

Lluís Serra Majem

List of Publications by Year in descending order

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Version: 2024-02-01

572
papers

51,148
citations

3325

91
h-index

2116

203
g-index

640
all docs

640
docs citations

640
times ranked

50007
citing authors

#	ARTICLE	IF	CITATIONS
1	Worldwide trends in body-mass index, underweight, overweight, and obesity from 1975 to 2016: a pooled analysis of 2416 population-based measurement studies in 128.9 million children, adolescents, and adults. <i>Lancet, The</i> , 2017, 390, 2627-2642.	6.3	5,010
2	Primary Prevention of Cardiovascular Disease with a Mediterranean Diet. <i>New England Journal of Medicine</i> , 2013, 368, 1279-1290.	13.9	3,677
3	National, regional, and global trends in body-mass index since 1980: systematic analysis of health examination surveys and epidemiological studies with 960 country-years and 9.1 million participants. <i>Lancet, The</i> , 2011, 377, 557-567.	6.3	3,476
4	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.	13.9	2,065
5	Mediterranean diet pyramid today. Science and cultural updates. <i>Public Health Nutrition</i> , 2011, 14, 2274-2284.	1.1	1,259
6	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.	1.3	973
7	Food, youth and the Mediterranean diet in Spain. Development of KIDMED, Mediterranean Diet Quality Index in children and adolescents. <i>Public Health Nutrition</i> , 2004, 7, 931-935.	1.1	870
8	Fetal programming and adult health. <i>Public Health Nutrition</i> , 2001, 4, 611-624.	1.1	791
9	A 14-Item Mediterranean Diet Assessment Tool and Obesity Indexes among High-Risk Subjects: The PREDIMED Trial. <i>PLoS ONE</i> , 2012, 7, e43134.	1.1	704
10	The International Prevalence Study on Physical Activity: results from 20 countries. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2009, 6, 21.	2.0	653
11	Cardiovascular disease, chronic kidney disease, and diabetes mortality burden of cardiometabolic risk factors from 1980 to 2010: a comparative risk assessment. <i>Lancet Diabetes and Endocrinology</i> , 2014, 2, 634-647.	5.5	591
12	Prevention of Diabetes With Mediterranean Diets. <i>Annals of Internal Medicine</i> , 2014, 160, 1-10.	2.0	533
13	Association of the Mediterranean Dietary Pattern With the Incidence of Depression. <i>Archives of General Psychiatry</i> , 2009, 66, 1090.	13.8	489
14	Cohort Profile: Design and methods of the PREDIMED study. <i>International Journal of Epidemiology</i> , 2012, 41, 377-385.	0.9	477
15	Olive oil and health: Summary of the II international conference on olive oil and health consensus report, Jaen and Córdoba (Spain) 2008. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2010, 20, 284-294.	1.1	449
16	Scientific Evidence of Interventions Using the Mediterranean Diet: A Systematic Review. <i>Nutrition Reviews</i> , 2006, 64, S27-S47.	2.6	428
17	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.	2.6	391
18	The use of indexes evaluating the adherence to the Mediterranean diet in epidemiological studies: a review. <i>Public Health Nutrition</i> , 2006, 9, 132-146.	1.1	326

