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List of Publications by Year in descending order

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Version: 2024-02-01

81
papers

2,573
citations

201674

27
h-index

214800

47
g-index

82
all docs

82
docs citations

82
times ranked

3835
citing authors

#	ARTICLE	IF	CITATIONS
1	Obesity and the metabolic syndrome: role of different dietary macronutrient distribution patterns and specific nutritional components on weight loss and maintenance. <i>Nutrition Reviews</i> , 2010, 68, 214-231.	5.8	254
2	A legume-based hypocaloric diet reduces proinflammatory status and improves metabolic features in overweight/obese subjects. <i>European Journal of Nutrition</i> , 2011, 50, 61-69.	3.9	170
3	Starches, Sugars and Obesity. <i>Nutrients</i> , 2011, 3, 341-369.	4.1	164
4	Effects of two energy-restricted diets differing in the carbohydrate/protein ratio on weight loss and oxidative changes of obese men. <i>International Journal of Food Sciences and Nutrition</i> , 2009, 60, 1-13.	2.8	125
5	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
6	Legume-, Fish-, or High-Protein-Based Hypocaloric Diets: Effects on Weight Loss and Mitochondrial Oxidation in Obese Men. <i>Journal of Medicinal Food</i> , 2009, 12, 100-108.	1.5	89
7	Energy-restricted diets based on a distinct food selection affecting the glycemic index induce different weight loss and oxidative response. <i>Clinical Nutrition</i> , 2008, 27, 545-551.	5.0	88
8	A new dietary strategy for long-term treatment of the metabolic syndrome is compared with the American Heart Association (AHA) guidelines: the METabolic Syndrome REDuction in NAVarra (RESMENA) project. <i>British Journal of Nutrition</i> , 2014, 111, 643-652.	2.3	65
9	Short-term role of the dietary total antioxidant capacity in two hypocaloric regimes on obese with metabolic syndrome symptoms: the RESMENA randomized controlled trial. <i>Nutrition and Metabolism</i> , 2013, 10, 22.	3.0	60
10	The protein type within a hypocaloric diet affects obesity-related inflammation: The RESMENA project. <i>Nutrition</i> , 2014, 30, 424-429.	2.4	59
11	Dietary Inflammatory Index and liver status in subjects with different adiposity levels within the PREDIMED trial. <i>Clinical Nutrition</i> , 2018, 37, 1736-1743.	5.0	59
12	Fruit Fiber Consumption Specifically Improves Liver Health Status in Obese Subjects under Energy Restriction. <i>Nutrients</i> , 2017, 9, 667.	4.1	54
13	The Metabolic and Hepatic Impact of Two Personalized Dietary Strategies in Subjects with Obesity and Nonalcoholic Fatty Liver Disease: The Fatty Liver in Obesity (FLiO) Randomized Controlled Trial. <i>Nutrients</i> , 2019, 11, 2543.	4.1	51
14	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
15	Contribution of ultra-processed foods in visceral fat deposition and other adiposity indicators: Prospective analysis nested in the PREDIMED-Plus trial. <i>Clinical Nutrition</i> , 2021, 40, 4290-4300.	5.0	47
16	Leisure-time physical activity at moderate and high intensity is associated with parameters of body composition, muscle strength and sarcopenia in aged adults with obesity and metabolic syndrome from the PREDIMED-Plus study. <i>Clinical Nutrition</i> , 2019, 38, 1324-1331.	5.0	46
17	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
18	Oxidative Stress and Pro-Inflammatory Status in Patients with Non-Alcoholic Fatty Liver Disease. <i>Antioxidants</i> , 2020, 9, 759.	5.1	44

