

# Ramon Estruch

## List of Publications by Year in descending order

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Version: 2024-02-01

259  
papers

33,889  
citations

5574

82  
h-index

3830

178  
g-index

266  
all docs

266  
docs citations

266  
times ranked

32751  
citing authors

| #  | ARTICLE   | IF  | CITATIONS |
|----|---|-----|-----------|
| 1  | Transcriptional response to a Mediterranean diet intervention exerts a modulatory effect on neuroinflammation signaling pathway. <i>Nutritional Neuroscience</i> , 2022, 25, 256-265.   | 3.1 | 5         |
| 2  | Mediterranean diet “promotion and dissemination of healthy eating: proceedings of an exploratory seminar at the Radcliffe institute for advanced study. <i>International Journal of Food Sciences and Nutrition</i> , 2022, 73, 158-171.                            | 2.8 | 21        |
| 3  | Cross-Sectional Associations between HDL Structure or Function, Cell Membrane Fatty Acid Composition, and Inflammation in Elderly Adults. <i>Journal of Nutrition</i> , 2022, 152, 789-795.   | 2.9 | 3         |
| 4  | Circulating metabolite profile in young adulthood identifies long-term diabetes susceptibility: the Coronary Artery Risk Development in Young Adults (CARDIA) study. <i>Diabetologia</i> , 2022, 65, 657-674.   | 6.3 | 2         |
| 5  | Integrative development of a short screening questionnaire of highly processed food consumption (sQ-HPF). <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2022, 19, 6.   | 4.6 | 1         |
| 6  | Changes in Spanish lifestyle and dietary habits during the COVID-19 lockdown. <i>European Journal of Nutrition</i> , 2022, 61, 2417-2434.   | 3.9 | 12        |
| 7  | Adopting a High-Polyphenolic Diet Is Associated with an Improved Glucose Profile: Prospective Analysis within the PREDIMED-Plus Trial. <i>Antioxidants</i> , 2022, 11, 316.   | 5.1 | 5         |
| 8  | A Comparative Study of the Efficacy of an Intervention with a Nutritional Supplement for Patients with Chronic Kidney Disease: A Randomized Trial. <i>Journal of Clinical Medicine</i> , 2022, 11, 1647.  | 2.4 | 2         |
| 9  | Ultra-processed food consumption and disease: the jury is still out. <i>European Heart Journal</i> , 2022, 43, 225-227.   | 2.2 | 8         |
| 10 | Associations between Low to Moderate Consumption of Alcoholic Beverage Types and Health Outcomes: A Systematic Review. <i>Alcohol and Alcoholism</i> , 2022, 57, 176-184.   | 1.6 | 3         |
| 11 | Contribution of cardio-vascular risk factors to depressive status in the PREDIMED-PLUS Trial. A cross-sectional and a 2-year longitudinal study. <i>PLoS ONE</i> , 2022, 17, e0265079.  | 2.5 | 3         |
| 12 | Changes in plasma total saturated fatty acids and palmitic acid are related to pro-inflammatory molecule IL-6 concentrations after nutritional intervention for one year. <i>Biomedicine and Pharmacotherapy</i> , 2022, 150, 113028.                               | 5.6 | 6         |
| 13 | Maternal Dietary Inflammatory Index during Pregnancy Is Associated with Perinatal Outcomes: Results from the IMPACT BCN Trial. <i>Nutrients</i> , 2022, 14, 2284.   | 4.1 | 8         |
| 14 | Identification and Quantification of Urinary Microbial Phenolic Metabolites by HPLC-ESI-LTQ-Orbitrap-HRMS and Their Relationship with Dietary Polyphenols in Adolescents. <i>Antioxidants</i> , 2022, 11, 1167.   | 5.1 | 12        |
| 15 | Plasma Metabolomic Profiles of Glycemic Index, Glycemic Load, and Carbohydrate Quality Index in the PREDIMED Study. <i>Journal of Nutrition</i> , 2021, 151, 50-58.   | 2.9 | 10        |
| 16 | Should we all go pesco-vegetarian?. <i>European Heart Journal</i> , 2021, 42, 1144-1146.  | 2.2 | 7         |
| 17 | The year in cardiovascular medicine 2020: epidemiology and prevention. <i>European Heart Journal</i> , 2021, 42, 813-821.   | 2.2 | 18        |
| 18 | Circulating Adiponectin and Its Association with Metabolic Traits and Type 2 Diabetes: Gene-Diet Interactions Focusing on Selected Gene Variants and at the Genome-Wide Level in High-Cardiovascular Risk Mediterranean Subjects. <i>Nutrients</i> , 2021, 13, 541. | 4.1 | 10        |

