# Joan M SabatÃ¨

List of Publications by Year
in descending order

Source: https://exaly.com/author-pdf/6732801/publications.pdf

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|---|---|---|---|
| 210 papers | 10,977 citations | 25034 57 h-index | 34986 98 g-index |
| 231 all docs | 231 docs citations | 231 times ranked | 9392 citing authors |

| # | Article | IF | Citations |
|---|---|---|---|
| 1 | Vegetarian Dietary Patterns and Mortality in Adventist Health Study 2. JAMA Internal Medicine, 2013, 173, 1230. | 5.1 | 423 |
| 2 | Nut Consumption and Blood Lipid Levels. Archives of Internal Medicine, 2010, 170, 821. | 3.8 | 364 |
| 3 | Effects of Walnuts on Serum Lipid Levels and Blood Pressure in Normal Men. New England Journal of Medicine, 1993, 328, 603-607. | 27.0 | 358 |
| 4 | The Role of Tree Nuts and Peanuts in the Prevention of Coronary Heart Disease: Multiple Potential Mechanisms. Journal of Nutrition, 2008, 138, 1746S-1751S. | 2.9 | 333 |
| 5 | Consumer Attitudes Towards Environmental Concerns of Meat Consumption: A Systematic Review. International Journal of Environmental Research and Public Health, 2019, 16, 1220. | 2.6 | 299 |
| 6 | Nuts and their bioactive constituents: effects on serum lipids and other factors that affect disease risk. American Journal of Clinical Nutrition, 1999, 70, 504S-511S. | 4.7 | 281 |
| 7 | Nutrient Profiles of Vegetarian and Nonvegetarian Dietary Patterns. Journal of the Academy of Nutrition and Dietetics, 2013, 113, 1610-1619. | 0.8 | 258 |
| 8 | Vegetarian Dietary Patterns and the Risk of Colorectal Cancers. JAMA Internal Medicine, 2015, 175, 767. | 5.1 | 252 |
| 9 | Substituting Walnuts for Monounsaturated Fat Improves the Serum Lipid Profile of Hypercholesterolemic Men and Women. Annals of Internal Medicine, 2000, 132, 538. | 3.9 | 243 |
| 10 | Sustainability of plant-based diets: back to the future. American Journal of Clinical Nutrition, 2014, 100, 476S-482S. | 4.7 | 241 |
| 11 | Beyond Meatless, the Health Effects of Vegan Diets: Findings from the Adventist Cohorts. Nutrients, 2014, 6, 2131-2147. | 4.1 | 238 |
| 12 | Diet and the environment: does what you eat matter?. American Journal of Clinical Nutrition, 2009, 89, 1699S-1703S. | 4.7 | 207 |
| 13 | Vegetarian Dietary Patterns Are Associated With a Lower Risk of Metabolic Syndrome. Diabetes Care, 2011, 34, 1225-1227. | 8.6 | 206 |
| 14 | Cohort Profile: The Adventist Health Study-2 (AHS-2). International Journal of Epidemiology, 2008, 37, 260-265. | 1.9 | 190 |
| 15 | Almonds vs complex carbohydrates in a weight reduction program. International Journal of Obesity, 2003, 27, 1365-1372. | 3.4 | 185 |
| 16 | Nut Consumption and Weight Gain in a Mediterranean Cohort: The SUN Study. Obesity, 2007, 15, 107-107. | 3.0 | 180 |
| 17 | Nuts and health outcomes: new epidemiologic evidence. American Journal of Clinical Nutrition, 2009, 89, 1643S-1648S. | 4.7 | 158 |
| 18 | Nuts and coronary heart disease: an epidemiological perspective. British Journal of Nutrition, 2006, 96, S61-S67. | 2.3 | 156 |

| # | Article | IF | Citations |
|---|---|---|---|
| 19 | Serum lipid response to the graduated enrichment of a Step I diet with almonds: a randomized feeding trial. American Journal of Clinical Nutrition, 2003, 77, 1379-1384. | 4.7 | 154 |
| 20 | Effect on Body Weight of a Free 76 Kilojoule (320 Calorie) Daily Supplement of Almonds for Six Months. Journal of the American College of Nutrition, 2002, 21, 275-283. | 1.8 | 135 |
| 21 | Vegetarian Diets: Planetary Health and Its Alignment with Human Health. Advances in Nutrition, 2019, 10, S380-S388. | 6.4 | 135 |
