

Wim H M Saris

List of Publications by Year in descending order

Source: <https://exaly.com/author-pdf/7652755/publications.pdf>

Version: 2024-02-01

121
papers

7,724
citations

71102

41
h-index

54911

84
g-index

125
all docs

125
docs citations

125
times ranked

8865
citing authors

#	ARTICLE	IF	CITATIONS
1	Diets with High or Low Protein Content and Glycemic Index for Weight-Loss Maintenance. <i>New England Journal of Medicine</i> , 2010, 363, 2102-2113.	27.0	725
2	The effects of increasing exercise intensity on muscle fuel utilisation in humans. <i>Journal of Physiology</i> , 2001, 536, 295-304.	2.9	643
3	Plasma insulin responses after ingestion of different amino acid or protein mixtures with carbohydrate. <i>American Journal of Clinical Nutrition</i> , 2000, 72, 96-105.	4.7	323
4	Ingestion of a protein hydrolysate is accompanied by an accelerated in vivo digestion and absorption rate when compared with its intact protein. <i>American Journal of Clinical Nutrition</i> , 2009, 90, 106-115.	4.7	301
5	Maximizing postexercise muscle glycogen synthesis: carbohydrate supplementation and the application of amino acid or protein hydrolysate mixtures. <i>American Journal of Clinical Nutrition</i> , 2000, 72, 106-111.	4.7	286
6	Exercising before protein intake allows for greater use of dietary protein-derived amino acids for de novo muscle protein synthesis in both young and elderly men. <i>American Journal of Clinical Nutrition</i> , 2011, 93, 322-331.	4.7	246
7	Folate intake of the Dutch population according to newly established liquid chromatography data for foods. <i>American Journal of Clinical Nutrition</i> , 2001, 73, 765-776.	4.7	237
8	Effect of personalized nutrition on health-related behaviour change: evidence from the Food4me European randomized controlled trial. <i>International Journal of Epidemiology</i> , 2017, 46, dyw186.	1.9	219
9	A dual-respiration chamber system with automated calibration. <i>Journal of Applied Physiology</i> , 1997, 83, 2064-2072.	2.5	207
10	Long-term effect of physical activity on energy balance and body composition. <i>British Journal of Nutrition</i> , 1992, 68, 21-30.	2.3	188
11	Effect of a 28-d treatment with L-796568, a novel β -adrenergic receptor agonist, on energy expenditure and body composition in obese men. <i>American Journal of Clinical Nutrition</i> , 2002, 76, 780-788.	4.7	176
12	Very-Low-Calorie Diets and Sustained Weight Loss. <i>Obesity</i> , 2001, 9, 295S-301S.	4.0	175
13	Predictors of Weight Maintenance. <i>Obesity</i> , 1999, 7, 43-50.	4.0	164
14	Effects of Weight Loss and Long-Term Weight Maintenance With Diets Varying in Protein and Glycemic Index on Cardiovascular Risk Factors. <i>Circulation</i> , 2011, 124, 2829-2838.	1.6	160
15	An alternative function for human uncoupling protein 3: protection of mitochondria against accumulation of nonesterified fatty acids inside the mitochondrial matrix. <i>FASEB Journal</i> , 2001, 15, 2497-2502.	0.5	157
16	Pretreatment fasting plasma glucose and insulin modify dietary weight loss success: results from 3 randomized clinical trials. <i>American Journal of Clinical Nutrition</i> , 2017, 106, 499-505.	4.7	143
17	Glucose kinetics during prolonged exercise in highly trained human subjects: effect of glucose ingestion. <i>Journal of Physiology</i> , 1999, 515, 579-589.	2.9	135
18	Design and baseline characteristics of the Food4Me study: a web-based randomised controlled trial of personalised nutrition in seven European countries. <i>Genes and Nutrition</i> , 2015, 10, 450.	2.5	134