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19	Television Food Advertising to Children: A Global Perspective. <i>American Journal of Public Health</i> , 2010, 100, 1730-1736.	1.5	312
20	Mediterranean dietary pattern and depression: the PREDIMED randomized trial. <i>BMC Medicine</i> , 2013, 11, 208.	2.3	297
21	Obesity and the Mediterranean diet: a systematic review of observational and intervention studies. <i>Obesity Reviews</i> , 2008, 9, 582-593.	3.1	296
22	Olive oil intake and risk of cardiovascular disease and mortality in the PREDIMED Study. <i>BMC Medicine</i> , 2014, 12, 78.	2.3	267
23	Inverse association between habitual polyphenol intake and incidence of cardiovascular events in the PREDIMED study. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2014, 24, 639-647.	1.1	265
24	Remnant Cholesterol, Not LDL Cholesterol, Is Associated With Incident Cardiovascular Disease. <i>Journal of the American College of Cardiology</i> , 2020, 76, 2712-2724.	1.2	240
25	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.	4.3	239
26	Worldwide variation of adherence to the Mediterranean diet, in 1961â€“1965 and 2000â€“2003. <i>Public Health Nutrition</i> , 2009, 12, 1676-1684.	1.1	235
27	Mediterranean diets and metabolic syndrome status in the PREDIMED randomized trial. <i>Cmaj</i> , 2014, 186, E649-E657.	0.9	235
28	Projected Prevalence of Inadequate Nutrient Intakes in Europe. <i>Annals of Nutrition and Metabolism</i> , 2011, 59, 84-95.	1.0	234
29	Med Diet 4.0: the Mediterranean diet with four sustainable benefits. <i>Public Health Nutrition</i> , 2017, 20, 1322-1330.	1.1	231
30	Overweight and obesity in infants and preâ€“school children in the European Union: a review of existing data. <i>Obesity Reviews</i> , 2010, 11, 389-398.	3.1	230
31	The Mediterranean Diet and Nutritional Adequacy: A Review. <i>Nutrients</i> , 2014, 6, 231-248.	1.7	230
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.	2.3	227
33	Plasma Ceramides, Mediterranean Diet, and Incident Cardiovascular Disease in the PREDIMED Trial (PrevençÃ³n con Dieta MediterrÃ¡nea). <i>Circulation</i> , 2017, 135, 2028-2040.	1.6	227
34	Dietary intake and major food sources of polyphenols in a Spanish population at high cardiovascular risk: The PREDIMED study. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2013, 23, 953-959.	1.1	219
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.	2.2	219
36	Mapping low intake of micronutrients across Europe. <i>British Journal of Nutrition</i> , 2013, 110, 755-773.	1.2	215

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37	Dietary inflammatory index and anthropometric measures of obesity in a population sample at high cardiovascular risk from the PREDIMED (PREvención con Dieta MEDiterránea) trial. <i>British Journal of Nutrition</i> , 2015, 113, 984-995.	1.2	209
38	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.	2.2	207
39	Plasma Branched-Chain Amino Acids and Incident Cardiovascular Disease in the PREDIMED Trial. <i>Clinical Chemistry</i> , 2016, 62, 582-592.	1.5	203
40	Extravirgin Olive Oil Consumption Reduces Risk of Atrial Fibrillation. <i>Circulation</i> , 2014, 130, 18-26.	1.6	194
41	Dietary Fat Intake and the Risk of Depression: The SUN Project. <i>PLoS ONE</i> , 2011, 6, e16268.	1.1	191
42	Iron deficiency in Europe. <i>Public Health Nutrition</i> , 2001, 4, 537-545.	1.1	188
43	Environmental footprints of Mediterranean versus Western dietary patterns: beyond the health benefits of the Mediterranean diet. <i>Environmental Health</i> , 2013, 12, 118.	1.7	185
44	Prevalencia de obesidad general y obesidad abdominal en la población adulta española (25 a 64 años) 2014-2015: estudio ENPE. <i>Revista Española De Cardiología</i> , 2016, 69, 579-587.	0.6	185
45	Dietary Inflammatory Index and Incidence of Cardiovascular Disease in the PREDIMED Study. <i>Nutrients</i> , 2015, 7, 4124-4138.	1.7	182
46	Cohort Profile: Design and methods of the PREDIMED-Plus randomized trial. <i>International Journal of Epidemiology</i> , 2019, 48, 387-388o.	0.9	179
47	Mediterranean Diet Improves High-Density Lipoprotein Function in High-Cardiovascular-Risk Individuals. <i>Circulation</i> , 2017, 135, 633-643.	1.6	171
48	Updating the Mediterranean Diet Pyramid towards Sustainability: Focus on Environmental Concerns. <i>International Journal of Environmental Research and Public Health</i> , 2020, 17, 8758.	1.2	167
49	Adherence to a Mediterranean dietary pattern and weight gain in a follow-up study: the SUN cohort. <i>International Journal of Obesity</i> , 2006, 30, 350-358.	1.6	166
50	International Physical Activity Questionnaire: Reliability and validity in a Spanish population. <i>European Journal of Sport Science</i> , 2010, 10, 297-304.	1.4	166
51	Polyphenol intake and mortality risk: a re-analysis of the PREDIMED trial. <i>BMC Medicine</i> , 2014, 12, 77.	2.3	159
52	Mediterranean food pattern and the primary prevention of chronic disease: recent developments. <i>Nutrition Reviews</i> , 2009, 67, S111-S116.	2.6	158
53	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.	1.1	156
54	A review of the use of information and communication technologies for dietary assessment. <i>British Journal of Nutrition</i> , 2009, 101, S102-S112.	1.2	151