| 22 | Walnuts and fatty fish influence different serum lipid fractions in normal to mildly hyperlipidemic individuals: a randomized controlled study. American Journal of Clinical Nutrition, 2009, 89, 1657S-1663S. | 4.7 | 127 |
| 23 | Patterns of food consumption among vegetarians and non-vegetarians. British Journal of Nutrition, 2014, 112, 1644-1653. | 2.3 | 127 |
| 24 | Does low meat consumption increase life expectancy in humans?. American Journal of Clinical Nutrition, 2003, 78, 526S-532S. | 4.7 | 125 |
| 25 | Plasma and dietary vitamin C levels and risk of gastric cancer in the European Prospective Investigation into Cancer and Nutrition (EPIC-EURGAST). Carcinogenesis, 2006, 27, 2250-2257. | 2.8 | 123 |
| 26 | Vegetarian diets and childhood obesity prevention. American Journal of Clinical Nutrition, 2010, 91, 1525S-1529S. | 4.7 | 123 |
| 27 | Nut consumption and body weight. American Journal of Clinical Nutrition, 2003, 78, 647S-650S. | 4.7 | 121 |
| 28 | Effect of almond-enriched high-monounsaturated fat diet on selected markers of inflammation: a randomised, controlled, crossover study. British Journal of Nutrition, 2010, 103, 907-912. | 2.3 | 118 |
| 29 | Nuts, body weight and insulin resistance. British Journal of Nutrition, 2006, 96, S79-S86. | 2.3 | 117 |
| 30 | Validation of nutrient intake using an FFQ and repeated 24 h recalls in black and white subjects of the Adventist Health Study-2 (AHS-2). Public Health Nutrition, 2010, 13, 812-819. | 2.2 | 112 |
| 31 | Plasma and dietary carotenoid, retinol and tocopherol levels and the risk of gastric adenocarcinomas in the European prospective investigation into cancer and nutrition. British Journal of Cancer, 2006, 95, 406-415. | 6.4 | 111 |
| 32 | Nuts and Berries for Heart Health. Current Atherosclerosis Reports, 2010, 12, 397-406. | 4.8 | 109 |
| 33 | Vegan lifestyle behaviors. An exploration of congruence with health-related beliefs and assessed health indices. Appetite, 2013, 67, 119-124. | 3.7 | 109 |
| 34 | Climate change mitigation and health effects of varied dietary patterns in real-life settings throughout North America. American Journal of Clinical Nutrition, 2014, 100, 490S-495S. | 4.7 | 108 |
| 35 | Acute effect of nut consumption on plasma total polyphenols, antioxidant capacity and lipid peroxidation. Journal of Human Nutrition and Dietetics, 2009, 22, 64-71. | 2.5 | 107 |
| 36 | Does regular walnut consumption lead to weight gain?. British Journal of Nutrition, 2005, 94, 859-864. | 2.3 | 105 |

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|---|---|---|---|
| 37 | Nut consumption, vegetarian diets, ischemic heart disease risk, and all-cause mortality: evidence from epidemiologic studies. American Journal of Clinical Nutrition, 1999, 70, 500S-503S. | 4.7 | 104 |
| 38 | The contribution of vegetarian diets to health and disease: a paradigm shift?. American Journal of Clinical Nutrition, 2003, 78, 502S-507S. | 4.7 | 85 |
| 39 | The environmental cost of protein food choices. Public Health Nutrition, 2015, 18, 2067-2073. | 2.2 | 84 |
| 40 | Gender inequality in food intake and nutritional status of children under 5 years old in rural Eastern Kenya. European Journal of Clinical Nutrition, 2011, 65, 26-31. | 2.9 | 83 |
| 41 | Effects of traditional coronary risk factors on rates of incident coronary events in a low-risk population. The Adventist Health Study.. Circulation, 1992, 86, 406-413. | 1.6 | 82 |
| 42 | Evaluation of Dietary Patterns and All-Cause Mortality. JAMA Network Open, 2021, 4, e2122277. | 5.9 | 80 |
| 43 | Substituting beans for beef as a contribution toward US climate change targets. Climatic Change, 2017, 143, 261-270. | 3.6 | 79 |
