

Ramon Estruch

List of Publications by Year in descending order

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Version: 2024-02-01

259
papers

33,889
citations

6486

82
h-index

4414

178
g-index

266
all docs

266
docs citations

266
times ranked

35170
citing authors

#	ARTICLE	IF	CITATIONS
1	Primary Prevention of Cardiovascular Disease with a Mediterranean Diet. <i>New England Journal of Medicine</i> , 2013, 368, 1279-1290.	13.9	3,677
2	Metabolite profiles and the risk of developing diabetes. <i>Nature Medicine</i> , 2011, 17, 448-453.	15.2	2,586
3	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
4	Effects of a Mediterranean-Style Diet on Cardiovascular Risk Factors. <i>Annals of Internal Medicine</i> , 2006, 145, 1.	2.0	1,430
5	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
6	Reduction in the Incidence of Type 2 Diabetes With the Mediterranean Diet. <i>Diabetes Care</i> , 2011, 34, 14-19.	4.3	721
7	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
8	Mediterranean Diet and Age-Related Cognitive Decline. <i>JAMA Internal Medicine</i> , 2015, 175, 1094.	2.6	653
9	Metabolomics in Prediabetes and Diabetes: A Systematic Review and Meta-analysis. <i>Diabetes Care</i> , 2016, 39, 833-846.	4.3	642
10	Benefits of the Mediterranean Diet: Insights From the PREDIMED Study. <i>Progress in Cardiovascular Diseases</i> , 2015, 58, 50-60.	1.6	538
11	Mediterranean diet improves cognition: the PREDIMED-NAVARRA randomised trial. <i>Journal of Neurology, Neurosurgery and Psychiatry</i> , 2013, 84, 1318-1325.	0.9	534
12	Prevention of Diabetes With Mediterranean Diets. <i>Annals of Internal Medicine</i> , 2014, 160, 1-10.	2.0	533
13	Metabolite Profiling Identifies Pathways Associated With Metabolic Risk in Humans. <i>Circulation</i> , 2012, 125, 2222-2231.	1.6	514
14	Elevation of circulating branched-chain amino acids is an early event in human pancreatic adenocarcinoma development. <i>Nature Medicine</i> , 2014, 20, 1193-1198.	15.2	510
15	Cohort Profile: Design and methods of the PREDIMED study. <i>International Journal of Epidemiology</i> , 2012, 41, 377-385.	0.9	477
16	Scientific Evidence of Interventions Using the Mediterranean Diet: A Systematic Review. <i>Nutrition Reviews</i> , 2006, 64, S27-S47.	2.6	428
17	2-Aminoadipic acid is a biomarker for diabetes risk. <i>Journal of Clinical Investigation</i> , 2013, 123, 4309-4317.	3.9	397
18	Effect of a Mediterranean Diet Supplemented With Nuts on Metabolic Syndrome Status. <i>Archives of Internal Medicine</i> , 2008, 168, 2449.	4.3	396