#	ARTICLE	IF	CITATIONS
19	Cold-induced Adaptive Thermogenesis in Lean and Obese. <i>Obesity</i> , 2010, 18, 1092-1099.	3.0	91
20	Genetic Variation in the Leptin Receptor Gene, Leptin, and Weight Gain in Young Dutch Adults. <i>Obesity</i> , 2003, 11, 377-386.	4.0	89
21	Intramyocellular Lipid Content and Molecular Adaptations in Response to a 1-Week High-Fat Diet. <i>Obesity</i> , 2005, 13, 2088-2094.	4.0	89
22	Effect of training status on fuel selection during submaximal exercise with glucose ingestion. <i>Journal of Applied Physiology</i> , 1999, 87, 1413-1420.	2.5	86
23	Nutritional Interventions to Promote Post-Exercise Muscle Protein Synthesis. <i>Sports Medicine</i> , 2007, 37, 895-906.	6.5	80
24	Effect of an Internet-based, personalized nutrition randomized trial on dietary changes associated with the Mediterranean diet: the Food4Me Study. <i>American Journal of Clinical Nutrition</i> , 2016, 104, 288-297.	4.7	77
25	Proteomic Biomarker Discovery in 1000 Human Plasma Samples with Mass Spectrometry. <i>Journal of Proteome Research</i> , 2016, 15, 389-399.	3.7	77
26	Impaired Skeletal Muscle Substrate Oxidation in Glucose-intolerant Men Improves After Weight Loss. <i>Obesity</i> , 2008, 16, 1025-1032.	3.0	73
27	Personalized weight loss strategies—the role of macronutrient distribution. <i>Nature Reviews Endocrinology</i> , 2014, 10, 749-760.	9.6	69
28	RELIABILITY OF TESTS TO DETERMINE PEAK AEROBIC POWER, ANAEROBIC POWER AND ISOKINETIC MUSCLE STRENGTH IN CHILDREN WITH SPASTIC CEREBRAL PALSY. <i>Developmental Medicine and Child Neurology</i> , 1996, 38, 1117-1125.	2.1	67
29	Protein quantitative trait locus study in obesity during weight-loss identifies a leptin regulator. <i>Nature Communications</i> , 2017, 8, 2084.	12.8	66
30	Comparison of Two Physical Activity Questionnaires in Obese Subjects: The NUGENOB Study. <i>Medicine and Science in Sports and Exercise</i> , 2005, 37, 1535-1541.	0.4	62
31	Association between Diet-Quality Scores, Adiposity, Total Cholesterol and Markers of Nutritional Status in European Adults: Findings from the Food4Me Study. <i>Nutrients</i> , 2018, 10, 49.	4.1	61
32	Short-term effects of weight loss with or without low-intensity exercise training on fat metabolism in obese men. <i>American Journal of Clinical Nutrition</i> , 2001, 73, 523-531.	4.7	60
33	Adipose tissue transcriptome reflects variations between subjects with continued weight loss and subjects regaining weight 6 mo after caloric restriction independent of energy intake. <i>American Journal of Clinical Nutrition</i> , 2010, 92, 975-984.	4.7	59
34	Transcriptome profiling from adipose tissue during a low-calorie diet reveals predictors of weight and glycemic outcomes in obese, nondiabetic subjects. <i>American Journal of Clinical Nutrition</i> , 2017, 106, 736-746.	4.7	59
35	A distinct adipose tissue gene expression response to caloric restriction predicts 6-mo weight maintenance in obese subjects. <i>American Journal of Clinical Nutrition</i> , 2011, 94, 1399-1409.	4.7	54
36	Skeletal Muscle Fatty Acid Handling in Insulin Resistant Men. <i>Obesity</i> , 2011, 19, 1350-1359.	3.0	52