| 44 | Effects of walnut consumption on cognitive performance in young adults. British Journal of Nutrition, 2012, 107, 1393-1401. | 2.3 | 78 |
| 45 | Health and sustainability outcomes of vegetarian dietary patterns: a revisit of the EPIC-Oxford and the Adventist Health Study-2 cohorts. European Journal of Clinical Nutrition, 2019, 72, 60-70. | 2.9 | 77 |
| 46 | Consumption and portion sizes of tree nuts, peanuts and seeds in the European Prospective Investigation into Cancer and Nutrition (EPIC) cohorts from 10 European countries. British Journal of Nutrition, 2006, 96, S12-S23. | 2.3 | 76 |
| 47 | Are strict vegetarians protected against prostate cancer?. American Journal of Clinical Nutrition, 2016, 103, 153-160. | 4.7 | 75 |
| 48 | Foods and Food Groups Associated With the Incidence of Colorectal Polyps: The Adventist Health Study. Nutrition and Cancer, 2011, 63, 565-572. | 2.0 | 74 |
| 49 | Long-term almond supplementation without advice on food replacement induces favourable nutrient modifications to the habitual diets of free-living individuals. British Journal of Nutrition, 2004, 92, 533-540. | 2.3 | 70 |
| 50 | Nuts: nutrition and health outcomes. British Journal of Nutrition, 2006, 96, S1-S2. | 2.3 | 69 |
| 51 | A perspective on vegetarian dietary patterns and risk of metabolic syndrome. British Journal of Nutrition, 2015, 113, S136-S143. | 2.3 | 69 |
| 52 | The principles, definition and dimensions of the new nutrition science. Public Health Nutrition, 2005, 8, 695-698. | 2.2 | 68 |
| 53 | Race-specific validation of food intake obtained from a comprehensive FFQ: the Adventist Health Study-2. Public Health Nutrition, 2011, 14, 1988-1997. | 2.2 | 67 |
| 54 | Nuts and Cardiovascular Disease. Progress in Cardiovascular Diseases, 2018, 61, 33-37. | 3.1 | 64 |

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|---|---|---|---|
| 55 | Pecans Acutely Increase Plasma Postprandial Antioxidant Capacity and Catechins and Decrease LDL Oxidation in Humans. Journal of Nutrition, 2011, 141, 56-62. | 2.9 | 63 |
| 56 | Almonds in the diet simultaneously improve plasma Î±-tocopherol concentrations and reduce plasma lipids. Journal of the American Dietetic Association, 2005, 105, 449-454. | 1.1 | 61 |
| 57 | Global epidemiology of obesity, vegetarian dietary patterns, and noncommunicable disease in Asian Indians. American Journal of Clinical Nutrition, 2014, 100, 359S-364S. | 4.7 | 60 |
| 58 | The risk of child and adolescent overweight is related to types of food consumed. Nutrition Journal, 2011, 10, 71. | 3.4 | 59 |
| 59 | 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. Journal of Nutrition, 2019, 149, 1920-1929. | 2.9 | 59 |
| 60 | Effect of a 2-year diet intervention with walnuts on cognitive decline. The Walnuts And Healthy Aging (WAHA) study: a randomized controlled trial. American Journal of Clinical Nutrition, 2020, 111, 590-600. | 4.7 | 59 |
| 61 | Nut intake and 5-year changes in body weight and obesity risk in adults: results from the EPIC-PANACEA study. European Journal of Nutrition, 2018, 57, 2399-2408. | 3.9 | 58 |
| 62 | Long-term walnut supplementation without dietary advice induces favorable serum lipid changes in free-living individuals. European Journal of Clinical Nutrition, 2010, 64, 274-279. | 2.9 | 57 |
| 63 | The Walnuts and Healthy Aging Study (WAHA): Protocol for a Nutritional Intervention Trial with Walnuts on Brain Aging. Frontiers in Aging Neuroscience, 2016, 8, 333. | 3.4 | 57 |
| 64 | Meat Analogs from Different Protein Sources: A Comparison of Their Sustainability and Nutritional Content. Sustainability, 2019, 11, 3231. | 3.2 | 57 |