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|----|--|----------|-----------|
| 19 | Mediterranean Diet Maintained Platelet Count within a Healthy Range and Decreased Thrombocytopenia-Related Mortality Risk: A Randomized Controlled Trial. <i>Nutrients</i> , 2021, 13, 559.  | 4.1      | 3         |
| 20 | 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.  | 4.1      | 33        |
| 21 | High Fruit and Vegetable Consumption and Moderate Fat Intake Are Associated with Higher Carotenoid Concentration in Human Plasma. <i>Antioxidants</i> , 2021, 10, 473.   | 5.1      | 7         |
| 22 | Adherence to a Supplemented Mediterranean Diet Drives Changes in the Gut Microbiota of HIV-1-Infected Individuals. <i>Nutrients</i> , 2021, 13, 1141.  | 4.1      | 12        |
| 23 | Mediterranean Diet and Physical Activity Decrease the Initiation of Cardiovascular Drug Use in High Cardiovascular Risk Individuals: A Cohort Study. <i>Antioxidants</i> , 2021, 10, 397.  | 5.1      | 1         |
| 24 | Energy Balance and Risk of Mortality in Spanish Older Adults. <i>Nutrients</i> , 2021, 13, 1545.   | 4.1      | 3         |
| 25 | Reliability and Concurrent and Construct Validity of a Food Frequency Questionnaire for Pregnant Women at High Risk to Develop Fetal Growth Restriction. <i>Nutrients</i> , 2021, 13, 1629.  | 4.1      | 23        |
| 26 | Glycolysis Metabolites and Risk of Atrial Fibrillation and Heart Failure in the PREDIMED Trial. <i>Metabolites</i> , 2021, 11, 306.  | 2.9      | 4         |
| 27 | Mediterranean diet, Mindfulness-Based Stress Reduction and usual care during pregnancy for reducing fetal growth restriction and adverse perinatal outcomes: IMPACT BCN (Improving Mothers) Trial. <i>Trials</i> , 2021, 22, 362.                      | 0.784314 | 12        |
| 28 | Moderate Consumption of Beer (with and without Ethanol) and Menopausal Symptoms: Results from a Parallel Clinical Trial in Postmenopausal Women. <i>Nutrients</i> , 2021, 13, 2278.  | 4.1      | 8         |
| 29 | Mediterranean Diet and White Blood Cell Count—A Randomized Controlled Trial. <i>Foods</i> , 2021, 10, 1268.  | 4.3      | 5         |
| 30 | 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. | 4.1      | 46        |
| 31 | Polyphenol intake and cardiovascular risk in the PREDIMED-Plus trial. A comparison of different risk equations. <i>Revista Espanola De Cardiologia (English Ed )</i> , 2021, , .   | 0.6      | 2         |
| 32 | Is a picture worth a thousand words in cardiovascular risk assessment?. <i>Revista Espanola De Cardiologia (English Ed )</i> , 2021, 74, 1006-1007.  | 0.6      | 0         |
| 33 | Fruit and Vegetable Consumption is Inversely Associated with Plasma Saturated Fatty Acids at Baseline in Predimed Plus Trial. <i>Molecular Nutrition and Food Research</i> , 2021, 65, 2100363.  | 3.3      | 3         |
| 34 | The 3-Year Effect of the Mediterranean Diet Intervention on Inflammatory Biomarkers Related to Cardiovascular Disease. <i>Biomedicines</i> , 2021, 9, 862.   | 3.2      | 11        |
| 35 | Metabolomics of the tryptophan—kynurenine degradation pathway and risk of atrial fibrillation and heart failure: potential modification effect of Mediterranean diet. <i>American Journal of Clinical Nutrition</i> , 2021, 114, 1646-1654.            | 4.7      | 20        |
| 36 | Urinary Tartaric Acid, a Biomarker of Wine Intake, Correlates with Lower Total and LDL Cholesterol. <i>Nutrients</i> , 2021, 13, 2883.   | 4.1      | 9         |