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55	Prevalence and determinants of obesity in Spanish children and young people. <i>British Journal of Nutrition</i> , 2006, 96, S67-S72.	1.2	146
56	Intake of selected nutrients from foods, from fortification and from supplements in various European countries. <i>Food and Nutrition Research</i> , 2009, 53, .	1.2	143
57	Benefits of the Mediterranean diet: Epidemiological and molecular aspects. <i>Molecular Aspects of Medicine</i> , 2019, 67, 1-55.	2.7	141
58	Plasma Lipidomic Profiling and Risk of Type 2 Diabetes in the PREDIMED Trial. <i>Diabetes Care</i> , 2018, 41, 2617-2624.	4.3	138
59	Frequency of nut consumption and mortality risk in the PREDIMED nutrition intervention trial. <i>BMC Medicine</i> , 2013, 11, 164.	2.3	135
60	Nutrient adequacy and Mediterranean Diet in Spanish school children and adolescents. <i>European Journal of Clinical Nutrition</i> , 2003, 57, S35-S39.	1.3	130
61	Associations of the FTO rs9939609 and the MC4R rs17782313 polymorphisms with type 2 diabetes are modulated by diet, being higher when adherence to the Mediterranean diet pattern is low. <i>Cardiovascular Diabetology</i> , 2012, 11, 137.	2.7	129
62	Inadvertent exposure to organochlorine pesticides DDT and derivatives in people from the Canary Islands (Spain). <i>Science of the Total Environment</i> , 2005, 339, 49-62.	3.9	128
63	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. <i>Journal of Nutrition</i> , 2015, 145, 2308-2316.	1.3	127
64	Food patterns of Spanish schoolchildren and adolescents: The enKid Study. <i>Public Health Nutrition</i> , 2001, 4, 1433-8.	1.1	125
65	Mediterranean Diet Reduces the Adverse Effect of the <i>TCF7L2</i>-rs7903146 Polymorphism on Cardiovascular Risk Factors and Stroke Incidence. <i>Diabetes Care</i> , 2013, 36, 3803-3811.	4.3	125
66	Plasma acylcarnitines and risk of cardiovascular disease: effect of Mediterranean diet interventions. <i>American Journal of Clinical Nutrition</i> , 2016, 103, 1408-1416.	2.2	124
67	Dairy product consumption and risk of type 2 diabetes in an elderly Spanish Mediterranean population at high cardiovascular risk. <i>European Journal of Nutrition</i> , 2016, 55, 349-360.	1.8	122
68	Evaluating the quality of dietary intake validation studies. <i>British Journal of Nutrition</i> , 2009, 102, S3-S9.	1.2	121
69	Effect of the Mediterranean diet on heart failure biomarkers: a randomized sample from the <sc>PREDIMED</sc> trial. <i>European Journal of Heart Failure</i> , 2014, 16, 543-550.	2.9	121
70	Variables predictive of adherence to diet and physical activity recommendations in the treatment of obesity and overweight, in a group of Spanish subjects. <i>International Journal of Obesity</i> , 2004, 28, 697-705.	1.6	117
71	Dietary patterns and nutritional adequacy in a Mediterranean country. <i>British Journal of Nutrition</i> , 2009, 101, S21-S28.	1.2	116
72	The Effect of the Mediterranean Diet on Hypertension: A Systematic Review and Meta-Analysis. <i>Journal of Nutrition Education and Behavior</i> , 2016, 48, 42-53.e1.	0.3	114

