

# Josep Antoni Tur

## List of Publications by Year in descending order

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Version: 2024-02-01

314  
papers

9,779  
citations

38742  
50  
h-index

66911  
78  
g-index

324  
all docs

324  
docs citations

324  
times ranked

12314  
citing authors

#	ARTICLE	IF	CITATIONS
1	Cohort Profile: Design and methods of the PREDIMED study. <i>International Journal of Epidemiology</i> , 2012, 41, 377-385.	1.9	477
2	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
3	Dietary sources of omega 3 fatty acids: public health risks and benefits. <i>British Journal of Nutrition</i> , 2012, 107, S23-S52.	2.3	215
4	Cohort Profile: Design and methods of the PREDIMED-Plus randomized trial. <i>International Journal of Epidemiology</i> , 2019, 48, 387-388o.	1.9	179
5	Worldwide consumption of functional foods: a systematic review. <i>Nutrition Reviews</i> , 2012, 70, 472-481.	5.8	169
6	The Effect of Nitric-Oxide-Related Supplements on Human Performance. <i>Sports Medicine</i> , 2012, 42, 99-117.	6.5	159
7	Antioxidant response to oxidative stress induced by exhaustive exercise. <i>Physiology and Behavior</i> , 2005, 84, 1-7.	2.1	158
8	Adherence to the Mediterranean Diet and Inflammatory Markers. <i>Nutrients</i> , 2018, 10, 62.	4.1	157
9	Effects of total dietary polyphenols on plasma nitric oxide and blood pressure in a high cardiovascular risk cohort. The PREDIMED randomized trial. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2015, 25, 60-67.	2.6	156
10	Influence of Diet in Multiple Sclerosis: A Systematic Review. <i>Advances in Nutrition</i> , 2017, 8, 463-472.	6.4	155
11	Impact of folic acid fortification of flour on neural tube defects: a systematic review. <i>Public Health Nutrition</i> , 2013, 16, 901-911.	2.2	153
12	Cyclooxygenase-2 Inhibitors as a Therapeutic Target in Inflammatory Diseases. <i>Current Medicinal Chemistry</i> , 2019, 26, 3225-3241.	2.4	151
13	Relation between oxidative stress markers and antioxidant endogenous defences during exhaustive exercise. <i>Free Radical Research</i> , 2005, 39, 1317-1324.	3.3	125
14	Impact of COVID-19 Confinement on Physical Activity and Sedentary Behaviour in Spanish University Students: Role of Gender. <i>International Journal of Environmental Research and Public Health</i> , 2021, 18, 369.	2.6	108
15	Reduction of delayed onset muscle soreness by a novel curcumin delivery system (Meriva®): a randomised, placebo-controlled trial. <i>Journal of the International Society of Sports Nutrition</i> , 2014, 11, 31.	3.9	105
16	Potential Anti-inflammatory Effects of Hesperidin from the Genus Citrus. <i>Current Medicinal Chemistry</i> , 2019, 25, 4929-4945.	2.4	104
17	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
18	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