| 65 | Global sustainability (health, environment and monetary costs) of three dietary patterns: results from a Spanish cohort (the SUN project). BMJ Open, 2019, 9, e021541. | 1.9 | 57 |
| 66 | Validation of self-reported anthropometrics in the Adventist Health Study 2. BMC Public Health, 2011, 11, 213. | 2.9 | 56 |
| 67 | Religion, diet and research. British Journal of Nutrition, 2004, 92, 199-201. | 2.3 | 52 |
| 68 | Effect of a walnut meal on postprandial oxidative stress and antioxidants in healthy individuals. Nutrition Journal, 2014, 13, 4. | 3.4 | 52 |
| 69 | A randomized controlled trial to evaluate the effect of incorporating peanuts into an American Diabetes Association meal plan on the nutrient profile of the total diet and cardiometabolic parameters of adults with type 2 diabetes. Nutrition Journal, 2014, 13, 10. | 3.4 | 52 |
| 70 | Review: The Consumption of Ultra-Processed Foods and Non-communicable Diseases in Latin America. Frontiers in Nutrition, 2021, 8, 622714. | 3.7 | 50 |
| 71 | Vegetarian food guide pyramid: a conceptual framework. American Journal of Clinical Nutrition, 1999, 70, 615S-619S. | 4.7 | 49 |
| 72 | The Mediterranean diet, an environmentally friendly option: evidence from the Seguimiento Universidad de Navarra (SUN) cohort. Public Health Nutrition, 2018, 21, 1573-1582. | 2.2 | 49 |

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|---|---|---|---|
| 73 | Walnut-enriched diet increases the association of LDL from hypercholesterolemic men with human HepG2 cells. Journal of Lipid Research, 2001, 42, 2069-2076. | 4.2 | 46 |
| 74 | Understanding Attitudes towards Reducing Meat Consumption for Environmental Reasons. A Qualitative Synthesis Review. Sustainability, 2019, 11, 6295. | 3.2 | 45 |
| 75 | Nuts in the prevention and treatment of metabolic syndrome. American Journal of Clinical Nutrition, 2014, 100, 399S-407S. | 4.7 | 44 |
| 76 | Health benefits of a vegetarian diet. Nutrition, 2000, 16, 531-533. | 2.4 | 43 |
| 77 | A randomized 3x3 crossover study to evaluate the effect of Hass avocado intake on post-ingestive satiety, glucose and insulin levels, and subsequent energy intake in overweight adults. Nutrition Journal, 2013, 12, 155. | 3.4 | 43 |
| 78 | Biomarkers of Dietary Intake Are Correlated with Corresponding Measures from Repeated Dietary Recalls and Food-Frequency Questionnaires in the Adventist Health Study-2. Journal of Nutrition, 2016, 146, 586-594. | 2.9 | 43 |
| 79 | Effect of dietary protein on serum insulin and glucagon levels in hyper- and normocholesterolemic men. Atherosclerosis, 1989, 76, 55-61. | 0.8 | 41 |
| 80 | Effects of supplementing n-3 fatty acid enriched eggs and walnuts on cardiovascular disease risk markers in healthy free-living lacto-ovo-vegetarians: a randomized, crossover, free-living intervention study. Nutrition Journal, 2014, 13, 29. | 3.4 | 41 |
| 81 | Validation of soy protein estimates from a food-frequency questionnaire with repeated 24-h recalls and isoflavonoid excretion in overnight urine in a Western population with a wide range of soy intakes. American Journal of Clinical Nutrition, 2008, 87, 1422-1427. | 4.7 | 40 |
| 82 | Tree Nuts Are Inversely Associated with Metabolic Syndrome and Obesity: The Adventist Health Study-2. PLoS ONE, 2014, 9, e85133. | 2.5 | 40 |
| 83 | Red and Processed Meat and Mortality in a Low Meat Intake Population. Nutrients, 2019, 11, 622. | 4.1 | 39 |
| 84 | The effect of dietary walnuts compared to fatty fish on eicosanoids, cytokines, soluble endothelial adhesion molecules and lymphocyte subsets: a randomized, controlled crossover trial. Prostaglandins Leukotrienes and Essential Fatty Acids, 2012, 87, 111-117. | 2.2 | 38 |