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19	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
20	Wine, Beer, Alcohol and Polyphenols on Cardiovascular Disease and Cancer. <i>Nutrients</i> , 2012, 4, 759-781.	1.7	390
21	Effect of a Traditional Mediterranean Diet on Lipoprotein Oxidation. <i>Archives of Internal Medicine</i> , 2007, 167, 1195.	4.3	365
22	Mediterranean dietary pattern and depression: the PREDIMED randomized trial. <i>BMC Medicine</i> , 2013, 11, 208.	2.3	297
23	Lifestyle recommendations for the prevention and management of metabolic syndrome: an international panel recommendation. <i>Nutrition Reviews</i> , 2017, 75, 307-326.	2.6	294
24	Mediterranean Diet and Cardiovascular Health: Teachings of the PREDIMED Study. <i>Advances in Nutrition</i> , 2014, 5, 330S-336S.	2.9	283
25	Anti-inflammatory effects of the Mediterranean diet: the experience of the PREDIMED study. <i>Proceedings of the Nutrition Society</i> , 2010, 69, 333-340.	0.4	246
26	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
27	Different effects of red wine and gin consumption on inflammatory biomarkers of atherosclerosis: a prospective randomized crossover trial. <i>Atherosclerosis</i> , 2004, 175, 117-123.	0.4	235
28	Mediterranean diets and metabolic syndrome status in the PREDIMED randomized trial. <i>Cmaj</i> , 2014, 186, E649-E657.	0.9	235
29	Inhibition of circulating immune cell activation: a molecular antiinflammatory effect of the Mediterranean diet. <i>American Journal of Clinical Nutrition</i> , 2009, 89, 248-256.	2.2	228
30	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
31	Plasma Ceramides, Mediterranean Diet, and Incident Cardiovascular Disease in the PREDIMED Trial (Prevençió con Dieta Mediterrànea). <i>Circulation</i> , 2017, 135, 2028-2040.	1.6	227
32	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
33	The Immune Protective Effect of the Mediterranean Diet against Chronic Low-grade Inflammatory Diseases. <i>Endocrine, Metabolic and Immune Disorders - Drug Targets</i> , 2014, 14, 245-254.	0.6	215
34	Dietary patterns and the risk of obesity, type 2 diabetes mellitus, cardiovascular diseases, asthma, and neurodegenerative diseases. <i>Critical Reviews in Food Science and Nutrition</i> , 2018, 58, 262-296.	5.4	210
35	A provegetarian food pattern and reduction in total mortality in the Prevençió con Dieta Mediterrànea (PREDIMED) study. <i>American Journal of Clinical Nutrition</i> , 2014, 100, 320S-328S.	2.2	207
36	Effects of Wine, Alcohol and Polyphenols on Cardiovascular Disease Risk Factors: Evidences from Human Studies. <i>Alcohol and Alcoholism</i> , 2013, 48, 270-277.	0.9	204

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37	Extravirgin Olive Oil Consumption Reduces Risk of Atrial Fibrillation. <i>Circulation</i> , 2014, 130, 18-26.	1.6	194
38	Virgin olive oil and nuts as key foods of the Mediterranean diet effects on inflammatory biomarkers related to atherosclerosis. <i>Pharmacological Research</i> , 2012, 65, 577-583.	3.1	190
39	Polyphenol intake from a Mediterranean diet decreases inflammatory biomarkers related to atherosclerosis: a substudy of the PREDIMED trial. <i>British Journal of Clinical Pharmacology</i> , 2017, 83, 114-128.	1.1	188
40	Mediterranean Diet Reduces 24-Hour Ambulatory Blood Pressure, Blood Glucose, and Lipids. <i>Hypertension</i> , 2014, 64, 69-76.	1.3	184
41	Effect of cocoa powder on the modulation of inflammatory biomarkers in patients at high risk of cardiovascular disease. <i>American Journal of Clinical Nutrition</i> , 2009, 90, 1144-1150.	2.2	183
42	Dietary Inflammatory Index and Incidence of Cardiovascular Disease in the PREDIMED Study. <i>Nutrients</i> , 2015, 7, 4124-4138.	1.7	182
43	The Effects of the Mediterranean Diet on Biomarkers of Vascular Wall Inflammation and Plaque Vulnerability in Subjects with High Risk for Cardiovascular Disease. A Randomized Trial. <i>PLoS ONE</i> , 2014, 9, e100084.	1.1	182
44	Dietary Strategies for Metabolic Syndrome: A Comprehensive Review. <i>Nutrients</i> , 2020, 12, 2983.	1.7	181
45	Cohort Profile: Design and methods of the PREDIMED-Plus randomized trial. <i>International Journal of Epidemiology</i> , 2019, 48, 387-388o.	0.9	179
46	Effects of red wine polyphenols and alcohol on glucose metabolism and the lipid profile: A randomized clinical trial. <i>Clinical Nutrition</i> , 2013, 32, 200-206.	2.3	178
47	Metabolic Predictors of Incident Coronary Heart Disease in Women. <i>Circulation</i> , 2018, 137, 841-853.	1.6	177
48	Nutrition and Cardiovascular Health. <i>International Journal of Molecular Sciences</i> , 2018, 19, 3988.	1.8	173
49	A Large Randomized Individual and Group Intervention Conducted by Registered Dietitians Increased Adherence to Mediterranean-Type Diets: The PREDIMED Study. <i>Journal of the American Dietetic Association</i> , 2008, 108, 1134-1144.	1.3	172
50	Mediterranean Diet Improves High-Density Lipoprotein Function in High-Cardiovascular-Risk Individuals. <i>Circulation</i> , 2017, 135, 633-643.	1.6	171
51	The Mediterranean diet improves the systemic lipid and DNA oxidative damage in metabolic syndrome individuals. A randomized, controlled, trial. <i>Clinical Nutrition</i> , 2013, 32, 172-178.	2.3	164
52	A comprehensive characterisation of beer polyphenols by high resolution mass spectrometry (LC-ESI-LTQ-Orbitrap-MS). <i>Food Chemistry</i> , 2015, 169, 336-343.	4.2	163
53	Rapid Folin-Ciocalteu method using microtiter 96-well plate cartridges for solid phase extraction to assess urinary total phenolic compounds, as a biomarker of total polyphenols intake. <i>Analytica Chimica Acta</i> , 2009, 634, 54-60.	2.6	158
54	Association of Mediterranean Diet With Peripheral Artery Disease. <i>JAMA - Journal of the American Medical Association</i> , 2014, 311, 415.	3.8	158