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19	Patterns of Change in Dietary Habits and Physical Activity during Lockdown in Spain Due to the COVID-19 Pandemic. <i>Nutrients</i> , 2021, 13, 300.	4.1	100
20	Metabolic Syndrome Is Associated with Oxidative Stress and Proinflammatory State. <i>Antioxidants</i> , 2020, 9, 236.	5.1	98
21	Diet supplementation with DHA-enriched food in football players during training season enhances the mitochondrial antioxidant capabilities in blood mononuclear cells. <i>European Journal of Nutrition</i> , 2015, 54, 35-49.	3.9	90
22	Proposal of a Mediterranean Diet Serving Score. <i>PLoS ONE</i> , 2015, 10, e0128594.	2.5	87
23	Sodium Nitrate Supplementation Does Not Enhance Performance of Endurance Athletes. <i>Medicine and Science in Sports and Exercise</i> , 2012, 44, 2400-2409.	0.4	85
24	Prevalence of Overweight and Obesity in Adolescents: A Systematic Review. <i>ISRN Obesity</i> , 2013, 2013, 1-14.	2.2	83
25	Dietary fat intake and metabolic syndrome in adults: A systematic review. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2019, 29, 887-905.	2.6	78
26	Influence of vitamin C diet supplementation on endogenous antioxidant defences during exhaustive exercise. <i>Pflugers Archiv European Journal of Physiology</i> , 2003, 446, 658-664.	2.8	74
27	Antioxidative activity and health benefits of anthocyanin-rich fruit juice in healthy volunteers. <i>Free Radical Research</i> , 2019, 53, 1045-1055.	3.3	74
28	Body image and eating patterns among adolescents. <i>BMC Public Health</i> , 2013, 13, 1104.	2.9	73
29	Antioxidant regulatory mechanisms in neutrophils and lymphocytes after intense exercise. <i>Journal of Sports Sciences</i> , 2009, 27, 49-58.	2.0	71
30	Increased lymphocyte antioxidant defences in response to exhaustive exercise do not prevent oxidative damage. <i>Journal of Nutritional Biochemistry</i> , 2006, 17, 665-671.	4.2	70
31	Western and Mediterranean dietary patterns among Balearic Islands™ adolescents: socio-economic and lifestyle determinants. <i>Public Health Nutrition</i> , 2012, 15, 683-692.	2.2	70
32	Effects of L-citrulline oral supplementation on polymorphonuclear neutrophils oxidative burst and nitric oxide production after exercise. <i>Free Radical Research</i> , 2009, 43, 828-835.	3.3	64
33	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
34	Food Consumption Patterns in a Mediterranean Region: Does the Mediterranean Diet Still Exist?. <i>Annals of Nutrition and Metabolism</i> , 2004, 48, 193-201.	1.9	63
35	Fluid intake from beverages across age groups: a systematic review. <i>Journal of Human Nutrition and Dietetics</i> , 2015, 28, 417-442.	2.5	63
36	Adherence to the Mediterranean dietary pattern among the population of the Balearic Islands. <i>British Journal of Nutrition</i> , 2004, 92, 341-346.	2.3	62

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37	The Diet Quality Index-International (DQI-I): is it a useful tool to evaluate the quality of the Mediterranean diet?. <i>British Journal of Nutrition</i> , 2005, 93, 369-376.	2.3	60
38	Beneficial effects of dietary supplementation with olive oil, oleic acid, or hydroxytyrosol in metabolic syndrome: Systematic review and meta-analysis. <i>Free Radical Biology and Medicine</i> , 2021, 172, 372-385.	2.9	60
39	Diet supplementation with vitamin E, vitamin C and $\beta$ -carotene cocktail enhances basal neutrophil antioxidant enzymes in athletes. <i>Pflugers Archiv European Journal of Physiology</i> , 2002, 443, 791-797.	2.8	59
40	Effect of exercise intensity and training on antioxidants and cholesterol profile in cyclists. <i>Journal of Nutritional Biochemistry</i> , 2003, 14, 319-325.	4.2	59
41	Metabolic Syndrome Prevalence among Northern Mexican Adult Population. <i>PLoS ONE</i> , 2014, 9, e105581.	2.5	59
42	Dietary Polyphenol Intake is Associated with HDL-Cholesterol and A Better Profile of other Components of the Metabolic Syndrome: A PREDIMED-Plus Sub-Study. <i>Nutrients</i> , 2020, 12, 689.	4.1	59
43	Adherence to the Mediterranean dietary pattern among Balearic Islands adolescents. <i>British Journal of Nutrition</i> , 2010, 103, 1657-1664.	2.3	58
44	Response of blood cell antioxidant enzyme defences to antioxidant diet supplementation and to intense exercise. <i>European Journal of Nutrition</i> , 2006, 45, 187-195.	3.9	57
45	L-Citrulline-malate influence over branched chain amino acid utilization during exercise. <i>European Journal of Applied Physiology</i> , 2010, 110, 341-351.	2.5	57
46	Body image satisfaction and weight concerns among a Mediterranean adult population. <i>BMC Public Health</i> , 2017, 17, 39.	2.9	57
47	Cardioprotective Effects of the Polyphenol Hydroxytyrosol from Olive Oil. <i>Current Drug Targets</i> , 2017, 18, 1477-1486.	2.1	57
48	Validity of the energy-restricted Mediterranean Diet Adherence Screener. <i>Clinical Nutrition</i> , 2021, 40, 4971-4979.	5.0	57
49	Effects of exercise intensity on lymphocyte H <sub>2</sub> O <sub>2</sub> production and antioxidant defences in soccer players. <i>British Journal of Sports Medicine</i> , 2009, 43, 186-190.	6.7	56
50	Mediterranean diets supplemented with virgin olive oil and nuts enhance plasmatic antioxidant capabilities and decrease xanthine oxidase activity in people with metabolic syndrome: The PREDIMED study. <i>Molecular Nutrition and Food Research</i> , 2016, 60, 2654-2664.	3.3	55
51	Profile of Overweight and Obese People in a Mediterranean Region. <i>Obesity</i> , 2005, 13, 527-536.	4.0	53
52	Response of antioxidant defences to oxidative stress induced by prolonged exercise: antioxidant enzyme gene expression in lymphocytes. <i>European Journal of Applied Physiology</i> , 2006, 98, 263-269.	2.5	53
53	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
54	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

