective Disorders</i> , 2018, 226, 346-354.	4.1	363
21	Food Consumption and its Impact on Cardiovascular Disease: Importance of Solutions Focused on the Globalized Food System. <i>Journal of the American College of Cardiology</i> , 2015, 66, 1590-1614.	2.8	343
22	Reproducibility of an FFQ validated in Spain. <i>Public Health Nutrition</i> , 2010, 13, 1364-1372.	2.2	314
23	Association between consumption of ultra-processed foods and all cause mortality: SUN prospective cohort study. <i>BMJ: British Medical Journal</i> , 2019, 365, 11949.	2.3	312
24	Clinical features, ventilatory management, and outcome of ARDS caused by COVID-19 are similar to other causes of ARDS. <i>Intensive Care Medicine</i> , 2020, 46, 2200-2211.	8.2	295
25	Mediterranean Diet and Cardiovascular Health: Teachings of the PREDIMED Study. <i>Advances in Nutrition</i> , 2014, 5, 330S-336S.	6.4	283
26	Olive oil intake and risk of cardiovascular disease and mortality in the PREDIMED Study. <i>BMC Medicine</i> , 2014, 12, 78.	5.5	267
27	Ultra-Processed Food Consumption and the Incidence of Hypertension in a Mediterranean Cohort: The Seguimiento Universidad de Navarra Project. <i>American Journal of Hypertension</i> , 2017, 30, 358-366.	2.0	263
28	Remnant Cholesterol, Not LDL Cholesterol, Is Associated With Incident Cardiovascular Disease. <i>Journal of the American College of Cardiology</i> , 2020, 76, 2712-2724.	2.8	240
29	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
30	Financial Conflicts of Interest and Reporting Bias Regarding the Association between Sugar-Sweetened Beverages and Weight Gain: A Systematic Review of Systematic Reviews. <i>PLoS Medicine</i> , 2013, 10, e1001578.	8.4	236
31	Mediterranean diets and metabolic syndrome status in the PREDIMED randomized trial. <i>Cmaj</i> , 2014, 186, E649-E657.	2.0	235
32	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
33	Plasma Ceramides, Mediterranean Diet, and Incident Cardiovascular Disease in the PREDIMED Trial (Prevención con Dieta Mediterránea). <i>Circulation</i> , 2017, 135, 2028-2040.	1.6	227
34	Sugar-sweetened beverages and risk of hypertension and CVD: a dose-response meta-analysis. <i>British Journal of Nutrition</i> , 2015, 113, 709-717.	2.3	220
35	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
36	Dietary patterns, Mediterranean diet, and cardiovascular disease. <i>Current Opinion in Lipidology</i> , 2014, 25, 20-26.	2.7	216

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37	A provegetarian food pattern and reduction in total mortality in the Prevención con Dieta Mediterránea (PREDIMED) study. <i>American Journal of Clinical Nutrition</i> , 2014, 100, 320S-328S.	4.7	207
38	Plasma Branched-Chain Amino Acids and Incident Cardiovascular Disease in the PREDIMED Trial. <i>Clinical Chemistry</i> , 2016, 62, 582-592.	3.2	203
39	Cohort profile: The "Seguimiento Universidad de Navarra" (SUN) study. <i>International Journal of Epidemiology</i> , 2006, 35, 1417-1422.	1.9	199
40	Transferability of the Mediterranean Diet to Non-Mediterranean Countries. What Is and What Is Not the Mediterranean Diet. <i>Nutrients</i> , 2017, 9, 1226.	4.1	195
41	Validity of a self-reported diagnosis of depression among participants in a cohort study using the Structured Clinical Interview for DSM-IV (SCID-I). <i>BMC Psychiatry</i> , 2008, 8, 43.	2.6	194
42	Extravirgin Olive Oil Consumption Reduces Risk of Atrial Fibrillation. <i>Circulation</i> , 2014, 130, 18-26.	1.6	194
43	Mediterranean Diet and Health Outcomes in the SUN Cohort. <i>Nutrients</i> , 2018, 10, 439.	4.1	189