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55	Differential effects of polyphenols and alcohol of red wine on the expression of adhesion molecules and inflammatory cytokines related to atherosclerosis: a randomized clinical trial. <i>American Journal of Clinical Nutrition</i> , 2012, 95, 326-334.	2.2	157
56	Protective Effects of the Mediterranean Diet on Type 2 Diabetes and Metabolic Syndrome. <i>Journal of Nutrition</i> , 2016, 146, 920S-927S.	1.3	155
57	Effect of Mediterranean diet on the expression of pro-atherogenic genes in a population at high cardiovascular risk. <i>Atherosclerosis</i> , 2010, 208, 442-450.	0.4	138
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	The Mediterranean diet, plasma metabolome, and cardiovascular disease risk. <i>European Heart Journal</i> , 2020, 41, 2645-2656.	1.0	138
60	Frequency of nut consumption and mortality risk in the PREDIMED nutrition intervention trial. <i>BMC Medicine</i> , 2013, 11, 164.	2.3	135
61	Long-Term Immunomodulatory Effects of a Mediterranean Diet in Adults at High Risk of Cardiovascular Disease in the PREvención con Dieta MEDiterránea (PREDIMED) Randomized Controlled Trial. <i>Journal of Nutrition</i> , 2016, 146, 1684-1693.	1.3	133
62	Mediterranean diet supplemented with nuts reduces waist circumference and shifts lipoprotein subfractions to a less atherogenic pattern in subjects at high cardiovascular risk. <i>Atherosclerosis</i> , 2013, 230, 347-353.	0.4	130
63	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
64	Down-regulation of adhesion molecules and other inflammatory biomarkers after moderate wine consumption in healthy women: a randomized trial. <i>American Journal of Clinical Nutrition</i> , 2007, 86, 1463-1469.	2.2	127
65	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
66	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
67	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
68	Relationship between Mediterranean Dietary Polyphenol Intake and Obesity. <i>Nutrients</i> , 2018, 10, 1523.	1.7	123
69	Effect of the Mediterranean diet on heart failure biomarkers: a randomized sample from the PREDIMED trial. <i>European Journal of Heart Failure</i> , 2014, 16, 543-550.	2.9	121
70	Dealcoholized Red Wine Decreases Systolic and Diastolic Blood Pressure and Increases Plasma Nitric Oxide. <i>Circulation Research</i> , 2012, 111, 1065-1068.	2.0	117
71	Mediterranean Diet and Cardiometabolic Risk: A Review. <i>Nutrients</i> , 2014, 6, 3474-3500.	1.7	108
72	Intake of Total Polyphenols and Some Classes of Polyphenols Is Inversely Associated with Diabetes in Elderly People at High Cardiovascular Disease Risk. <i>Journal of Nutrition</i> , 2016, 146, 767-777.	1.3	108