| 85 | Environmental Nutrition: A New Frontier for Public Health. American Journal of Public Health, 2016, 106, 815-821. | 2.7 | 36 |
| 86 | Nuts, blood lipids and cardiovascular disease. Asia Pacific Journal of Clinical Nutrition, 2010, 19, 131-6. | 0.4 | 36 |
| 87 | Effect of a Walnut Diet on Office and 24-Hour Ambulatory Blood Pressure in Elderly Individuals. Hypertension, 2019, 73, 1049-1057. | 2.7 | 35 |
| 88 | A pecan-enriched diet increases Î³-tocopherol/cholesterol and decreases thiobarbituric acid reactive substances in plasma of adults. Nutrition Research, 2006, 26, 397-402. | 2.9 | 33 |
| 89 | Favourable nutrient intake and displacement with long-term walnut supplementation among elderly: results of a randomised trial. British Journal of Nutrition, 2017, 118, 201-209. | 2.3 | 32 |
| 90 | Preface. American Journal of Clinical Nutrition, 2009, 89, 1541S-1542S. | 4.7 | 31 |

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|---|---|---|---|
| 91 | Beyond Meat: A Comparison of the Dietary Intakes of Vegetarian and Non-vegetarian Adolescents. Frontiers in Nutrition, 2019, 6, 86. | 3.7 | 31 |
| 92 | Associations between Consumption of Dairy Foods and Anthropometric Indicators of Health in Adolescents. Nutrients, 2016, 8, 427. | 4.1 | 30 |
| 93 | Greenhouse Gas Emissions Generated by Tofu Production: A Case Study. Journal of Hunger and Environmental Nutrition, 2018, 13, 131-142. | 1.9 | 30 |
| 94 | Publication trends of vegetarian nutrition articles in biomedical literature, 1966â€“1995. American Journal of Clinical Nutrition, 1999, 70, 601S-607S. | 4.7 | 29 |
| 95 | Life Cycle Assessment of the Production of a Large Variety of Meat Analogs by Three Diverse Factories. Journal of Hunger and Environmental Nutrition, 2020, 15, 699-711. | 1.9 | 29 |
| 96 | Validation of a food-frequency questionnaire for measurement of nutrient intake in a dietary intervention study. Public Health Nutrition, 2007, 10, 177-184. | 2.2 | 27 |
| 97 | Comparing the water, energy, pesticide and fertilizer usage for the production of foods consumed by different dietary types in California. Public Health Nutrition, 2015, 18, 2425-2432. | 2.2 | 27 |
| 98 | Water Footprint of Meat Analogs: Selected Indicators According to Life Cycle Assessment. Water (Switzerland), 2019, 11, 728. | 2.7 | 27 |
| 99 | Walnut Consumption for Two Years and Leukocyte Telomere Attrition in Mediterranean Elders: Results of a Randomized Controlled Trial. Nutrients, 2018, 10, 1907. | 4.1 | 26 |
| 100 | Effects of Long-Term Walnut Supplementation on Body Weight in Free-Living Elderly: Results of a Randomized Controlled Trial. Nutrients, 2018, 10, 1317. | 4.1 | 26 |
| 101 | Decreasing the Linoleic Acid to Î±â€Linolenic Acid Diet Ratio Increases Eicosapentaenoic Acid in Erythrocytes in Adults. Lipids, 2010, 45, 683-692. | 1.7 | 25 |
| 102 | Is soy intake related to age at onset of menarche? A cross-sectional study among adolescents with a wide range of soy food consumption. Nutrition Journal, 2014, 13, 54. | 3.4 | 25 |
| 103 | Plasma, Urine, and Adipose Tissue Biomarkers of Dietary Intake Differ Between Vegetarian and Non-Vegetarian Diet Groups in the Adventist Health Study-2. Journal of Nutrition, 2019, 149, 667-675. | 2.9 | 25 |
| 104 | Adipose tissue Î±-linolenic acid is inversely associated with insulin resistance in adults. American Journal of Clinical Nutrition, 2016, 103, 1105-1110. | 4.7 | 24 |
| 105 | Animal-Protein Intake Is Associated with Insulin Resistance in Adventist Health Study 2 (AHS-2) Calibration Substudy Participants: A Cross-Sectional Analysis. Current Developments in Nutrition, 2017, 1, e000299. | 0.3 | 24 |