44	Polyphenol intake from a Mediterranean diet decreases inflammatory biomarkers related to atherosclerosis: a substudy of the PREDIMED trial. <i>British Journal of Clinical Pharmacology</i> , 2017, 83, 114-128.	2.4	188
45	Cohort Profile: Design and methods of the PREDIMED-Plus randomized trial. <i>International Journal of Epidemiology</i> , 2019, 48, 387-388o.	1.9	179
46	Metabolic Predictors of Incident Coronary Heart Disease in Women. <i>Circulation</i> , 2018, 137, 841-853.	1.6	177
47	A Large Randomized Individual and Group Intervention Conducted by Registered Dietitians Increased Adherence to Mediterranean-Type Diets: The PREDIMED Study. <i>Journal of the American Dietetic Association</i> , 2008, 108, 1134-1144.	1.1	172
48	Mediterranean Diet Improves High-Density Lipoprotein Function in High-Cardiovascular-Risk Individuals. <i>Circulation</i> , 2017, 135, 633-643.	1.6	171
49	Review: The emerging role of Mediterranean diets in cardiovascular epidemiology: Monounsaturated fats, olive oil, red wine or the whole pattern?. <i>European Journal of Epidemiology</i> , 2003, 19, 9-13.	5.7	168
50	The Mediterranean diet improves the systemic lipid and DNA oxidative damage in metabolic syndrome individuals. A randomized, controlled, trial. <i>Clinical Nutrition</i> , 2013, 32, 172-178.	5.0	164
51	Mediterranean food pattern and the primary prevention of chronic disease: recent developments. <i>Nutrition Reviews</i> , 2009, 67, S111-S116.	5.8	158
52	Association of Mediterranean Diet With Peripheral Artery Disease. <i>JAMA - Journal of the American Medical Association</i> , 2014, 311, 415.	7.4	158
53	Mediterranean diet and life expectancy; beyond olive oil, fruits, and vegetables. <i>Current Opinion in Clinical Nutrition and Metabolic Care</i> , 2016, 19, 401-407.	2.5	153
54	Renal tubule Cpt1a overexpression protects from kidney fibrosis by restoring mitochondrial homeostasis. <i>Journal of Clinical Investigation</i> , 2021, 131, .	8.2	147

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55	Validation of self reported diagnosis of hypertension in a cohort of university graduates in Spain. BMC Public Health, 2005, 5, 94.	2.9	146
56	Plasma Lipidomic Profiling and Risk of Type 2 Diabetes in the PREDIMED Trial. Diabetes Care, 2018, 41, 2617-2624.	8.6	138
57	The Mediterranean diet, plasma metabolome, and cardiovascular disease risk. European Heart Journal, 2020, 41, 2645-2656.	2.2	138
58	Frequency of nut consumption and mortality risk in the PREDIMED nutrition intervention trial. BMC Medicine, 2013, 11, 164.	5.5	135
59	The Mediterranean Diet and Incidence of Hypertension: The Seguimiento Universidad de Navarra (SUN) Study. American Journal of Epidemiology, 2008, 169, 339-346.	3.4	132
60	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.	2.3	130
61	The Role of Dietary Inflammatory Index in Cardiovascular Disease, Metabolic Syndrome and Mortality. International Journal of Molecular Sciences, 2016, 17, 1265.	4.1	128
62	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.	2.9	127
63	Dietary Inflammatory Index and Incidence of Cardiovascular Disease in the SUN Cohort. PLoS ONE, 2015, 10, e0135221.	2.5	125
64	Coffee consumption and risk of all-cause, cardiovascular, and cancer mortality in smokers and non-smokers: a dose-response meta-analysis. European Journal of Epidemiology, 2016, 31, 1191-1205.	5.7	125
65	Diet, a new target to prevent depression?. BMC Medicine, 2013, 11, 3.	5.5	123
