

# Wim H M Saris

## List of Publications by Year in descending order

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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	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
2	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
3	Sagittal abdominal diameter and waist circumference appear to be equally good as identifiers of cardiometabolic risk. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2021, 31, 518-527.	2.6	10
4	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
5	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
6	Differential Mitochondrial Gene Expression in Adipose Tissue Following Weight Loss Induced by Diet or Bariatric Surgery. <i>Journal of Clinical Endocrinology and Metabolism</i> , 2021, 106, 1312-1324.	3.6	13
7	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. <i>Nutrients</i> , 2021, 13, 1588.	4.1	9
8	Authors' reply to Kahn's comment. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2021, 31, 1940-1941.	2.6	0
9	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
10	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
11	Integrative phenotyping of glycemic responders upon clinical weight loss using multi-omics. <i>Scientific Reports</i> , 2020, 10, 9236.	3.3	17
12	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
13	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
14	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
15	FADS1 genotype is distinguished by human subcutaneous adipose tissue fatty acids, but not inflammatory gene expression. <i>International Journal of Obesity</i> , 2019, 43, 1539-1548.	3.4	9
16	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
17	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
18	Salivary $\alpha$ -amylase copy number is not associated with weight trajectories and glycemic improvements following clinical weight loss: results from a 2-phase dietary intervention study. <i>American Journal of Clinical Nutrition</i> , 2019, 109, 1029-1037.	4.7	10

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19	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
20	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
21	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
22	Energy Expenditure during Extreme Endurance Exercise: The Giro d'Italia. <i>Medicine and Science in Sports and Exercise</i> , 2019, 51, 568-574.	0.4	13
23	Interaction between hormone-sensitive lipase and ChREBP in fat cells controls insulin sensitivity. <i>Nature Metabolism</i> , 2019, 1, 133-146.	11.9	42
24	Plasma lipid profiling of tissue-specific insulin resistance in human obesity. <i>International Journal of Obesity</i> , 2019, 43, 989-998.	3.4	27
25	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
26	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
27	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
28	Obesity shows preserved plasma proteome in large independent clinical cohorts. <i>Scientific Reports</i> , 2018, 8, 16981.	3.3	45
29	Fast and Accurate Approaches for Large-Scale, Automated Mapping of Food Diaries on Food Composition Tables. <i>Frontiers in Nutrition</i> , 2018, 5, 38.	3.7	9
30	Analysis of circulating angiopoietin-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
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	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
33	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
34	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
35	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. <i>Molecular Nutrition and Food Research</i> , 2017, 61, 1700142.	3.3	13
36	Can genetic-based advice help you lose weight? Findings from the Food4Me European randomized controlled trial. <i>American Journal of Clinical Nutrition</i> , 2017, 105, 1204-1213.	4.7	50

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37	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
38	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
39	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
40	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
41	Protein quantitative trait locus study in obesity during weight-loss identifies a leptin regulator. <i>Nature Communications</i> , 2017, 8, 2084.	12.8	66
42	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
43	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. <i>Molecular Nutrition and Food Research</i> , 2017, 61, 1600476.	3.3	9
44	Capturing health and eating status through a nutritional perception screening questionnaire (NPSQ9) in a randomised internet-based personalised nutrition intervention: the Food4Me study. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2017, 14, 168.	4.6	12
45	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
46	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
47	Weight loss predictability by plasma metabolic signatures in adults with obesity and morbid obesity of the DiOGenes study. <i>Obesity</i> , 2016, 24, 379-388.	3.0	27
48	Gene methylation parallels between peripheral blood cells and oral mucosa samples in relation to overweight. <i>Journal of Physiology and Biochemistry</i> , 2016, 73, 465-474.	3.0	13
49	Clustering of adherence to personalised dietary recommendations and changes in healthy eating index within the Food4Me study. <i>Public Health Nutrition</i> , 2016, 19, 3296-3305.	2.2	10
50	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
51	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
52	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
53	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
54	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

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55	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
56	The impact of MTHFR 677C>T risk knowledge on changes in folate intake: findings from the Food4Me study. <i>Genes and Nutrition</i> , 2016, 11, 25.	2.5	12
57	Proteomic Biomarker Discovery in 1000 Human Plasma Samples with Mass Spectrometry. <i>Journal of Proteome Research</i> , 2016, 15, 389-399.	3.7	77
58	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. <i>Journal of the American College of Nutrition</i> , 2016, 35, 20-30.	1.8	8
59	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
60	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
61	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
62	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
63	Predicting fatty acid profiles in blood based on food intake and the FADS1 rs174546 SNP. <i>Molecular Nutrition and Food Research</i> , 2015, 59, 2565-2573.	3.3	9
64	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
65	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
66	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
67	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
68	Body Characteristics, Dietary Protein and Body Weight Regulation. Reconciling Conflicting Results from Intervention and Observational Studies?. <i>PLoS ONE</i> , 2014, 9, e101134.	2.5	13
69	Associations between dairy protein intake and body weight and risk markers of diabetes and CVD during weight maintenance. <i>British Journal of Nutrition</i> , 2014, 111, 944-953.	2.3	9
70	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
71	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
72	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