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73	Worldwide adherence to Mediterranean Diet between 1960 and 2011. <i>European Journal of Clinical Nutrition</i> , 2019, 72, 83-91.	1.3	108
74	Cross-Sectional Assessment of Nut Consumption and Obesity, Metabolic Syndrome and Other Cardiometabolic Risk Factors: The PREDIMED Study. <i>PLoS ONE</i> , 2013, 8, e57367.	1.1	102
75	Mediterranean diet and quality of life: Baseline cross-sectional analysis of the PREDIMED-PLUS trial. <i>PLoS ONE</i> , 2018, 13, e0198974.	1.1	100
76	Effect of a Nutritional and Behavioral Intervention on Energy-Reduced Mediterranean Diet Adherence Among Patients With Metabolic Syndrome. <i>JAMA - Journal of the American Medical Association</i> , 2019, 322, 1486.	3.8	100
77	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. <i>Cardiovascular Diabetology</i> , 2016, 15, 4.	2.7	99
78	Changes in Ultrasound-Assessed Carotid Intima-Media Thickness and Plaque With a Mediterranean Diet. <i>Arteriosclerosis, Thrombosis, and Vascular Biology</i> , 2014, 34, 439-445.	1.1	96
79	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
80	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
81	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
82	The Mediterranean Diet Pattern and Its Main Components Are Associated with Lower Plasma Concentrations of Tumor Necrosis Factor Receptor 60 in Patients at High Risk for Cardiovascular Disease. <i>Journal of Nutrition</i> , 2012, 142, 1019-1025.	1.3	86
83	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
84	Total Polyphenol Intake Estimated by a Modified Folin-Ciocalteu Assay of Urine. <i>Clinical Chemistry</i> , 2006, 52, 749-752.	1.5	83
85	Carotid intima-media thickness changes with Mediterranean diet: A randomized trial (PREDIMED-Navarra). <i>Atherosclerosis</i> , 2011, 219, 158-162.	0.4	79
86	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
87	Anti-Inflammatory Effects of the Mediterranean Diet in the Early and Late Stages of Atheroma Plaque Development. <i>Mediators of Inflammation</i> , 2017, 2017, 1-12.	1.4	78
88	Mediterranean alcohol-drinking pattern and mortality in the SUN (Seguimiento Universidad de) Tj ETQq0 0 0 rgBT / Overlock 10 Tf 50 14	1.2	76
89	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
90	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