66	Plasma fatty acid composition, estimated desaturase activities, and their relation with the metabolic syndrome in a population at high risk of cardiovascular disease. Clinical Nutrition, 2014, 33, 90-97.	5.0	123
67	Ultra-processed food consumption and the incidence of depression in a Mediterranean cohort: the SUN Project. European Journal of Nutrition, 2020, 59, 1093-1103.	3.9	123
68	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
69	Mediterranean diet, physical activity and their combined effect on all-cause mortality: The Seguimiento Universidad de Navarra (SUN) cohort. Preventive Medicine, 2018, 106, 45-52.	3.4	120
70	Dietary patterns and nutritional adequacy in a Mediterranean country. British Journal of Nutrition, 2009, 101, S21-S28.	2.3	116
71	Virgin Olive Oil and Health: Summary of the III International Conference on Virgin Olive Oil and Health Consensus Report, JAEN (Spain) 2018. Nutrients, 2019, 11, 2039.	4.1	116
72	Contribution of macronutrients to obesity: implications for precision nutrition. Nature Reviews Endocrinology, 2020, 16, 305-320.	9.6	113

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73	Comprehensive Metabolomic Profiling and Incident Cardiovascular Disease: A Systematic Review. <i>Journal of the American Heart Association</i> , 2017, 6, .	3.7	110
74	Intake of Total Polyphenols and Some Classes of Polyphenols Is Inversely Associated with Diabetes in Elderly People at High Cardiovascular Disease Risk. <i>Journal of Nutrition</i> , 2016, 146, 767-777.	2.9	108
75	Validation of the English Version of the 14-Item Mediterranean Diet Adherence Screener of the PREDIMED Study, in People at High Cardiovascular Risk in the UK. <i>Nutrients</i> , 2018, 10, 138.	4.1	106
76	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
77	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. <i>American Journal of Clinical Nutrition</i> , 2015, 102, 897-904.	4.7	104
78	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
79	Mediterranean diet and quality of life: Baseline cross-sectional analysis of the PREDIMED-PLUS trial. <i>PLoS ONE</i> , 2018, 13, e0198974.	2.5	100
80	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
81	Host and gut microbial tryptophan metabolism and type 2 diabetes: an integrative analysis of host genetics, diet, gut microbiome and circulating metabolites in cohort studies. <i>Gut</i> , 2022, 71, 1095-1105.	12.1	98
82	Parental Factors, Mass Media Influences, and the Onset of Eating Disorders in a Prospective Population-Based Cohort. <i>Pediatrics</i> , 2003, 111, 315-320.	2.1	96
83	Olive oil consumption and risk of CHD and/or stroke: a meta-analysis of case-control, cohort and intervention studies. <i>British Journal of Nutrition</i> , 2014, 112, 248-259.	2.3	95
84	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
85	Dietary Marine ω -3 Fatty Acids and Incident Sight-Threatening Retinopathy in Middle-Aged and Older Individuals With Type 2 Diabetes. <i>JAMA Ophthalmology</i> , 2016, 134, 1142.	2.5	92
86	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
87	Effect of a high-fat Mediterranean diet on bodyweight and waist circumference: a prespecified secondary outcomes analysis of the PREDIMED randomised controlled trial. <i>Lancet Diabetes and Endocrinology</i> , 2019, 7, e6-e17.	11.4	90
88	Plasma branched chain/aromatic amino acids, enriched Mediterranean diet and risk of type 2 diabetes: case-cohort study within the PREDIMED Trial. <i>Diabetologia</i> , 2018, 61, 1560-1571.	6.3	89
89	Obesity Risk Is Associated with Carbohydrate Intake in Women Carrying the Gln27Glu β 2-Adrenoceptor Polymorphism. <i>Journal of Nutrition</i> , 2003, 133, 2549-2554.	2.9	88