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73	Usage of Plant Food Supplements across Six European Countries: Findings from the PlantLIBRA Consumer Survey. PLoS ONE, 2014, 9, e92265.	1.1	111
74	Intake of Total Polyphenols and Some Classes of Polyphenols Is Inversely Associated with Diabetes in Elderly People at High Cardiovascular Disease Risk. Journal of Nutrition, 2016, 146, 767-777.	1.3	108
75	Legume consumption is inversely associated with type 2 diabetes incidence in adults: A prospective assessment from the PREDIMED study. Clinical Nutrition, 2018, 37, 906-913.	2.3	108
76	Scientific Evidence of Interventions Using the Mediterranean Diet: A Systematic Review. Nutrition Reviews, 2006, 64, 27-47.	2.6	108
77	KIDMED TEST; PREVALENCE OF LOW ADHERENCE TO THE MEDITERRANEAN DIET IN CHILDREN AND YOUNG; A SYSTEMATIC REVIEW. Nutricion Hospitalaria, 2015, 32, 2390-9.	0.2	108
78	Dietary patterns in six European populations: results from EURALIM, a collaborative European data harmonization and information campaign. European Journal of Clinical Nutrition, 2000, 54, 253-262.	1.3	106
79	Influence of a Mediterranean Dietary Pattern on Body Fat Distribution: Results of the PREDIMED-Canarias Intervention Randomized Trial. Journal of the American College of Nutrition, 2016, 35, 568-580.	1.1	105
80	Mediterranean Diet, Retinopathy, Nephropathy, and Microvascular Diabetes Complications: A Post Hoc Analysis of a Randomized Trial. Diabetes Care, 2015, 38, 2134-2141.	4.3	104
81	Cross-Sectional Assessment of Nut Consumption and Obesity, Metabolic Syndrome and Other Cardiometabolic Risk Factors: The PREDIMED Study. PLoS ONE, 2013, 8, e57367.	1.1	102
82	Comparison and evaluation of the reliability of indexes of adherence to the Mediterranean diet. Public Health Nutrition, 2011, 14, 2338-2345.	1.1	100
83	Mediterranean diet and quality of life: Baseline cross-sectional analysis of the PREDIMED-PLUS trial. PLoS ONE, 2018, 13, e0198974.	1.1	100
84	Effect of a Nutritional and Behavioral Intervention on Energy-Reduced Mediterranean Diet Adherence Among Patients With Metabolic Syndrome. JAMA - Journal of the American Medical Association, 2019, 322, 1486.	3.8	100
85	Patterns of Change in Dietary Habits and Physical Activity during Lockdown in Spain Due to the COVID-19 Pandemic. Nutrients, 2021, 13, 300.	1.7	100
86	CLOCK gene variation is associated with incidence of type-2 diabetes and cardiovascular diseases in type-2 diabetic subjects: dietary modulation in the PREDIMED randomized trial. Cardiovascular Diabetology, 2016, 15, 4.	2.7	99
87	Association between red meat consumption and metabolic syndrome in a Mediterranean population at high cardiovascular risk: Cross-sectional and 1-year follow-up assessment. Nutrition, Metabolism and Cardiovascular Diseases, 2012, 22, 200-207.	1.1	98
88	Effectiveness of the Mediterranean diet in the elderly. Clinical Interventions in Aging, 2008, Volume 3, 97-109.	1.3	97
89	Association Between the Mediterranean Diet and Cancer Risk: A Review of Observational Studies. Nutrition and Cancer, 2010, 62, 860-870.	0.9	95
90	Dietary exposure assessments for children in europe (the EXPOCHI project): rationale, methods and design. Archives of Public Health, 2011, 69, 4.	1.0	95

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91	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, .	1.6	95
92	Dietary methods and biomarkers of omega 3 fatty acids: a systematic review. <i>British Journal of Nutrition</i> , 2012, 107, S64-S76.	1.2	94
93	Review Article Socio-economic determinants of micronutrient intake and status in Europe: a systematic review. <i>Public Health Nutrition</i> , 2014, 17, 1031-1045.	1.1	94
94	Energy Intake, Profile, and Dietary Sources in the Spanish Population: Findings of the ANIBES Study. <i>Nutrients</i> , 2015, 7, 4739-4762.	1.7	93
95	Determinants of Nutrient Intake among Children and Adolescents: Results from the enKid Study. <i>Annals of Nutrition and Metabolism</i> , 2002, 46, 31-38.	1.0	92
96	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.	1.4	92
97	Prevalence of Abdominal Obesity in Spanish Children and Adolescents. Do We Need Waist Circumference Measurements in Pediatric Practice?. <i>PLoS ONE</i> , 2014, 9, e87549.	1.1	91
98	Reported Dietary Intake, Disparity between the Reported Consumption and the Level Needed for Adequacy and Food Sources of Calcium, Phosphorus, Magnesium and Vitamin D in the Spanish Population: Findings from the ANIBES Study. <i>Nutrients</i> , 2017, 9, 168.	1.7	90
99	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.	5.5	90
100	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.	2.9	89
101	Clustering of Dietary Patterns, Lifestyles, and Overweight among Spanish Children and Adolescents in the ANIBES Study. <i>Nutrients</i> , 2016, 8, 11.	1.7	88
102	Mediterranean diet and metabolic syndrome: a cross-sectional study in the Canary Islands. <i>Public Health Nutrition</i> , 2006, 9, 1089-1098.	1.1	87
103	Dietary inflammatory index and all-cause mortality in large cohorts: The SUN and PREDIMED studies. <i>Clinical Nutrition</i> , 2019, 38, 1221-1231.	2.3	87
104	Comparative analysis of nutrition data from national, household, and individual levels: results from a WHO-CINDI collaborative project in Canada, Finland, Poland, and Spain. <i>Journal of Epidemiology and Community Health</i> , 2003, 57, 74-80.	2.0	86
105	Total and subtypes of dietary fat intake and risk of type 2 diabetes mellitus in the Prevenci3n con Dieta Mediterr3nea (PREDIMED) study. <i>American Journal of Clinical Nutrition</i> , 2017, 105, 723-735.	2.2	86
106	Alcohol intake, wine consumption and the development of depression: the PREDIMED study. <i>BMC Medicine</i> , 2013, 11, 192.	2.3	85
107	Weight status of European preschool children and associations with family demographics and energy balance-related behaviours: a pooled analysis of six European studies. <i>Obesity Reviews</i> , 2012, 13, 29-41.	3.1	84
108	Mediterranean Diet and Cardiometabolic Risk: A Systematic Review through Evidence-Based Answers to Key Clinical Questions. <i>Nutrients</i> , 2019, 11, 655.	1.7	83