#	ARTICLE	IF	CITATIONS
37	Can genetic-based advice help you lose weight? Findings from the Food4Me European randomized controlled trial ¹³ . <i>American Journal of Clinical Nutrition</i> , 2017, 105, 1204-1213.	4.7	50
38	The Effect of Low-Intensity Exercise Training on Fat Metabolism of Obese Women. <i>Obesity</i> , 2001, 9, 86-96.	4.0	48
39	Determinants of Human Adipose Tissue Gene Expression: Impact of Diet, Sex, Metabolic Status, and Cis Genetic Regulation. <i>PLoS Genetics</i> , 2012, 8, e1002959.	3.5	48
40	Physical activity attenuates the effect of the <i>FTO</i> genotype on obesity traits in European adults: The Food4Me study. <i>Obesity</i> , 2016, 24, 962-969.	3.0	47
41	Genotype-by-nutrient interactions assessed in European obese women. <i>European Journal of Nutrition</i> , 2006, 45, 454-462.	3.9	46
42	Obesity shows preserved plasma proteome in large independent clinical cohorts. <i>Scientific Reports</i> , 2018, 8, 16981.	3.3	45
43	How reliable is internet-based self-reported identity, socio-demographic and obesity measures in European adults?. <i>Genes and Nutrition</i> , 2015, 10, 28.	2.5	42
44	Application of dried blood spots to determine vitamin D status in a large nutritional study with unsupervised sampling: the Food4Me project. <i>British Journal of Nutrition</i> , 2016, 115, 202-211.	2.3	42
45	Interaction between hormone-sensitive lipase and ChREBP in fat cells controls insulin sensitivity. <i>Nature Metabolism</i> , 2019, 1, 133-146.	11.9	42
46	Appetite and blood glucose profiles in humans after glycogen-depleting exercise. <i>Journal of Applied Physiology</i> , 1999, 87, 947-954.	2.5	41
47	System Model Network for Adipose Tissue Signatures Related to Weight Changes in Response to Calorie Restriction and Subsequent Weight Maintenance. <i>PLoS Computational Biology</i> , 2015, 11, e1004047.	3.2	41
48	The effect of the apolipoprotein E genotype on response to personalized dietary advice intervention: findings from the Food4Me randomized controlled trial. <i>American Journal of Clinical Nutrition</i> , 2016, 104, 827-836.	4.7	41
49	The differential plasma proteome of obese and overweight individuals undergoing a nutritional weight loss and maintenance intervention. <i>Proteomics - Clinical Applications</i> , 2018, 12, 1600150.	1.6	39
50	A Dietary Feedback System for the Delivery of Consistent Personalized Dietary Advice in the Web-Based Multicenter Food4Me Study. <i>Journal of Medical Internet Research</i> , 2016, 18, e150.	4.3	37
51	Fat balance in obese subjects: role of glycogen stores. <i>American Journal of Physiology - Endocrinology and Metabolism</i> , 1998, 274, E1027-E1033.	3.5	36
52	Differential response of UCP3 to medium versus long chain triacylglycerols; manifestation of a functional adaptation. <i>FEBS Letters</i> , 2003, 555, 631-637.	2.8	36
53	Metabolic profiling of tissue-specific insulin resistance in human obesity: results from the Diogenes study and the Maastricht Study. <i>International Journal of Obesity</i> , 2020, 44, 1376-1386.	3.4	36
54	Subcutaneous Adipose Tissue and Systemic Inflammation Are Associated With Peripheral but Not Hepatic Insulin Resistance in Humans. <i>Diabetes</i> , 2019, 68, 2247-2258.	0.6	35

