Cynthia M Kroeger

List of Publications by Year
in descending order

45 papers	2,588 citations	304368 22 h-index	276539 41 g-index
47 all docs	47 docs citations	47 times ranked	2251 citing authors

#	Article	IF	Citations
1	Effect of Alternate-Day Fasting on Weight Loss, Weight Maintenance, and Cardioprotection Among Metabolically Healthy Obese Adults. JAMA Internal Medicine, 2017, 177, 930.	2.6	426
2	Effects of 8-hour time restricted feeding on body weight and metabolic disease risk factors in obese adults: A pilot study. Nutrition and Healthy Aging, 2018, 4, 345-353.	0.5	411
3	Alternate day fasting for weight loss in normal weight and overweight subjects: a randomized controlled trial. Nutrition Journal, 2013, 12, 146.	1.5	269
4	Alternate day fasting and endurance exercise combine to reduce body weight and favorably alter plasma lipids in obese humans. Obesity, 2013, 21, 1370-1379.	1.5	232
5	Intermittent fasting combined with calorie restriction is effective for weight loss and cardio-protection in obese women. Nutrition Journal, 2012, 11, 98.	1.5	152
6	Alternate day fasting (ADF) with a high-fat diet produces similar weight loss and cardio-protection as ADF with a low-fat diet. Metabolism: Clinical and Experimental, 2013, 62, 137-143.	1.5	134
7	Meal timing during alternate day fasting: Impact on body weight and cardiovascular disease risk in obese adults. Obesity, 2014, 22, 2524-2531.	1.5	98
8	Effects of alternate-day fasting or daily calorie restriction on body composition, fat distribution, and circulating adipokines: Secondary analysis of a randomized controlled trial. Clinical Nutrition, 2018, 37, 1871-1878.	2.3	93
9	Comparison of effects of diet versus exercise weight loss regimens on LDL and HDL particle size in obese adults. Lipids in Health and Disease, 2011, 10, 119.	1.2	85
10	Differential Effects of Alternateâ€Day Fasting Versus Daily Calorie Restriction on Insulin Resistance. Obesity, 2019, 27, 1443-1450.	1.5	81
11	Improvement in coronary heart disease risk factors during an intermittent fasting/calorie restriction regimen: Relationship to adipokine modulations. Nutrition and Metabolism, 2012, 9, 98.	1.3	59
12	Safety of alternate day fasting and effect on disordered eating behaviors. Nutrition Journal, 2015, 14, 44.	1.5	53
13	Alternate day fasting increases LDL particle size independently of dietary fat content in obese humans. European Journal of Clinical Nutrition, 2013, 67, 783-785.	1.3	49
14	Changes in hunger and fullness in relation to gut peptides before and after 8 weeks of alternate day fasting. Clinical Nutrition, 2016, 35, 1380-1385.	2.3	45
15	Industry funding of patient and health consumer organisations: systematic review with meta-analysis. BMJ, The, 2020, 368, l6925.	3.0	44
16	Effects of weight loss via high fat vs. low fat alternate day fasting diets on free fatty acid profiles. Scientific Reports, 2015, 5, 7561.	1.6	41
17	Impact of Weight Regain on Metabolic Disease Risk: A Review of Human Trials. Journal of Obesity, 2014, 2014, 1-8.	1.1	37
18	Effect of exercising while fasting on eating behaviors and food intake. Journal of the International Society of Sports Nutrition, 2013, 10, 50.	1.7	33