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109	Availability of Mediterranean and non-Mediterranean foods during the last four decades: comparison of several geographical areas. <i>Public Health Nutrition</i> , 2009, 12, 1667-1675.	1.1	82
110	Dietary assessment methods for micronutrient intake: a systematic review on vitamins. <i>British Journal of Nutrition</i> , 2009, 102, S10-S37.	1.2	82
111	Does the definition of the Mediterranean diet need to be updated?. <i>Public Health Nutrition</i> , 2004, 7, 927-929.	1.1	81
112	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.	2.2	79
113	Fiber intake and all-cause mortality in the Prevenci3n con Dieta Mediterr3nea (PREDIMED) study. <i>American Journal of Clinical Nutrition</i> , 2014, 100, 1498-1507.	2.2	78
114	Nutritional objectives for the Spanish population. Consensus from the Spanish Society of Community Nutrition. <i>Public Health Nutrition</i> , 2001, 4, 1409-13.	1.1	77
115	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.	1.1	77
116	What and how much do we eat? 24-hour dietary recall method. <i>Nutricion Hospitalaria</i> , 2015, 31 Suppl 3, 46-8.	0.2	77
117	Macronutrient Distribution and Dietary Sources in the Spanish Population: Findings from the ANIBES Study. <i>Nutrients</i> , 2016, 8, 177.	1.7	76
118	Reported Dietary Intake and Food Sources of Zinc, Selenium, and Vitamins A, E and C in the Spanish Population: Findings from the ANIBES Study. <i>Nutrients</i> , 2017, 9, 697.	1.7	76
119	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.	1.5	76
120	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.	1.1	76
121	Evaluating associations between Mediterranean diet adherence indexes and biomarkers of diet and disease. <i>Public Health Nutrition</i> , 2006, 9, 1110-1117.	1.1	75
122	Physical Activity Patterns of the Spanish Population Are Mostly Determined by Sex and Age: Findings in the ANIBES Study. <i>PLoS ONE</i> , 2016, 11, e0149969.	1.1	75
123	Legume consumption and risk of all-cause, cardiovascular, and cancer mortality in the PREDIMED study. <i>Clinical Nutrition</i> , 2019, 38, 348-356.	2.3	74
124	Obesity and overweight trends in Catalonia, Spain (1992-2003): gender and socio-economic determinants. <i>Public Health Nutrition</i> , 2007, 10, 1368-78.	1.1	73
125	Prevalence of General Obesity and Abdominal Obesity in the Spanish Adult Population (Aged 25-64) Tj ETQq1 1 0.784314 rgBT /Over 0.4 78	0.4	73
126	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, .	1.6	73