#	ARTICLE	IF	CITATIONS
55	In vivo $\hat{1}^{23}$ -adrenergic stimulation of human thermogenesis and lipid use. <i>Clinical Pharmacology and Therapeutics</i> , 2000, 67, 558-566.	4.7	34
56	Profile of European adults interested in internet-based personalised nutrition: the Food4Me study. <i>European Journal of Nutrition</i> , 2016, 55, 759-769.	3.9	34
57	Effects of a Web-Based Personalized Intervention on Physical Activity in European Adults: A Randomized Controlled Trial. <i>Journal of Medical Internet Research</i> , 2015, 17, e231.	4.3	34
58	Glycemic Carbohydrate and Body Weight Regulation. <i>Nutrition Reviews</i> , 2003, 61, S10-S16.	5.8	33
59	Limits of energy turnover in relation to physical performance, achievement of energy balance on a daily basis. <i>Journal of Sports Sciences</i> , 1991, 9, 1-15.	2.0	30
60	Apolipoprotein M: a novel adipokine decreasing with obesity and upregulated by calorie restriction. <i>American Journal of Clinical Nutrition</i> , 2019, 109, 1499-1510.	4.7	30
61	Associations of vitamin D status with dietary intakes and physical activity levels among adults from seven European countries: the Food4Me study. <i>European Journal of Nutrition</i> , 2018, 57, 1357-1368.	3.9	29
62	Molecular Biomarkers for Weight Control in Obese Individuals Subjected to a Multiphase Dietary Intervention. <i>Journal of Clinical Endocrinology and Metabolism</i> , 2017, 102, 2751-2761.	3.6	28
63	Metabotyping for the development of tailored dietary advice solutions in a European population: the Food4Me study. <i>British Journal of Nutrition</i> , 2017, 118, 561-569.	2.3	28
64	Weight loss predictability by plasma metabolic signatures in adults with obesity and morbid obesity of the \hat{D} - \hat{O} - \hat{G} enes study. <i>Obesity</i> , 2016, 24, 379-388.	3.0	27
65	Distinct lipid profiles predict improved glycemic control in obese, nondiabetic patients after a low-caloric diet intervention: the Diet, Obesity and Genes randomized trial. <i>American Journal of Clinical Nutrition</i> , 2016, 104, 566-575.	4.7	27
66	Plasma lipid profiling of tissue-specific insulin resistance in human obesity. <i>International Journal of Obesity</i> , 2019, 43, 989-998.	3.4	27
67	Personalised nutrition advice reduces intake of discretionary foods and beverages: findings from the Food4Me randomised controlled trial. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2021, 18, 70.	4.6	27
68	Energy expenditure and dietary intake in professional football players in the Dutch Premier League: Implications for nutritional counselling. <i>Journal of Sports Sciences</i> , 2019, 37, 2759-2767.	2.0	26
69	Effect of aging on $\hat{1}^2$ -adrenergically mediated thermogenesis in men. <i>American Journal of Physiology - Endocrinology and Metabolism</i> , 1998, 274, E1075-E1079.	3.5	25
70	Genome-wide gene-based analyses of weight loss interventions identify a potential role for NKX6.3 in metabolism. <i>Nature Communications</i> , 2019, 10, 540.	12.8	25
71	Changes in Physical Activity Following a Genetic-Based Internet-Delivered Personalized Intervention: Randomized Controlled Trial (Food4Me). <i>Journal of Medical Internet Research</i> , 2016, 18, e30.	4.3	25
72	Reproducibility of the Online Food4Me Food-Frequency Questionnaire for Estimating Dietary Intakes across Europe. <i>Journal of Nutrition</i> , 2016, 146, 1068-1075.	2.9	24