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91	Impact of Consuming Extra-Virgin Olive Oil or Nuts within a Mediterranean Diet on DNA Methylation in Peripheral White Blood Cells within the PREDIMED-Navarra Randomized Controlled Trial: A Role for Dietary Lipids. <i>Nutrients</i> , 2018, 10, 15.	1.7	75
92	The role of the Mediterranean diet on weight loss and obesity-related diseases. <i>Reviews in Endocrine and Metabolic Disorders</i> , 2020, 21, 315-327.	2.6	74
93	Cardioprotective effects of cocoa: Clinical evidence from randomized clinical intervention trials in humans. <i>Molecular Nutrition and Food Research</i> , 2013, 57, 936-947.	1.5	73
94	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
95	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
96	Moderate red wine consumption is associated with a lower prevalence of the metabolic syndrome in the PREDIMED population. <i>British Journal of Nutrition</i> , 2015, 113, S121-S130.	1.2	65
97	Metabolic Architecture of Acute Exercise Response in Middle-Aged Adults in the Community. <i>Circulation</i> , 2020, 142, 1905-1924.	1.6	65
98	Increases in Plasma Tryptophan Are Inversely Associated with Incident Cardiovascular Disease in the PREvenci3n con Dieta Mediterr3nea (PREDIMED) Study. <i>Journal of Nutrition</i> , 2017, 147, jn241711.	1.3	64
99	Type 2 diabetes and cognitive impairment in an older population with overweight or obesity and metabolic syndrome: baseline cross-sectional analysis of the PREDIMED-plus study. <i>Scientific Reports</i> , 2018, 8, 16128.	1.6	64
100	Serum sterol responses to increasing plant sterol intake from natural foods in the Mediterranean diet. <i>European Journal of Nutrition</i> , 2009, 48, 373-382.	1.8	63
101	Statistical and Biological Gene-Lifestyle Interactions of MC4R and FTO with Diet and Physical Activity on Obesity: New Effects on Alcohol Consumption. <i>PLoS ONE</i> , 2012, 7, e52344.	1.1	63
102	Determinants of the omega-3 index in a Mediterranean population at increased risk for CHD. <i>British Journal of Nutrition</i> , 2011, 106, 425-431.	1.2	62
103	The Protective Effects of Extra Virgin Olive Oil on Immune-mediated Inflammatory Responses. <i>Endocrine, Metabolic and Immune Disorders - Drug Targets</i> , 2017, 18, 23-35.	0.6	60
104	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. <i>Journal of Nutrition</i> , 2019, 149, 1920-1929.	1.3	59
105	Relation of Fruits and Vegetables with Major Cardiometabolic Risk Factors, Markers of Oxidation, and Inflammation. <i>Nutrients</i> , 2019, 11, 2381.	1.7	59
106	Dietary Polyphenol Intake is Associated with HDL-Cholesterol and A Better Profile of other Components of the Metabolic Syndrome: A PREDIMED-Plus Sub-Study. <i>Nutrients</i> , 2020, 12, 689.	1.7	59
107	Effects of Polyphenol, Measured by a Biomarker of Total Polyphenols in Urine, on Cardiovascular Risk Factors After a Long-Term Follow-Up in the PREDIMED Study. <i>Oxidative Medicine and Cellular Longevity</i> , 2016, 2016, 1-11.	1.9	58
108	High plasma glutamate and low glutamine-to-glutamate ratio are associated with type 2 diabetes: Case-cohort study within the PREDIMED trial. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2019, 29, 1040-1049.	1.1	58