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|----|---|-----|-----------|
| 37 | Validity of the energy-restricted Mediterranean Diet Adherence Screener. <i>Clinical Nutrition</i> , 2021, 40, 4971-4979.   | 5.0 | 57        |
| 38 | ¿Mejor una imagen que mil palabras también en la valoración del riesgo vascular?. <i>Revista Espanola De Cardiologia</i> , 2021, 74, 1007-1008.   | 1.2 | 0         |
| 39 | Physical activity and metabolic syndrome severity among older adults at cardiovascular risk: 1-Year trends. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2021, 31, 2870-2886.   | 2.6 | 6         |
| 40 | Consumption of peanut products improves memory and stress response in healthy adults from the ARISTOTLE study: A 6-month randomized controlled trial. <i>Clinical Nutrition</i> , 2021, 40, 5556-5567.  | 5.0 | 22        |
| 41 | Simple sugar intake and cancer incidence, cancer mortality and all-cause mortality: A cohort study from the PREDIMED trial. <i>Clinical Nutrition</i> , 2021, 40, 5269-5277.  | 5.0 | 14        |
| 42 | La paradoja del consumo de alcohol: cautela ante una evidencia en desarrollo. Respuesta. <i>Revista Espanola De Cardiologia</i> , 2021, 75, 191-191.  | 1.2 | 0         |
| 43 | Tricarboxylic acid cycle related-metabolites and risk of atrial fibrillation and heart failure. <i>Metabolism: Clinical and Experimental</i> , 2021, 125, 154915.   | 3.4 | 19        |
| 44 | Cancer Signaling Transcriptome Is Upregulated in Type 2 Diabetes Mellitus. <i>Journal of Clinical Medicine</i> , 2021, 10, 85.  | 2.4 | 2         |
| 45 | The alcohol-intake paradox: caution in a field of developing evidence. Response. <i>Revista Espanola De Cardiologia (English Ed )</i> , 2021, 75, 191-191.  | 0.6 | 0         |
| 46 | 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. | 7.4 | 47        |
| 47 | Diet quality and nutrient density in subjects with metabolic syndrome: Influence of socioeconomic status and lifestyle factors. A cross-sectional assessment in the PREDIMED-Plus study. <i>Clinical Nutrition</i> , 2020, 39, 1161-1173.                   | 5.0 | 28        |
| 48 | Adherence to a priori dietary indexes and baseline prevalence of cardiovascular risk factors in the PREDIMED-Plus randomised trial. <i>European Journal of Nutrition</i> , 2020, 59, 1219-1232.   | 3.9 | 24        |
| 49 | Nutrient adequacy and diet quality in a Mediterranean population with metabolic syndrome: A cross-sectional study. <i>Clinical Nutrition</i> , 2020, 39, 853-861.   | 5.0 | 3         |
| 50 | Effect of changes in adherence to Mediterranean diet on nutrient density after 1-year of follow-up: results from the PREDIMED-Plus Study. <i>European Journal of Nutrition</i> , 2020, 59, 2395-2409.   | 3.9 | 11        |
| 51 | Genetic Individuality and Alcohol Consumption. , 2020, , 231-235.   |     | 0         |
| 52 | 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.                                      | 4.7 | 50        |
| 53 | Mediterranean Diet and Atherothrombosis Biomarkers: A Randomized Controlled Trial. <i>Molecular Nutrition and Food Research</i> , 2020, 64, e2000350.   | 3.3 | 14        |
| 54 | Comprehensive Metabolic Phenotyping Refines Cardiovascular Risk in Young Adults. <i>Circulation</i> , 2020, 142, 2110-2127.   | 1.6 | 23        |