90	FTO genotype and weight loss: systematic review and meta-analysis of 9563 individual participant data from eight randomised controlled trials. <i>BMJ</i> , 2016, 354, i4707.	6.0	88

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91	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
92	Inflammatory potential of diet, weight gain, and incidence of overweight/obesity: The SUN cohort. <i>Obesity</i> , 2017, 25, 997-1005.	3.0	85
93	Olive oil consumption and risk of type 2 diabetes in US women. <i>American Journal of Clinical Nutrition</i> , 2015, 102, 479-486.	4.7	84
94	Association between Body Mass Index, Waist-to-Height Ratio and Adiposity in Children: A Systematic Review and Meta-Analysis. <i>Nutrients</i> , 2016, 8, 512.	4.1	84
95	Olive Oil Consumption and Cardiovascular Risk in U.S. Adults. <i>Journal of the American College of Cardiology</i> , 2020, 75, 1729-1739.	2.8	84
96	Dietary indexes, food patterns and incidence of metabolic syndrome in a Mediterranean cohort: The SUN project. <i>Clinical Nutrition</i> , 2015, 34, 508-514.	5.0	83
97	Plasma lipidomic profiles and cardiovascular events in a randomized intervention trial with the Mediterranean diet. <i>American Journal of Clinical Nutrition</i> , 2017, 106, 973-983.	4.7	79
98	Prospective study of changes in sugar-sweetened beverage consumption and the incidence of the metabolic syndrome and its components: the SUN cohort. <i>British Journal of Nutrition</i> , 2013, 110, 1722-1731.	2.3	77
99	Lifestyles and Risk Factors Associated with Adherence to the Mediterranean Diet: A Baseline Assessment of the PREDIMED Trial. <i>PLoS ONE</i> , 2013, 8, e60166.	2.5	77
100	Mediterranean alcohol-drinking pattern and mortality in the SUN (Seguimiento Universidad de) Tj ETQq0 0 0 rgBT /Overlock 10 Tf 50 38	2.3	76
101	Association of Tryptophan Metabolites with Incident Type 2 Diabetes in the PREDIMED Trial: A Case Cohort Study. <i>Clinical Chemistry</i> , 2018, 64, 1211-1220.	3.2	76
102	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
103	Dietary total antioxidant capacity is associated with leukocyte telomere length in a children and adolescent population. <i>Clinical Nutrition</i> , 2015, 34, 694-699.	5.0	75
104	Mediterranean diet and telomere length in high cardiovascular risk subjects from the PREDIMED-NAVARRA study. <i>Clinical Nutrition</i> , 2016, 35, 1399-1405.	5.0	75
105	Impact of Consuming Extra-Virgin Olive Oil or Nuts within a Mediterranean Diet on DNA Methylation in Peripheral White Blood Cells within the PREDIMED-Navarra Randomized Controlled Trial: A Role for Dietary Lipids. <i>Nutrients</i> , 2018, 10, 15.	4.1	75
106	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
107	Telomere Length as a Biomarker for Adiposity Changes after a Multidisciplinary Intervention in Overweight/Obese Adolescents: The EVASYON Study. <i>PLoS ONE</i> , 2014, 9, e89828.	2.5	74
108	Metabolites of Glutamate Metabolism Are Associated With Incident Cardiovascular Events in the PREDIMED PREvenci3n con Dieta MEDiterr3nea (PREDIMED) Trial. <i>Journal of the American Heart Association</i> , 2016, 5, .	3.7	73

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109	Food patterns and the prevention of depression. Proceedings of the Nutrition Society, 2016, 75, 139-146.	1.0	71
110	Mediterranean diet and risk of heart failure: results from the PREDIMED randomized controlled trial. European Journal of Heart Failure, 2017, 19, 1179-1185.	7.1	71
111	The SUN cohort study (Seguimiento University of Navarra). Public Health Nutrition, 2006, 9, 127-131.	2.2	70