| 106 | The Design, Development and Evaluation of the Vegetarian Lifestyle Index on Dietary Patterns among Vegetarians and Non-Vegetarians. Nutrients, 2018, 10, 542. | 4.1 | 23 |
| 107 | Effects of 2-Year Walnut-Supplemented Diet on Inflammatory Biomarkers. Journal of the American College of Cardiology, 2020, 76, 2282-2284. | 2.8 | 23 |
| 108 | Comparing self-reported disease outcomes, diet, and lifestyles in a national cohort of black and white Seventh-day Adventists. Preventing Chronic Disease, 2007, 4, A62. | 3.4 | 23 |

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|---|---|---|---|
| 109 | Effect of n-3 fatty acid enriched eggs and organic eggs on serum lutein in free-living lacto-ovo vegetarians. European Journal of Clinical Nutrition, 2010, 64, 1332-1337. | 2.9 | 21 |
| 110 | Anthropometric Parameters of Schoolchildren With Different Life-styles. JAMA Pediatrics, 1990, 144, 1159. | 3.0 | 20 |
| 111 | Evaluation of a Validated Food Frequency Questionnaire for Self-Defined Vegans in the United States. Nutrients, 2014, 6, 2523-2539. | 4.1 | 20 |
| 112 | The Global Influence of the Seventh-Day Adventist Church on Diet. Religions, 2018, 9, 251. | 0.6 | 20 |
| 113 | Ultra-processed food intake and animal-based food intake and mortality in the Adventist Health Study-2. American Journal of Clinical Nutrition, 2022, 115, 1589-1601. | 4.7 | 20 |
| 114 | Feasibility of Running Clinics to Collect Biological Specimens in a Nationwide Cohort Studyâ€"Adventist Health Study-2. Annals of Epidemiology, 2007, 17, 454-457. | 1.9 | 18 |
| 115 | Relative Validity of a Food Frequency Questionnaire Used to Assess Food Intake During a Dietary Intervention Study. Nutrition and Cancer, 2008, 60, 603-611. | 2.0 | 18 |
| 116 | The Effect of Coffee and Caffeine on Mood, Sleep, and Health-Related Quality of Life. Journal of Caffeine Research, 2017, 7, 59-70. | 0.9 | 18 |
| 117 | Soy isoflavone consumption and age at pubarche in adolescent males. European Journal of Nutrition, 2018, 57, 2287-2294. | 3.9 | 18 |
| 118 | Animal Protein Intake Is Associated with General Adiposity in Adolescents: The Teen Food and Development Study. Nutrients, 2020, 12, 110. | 4.1 | 18 |
| 119 | The contribution of vegetarian diets to human health. Forum of Nutrition, 2003, 56, 218-20. | 3.7 | 18 |
| 120 | Egg n-3 Fatty Acid Composition Modulates Biomarkers of Choline Metabolism in Free-Living Lacto-Ovo-Vegetarian Women of Reproductive Age. Journal of the Academy of Nutrition and Dietetics, 2014, 114, 1594-1600. | 0.8 | 17 |
| 121 | Effects of Walnut Consumption for 2 Years on Lipoprotein Subclasses Among Healthy Elders. Circulation, 2021, 144, 1083-1085. | 1.6 | 17 |
| 122 | Unscrambling the relations of egg and meat consumption with type 2 diabetes risk. American Journal of Clinical Nutrition, 2018, 108, 1121-1128. | 4.7 | 16 |
| 123 | Adherence to the 2015 Dietary Guidelines for Americans and mortality risk in a Mediterranean cohort: The SUN project. Preventive Medicine, 2019, 118, 317-324. | 3.4 | 16 |
| 124 | The red blood cell proportion of arachidonic acid relates to shorter leukocyte telomeres in Mediterranean elders: A secondary analysis of a randomized controlled trial. Clinical Nutrition, 2019, 38, 958-961. | 5.0 | 16 |
| 125 | Effects of Supplementing the Usual Diet with a Daily Dose of Walnuts for Two Years on Metabolic Syndrome and Its Components in an Elderly Cohort. Nutrients, 2020, 12, 451. | 4.1 | 15 |
| 126 | One-year dietary supplementation with walnuts modifies exosomal miRNA in elderly subjects. European Journal of Nutrition, 2021, 60, 1999-2011. | 3.9 | 15 |