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|----|---|-----|-----------|
| 55 | Urinary Resveratrol Metabolites Output: Differential Associations with Cardiometabolic Markers and Liver Enzymes in House-Dwelling Subjects Featuring Metabolic Syndrome. <i>Molecules</i> , 2020, 25, 4340.  | 3.8 | 6         |
| 56 | Polyphenols in Urine and Cardiovascular Risk Factors: A Cross-Sectional Analysis Reveals Gender Differences in Spanish Adolescents from the SI! Program. <i>Antioxidants</i> , 2020, 9, 910.  | 5.1 | 3         |
| 57 | Dietary Quality Changes According to the Preceding Maximum Weight: A Longitudinal Analysis in the PREDIMED-Plus Randomized Trial. <i>Nutrients</i> , 2020, 12, 3023.  | 4.1 | 4         |
| 58 | Impact of Sugary Food Consumption on Pregnancy: A Review. <i>Nutrients</i> , 2020, 12, 3574.  | 4.1 | 18        |
| 59 | Adherence to the Mediterranean Lifestyle and Desired Body Weight Loss in a Mediterranean Adult Population with Overweight: A PREDIMED-Plus Study. <i>Nutrients</i> , 2020, 12, 2114.  | 4.1 | 20        |
| 60 | Ideal Dietary Patterns and Foods to Prevent Cardiovascular Disease. <i>Journal of the American College of Cardiology</i> , 2020, 76, 2194-2196.   | 2.8 | 6         |
| 61 | Effects of the Non-Alcoholic Fraction of Beer on Abdominal Fat, Osteoporosis, and Body Hydration in Women. <i>Molecules</i> , 2020, 25, 3910.   | 3.8 | 12        |
| 62 | High Plasma Glutamate and a Low Glutamine-to-Glutamate Ratio Are Associated with Increased Risk of Heart Failure but Not Atrial Fibrillation in the Prevención con Dieta Mediterránea (PREDIMED) Study. <i>Journal of Nutrition</i> , 2020, 150, 2882-2889. | 2.9 | 14        |
| 63 | Metabolic Architecture of Acute Exercise Response in Middle-Aged Adults in the Community. <i>Circulation</i> , 2020, 142, 1905-1924.  | 1.6 | 65        |
| 64 | 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.  | 5.7 | 74        |
| 65 | Mediterranean Diet Decreases the Initiation of Use of Vitamin K Epoxide Reductase Inhibitors and Their Associated Cardiovascular Risk: A Randomized Controlled Trial. <i>Nutrients</i> , 2020, 12, 3895.  | 4.1 | 5         |
| 66 | 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.   | 3.8 | 33        |
| 67 | Chronological Age Interacts with the Circadian Melatonin Receptor 1B Gene Variation, Determining Fasting Glucose Concentrations in Mediterranean Populations. Additional Analyses on Type-2 Diabetes Risk. <i>Nutrients</i> , 2020, 12, 3323.               | 4.1 | 4         |
| 68 | The Mediterranean diet, plasma metabolome, and cardiovascular disease risk. <i>European Heart Journal</i> , 2020, 41, 2645-2656.  | 2.2 | 138       |
| 69 | 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.   | 4.1 | 59        |
| 70 | Reformulation of Pastry Products to Improve Effects on Health. <i>Nutrients</i> , 2020, 12, 1709.   | 4.1 | 7         |
| 71 | 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.   | 3.3 | 47        |
| 72 | The Mediterranean diet decreases prothrombotic microvesicle release in asymptomatic individuals at high cardiovascular risk. <i>Clinical Nutrition</i> , 2020, 39, 3377-3384.   | 5.0 | 17        |