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109	High urinary levels of resveratrol metabolites are associated with a reduction in the prevalence of cardiovascular risk factors in high-risk patients. <i>Pharmacological Research</i> , 2012, 65, 615-620.	3.1	57
110	Validity of the energy-restricted Mediterranean Diet Adherence Screener. <i>Clinical Nutrition</i> , 2021, 40, 4971-4979.	2.3	57
111	The Mediterranean Diet decreases LDL atherogenicity in high cardiovascular risk individuals: a randomized controlled trial. <i>Molecular Nutrition and Food Research</i> , 2017, 61, 1601015.	1.5	56
112	Glycolysis/gluconeogenesis- and tricarboxylic acid cycle-related metabolites, Mediterranean diet, and type 2 diabetes. <i>American Journal of Clinical Nutrition</i> , 2020, 111, 835-844.	2.2	56
113	Dysfunctional High-Density Lipoproteins Are Associated With a Greater Incidence of Acute Coronary Syndrome in a Population at High Cardiovascular Risk. <i>Circulation</i> , 2020, 141, 444-453.	1.6	54
114	Dietary Magnesium Intake Is Inversely Associated with Mortality in Adults at High Cardiovascular Disease Risk. <i>Journal of Nutrition</i> , 2014, 144, 55-60.	1.3	52
115	Influence of olive oil on carotenoid absorption from tomato juice and effects on postprandial lipemia. <i>Food Chemistry</i> , 2015, 168, 203-210.	4.2	52
116	Plasma lipidome patterns associated with cardiovascular risk in the PREDIMED trial: A case-cohort study. <i>International Journal of Cardiology</i> , 2018, 253, 126-132.	0.8	52
117	Quality of Dietary Fat Intake and Body Weight and Obesity in a Mediterranean Population: Secondary Analyses within the PREDIMED Trial. <i>Nutrients</i> , 2018, 10, 2011.	1.7	51
118	Tomato Sauce Enriched with Olive Oil Exerts Greater Effects on Cardiovascular Disease Risk Factors than Raw Tomato and Tomato Sauce: A Randomized Trial. <i>Nutrients</i> , 2016, 8, 170.	1.7	50
119	Carbohydrate quality changes and concurrent changes in cardiovascular risk factors: a longitudinal analysis in the PREDIMED-Plus randomized trial. <i>American Journal of Clinical Nutrition</i> , 2020, 111, 291-306.	2.2	50
120	Nutritional adequacy according to carbohydrates and fat quality. <i>European Journal of Nutrition</i> , 2016, 55, 93-106.	1.8	49
121	Polyphenol Levels Are Inversely Correlated with Body Weight and Obesity in an Elderly Population after 5 Years of Follow Up (The Randomised PREDIMED Study). <i>Nutrients</i> , 2017, 9, 452.	1.7	48
122	Leisure-Time Physical Activity, Sedentary Behaviour and Diet Quality are Associated with Metabolic Syndrome Severity: The PREDIMED-Plus Study. <i>Nutrients</i> , 2020, 12, 1013.	1.7	48
123	Leisure-time physical activity, sedentary behaviors, sleep, and cardiometabolic risk factors at baseline in the PREDIMED-PLUS intervention trial: A cross-sectional analysis. <i>PLoS ONE</i> , 2017, 12, e0172253.	1.1	48
124	Physical fitness and physical activity association with cognitive function and quality of life: baseline cross-sectional analysis of the PREDIMED-Plus trial. <i>Scientific Reports</i> , 2020, 10, 3472.	1.6	47
125	Effects of Mediterranean Diet or Mindfulness-Based Stress Reduction on Prevention of Small-for-Gestational Age Birth Weights in Newborns Born to At-Risk Pregnant Individuals. <i>JAMA - Journal of the American Medical Association</i> , 2021, 326, 2150.	3.8	47
126	Use of Different Food Classification Systems to Assess the Association between Ultra-Processed Food Consumption and Cardiometabolic Health in an Elderly Population with Metabolic Syndrome (PREDIMED-Plus Cohort). <i>Nutrients</i> , 2021, 13, 2471.	1.7	46