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|---|---|---|---|
| 127 | Lower height of lacto-ovovegetarian girls at preadolescence: An indicator of physical maturation delay?. Journal of the American Dietetic Association, 1992, 92, 1263-1264. | 1.1 | 15 |
| 128 | Lack of Effect of Walnuts on Serum Levels of Prostate Specific Antigen: A Brief Report. Journal of the American College of Nutrition, 2007, 26, 317-320. | 1.8 | 14 |
| 129 | Does the size matter? A comparative analysis of the environmental impact of several packaged foods. Science of the Total Environment, 2019, 687, 369-379. | 8.0 | 14 |
| 130 | Avocado Intake, and Longitudinal Weight and Body Mass Index Changes in an Adult Cohort. Nutrients, 2019, 11, 691. | 4.1 | 14 |
| 131 | Using Personal Mobile Phones to Assess Dietary Intake in Free-Living Adolescents: Comparison of Face-to-Face Versus Telephone Training. JMIR MHealth and UHealth, 2016, 4, e91. | 3.7 | 14 |
| 132 | Obesity and Life Expectancy Among Long-Lived Black Adults. Journals of Gerontology - Series A Biological Sciences and Medical Sciences, 2014, 69, 63-72. | 3.6 | 11 |
| 133 | Food selection criteria for disaster response planning in urban societies. Nutrition Journal, 2015, 14, 47. | 3.4 | 11 |
| 134 | Effect of Altering Dietary n-6:n-3 Polyunsaturated Fatty Acid Ratio with Plant and Marine-Based Supplement on Biomarkers of Bone Turnover in Healthy Adults. Nutrients, 2017, 9, 1162. | 4.1 | 11 |
| 135 | Consumption of Nuts in the Prevention of Cardiovascular Disease. Current Nutrition Reports, 2013, 2, 258-266. | 4.3 | 10 |
| 136 | A three-dimensional dietary index (nutritional quality, environment and price) and reduced mortality: The â€œSeguimiento Universidad de Navarraâ€•cohort. Preventive Medicine, 2020, 137, 106124. | 3.4 | 10 |
| 137 | A Non-Probiotic Fermented Soy Product Reduces Total and LDL Cholesterol: A Randomized Controlled Crossover Trial. Nutrients, 2021, 13, 535. | 4.1 | 10 |
| 138 | Postprandial gut hormone responses to Hass avocado meals and their association with visual analog scores in overweight adults: A randomized 3â€¯Ã—â€¯3 crossover trial. Eating Behaviors, 2018, 31, 35-40. | 2.0 | 9 |
| 139 | Environmental Impacts of Foods in the Adventist Health Study-2 Dietary Questionnaire. Sustainability, 2020, 12, 10267. | 3.2 | 9 |
| 140 | Nut consumption and change in weight: the weight of the evidence. British Journal of Nutrition, 2007, 98, 456-457. | 2.3 | 8 |
| 141 | Evaluation of the relative validity of a Web-based food frequency questionnaire used to assess Soy Isoflavones and nutrient intake in adolescents. BMC Nutrition, 2016, 2, . | 1.6 | 8 |
| 142 | Prospective study on the effects of regular and decaffeinated coffee on urinary symptoms in young and healthy volunteers. Neurourology and Urodynamics, 2017, 36, 432-437. | 1.5 | 8 |
| 143 | An Intensive Lifestyle Intervention to Treat Type 2 Diabetes in the Republic of the Marshall Islands: Protocol for a Randomized Controlled Trial. Frontiers in Nutrition, 2019, 6, 79. | 3.7 | 8 |
| 144 | Effect of Incorporating 1 Avocado Per Day Versus Habitual Diet on Visceral Adiposity: A Randomized Trial. Journal of the American Heart Association, 2022, 11, . | 3.7 | 8 |

| # | Article | IF | Citations |
|---|---|---|---|
| 145 | Sexual Dimorphism in Cardiovascular Disease Risk and Risk Factors Among Vegetarians: an Exploration of the Potential Mechanisms. Current Atherosclerosis Reports, 2019, 21, 35. | 4.8 | 7 |