112	The major European dietary patterns and metabolic syndrome. Reviews in Endocrine and Metabolic Disorders, 2013, 14, 265-271.	5.7	70
113	Association between dietary carbohydrate intake quality and micronutrient intake adequacy in a Mediterranean cohort: the SUN (Seguimiento Universidad de Navarra) Project. British Journal of Nutrition, 2014, 111, 2000-2009.	2.3	68
114	Television Viewing, Computer Use, Time Driving and All-Cause Mortality: The SUN Cohort. Journal of the American Heart Association, 2014, 3, e000864.	3.7	67
115	The Mediterranean Diet Is Associated with a Reduction in Premature Mortality among Middle-Aged Adults. Journal of Nutrition, 2012, 142, 1672-1678.	2.9	66
116	Healthy Lifestyle and Incidence of Metabolic Syndrome in the SUN Cohort. Nutrients, 2019, 11, 65.	4.1	63
117	Long-Term Coffee Consumption Is Associated with Decreased Incidence of New-Onset Hypertension: A Dose-Response Meta-Analysis. Nutrients, 2017, 9, 890.	4.1	62
118	Added sugars and sugar-sweetened beverage consumption, dietary carbohydrate index and depression risk in the Seguimiento Universidad de Navarra (SUN) Project. British Journal of Nutrition, 2018, 119, 211-221.	2.3	61
119	Association between Sleeping Hours and Siesta and the Risk of Obesity: The SUN Mediterranean Cohort. Obesity Facts, 2013, 6, 337-347.	3.4	60
120	Dietary n-3 Fatty Acids, Marine n-3 Fatty Acids, and Mortality in a Population With High Fish Consumption: Findings From the PREVENCIÓN con Dieta MEDiterránea (PREDIMED) Study. Journal of the American Heart Association, 2016, 5, .	3.7	60
121	Plasma Acylcarnitines and Risk of Type 2 Diabetes in a Mediterranean Population at High Cardiovascular Risk. Journal of Clinical Endocrinology and Metabolism, 2019, 104, 1508-1519.	3.6	60
122	Effects of 1-Year Intervention with a Mediterranean Diet on Plasma Fatty Acid Composition and Metabolic Syndrome in a Population at High Cardiovascular Risk. PLoS ONE, 2014, 9, e85202.	2.5	59
123	Genotype patterns at CLU, CR1, PICALM and APOE, cognition and Mediterranean diet: the PREDIMED-NAVARRA trial. Genes and Nutrition, 2014, 9, 393.	2.5	58
124	Effects of Polyphenol, Measured by a Biomarker of Total Polyphenols in Urine, on Cardiovascular Risk Factors After a Long-Term Follow-Up in the PREDIMED Study. Oxidative Medicine and Cellular Longevity, 2016, 2016, 1-11.	4.0	58
125	Associations between Yogurt Consumption and Weight Gain and Risk of Obesity and Metabolic Syndrome: A Systematic Review. Advances in Nutrition, 2017, 8, 146S-154S.	6.4	58
126	High plasma glutamate and low glutamine-to-glutamate ratio are associated with type 2 diabetes: Case-cohort study within the PREDIMED trial. Nutrition, Metabolism and Cardiovascular Diseases, 2019, 29, 1040-1049.	2.6	58

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127	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
128	Global sustainability (health, environment and monetary costs) of three dietary patterns: results from a Spanish cohort (the SUN project). <i>BMJ Open</i> , 2019, 9, e021541.	1.9	57
129	Validity of the energy-restricted Mediterranean Diet Adherence Screener. <i>Clinical Nutrition</i> , 2021, 40, 4971-4979.	5.0	57
130	The Mediterranean Diet decreases LDL atherogenicity in high cardiovascular risk individuals: a randomized controlled trial. <i>Molecular Nutrition and Food Research</i> , 2017, 61, 1601015.	3.3	56
131	Glycolysis/gluconeogenesis- and tricarboxylic acid cycle-related metabolites, Mediterranean diet, and type 2 diabetes. <i>American Journal of Clinical Nutrition</i> , 2020, 111, 835-844.	4.7	56