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|----|---|-----|-----------|
| 73 | 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.  | 4.7 | 56        |
| 74 | 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        |
| 75 | 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. | 4.1 | 41        |
| 76 | Association between the 2018 WCRF/AICR and the Low-Risk Lifestyle Scores with Colorectal Cancer Risk in the Predimed Study. <i>Journal of Clinical Medicine</i> , 2020, 9, 1215.  | 2.4 | 19        |
| 77 | The Bitter Taste of Extra Virgin Olive Oil for a Sweet Long Life. <i>Journal of the American College of Cardiology</i> , 2020, 75, 1740-1742.   | 2.8 | 5         |
| 78 | 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.   | 4.1 | 48        |
| 79 | Metabolic Syndrome Features and Excess Weight Were Inversely Associated with Nut Consumption after 1-Year Follow-Up in the PREDIMED-Plus Study. <i>Journal of Nutrition</i> , 2020, 150, 3161-3170.   | 2.9 | 19        |
| 80 | The Effect of Physical Activity and High Body Mass Index on Health-Related Quality of Life in Individuals with Metabolic Syndrome. <i>International Journal of Environmental Research and Public Health</i> , 2020, 17, 3728.                         | 2.6 | 7         |
| 81 | Dietary Strategies for Metabolic Syndrome: A Comprehensive Review. <i>Nutrients</i> , 2020, 12, 2983.   | 4.1 | 181       |
| 82 | 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.              | 8.6 | 239       |
| 83 | Dietary inflammatory index and all-cause mortality in large cohorts: The SUN and PREDIMED studies. <i>Clinical Nutrition</i> , 2019, 38, 1221-1231.   | 5.0 | 87        |
| 84 | Consumption of aged white wine modulates cardiovascular risk factors via circulating endothelial progenitor cells and inflammatory biomarkers. <i>Clinical Nutrition</i> , 2019, 38, 1036-1044.   | 5.0 | 15        |
| 85 | Acute consumption of Andalusian aged wine and gin decreases the expression of genes related to atherosclerosis in men with high cardiovascular risk: Randomized intervention trial. <i>Clinical Nutrition</i> , 2019, 38, 1599-1606.                  | 5.0 | 5         |
| 86 | 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.                          | 2.6 | 58        |
| 87 | 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.                 | 2.9 | 59        |
| 88 | A Functional Virgin Olive Oil Enriched with Olive Oil and Thyme Phenolic Compounds Improves the Expression of Cholesterol Efflux-Related Genes: A Randomized, Crossover, Controlled Trial. <i>Nutrients</i> , 2019, 11, 1732.                         | 4.1 | 16        |
| 89 | 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.  | 4.1 | 41        |
| 90 | 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.                               | 7.4 | 100       |