#	ARTICLE	IF	CITATIONS
73	Metabolic syndrome, circulating RBP4, testosterone, and SHBG predict weight regain at 6 months after weight loss in men. <i>Obesity</i> , 2013, 21, 1997-2006.	3.0	23
74	PASSCLAIM - Physical performance and fitness. <i>European Journal of Nutrition</i> , 2003, 42, 1-1.	3.9	22
75	Fat mass- and obesity-associated genotype, dietary intakes and anthropometric measures in European adults: the Food4Me study. <i>British Journal of Nutrition</i> , 2016, 115, 440-448.	2.3	22
76	Physiological aspects of exercise in weight cycling. <i>American Journal of Clinical Nutrition</i> , 1989, 49, 1099-1104.	4.7	22
77	Increased $\hat{\imath}^2$ -oxidation with improved glucose uptake capacity in adipose tissue from obese after weight loss and maintenance. <i>Obesity</i> , 2014, 22, 819-827.	3.0	21
78	The effect of high-fat feeding on intramuscular lipid and lipid peroxidation levels in UCP3-ablated mice. <i>FEBS Letters</i> , 2006, 580, 1371-1375.	2.8	20
79	Correlates of overall and central obesity in adults from seven European countries: findings from the Food4Me Study. <i>European Journal of Clinical Nutrition</i> , 2018, 72, 207-219.	2.9	20
80	Plasma metabolites and lipids predict insulin sensitivity improvement in obese, nondiabetic individuals after a 2-phase dietary intervention. <i>American Journal of Clinical Nutrition</i> , 2018, 108, 13-23.	4.7	20
81	Variation in extracellular matrix genes is associated with weight regain after weight loss in a sex-specific manner. <i>Genes and Nutrition</i> , 2015, 10, 56.	2.5	19
82	A fully joint Bayesian quantitative trait locus mapping of human protein abundance in plasma. <i>PLoS Computational Biology</i> , 2020, 16, e1007882.	3.2	19
83	Frequent Nutritional Feedback, Personalized Advice, and Behavioral Changes: Findings from the European Food4Me Internet-Based RCT. <i>American Journal of Preventive Medicine</i> , 2019, 57, 209-219.	3.0	18
84	Prolonged Changes in Protein and Amino Acid Metabolism after Zymosan Treatment in Rats. <i>Clinical Science</i> , 1994, 87, 619-626.	4.3	17
85	Impact of geographical region on urinary metabolomic and plasma fatty acid profiles in subjects with the metabolic syndrome across Europe: the LIPGENE study. <i>British Journal of Nutrition</i> , 2014, 111, 424-431.	2.3	17
86	Integrative phenotyping of glycemic responders upon clinical weight loss using multi-omics. <i>Scientific Reports</i> , 2020, 10, 9236.	3.3	17
87	Analysis of circulating angiotensin-like protein 3 and genetic variants in lipid metabolism and liver health: the DiOGenes study. <i>Genes and Nutrition</i> , 2018, 13, 7.	2.5	15
88	Phenotypic factors influencing the variation in response of circulating cholesterol level to personalised dietary advice in the Food4Me study. <i>British Journal of Nutrition</i> , 2016, 116, 2011-2019.	2.3	14
89	Sexual Dimorphism, Age, and Fat Mass Are Key Phenotypic Drivers of Proteomic Signatures. <i>Journal of Proteome Research</i> , 2017, 16, 4122-4133.	3.7	14
90	Characteristics of participants who benefit most from personalised nutrition: findings from the pan-European Food4Me randomised controlled trial. <i>British Journal of Nutrition</i> , 2020, 123, 1396-1405.	2.3	14

#	ARTICLE	IF	CITATIONS
91	Body Characteristics, Dietary Protein and Body Weight Regulation. Reconciling Conflicting Results from Intervention and Observational Studies?. PLoS ONE, 2014, 9, e101134.	2.5	13
92	Gene methylation parallelisms between peripheral blood cells and oral mucosa samples in relation to overweight. Journal of Physiology and Biochemistry, 2016, 73, 465-474.	3.0	13
93	Within-person reproducibility and sensitivity to dietary change of C15:0 and C17:0 levels in dried blood spots: Data from the European Food4Me Study. Molecular Nutrition and Food Research, 2017, 61, 1700142.	3.3	13
94	Energy Expenditure during Extreme Endurance Exercise: The Giro d'Italia. Medicine and Science in Sports and Exercise, 2019, 51, 568-574.	0.4	13
95	Differential Mitochondrial Gene Expression in Adipose Tissue Following Weight Loss Induced by Diet or Bariatric Surgery. Journal of Clinical Endocrinology and Metabolism, 2021, 106, 1312-1324.	3.6	13
96	The impact of MTHFR 677C>T risk allele on changes in folate intake: findings from the Food4Me study. Genes and Nutrition, 2016, 11, 25.	2.5	12
97	Capturing health and eating status through a nutritional perception screening questionnaire (NPSQ9) in a randomised internet-based personalised nutrition intervention: the Food4Me study. International Journal of Behavioral Nutrition and Physical Activity, 2017, 14, 168.	4.6	12
98	Clustering of adherence to personalised dietary recommendations and changes in healthy eating index within the Food4Me study. Public Health Nutrition, 2016, 19, 3296-3305.	2.2	10
99	Salivary α -amylase copy number is not associated with weight trajectories and glycemic improvements following clinical weight loss: results from a 2-phase dietary intervention study. American Journal of Clinical Nutrition, 2019, 109, 1029-1037.	4.7	10
100	Sagittal abdominal diameter and waist circumference appear to be equally good as identifiers of cardiometabolic risk. Nutrition, Metabolism and Cardiovascular Diseases, 2021, 31, 518-527.	2.6	10
101	Adipose Tissue CIDEA Is Associated, Independently of Weight Variation, to Change in Insulin Resistance during a Longitudinal Weight Control Dietary Program in Obese Individuals. PLoS ONE, 2014, 9, e98707.	2.5	10
102	Associations between dairy protein intake and body weight and risk markers of diabetes and CVD during weight maintenance. British Journal of Nutrition, 2014, 111, 944-953.	2.3	9
103	Predicting fatty acid profiles in blood based on food intake and the FADS1 rs174546 SNP. Molecular Nutrition and Food Research, 2015, 59, 2565-2573.	3.3	9
104	Weekday sunlight exposure, but not vitamin D intake, influences the association between vitamin D receptor genotype and circulating concentration 25-hydroxyvitamin D in a pan-European population: the Food4Me study. Molecular Nutrition and Food Research, 2017, 61, 1600476.	3.3	9
105	Fast and Accurate Approaches for Large-Scale, Automated Mapping of Food Diaries on Food Composition Tables. Frontiers in Nutrition, 2018, 5, 38.	3.7	9
106	FADS1 genotype is distinguished by human subcutaneous adipose tissue fatty acids, but not inflammatory gene expression. International Journal of Obesity, 2019, 43, 1539-1548.	3.4	9
107	Sexual Dimorphism in Body Weight Loss, Improvements in Cardiometabolic Risk Factors and Maintenance of Beneficial Effects 6 Months after a Low-Calorie Diet: Results from the Randomized Controlled DiOGenes Trial. Nutrients, 2021, 13, 1588.	4.1	9
108	The Impact of Gender and Protein Intake on the Success of Weight Maintenance and Associated Cardiovascular Risk Benefits, Independent of the Mode of Food Provision: The DiOGenes Randomized Trial. Journal of the American College of Nutrition, 2016, 35, 20-30.	1.8	8