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19	Seafood Consumption, Omega-3 Fatty Acids Intake, and Life-Time Prevalence of Depression in the PREDIMED-Plus Trial. <i>Nutrients</i> , 2018, 10, 2000.	4.1	43
20	Total and Subtypes of Dietary Fat Intake and Its Association with Components of the Metabolic Syndrome in a Mediterranean Population at High Cardiovascular Risk. <i>Nutrients</i> , 2019, 11, 1493.	4.1	41
21	Effect of a Very-Low-Calorie Ketogenic Diet on Circulating Myokine Levels Compared with the Effect of Bariatric Surgery or a Low-Calorie Diet in Patients with Obesity. <i>Nutrients</i> , 2019, 11, 2368.	4.1	40
22	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
23	Dietary Diversity and Nutritional Adequacy among an Older Spanish Population with Metabolic Syndrome in the PREDIMED-Plus Study: A Cross-Sectional Analysis. <i>Nutrients</i> , 2019, 11, 958.	4.1	35
24	Body adiposity indicators and cardiometabolic risk: Cross-sectional analysis in participants from the PREDIMED-Plus trial. <i>Clinical Nutrition</i> , 2019, 38, 1883-1891.	5.0	34
25	Associations between Dietary Polyphenols and Type 2 Diabetes in a Cross-Sectional Analysis of the PREDIMED-Plus Trial: Role of Body Mass Index and Sex. <i>Antioxidants</i> , 2019, 8, 537.	5.1	31
26	Interplay of Glycemic Index, Glycemic Load, and Dietary Antioxidant Capacity with Insulin Resistance in Subjects with a Cardiometabolic Risk Profile. <i>International Journal of Molecular Sciences</i> , 2018, 19, 3662.	4.1	30
27	Association between Sleep Disturbances and Liver Status in Obese Subjects with Nonalcoholic Fatty Liver Disease: A Comparison with Healthy Controls. <i>Nutrients</i> , 2019, 11, 322.	4.1	29
28	Diet quality and nutrient density in subjects with metabolic syndrome: Influence of socioeconomic status and lifestyle factors. A cross-sectional assessment in the PREDIMED-Plus study. <i>Clinical Nutrition</i> , 2020, 39, 1161-1173.	5.0	28
29	Influence of lifestyle factors and staple foods from the Mediterranean diet on non-alcoholic fatty liver disease among older individuals with metabolic syndrome features. <i>Nutrition</i> , 2020, 71, 110620.	2.4	28
30	Nutrigenetics and Nutrigenomics of Caloric Restriction. <i>Progress in Molecular Biology and Translational Science</i> , 2012, 108, 323-346.	1.7	27
31	Variety in fruits and vegetables, diet quality and lifestyle in an older adult mediterranean population. <i>Clinical Nutrition</i> , 2021, 40, 1510-1518.	5.0	27
32	Effects of two personalized dietary strategies during a 2-year intervention in subjects with nonalcoholic fatty liver disease: A randomized trial. <i>Liver International</i> , 2021, 41, 1532-1544.	3.9	26
33	Adherence to a priori dietary indexes and baseline prevalence of cardiovascular risk factors in the PREDIMED-Plus randomised trial. <i>European Journal of Nutrition</i> , 2020, 59, 1219-1232.	3.9	24
34	Longitudinal changes in adherence to the portfolio and DASH dietary patterns and cardiometabolic risk factors in the PREDIMED-Plus study. <i>Clinical Nutrition</i> , 2021, 40, 2825-2836.	5.0	24
35	Changes in lysophospholipids and liver status after weight loss: the RESMENA study. <i>Nutrition and Metabolism</i> , 2018, 15, 51.	3.0	23
36	Epigenetic Changes in the Methylation Patterns of KCNQ1 and WT1 after a Weight Loss Intervention Program in Obese Stroke Patients. <i>Current Neurovascular Research</i> , 2015, 12, 321-333.	1.1	23