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55	Prevalence and risk factors for obesity in Balearic Islands adolescents. <i>British Journal of Nutrition</i> , 2010, 103, 99-106.	2.3	49
56	Immune response to exercise in elite sportsmen during the competitive season. <i>Journal of Physiology and Biochemistry</i> , 2010, 66, 1-6.	3.0	48
57	Leisure-Time Physical Activity, Sedentary Behaviour and Diet Quality are Associated with Metabolic Syndrome Severity: The PREDIMED-Plus Study. <i>Nutrients</i> , 2020, 12, 1013.	4.1	48
58	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
59	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
60	Vitamins in Spanish food patterns: The eVe Study. <i>Public Health Nutrition</i> , 2001, 4, 1317-1323.	2.2	46
61	Inflammatory markers and metabolic syndrome among adolescents. <i>European Journal of Clinical Nutrition</i> , 2012, 66, 1141-1145.	2.9	46
62	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
63	Differential Response of Lymphocytes and Neutrophils to High Intensity Physical Activity and to Vitamin C Diet Supplementation. <i>Free Radical Research</i> , 2003, 37, 931-938.	3.3	44
64	Antioxidant diet supplementation enhances aerobic performance in amateur sportsmen. <i>Journal of Sports Sciences</i> , 2007, 25, 1203-1210.	2.0	44
65	Oxidative Stress and Pro-Inflammatory Status in Patients with Non-Alcoholic Fatty Liver Disease. <i>Antioxidants</i> , 2020, 9, 759.	5.1	44
66	Body temperature modulates the antioxidant and acute immune responses to exercise. <i>Free Radical Research</i> , 2012, 46, 799-808.	3.3	43
67	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
68	Hypoxia/reoxygenation and vitamin c intake influence no synthesis and antioxidant defenses of neutrophils. <i>Free Radical Biology and Medicine</i> , 2004, 37, 1744-1755.	2.9	41
69	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
70	Antioxidant Response of Chronic Wounds to Hyperbaric Oxygen Therapy. <i>PLoS ONE</i> , 2016, 11, e0163371.	2.5	41
71	Low birth weight and small for gestational age are associated with complications of childhood and adolescence obesity: Systematic review and meta-analysis. <i>Obesity Reviews</i> , 2022, 23, e13380.	6.5	41
72	Proposal for a Breakfast Quality Index (BQI) for children and adolescents. <i>Public Health Nutrition</i> , 2013, 16, 639-644.	2.2	40