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19	Benefit of a low-fat over high-fat diet on vascular health during alternate day fasting. Nutrition and Diabetes, 2013, 3, e71-e71.	1.5	27
20	Effect of alternate day fasting on markers of bone metabolism: An exploratory analysis of a 6-month randomized controlled trial. Nutrition and Healthy Aging, 2017, 4, 255-263.	0.5	27
21	Alternate day fasting with or without exercise: Effects on endothelial function and adipokines in obese humans. E-SPEN Journal, 2013, 8, e205-e209.	0.5	25
22	Scientific rigor and credibility in the nutrition research landscape. American Journal of Clinical Nutrition, 2018, 107, 484-494.	2.2	25
23	Eating behavior traits of successful weight losers during 12 months of alternate-day fasting: An exploratory analysis of a randomized controlled trial. Nutrition and Health, 2018, 24, 5-10.	0.6	24
24	Determinants of weight loss success with alternate day fasting. Obesity Research and Clinical Practice, 2016, 10, 476-480.	0.8	17
25	Best (but oft-forgotten) practices: identifying and accounting for regression to the mean in nutrition and obesity research. American Journal of Clinical Nutrition, 2020, 111, 256-265.	2.2	17
26	Conduct and reporting of formula milk trials: systematic review. BMJ, The, 2021, 375, n2202.	3.0	14
27	Beverage intake during alternate-day fasting: Relationship to energy intake and body weight. Nutrition and Health, 2019, 25, 167-171.	0.6	8
28	Comparison of methodological quality between the 2007 and 2019 Canadian dietary guidelines. Public Health Nutrition, 2020, 23, 2879-2885.	1.1	8
29	Investigation of Risk Of Bias due to Unreported and SelecTively included results in meta-analyses of nutrition research: the ROBUST study protocol. F1000Research, 0, 8, 1760.	0.8	8
30	Weight loss efficacy of alternate day fasting versus daily calorie restriction in subjects with subclinical hypothyroidism: a secondary analysis. Applied Physiology, Nutrition and Metabolism, 2020, 45, 340-343.	0.9	7
31	Methodological quality of public health guideline recommendations on vitamin D and calcium : a systematic review protocol. BMJ Open, 2019, 9, e031840.	0.8	6
32	Investigation of Risk Of Bias due to Unreported and SelecTively included results in meta-analyses of nutrition research: the ROBUST study protocol. F1000Research, 2019, 8, 1760.	0.8	6
33	Methods used to select results to include in meta-analyses of nutrition research: A meta-research study. Journal of Clinical Epidemiology, 2022, 142, 171-183.	2.4	6
34	PROTOCOL: The effects of empowermentâ€based nutrition interventions on the nutritional status of adolescent girls in lowâ€and middleâ€income countries. Campbell Systematic Reviews, 2019, 15, .	1.2	4
35	Differences in Nominal Significance (DINS) Error leads to invalid conclusions: Letter regarding, â€œDiet enriched with fresh coconut decreases blood glucose levels and body weight in normal adultsâ€• Journal of Complementary and Integrative Medicine, 2019, 16, .	0.4	4
36	TO THE EDITOR:. Spine, 2018, 43, E492-E493.	1.0	3

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37	Persistent confusion in nutrition and obesity research about the validity of classic nonparametric tests in the presence of heteroscedasticity: evidence of the problem and valid alternatives. American Journal of Clinical Nutrition, 2021, 113, 517-524.	2.2	3
38	Impact of an intensive lifestyle program on low attenuation plaque and myocardial perfusion in coronary heart disease: AÂrandomised clinical trial protocol. Nutrition and Healthy Aging, 2022, , 1-14.	0.5	3
39	PROTOCOL: The effects of empowermentâ€based nutrition interventions on the nutritional status of women of reproductive age in lowâ€and middleâ€income countries. Campbell Systematic Reviews, 2021, 17, e1183.	1.2	1
40	Alternate day fasting (ADF) with a high fat background diet produces similar weight loss and cardioâ€protection when compared to ADF with a low fat background diet. FASEB Journal, 2012, 26, lb339.	0.2	1
41	Improvement in coronary heart disease risk factors during an intermittent fasting/calorie restriction regimen: Relationship to adipokine modulations. FASEB Journal, 2013, 27, 112.1.	0.2	1
42	Evidence of misuse of nonparametric tests in the presence of heteroscedasticity within obesity research. F1000Research, 2021, 10, 391.	0.8	0
43	Alternate day fasting combined with exercise: An effective treatment for weight loss and cardioâ€protection in obese humans. FASEB Journal, 2012, 26, lb341.	0.2	0
44	Alternate day fasting when combined with endurance exercise reduces leptin but not adiponectin and resistin. FASEB Journal, 2013, 27, 236.7.	0.2	0
45	Alternate day fasting with a high fat diet: Impact on body weight, body composition, and coronary heart disease risk profile in obese adults. FASEB Journal, 2013, 27, 349.1.	0.2	0