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37	Ultrasound/Elastography techniques, lipidomic and blood markers compared to Magnetic Resonance Imaging in non-alcoholic fatty liver disease adults. <i>International Journal of Medical Sciences</i> , 2019, 16, 75-83.	2.5	22
38	Effect of Dietary and Lifestyle Interventions on the Amelioration of NAFLD in Patients with Metabolic Syndrome: The FLIPAN Study. <i>Nutrients</i> , 2022, 14, 2223.	4.1	22
39	Long Daytime Napping Is Associated with Increased Adiposity and Type 2 Diabetes in an Elderly Population with Metabolic Syndrome. <i>Journal of Clinical Medicine</i> , 2019, 8, 1053.	2.4	21
40	Factors Associated with Sarcopenia and 7-Year Mortality in Very Old Patients with Hip Fracture Admitted to Rehabilitation Units: A Pragmatic Study. <i>Nutrients</i> , 2019, 11, 2243.	4.1	21
41	Immunomodulatory effect of a very-low-calorie ketogenic diet compared with bariatric surgery and a low-calorie diet in patients with excessive body weight. <i>Clinical Nutrition</i> , 2022, 41, 1566-1577.	5.0	21
42	Adherence to the Mediterranean Lifestyle and Desired Body Weight Loss in a Mediterranean Adult Population with Overweight: A PREDIMED-Plus Study. <i>Nutrients</i> , 2020, 12, 2114.	4.1	20
43	Metabolic Syndrome Features and Excess Weight Were Inversely Associated with Nut Consumption after 1-Year Follow-Up in the PREDIMED-Plus Study. <i>Journal of Nutrition</i> , 2020, 150, 3161-3170.	2.9	19
44	Relationship of visceral adipose tissue with surrogate insulin resistance and liver markers in individuals with metabolic syndrome chronic complications. <i>Therapeutic Advances in Endocrinology and Metabolism</i> , 2020, 11, 204201882095829.	3.2	17
45	Association between Different Animal Protein Sources and Liver Status in Obese Subjects with Non-Alcoholic Fatty Liver Disease: Fatty Liver in Obesity (FLiO) Study. <i>Nutrients</i> , 2019, 11, 2359.	4.1	16
46	Dietary intake of specific amino acids and liver status in subjects with nonalcoholic fatty liver disease: fatty liver in obesity (FLiO) study. <i>European Journal of Nutrition</i> , 2021, 60, 1769-1780.	3.9	15
47	Energy Expenditure Improved Risk Factors Associated with Renal Function Loss in NAFLD and MetS Patients. <i>Nutrients</i> , 2021, 13, 629.	4.1	15
48	Lifestyle factors and visceral adipose tissue: Results from the PREDIMED-PLUS study. <i>PLoS ONE</i> , 2019, 14, e0210726.	2.5	14
49	Sleep Duration is Inversely Associated with Serum Uric Acid Concentrations and Uric Acid to Creatinine Ratio in an Elderly Mediterranean Population at High Cardiovascular Risk. <i>Nutrients</i> , 2019, 11, 761.	4.1	14
50	Association between dairy product consumption and hyperuricemia in an elderly population with metabolic syndrome. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2020, 30, 214-222.	2.6	14
51	Targeting body composition in an older population: do changes in movement behaviours matter? Longitudinal analyses in the PREDIMED-Plus trial. <i>BMC Medicine</i> , 2021, 19, 3.	5.5	14
52	Fruit consumption and cardiometabolic risk in the PREDIMED-plus study: A cross-sectional analysis. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2021, 31, 1702-1713.	2.6	14
53	Different postprandial acute response in healthy subjects to three strawberry jams varying in carbohydrate and antioxidant content: a randomized, crossover trial. <i>European Journal of Nutrition</i> , 2014, 53, 201-210.	3.9	12
54	Effect of changes in adherence to Mediterranean diet on nutrient density after 1-year of follow-up: results from the PREDIMED-Plus Study. <i>European Journal of Nutrition</i> , 2020, 59, 2395-2409.	3.9	11