| 146 | Association between dietary fiber and incident cases of colon polyps: the adventist health study. Gastrointestinal Cancer Research: GCR, 2011, 4, 161-7. | 0.7 | 7 |
| 147 | The Effect of Soybean Lunasin on Cardiometabolic Risk Factors: A Randomized Clinical Trial. Journal of Dietary Supplements, 2020, 17, 286-299. | 2.6 | 6 |
| 148 | Interplay of Walnut Consumption, Changes in Circulating miRNAs and Reduction in LDL-Cholesterol in Elders. Nutrients, 2022, 14, 1473. | 4.1 | 6 |
| 149 | Reply to R Weinsier. American Journal of Clinical Nutrition, 2000, 71, 1212-1213. | 4.7 | 5 |
| 150 | The design and rationale of a multi-center randomized clinical trial comparing one avocado per day to usual diet: The Habitual Diet and Avocado Trial (HAT). Contemporary Clinical Trials, 2021, 110, 106565. | 1.8 | 5 |
| 151 | Egg intake moderates the rate of memory decline in healthy older adults. Journal of Nutritional Science, 2021, 10, e79. | 1.9 | 4 |
| 152 | Effect of nut consumption on plasma polyphenol, antioxidant capacity and lipid peroxidation of healthy humans. FASEB Journal, 2008, 22, 734-734. | 0.5 | 4 |
| 153 | Food and Nutrient Displacement by Walnut Supplementation in a Randomized Crossover Study. Nutrients, 2022, 14, 1017. | 4.1 | 4 |
| 154 | The Impact of Caffeine Intake on Mental Health Symptoms in Postmenopausal Females with Overactive Bladder Symptoms: A Randomized, Double-Blind, Placebo-Controlled Trial. Journal of Women's Health, 2022, 31, 819-825. | 3.3 | 4 |
| 155 | Vegetarian Diets. , 2016, , 401-412. | | 3 |
| 156 | Determinants of sustainable diets. , 2019, , 181-196. | | 3 |
| 157 | Comparison of Plate Waste between Vegetarian and Meat-Containing Meals in a Hospital Setting: Environmental and Nutritional Considerations. Nutrients, 2022, 14, 1174. | 4.1 | 3 |
| 158 | Associations between Avocado Consumption and Diet Quality, Dietary Intake, Measures of Obesity and Body Composition in Adolescents: The Teen Food and Development Study. Nutrients, 2021, 13, 4489. | 4.1 | 3 |
| 159 | The association between dietary patterns and a doctor diagnosis of systemic lupus erythematosus: the Adventist Health Study-2. Lupus, 2022, 31, 1373-1378. | 1.6 | 3 |
| 160 | Defining â€œsustainableâ€•and â€œhealthyâ€•diets in an era of great environmental concern and increased prevalence of chronic diseases. American Journal of Clinical Nutrition, 2013, 97, 1151-1152. | 4.7 | 2 |
| 161 | Preface to the Sixth International Congress on Vegetarian Nutrition. American Journal of Clinical Nutrition, 2014, 100, 311S-312S. | 4.7 | 2 |
| 162 | Validation of nutrient intake using an FFQ and repeated 24 h recalls in black and white subjects of the Adventist Health Study-2 (AHS-2) â€“ Corrigendum. Public Health Nutrition, 2011, 14, 2079-2080. | 2.2 | 1 |

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|---|---|---|---|
| 163 | Race-specific validation of food intake obtained from a comprehensive food frequency questionnaire: Adventist Health Study-2 â€“ Corrigendum. Public Health Nutrition, 2012, 15, 2165-2166. | 2.2 | 1 |
| 164 | Vegetarian Diets and Pediatric Obesity. Contemporary Endocrinology, 2018, , 287-303. | 0.1 | 1 |
| 165 | The environmental nutrition model. , 2019, , 41-52. | | 1 |
| 166 | Daily Macadamia Nut Intake and Its Effect on Macronutrient Intake and Nutrient Displacement in Overweight and Obese Adults. Current Developments in Nutrition, 2020, 4, nzaa063_020. | 0.3 | 1 |
| 167 | Replying to â€œQuestions and Concerns Re: Blue Water Footprints Reported in â€œWater Footprint of Meat Analogs: Selected Indicators According to Life Cycle Assessmentâ€â€. Water (Switzerland), 2020, 12, 1972. | 2.7 | 1 |
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