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127	Seafood Consumption, Omega-3 Fatty Acids Intake, and Life-Time Prevalence of Depression in the PREDIMED-Plus Trial. <i>Nutrients</i> , 2018, 10, 2000.	1.7	43
128	Wine and cardiovascular disease. <i>Food Research International</i> , 2000, 33, 219-226.	2.9	41
129	Predictors of adherence to a Mediterranean-type diet in the PREDIMED trial. <i>European Journal of Nutrition</i> , 2010, 49, 91-99.	1.8	41
130	Latest Evidence of the Effects of the Mediterranean Diet in Prevention of Cardiovascular Disease. <i>Current Atherosclerosis Reports</i> , 2014, 16, 446.	2.0	41
131	Total and Subtypes of Dietary Fat Intake and Its Association with Components of the Metabolic Syndrome in a Mediterranean Population at High Cardiovascular Risk. <i>Nutrients</i> , 2019, 11, 1493.	1.7	41
132	Genome-Wide Association Study for Serum Omega-3 and Omega-6 Polyunsaturated Fatty Acids: Exploratory Analysis of the Sex-Specific Effects and Dietary Modulation in Mediterranean Subjects with Metabolic Syndrome. <i>Nutrients</i> , 2020, 12, 310.	1.7	41
133	Polymorphism of the Transcription Factor 7-Like 2 Gene (TCF7L2) Interacts with Obesity on Type-2 Diabetes in the PREDIMED Study Emphasizing the Heterogeneity of Genetic Variants in Type-2 Diabetes Risk Prediction: Time for Obesity-Specific Genetic Risk Scores. <i>Nutrients</i> , 2016, 8, 793.	1.7	38
134	Polymorphisms Cyclooxygenase-2 -765G>C and Interleukin-6 -174G>C Are Associated with Serum Inflammation Markers in a High Cardiovascular Risk Population and Do Not Modify the Response to a Mediterranean Diet Supplemented with Virgin Olive Oil or Nuts. <i>Journal of Nutrition</i> , 2009, 139, 128-134.	1.3	36
135	Dietary Diversity and Nutritional Adequacy among an Older Spanish Population with Metabolic Syndrome in the PREDIMED-Plus Study: A Cross-Sectional Analysis. <i>Nutrients</i> , 2019, 11, 958.	1.7	35
136	New Insights into the Role of Nutrition in CVD Prevention. <i>Current Cardiology Reports</i> , 2015, 17, 26.	1.3	34
137	Effects of a Mediterranean Eating Plan on the Need for Glucose-Lowering Medications in Participants With Type 2 Diabetes: A Subgroup Analysis of the PREDIMED Trial. <i>Diabetes Care</i> , 2019, 42, 1390-1397.	4.3	34
138	Wine Intake in the Framework of a Mediterranean Diet and Chronic Non-Communicable Diseases: A Short Literature Review of the Last 5 Years. <i>Molecules</i> , 2020, 25, 5045.	1.7	33
139	Moderate Consumption of Beer and Its Effects on Cardiovascular and Metabolic Health: An Updated Review of Recent Scientific Evidence. <i>Nutrients</i> , 2021, 13, 879.	1.7	33
140	The non-alcoholic fraction of beer increases stromal cell derived factor 1 and the number of circulating endothelial progenitor cells in high cardiovascular risk subjects: A randomized clinical trial. <i>Atherosclerosis</i> , 2014, 233, 518-524.	0.4	32
141	Influence of Bioactive Nutrients on the Atherosclerotic Process: A Review. <i>Nutrients</i> , 2018, 10, 1630.	1.7	31
142	Association between taste perception and adiposity in overweight or obese older subjects with metabolic syndrome and identification of novel taste-related genes. <i>American Journal of Clinical Nutrition</i> , 2019, 109, 1709-1723.	2.2	31
143	Associations between Dietary Polyphenols and Type 2 Diabetes in a Cross-Sectional Analysis of the PREDIMED-Plus Trial: Role of Body Mass Index and Sex. <i>Antioxidants</i> , 2019, 8, 537.	2.2	31
144	Urinary tartaric acid as a potential biomarker for the dietary assessment of moderate wine consumption: a randomised controlled trial. <i>British Journal of Nutrition</i> , 2014, 111, 1680-1685.	1.2	29

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145	Rationale and design of the school-based SI! Program to face obesity and promote health among Spanish adolescents: A cluster-randomized controlled trial. <i>American Heart Journal</i> , 2019, 215, 27-40.	1.2	29
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238	Energy Balance and Risk of Mortality in Spanish Older Adults. <i>Nutrients</i> , 2021, 13, 1545.	1.7	3
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259	The alcohol-intake paradox: caution in a field of developing evidence. Response. Revista Espanola De Cardiologia (English Ed), 2021, 75, 191-191.	0.4	0