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55	Association of the SH2B1 rs7359397 Gene Polymorphism with Steatosis Severity in Subjects with Obesity and Non-Alcoholic Fatty Liver Disease. <i>Nutrients</i> , 2020, 12, 1260.	4.1	11
56	White cell counts in relation to mortality in a general population of cohort study in the Netherlands: a mediating effect or not?. <i>BMJ Open</i> , 2019, 9, e030949.	1.9	10
57	Non-Alcoholic Fatty Liver Disease Is Associated with Kidney Glomerular Hyperfiltration in Adults with Metabolic Syndrome. <i>Journal of Clinical Medicine</i> , 2021, 10, 1717.	2.4	10
58	Association of lifestyle, inflammatory factors, and dietary patterns with the risk of suffering a stroke: A case-control study. <i>Nutritional Neuroscience</i> , 2018, 21, 70-78.	3.1	9
59	Three Different Genetic Risk Scores Based on Fatty Liver Index, Magnetic Resonance Imaging and Lipidomic for a Nutrigenetic Personalized Management of NAFLD: The Fatty Liver in Obesity Study. <i>Diagnostics</i> , 2021, 11, 1083.	2.6	8
60	High Fruit and Vegetable Consumption and Moderate Fat Intake Are Associated with Higher Carotenoid Concentration in Human Plasma. <i>Antioxidants</i> , 2021, 10, 473.	5.1	7
61	Albuminuria Is Associated with Hepatic Iron Load in Patients with Non-Alcoholic Fatty Liver Disease and Metabolic Syndrome. <i>Journal of Clinical Medicine</i> , 2021, 10, 3187.	2.4	7
62	The Effect of Physical Activity and High Body Mass Index on Health-Related Quality of Life in Individuals with Metabolic Syndrome. <i>International Journal of Environmental Research and Public Health</i> , 2020, 17, 3728.	2.6	7
63	Role of NAFLD on the Health Related QoL Response to Lifestyle in Patients With Metabolic Syndrome: The PREDIMED Plus Cohort. <i>Frontiers in Endocrinology</i> , 0, 13, .	3.5	7
64	Urinary Resveratrol Metabolites Output: Differential Associations with Cardiometabolic Markers and Liver Enzymes in House-Dwelling Subjects Featuring Metabolic Syndrome. <i>Molecules</i> , 2020, 25, 4340.	3.8	6
65	Effects of a 6-month dietary-induced weight loss on erythrocyte membrane omega-3 fatty acids and hepatic status of subjects with nonalcoholic fatty liver disease: The Fatty Liver in Obesity study. <i>Journal of Clinical Lipidology</i> , 2020, 14, 837-849.e2.	1.5	6
66	Animal Fat Intake Is Associated with Albuminuria in Patients with Non-Alcoholic Fatty Liver Disease and Metabolic Syndrome. <i>Nutrients</i> , 2021, 13, 1548.	4.1	6
67	Physical activity and metabolic syndrome severity among older adults at cardiovascular risk: 1-Year trends. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2021, 31, 2870-2886.	2.6	6
68	Obesity and Nonalcoholic Fatty Liver Disease. , 2018, , 111-133.		5
69	Predictive Value of Serum Ferritin in Combination with Alanine Aminotransferase and Glucose Levels for Noninvasive Assessment of NAFLD: Fatty Liver in Obesity (FLIO) Study. <i>Diagnostics</i> , 2020, 10, 917.	2.6	5
70	Both macronutrient food composition and fasting insulin resistance affect postprandial glycemic responses in senior subjects. <i>Food and Function</i> , 2021, 12, 6540-6548.	4.6	5
71	Differential response to a 6-month energy-restricted treatment depending on SH2B1 rs7359397 variant in NAFLD subjects: Fatty Liver in Obesity (FLIO) Study. <i>European Journal of Nutrition</i> , 2021, 60, 3043-3057.	3.9	5
72	A nutrigenetic tool for precision dietary management of non-alcoholic fatty liver disease deeming insulin resistance markers. <i>Panminerva Medica</i> , 2022, 64, .	0.8	5

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73	Dietary Quality Changes According to the Preceding Maximum Weight: A Longitudinal Analysis in the PREDIMED-Plus Randomized Trial. <i>Nutrients</i> , 2020, 12, 3023.	4.1	4
74	Risk factors differentially associated with non-alcoholic fatty liver disease in males and females with metabolic syndrome. <i>Revista Espanola De Enfermedades Digestivas</i> , 2019, 112, 94-100.	0.3	4
75	FGF-21 LEVELS AND LIVER INFLAMMATORY BIOMARKERS IN OBESE SUBJECTS AFTER WEIGHT LOSS.. <i>Archives of Medical Science</i> , 2021, 18, 36-44.	0.9	3
76	Fruit and Vegetable Consumption is Inversely Associated with Plasma Saturated Fatty Acids at Baseline in Predimed Plus Trial. <i>Molecular Nutrition and Food Research</i> , 2021, 65, 2100363.	3.3	3
77	Contribution of cardio-vascular risk factors to depressive status in the PREDIMED-PLUS Trial. A cross-sectional and a 2-year longitudinal study. <i>PLoS ONE</i> , 2022, 17, e0265079.	2.5	3
78	Polyphenol intake and cardiovascular risk in the PREDIMED-Plus trial. A comparison of different risk equations. <i>Revista Espanola De Cardiologia (English Ed)</i> , 2021, , .	0.6	2
79	Depressive symptoms and liver fat in subjects with nonalcoholic fatty liver disease after 6-month weight loss intervention: The FLiO study. <i>Proceedings of the Nutrition Society</i> , 2020, 79, .	1.0	1
80	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
81	Association between triglyceride glucose-body mass index and risk factors linked to non-alcoholic liver disease in subjects with metabolic syndrome. <i>Proceedings of the Nutrition Society</i> , 2020, 79, .	1.0	0