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127	Zinc Intake and Status and Risk of Type 2 Diabetes Mellitus: A Systematic Review and Meta-Analysis. <i>Nutrients</i> , 2019, 11, 1027.	1.7	73
128	Olive oil and the Mediterranean diet: beyond the rhetoric. <i>European Journal of Clinical Nutrition</i> , 2003, 57, S2-S7.	1.3	72
129	Influence of sociodemographic factors in the prevalence of obesity in Spain. The SEEDO'97 Study. <i>European Journal of Clinical Nutrition</i> , 2001, 55, 430-435.	1.3	71
130	The Contribution of Ready-to-Eat Cereals to Daily Nutrient Intake and Breakfast Quality in a Mediterranean Setting. <i>Journal of the American College of Nutrition</i> , 2006, 25, 135-143.	1.1	71
131	Effect of a traditional Mediterranean diet on apolipoproteins B, A-I, and their ratio: A randomized, controlled trial. <i>Atherosclerosis</i> , 2011, 218, 174-180.	0.4	71
132	Mediterranean diet and risk of heart failure: results from the PREDIMED randomized controlled trial. <i>European Journal of Heart Failure</i> , 2017, 19, 1179-1185.	2.9	71
133	Dietary assessment methods for micronutrient intake in infants, children and adolescents: a systematic review. <i>British Journal of Nutrition</i> , 2009, 102, S87-S117.	1.2	70
134	How could changes in diet explain changes in coronary heart disease mortality in Spain? The Spanish paradox. <i>American Journal of Clinical Nutrition</i> , 1995, 61, 1351S-1359S.	2.2	69
135	Effectiveness of Interventions in the Prevention of Childhood Obesity. <i>European Journal of Epidemiology</i> , 2003, 19, 617-622.	2.5	69
136	The Mediterranean diet in Spain: adherence trends during the past two decades using the Mediterranean Adequacy Index. <i>Public Health Nutrition</i> , 2011, 14, 622-628.	1.1	69
137	Systematic reviews of the role of omega-3 fatty acids in the prevention and treatment of disease. <i>British Journal of Nutrition</i> , 2012, 107, S1-S2.	1.2	69
138	EURRECA"Estimating Zinc Requirements for Deriving Dietary Reference Values. <i>Critical Reviews in Food Science and Nutrition</i> , 2013, 53, 1110-1123.	5.4	69
139	Maternal Obesity in Early Pregnancy and Risk of Adverse Outcomes. <i>PLoS ONE</i> , 2013, 8, e80410.	1.1	69
140	The Mediterranean diet: culture, health and science. <i>British Journal of Nutrition</i> , 2015, 113, S1-S3.	1.2	69
141	Bone mineral density in two different socio-economic population groups. <i>Bone and Mineral</i> , 1992, 18, 159-168.	2.0	68
142	Mediterranean diet and waist circumference in a representative national sample of young Spaniards. <i>Pediatric Obesity</i> , 2010, 5, 516-519.	3.2	68
143	Total polyphenol excretion and blood pressure in subjects at high cardiovascular risk. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2011, 21, 323-331.	1.1	68
144	Zinc intake, status and indices of cognitive function in adults and children: a systematic review and meta-analysis. <i>European Journal of Clinical Nutrition</i> , 2015, 69, 649-661.	1.3	68

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145	Nutrient adequacy in Spanish children and adolescents. <i>British Journal of Nutrition</i> , 2006, 96, S49-S57.	1.2	67
146	The Relationship between Zinc Intake and Serum/Plasma Zinc Concentration in Children: A Systematic Review and Dose-Response Meta-Analysis. <i>Nutrients</i> , 2012, 4, 841-858.	1.7	67
147	Increased Serum Calcium Levels and Risk of Type 2 Diabetes in Individuals at High Cardiovascular Risk. <i>Diabetes Care</i> , 2014, 37, 3084-3091.	4.3	67
148	A Consensus Proposal for Nutritional Indicators to Assess the Sustainability of a Healthy Diet: The Mediterranean Diet as a Case Study. <i>Frontiers in Nutrition</i> , 2016, 3, 37.	1.6	67
149	Association between dietary fibre intake and fruit, vegetable or whole-grain consumption and the risk of CVD: results from the PREvenci3n con Dieta MEDiterr3nea (PREDIMED) trial. <i>British Journal of Nutrition</i> , 2016, 116, 534-546.	1.2	67
150	Factors Associated with Stunting among Children Aged 0 to 59 Months from the Central Region of Mozambique. <i>Nutrients</i> , 2017, 9, 491.	1.7	67
151	Prevention of overweight and obesity: a Spanish approach. <i>Public Health Nutrition</i> , 2007, 10, 1187-1193.	1.1	66
152	Complex organochlorine pesticide mixtures as determinant factor for breast cancer risk: a population-based case-control study in the Canary Islands (Spain). <i>Environmental Health</i> , 2012, 11, 28.	1.7	66
153	Dietary Intake of Vitamin K Is Inversely Associated with Mortality Risk. <i>Journal of Nutrition</i> , 2014, 144, 743-750.	1.3	65
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