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73	The Double Edge of Reactive Oxygen Species as Damaging and Signaling Molecules in HL60 Cell Culture. <i>Cellular Physiology and Biochemistry</i> , 2010, 25, 241-252.	1.6	39
74	Antioxidant effect of lemon verbena extracts in lymphocytes of university students performing aerobic training program. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2012, 22, 454-461.	2.9	39
75	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
76	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
77	Supplementation with an antioxidant cocktail containing coenzyme Q prevents plasma oxidative damage induced by soccer. <i>European Journal of Applied Physiology</i> , 2008, 104, 777-785.	2.5	37
78	Intense physical activity enhances neutrophil antioxidant enzyme gene expression. Immunocytochemistry evidence for catalase secretion. <i>Free Radical Research</i> , 2007, 41, 874-883.	3.3	36
79	Metabolic syndrome in adolescents in the Balearic Islands, a Mediterranean region. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2011, 21, 446-454.	2.6	36
80	Association between sedentary behaviour and socioeconomic factors, diet and lifestyle among the Balearic Islands adolescents. <i>BMC Public Health</i> , 2012, 12, 718.	2.9	36
81	Dietary factors associated with subclinical inflammation among girls. <i>European Journal of Clinical Nutrition</i> , 2013, 67, 1264-1270.	2.9	36
82	Scuba diving induces nitric oxide synthesis and the expression of inflammatory and regulatory genes of the immune response in neutrophils. <i>Physiological Genomics</i> , 2014, 46, 647-654.	2.3	36
83	Resolvins as proresolving inflammatory mediators in cardiovascular disease. <i>European Journal of Medicinal Chemistry</i> , 2018, 153, 123-130.	5.5	35
84	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
85	Phytoestrogens enhance antioxidant enzymes after swimming exercise and modulate sex hormone plasma levels in female swimmers. <i>European Journal of Applied Physiology</i> , 2011, 111, 2281-2294.	2.5	34
86	Relationship between Body Image and Body Weight Control in Overweight & 55-Year-Old Adults: A Systematic Review. <i>International Journal of Environmental Research and Public Health</i> , 2019, 16, 1622.	2.6	34
87	How efficient is resveratrol as an antioxidant of the Mediterranean diet, towards alterations during the aging process?. <i>Free Radical Research</i> , 2019, 53, 1101-1112.	3.3	34
88	Polyphenol estimated intake and dietary sources among older adults from Mallorca Island. <i>PLoS ONE</i> , 2018, 13, e0191573.	2.5	33
89	Does the diet of the Balearic population, a Mediterranean type diet, still provide adequate antioxidant nutrient intakes?. <i>European Journal of Nutrition</i> , 2005, 44, 204-213.	3.9	32
90	Pre-exercise antioxidant enzyme activities determine the antioxidant enzyme erythrocyte response to exercise. <i>Journal of Sports Sciences</i> , 2005, 23, 5-13.	2.0	32

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91	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
92	Dietary Fat Intake and Metabolic Syndrome in Older Adults. <i>Nutrients</i> , 2019, 11, 1901.	4.1	32
93	Antioxidant response and oxidative damage induced by a swimming session: Influence of gender. <i>Journal of Sports Sciences</i> , 2008, 26, 1303-1311.	2.0	31
94	Exercise in a hot environment influences plasma anti-inflammatory and antioxidant status in well-trained athletes. <i>Journal of Thermal Biology</i> , 2015, 47, 91-98.	2.5	31
95	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
96	Different effects of exercise tests on the antioxidant enzyme activities in lymphocytes and neutrophils. <i>Journal of Nutritional Biochemistry</i> , 2004, 15, 479-484.	4.2	30
97	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
98	Regular Practice of Moderate Physical Activity by Older Adults Ameliorates Their Anti-Inflammatory Status. <i>Nutrients</i> , 2018, 10, 1780.	4.1	30
99	Western and Mediterranean Dietary Patterns and Physical Activity and Fitness among Spanish Older Adults. <i>Nutrients</i> , 2017, 9, 704.	4.1	29
100	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
101	Efficacy of dietary intervention or in combination with exercise on primary prevention of cardiovascular disease: A systematic review. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2020, 30, 1080-1093.	2.6	29
102	Screen Time and Parents' Education Level Are Associated with Poor Adherence to the Mediterranean Diet in Spanish Children and Adolescents: The PASOS Study. <i>Journal of Clinical Medicine</i> , 2021, 10, 795.	2.4	29
103	Consumption of functional foods in Europe; a systematic review. <i>Nutricion Hospitalaria</i> , 2014, 29, 470-8.	0.3	29
104	Neutrophil Tolerance to Oxidative Stress Induced by Hypoxia/Reoxygenation. <i>Free Radical Research</i> , 2004, 38, 1003-1009.	3.3	28
105	Blood cell NO synthesis in response to exercise. <i>Nitric Oxide - Biology and Chemistry</i> , 2006, 15, 5-12.	2.7	28
106	Dieta mediterránea hipocalórica y factores de riesgo cardiovascular: análisis transversal de PREDIMED-Plus. <i>Revista Española De Cardiología</i> , 2019, 72, 925-934.	1.2	28
107	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
108	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