132	Adherence to the Mediterranean diet is inversely associated with visceral abdominal tissue in Caucasian subjects. <i>Clinical Nutrition</i> , 2015, 34, 1266-1272.	5.0	54
133	A Provegetarian Food Pattern Emphasizing Preference for Healthy Plant-Derived Foods Reduces the Risk of Overweight/Obesity in the SUN Cohort. <i>Nutrients</i> , 2019, 11, 1553.	4.1	54
134	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
135	Consumption of Olive Oil and Risk of Total and Cause-Specific Mortality Among U.S. Adults. <i>Journal of the American College of Cardiology</i> , 2022, 79, 101-112.	2.8	54
136	Replacing red meat and processed red meat for white meat, fish, legumes or eggs is associated with lower risk of incidence of metabolic syndrome. <i>Clinical Nutrition</i> , 2016, 35, 1442-1449.	5.0	53
137	Association between yogurt consumption and the risk of Metabolic Syndrome over 6 years in the SUN study. <i>BMC Public Health</i> , 2015, 15, 170.	2.9	52
138	Nut consumption in relation to all-cause and cause-specific mortality: a meta-analysis 18 prospective studies. <i>Food and Function</i> , 2017, 8, 3893-3905.	4.6	52
139	Smoking and incidence of glaucoma. <i>Medicine (United States)</i> , 2017, 96, e5761.	1.0	52
140	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
141	Mediterranean diet and the risk of COVID-19 in the "Seguimiento Universidad de Navarra" cohort. <i>Clinical Nutrition</i> , 2022, 41, 3061-3068.	5.0	52
142	Quality of Dietary Fat Intake and Body Weight and Obesity in a Mediterranean Population: Secondary Analyses within the PREDIMED Trial. <i>Nutrients</i> , 2018, 10, 2011.	4.1	51
143	Nut consumption and incidence of metabolic syndrome after 6-year follow-up: the SUN (Seguimiento) Tj ETQq1 1 0.784314 rgBT /Overworld. <i>Clinical Nutrition</i> , 2014, 33, 2064-2072.	2.2	50
144	Prevalencia de obesidad y diabetes en adultos españoles, 1987-2012. <i>Medicina Clínica</i> , 2017, 148, 250-256.	0.6	50

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145	Carbohydrate quality changes and concurrent changes in cardiovascular risk factors: a longitudinal analysis in the PREDIMED-Plus randomized trial. <i>American Journal of Clinical Nutrition</i> , 2020, 111, 291-306.	4.7	50
146	Ultra-processed foods and type-2 diabetes risk in the SUN project: A prospective cohort study. <i>Clinical Nutrition</i> , 2021, 40, 2817-2824.	5.0	50
147	Nutritional adequacy according to carbohydrates and fat quality. <i>European Journal of Nutrition</i> , 2016, 55, 93-106.	3.9	49
148	Impact of sugars and sugar taxation on body weight control: A comprehensive literature review. <i>Obesity</i> , 2016, 24, 1410-1426.	3.0	48
149	Polyphenol Levels Are Inversely Correlated with Body Weight and Obesity in an Elderly Population after 5 Years of Follow Up (The Randomised PREDIMED Study). <i>Nutrients</i> , 2017, 9, 452.	4.1	48
150	Leisure-time physical activity, sedentary behaviors, sleep, and cardiometabolic risk factors at baseline in the PREDIMED-PLUS intervention trial: A cross-sectional analysis. <i>PLoS ONE</i> , 2017, 12, e0172253.	2.5	48
151	The Association Between the Mediterranean Lifestyle and Depression. <i>Clinical Psychological Science</i> , 2016, 4, 1085-1093.	4.0	47
152	Physical fitness and physical activity association with cognitive function and quality of life: baseline cross-sectional analysis of the PREDIMED-Plus trial. <i>Scientific Reports</i> , 2020, 10, 3472.	3.3	47
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