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73	Personalized weight loss strategies—the role of macronutrient distribution. <i>Nature Reviews Endocrinology</i> , 2014, 10, 749-760.	9.6	69
74	Increased $\dot{V}O_2$ -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
75	Adipose Tissue CIDEA Is Associated, Independently of Weight Variation, to Change in Insulin Resistance during a Longitudinal Weight Control Dietary Program in Obese Individuals. <i>PLoS ONE</i> , 2014, 9, e98707.	2.5	10
76	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
77	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
78	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
79	Skeletal Muscle Fatty Acid Handling in Insulin Resistant Men. <i>Obesity</i> , 2011, 19, 1350-1359.	3.0	52
80	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
81	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
82	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
83	Cold-induced Adaptive Thermogenesis in Lean and Obese. <i>Obesity</i> , 2010, 18, 1092-1099.	3.0	91
84	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
85	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
86	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
87	Impaired Skeletal Muscle Substrate Oxidation in Glucose-intolerant Men Improves After Weight Loss. <i>Obesity</i> , 2008, 16, 1025-1032.	3.0	73
88	Mild cold and overfeeding adaptive thermogenesis: role of mitochondrial uncoupling. <i>FASEB Journal</i> , 2008, 22, 958.12.	0.5	0
89	Nutritional Interventions to Promote Post-Exercise Muscle Protein Synthesis. <i>Sports Medicine</i> , 2007, 37, 895-906.	6.5	80
90	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

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91	Genotype-by-nutrient interactions assessed in European obese women. <i>European Journal of Nutrition</i> , 2006, 45, 454-462.	3.9	46
92	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
93	Intramyocellular Lipid Content and Molecular Adaptations in Response to a 1â€Week Highâ€Fat Diet. <i>Obesity</i> , 2005, 13, 2088-2094.	4.0	89
94	Glycemic Carbohydrate and Body Weight Regulation. <i>Nutrition Reviews</i> , 2003, 61, S10-S16.	5.8	33
95	PASSCLAIM - Physical performance and fitness. <i>European Journal of Nutrition</i> , 2003, 42, 1-1.	3.9	22
96	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
97	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
98	Effect of a 28-d treatment with L-796568, a novel Î²3-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
99	Reply to Kariluoto et al. <i>American Journal of Clinical Nutrition</i> , 2002, 76, 690-691.	4.7	2
100	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
101	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
102	The Effect of Lowâ€Intensity Exercise Training on Fat Metabolism of Obese Women. <i>Obesity</i> , 2001, 9, 86-96.	4.0	48
103	Veryâ€Lowâ€Calorie Diets and Sustained Weight Loss. <i>Obesity</i> , 2001, 9, 295S-301S.	4.0	175
104	The effects of increasing exercise intensity on muscle fuel utilisation in humans. <i>Journal of Physiology</i> , 2001, 536, 295-304.	2.9	643
105	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
106	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
107	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
108	In vivo Î²3-adrenergic stimulation of human thermogenesis and lipid use. <i>Clinical Pharmacology and Therapeutics</i> , 2000, 67, 558-566.	4.7	34

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109	Appetite and blood glucose profiles in humans after glycogen-depleting exercise. <i>Journal of Applied Physiology</i> , 1999, 87, 947-954.	2.5	41
110	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
111	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
112	Predictors of Weight Maintenance. <i>Obesity</i> , 1999, 7, 43-50.	4.0	164
113	Microdialysis assessment of local adipose tissue lipolysis during $\hat{I}^2$ -adrenergic stimulation in upper-body-obese subjects with type II diabetes. <i>Clinical Science</i> , 1999, 97, 421-428.	4.3	5
114	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
115	Effect of aging on $\hat{I}^2$ -adrenergically mediated thermogenesis in men. <i>American Journal of Physiology - Endocrinology and Metabolism</i> , 1998, 274, E1075-E1079.	3.5	25
116	A dual-respiration chamber system with automated calibration. <i>Journal of Applied Physiology</i> , 1997, 83, 2064-2072.	2.5	207
117	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
118	Prolonged Changes in Protein and Amino Acid Metabolism after Zymosan Treatment in Rats. <i>Clinical Science</i> , 1994, 87, 619-626.	4.3	17
119	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
120	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
121	Physiological aspects of exercise in weight cycling. <i>American Journal of Clinical Nutrition</i> , 1989, 49, 1099-1104.	4.7	22