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109	Prevalence of metabolic syndrome among elderly Mexicans. <i>Archives of Gerontology and Geriatrics</i> , 2017, 73, 288-293.	3.0	27
110	The dietary triterpenoid 18Î±â€“Glycyrrhetic acid protects from MMC-induced genotoxicity through the ERK/Nrf2 pathway. <i>Redox Biology</i> , 2020, 28, 101317.	9.0	27
111	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
112	Influence of an Antioxidant Vitamin-Enriched Drink on Pre- and Post-Exercise Lymphocyte Antioxidant System. <i>Annals of Nutrition and Metabolism</i> , 2008, 52, 233-240.	1.9	26
113	Effect of DHA on plasma fatty acid availability and oxidative stress during training season and football exercise. <i>Food and Function</i> , 2014, 5, 1920.	4.6	26
114	Effects of Almond- and Olive Oil-Based Docosahexaenoic- and Vitamin E-Enriched Beverage Dietary Supplementation on Inflammation Associated to Exercise and Age. <i>Nutrients</i> , 2016, 8, 619.	4.1	26
115	Training and acute exercise modulates mitochondrial dynamics in football playersâ€™ blood mononuclear cells. <i>European Journal of Applied Physiology</i> , 2017, 117, 1977-1987.	2.5	26
116	Adherence to an Energy-restricted Mediterranean Diet Score and Prevalence of Cardiovascular Risk Factors in the PREDIMED-Plus: A Cross-sectional Study. <i>Revista Espanola De Cardiologia (English Ed )</i> , 2019, 72, 925-934.	0.6	26
117	Effects of two personalized dietary strategies during a 2â€“year intervention in subjects with nonalcoholic fatty liver disease: A randomized trial. <i>Liver International</i> , 2021, 41, 1532-1544.	3.9	26
118	Polyphenols: Well Beyond The Antioxidant Capacity: Polyphenol Supplementation and Exercise-Induced Oxidative Stress and Inflammation. <i>Current Pharmaceutical Biotechnology</i> , 2014, 15, 373-379.	1.6	26
119	Does the diet of the Balearic population, a Mediterranean-type diet, ensure compliance with nutritional objectives for the Spanish population?. <i>Public Health Nutrition</i> , 2005, 8, 275-283.	2.2	25
120	Training Enhances Immune Cells Mitochondrial Biosynthesis, Fission, Fusion, and Their Antioxidant Capabilities Synergistically with Dietary Docosahexaenoic Supplementation. <i>Oxidative Medicine and Cellular Longevity</i> , 2016, 2016, 1-10.	4.0	25
121	Calorie restriction regime enhances physical performance of trained athletes. <i>Journal of the International Society of Sports Nutrition</i> , 2018, 15, 12.	3.9	25
122	Effects of Millimolar Steady-State Hydrogen Peroxide Exposure on Inflammatory and Redox Gene Expression in Immune Cells from Humans with Metabolic Syndrome. <i>Nutrients</i> , 2018, 10, 1920.	4.1	25
123	A randomized controlled trial for overweight and obesity in preschoolers: the More and Less Europe studyâ€“ an intervention within the STOP project. <i>BMC Public Health</i> , 2019, 19, 945.	2.9	25
124	Coumarin and Derivates as Lipid Lowering Agents. <i>Current Topics in Medicinal Chemistry</i> , 2016, 17, 391-398.	2.1	25
125	Associations between sociodemographic and lifestyle factors and dietary quality among adolescents in Palma de Mallorca. <i>Nutrition</i> , 2004, 20, 502-508.	2.4	24
126	Prevalence and Related Risk Factors of Overweight and Obesity among the Adult Population in the Balearic Islands, a Mediterranean Region. <i>Obesity Facts</i> , 2015, 8, 220-233.	3.4	24