#	ARTICLE	IF	CITATIONS
109	Characteristics of European adults who dropped out from the Food4Me Internet-based personalised nutrition intervention. <i>Public Health Nutrition</i> , 2017, 20, 53-63.	2.2	8
110	Network Analyses Reveal Negative Link Between Changes in Adipose Tissue GDF15 and BMI During Dietary-induced Weight Loss. <i>Journal of Clinical Endocrinology and Metabolism</i> , 2022, 107, e130-e142.	3.6	7
111	Microdialysis assessment of local adipose tissue lipolysis during β^2 -adrenergic stimulation in upper-body-obese subjects with type II diabetes. <i>Clinical Science</i> , 1999, 97, 421-428.	4.3	5
112	Effects of dietary protein and glycaemic index on biomarkers of bone turnover in children. <i>British Journal of Nutrition</i> , 2014, 111, 1253-1262.	2.3	5
113	The association between vitamin D receptor polymorphisms and tissue-specific insulin resistance in human obesity. <i>International Journal of Obesity</i> , 2021, 45, 818-827.	3.4	4
114	Personalized Nutrition Advice Reduces Intake of Discretionary Foods and Beverages: Findings From the Food4Me Randomized Controlled Trial. <i>Current Developments in Nutrition</i> , 2021, 5, 152.	0.3	4
115	Reply to Kariluoto et al. <i>American Journal of Clinical Nutrition</i> , 2002, 76, 690-691.	4.7	2
116	Interactions of Carbohydrate Intake and Physical Activity with Regulatory Genes Affecting Glycaemia: A Food4Me Study Analysis. <i>Lifestyle Genomics</i> , 2021, 14, 63-72.	1.7	2
117	1 The use of an ad libitum higher protein, low glycemic index diet in overweight children: the Diogenes Study. <i>FASEB Journal</i> , 2013, 27, 249.8.	0.5	2
118	Associations between dietary patterns, FTO genotype and obesity in adults from seven European countries. <i>European Journal of Nutrition</i> , 2022, 61, 2953-2965.	3.9	2
119	The Role of Protein and Carbohydrates for Long-Term Weight Control: Lessons from the Diogenes Trial. <i>Current Nutrition Reports</i> , 2014, 3, 379-386.	4.3	0
120	Authors' reply to Kahn's comment. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2021, 31, 1940-1941.	2.6	0
121	Mild cold and overfeeding adaptive thermogenesis: role of mitochondrial uncoupling. <i>FASEB Journal</i> , 2008, 22, 958.12.	0.5	0