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127	Docosahexaenoic Acid Supplementation Promotes Erythrocyte Antioxidant Defense and Reduces Protein Nitrosative Damage in Male Athletes. <i>Lipids</i> , 2015, 50, 131-148.	1.7	24
128	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
129	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
130	Scuba Diving Increases Erythrocyte and Plasma Antioxidant Defenses and Spares NO without Oxidative Damage. <i>Medicine and Science in Sports and Exercise</i> , 2009, 41, 1271-1276.	0.4	23
131	A Soccer Match's Ability to Enhance Lymphocyte Capability to Produce ROS and Induce Oxidative Damage. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2009, 19, 243-258.	2.1	23
132	Leisure-Time Physical Activity and Metabolic Syndrome in Older Adults. <i>International Journal of Environmental Research and Public Health</i> , 2019, 16, 3358.	2.6	23
133	Adherence to Mediterranean Diet among Lebanese University Students. <i>Nutrients</i> , 2021, 13, 1264.	4.1	23
134	Lymphocyte antioxidant response and H <sub>2</sub> O <sub>2</sub> production after a swimming session: Gender differences. <i>Free Radical Research</i> , 2008, 42, 312-319.	3.3	22
135	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
136	High sleep variability predicts a blunted weight loss response and short sleep duration a reduced decrease in waist circumference in the PREDIMED-Plus Trial. <i>International Journal of Obesity</i> , 2020, 44, 330-339.	3.4	22
137	Study protocol of a population-based cohort investigating Physical Activity, Sedentarism, lifestyles and Obesity in Spanish youth: the PASOS study. <i>BMJ Open</i> , 2020, 10, e036210.	1.9	22
138	Association between coffee consumption and total dietary caffeine intake with cognitive functioning: cross-sectional assessment in an elderly Mediterranean population. <i>European Journal of Nutrition</i> , 2021, 60, 2381-2396.	3.9	22
139	Antioxidant Supplementation and Adaptive Response to Training: A Systematic Review. <i>Current Pharmaceutical Design</i> , 2019, 25, 1889-1912.	1.9	22
140	Association between Non-Alcoholic Fatty Liver Disease and Mediterranean Lifestyle: A Systematic Review. <i>Nutrients</i> , 2022, 14, 49.	4.1	22
141	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
142	Food patterns and Mediterranean diet in western and eastern Mediterranean islands. <i>Public Health Nutrition</i> , 2009, 12, 1174-1181.	2.2	21
143	Compliance with the Mediterranean Diet Quality Index (KIDMED) among Balearic Islands' Adolescents and Its Association with Socioeconomic, Anthropometric and Lifestyle Factors. <i>Annals of Nutrition and Metabolism</i> , 2016, 68, 42-50.	1.9	21
144	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

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145	Isotemporal substitution of inactive time with physical activity and time in bed: cross-sectional associations with cardiometabolic health in the PREDIMED-Plus study. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2019, 16, 137.	4.6	21
146	Hepatoprotective Effects of Resveratrol in Non-Alcoholic Fatty Live Disease. <i>Current Pharmaceutical Design</i> , 2021, 27, 2558-2570.	1.9	21
147	Mediterranean, DASH, and MIND Dietary Patterns and Cognitive Function: The 2-Year Longitudinal Changes in an Older Spanish Cohort. <i>Frontiers in Aging Neuroscience</i> , 2021, 13, 782067.	3.4	21
148	Docosahexanoic acid diet supplementation attenuates the peripheral mononuclear cell inflammatory response to exercise following LPS activation. <i>Cytokine</i> , 2014, 69, 155-164.	3.2	20
149	Adherence to the Mediterranean diet and consumption of functional foods among the Balearic Islandsâ€™ adolescent population. <i>Public Health Nutrition</i> , 2015, 18, 659-668.	2.2	20
150	Trace element contents in toenails are related to regular physical activity in older adults. <i>PLoS ONE</i> , 2017, 12, e0185318.	2.5	20
151	Peripheral Blood Mononuclear Cells Antioxidant Adaptations to Regular Physical Activity in Elderly People. <i>Nutrients</i> , 2018, 10, 1555.	4.1	20
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