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|-----|--|------|-----------|
| 91  | Dietary Patterns and Cardiovascular Risk Factors in Spanish Adolescents: A Cross-Sectional Analysis of the SI! Program for Health Promotion in Secondary Schools. <i>Nutrients</i> , 2019, 11, 2297.   | 4.1  | 14        |
| 92  | Relation of Fruits and Vegetables with Major Cardiometabolic Risk Factors, Markers of Oxidation, and Inflammation. <i>Nutrients</i> , 2019, 11, 2381.  | 4.1  | 59        |
| 93  | Candidate Gene and Genome-Wide Association Studies for Circulating Leptin Levels Reveal Population and Sex-Specific Associations in High Cardiovascular Risk Mediterranean Subjects. <i>Nutrients</i> , 2019, 11, 2751.  | 4.1  | 16        |
| 94  | The Mediterranean Diet and Cancer: What Do Human and Molecular Studies Have to Say about It?. <i>Nutrients</i> , 2019, 11, 2155.   | 4.1  | 17        |
| 95  | Consumption of Aged White Wine under a Veil of Flor Reduces Blood Pressure-Increasing Plasma Nitric Oxide in Men at High Cardiovascular Risk. <i>Nutrients</i> , 2019, 11, 1266.   | 4.1  | 11        |
| 96  | 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.   | 8.6  | 34        |
| 97  | Effects of a Novel Nutraceutical Combination (Aquilea Colesterol®) on the Lipid Profile and Inflammatory Biomarkers: A Randomized Control Trial. <i>Nutrients</i> , 2019, 11, 949.   | 4.1  | 8         |
| 98  | Plasma Metabolites Associated with Coffee Consumption: A Metabolomic Approach within the PREDIMED Study. <i>Nutrients</i> , 2019, 11, 1032.  | 4.1  | 16        |
| 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.                                 | 11.4 | 90        |
| 100 | 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.                            | 4.7  | 31        |
| 101 | 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.   | 4.1  | 35        |
| 102 | Fatty Acids Composition of Blood Cell Membranes and Peripheral Inflammation in the PREDIMED Study: A Cross-Sectional Analysis. <i>Nutrients</i> , 2019, 11, 576.   | 4.1  | 14        |
| 103 | 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.  | 2.7  | 29        |
| 104 | Sleep Duration is Inversely Associated with Serum Uric Acid Concentrations and Uric Acid to Creatinine Ratio in an Elderly Mediterranean Population at High Cardiovascular Risk. <i>Nutrients</i> , 2019, 11, 761.   | 4.1  | 14        |
| 105 | Nut Consumptions as a Marker of Higher Diet Quality in a Mediterranean Population at High Cardiovascular Risk. <i>Nutrients</i> , 2019, 11, 754.   | 4.1  | 11        |
| 106 | Association Between Fatty Acids of Blood Cell Membranes and Incidence of Coronary Heart Disease. <i>Arteriosclerosis, Thrombosis, and Vascular Biology</i> , 2019, 39, 819-825.  | 2.4  | 13        |
| 107 | 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.  | 5.1  | 31        |
| 108 | Isotemporal substitution of inactive time with physical activity and time in bed: cross-sectional associations with cardiometabolic health in the PREDIMED-Plus study. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2019, 16, 137. | 4.6  | 21        |



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|-----|--|------|-----------|
| 109 | Longitudinal association of changes in diet with changes in body weight and waist circumference in subjects at high cardiovascular risk: the PREDIMED trial. International Journal of Behavioral Nutrition and Physical Activity, 2019, 16, 139. | 4.6  | 25        |
| 110 | Cohort Profile: Design and methods of the PREDIMED-Plus randomized trial. International Journal of Epidemiology, 2019, 48, 387-388o.   | 1.9  | 179       |
| 111 | Dieta mediterránea hipocalórica y factores de riesgo cardiovascular: análisis transversal de PREDIMED-Plus. Revista Espanola De Cardiologia, 2019, 72, 925-934.  | 1.2  | 28        |
| 112 | Worldwide adherence to Mediterranean Diet between 1960 and 2011. European Journal of Clinical Nutrition, 2019, 72, 83-91.  | 2.9  | 108       |
| 113 | Adherence to an Energy-restricted Mediterranean Diet Score and Prevalence of Cardiovascular Risk Factors in the PREDIMED-Plus: A Cross-sectional Study. Revista Espanola De Cardiologia (English Ed ), 2019, 72, 925-934.                        | 0.6  | 26        |
| 114 | Multiple approaches to associations of physical activity and adherence to the Mediterranean diet with all-cause mortality in older adults: the PREvención con Dieta MEDiterránea study. European Journal of Nutrition, 2019, 58, 1569-1578.      | 3.9  | 16        |
| 115 | Risk factors differentially associated with non-alcoholic fatty liver disease in males and females with metabolic syndrome. Revista Espanola De Enfermedades Digestivas, 2019, 112, 94-100.  | 0.3  | 4         |
| 116 | Plasma branched chain/aromatic amino acids, enriched Mediterranean diet and risk of type 2 diabetes: case-cohort study within the PREDIMED Trial. Diabetologia, 2018, 61, 1560-1571.   | 6.3  | 89        |
| 117 | Metabolic Predictors of Incident Coronary Heart Disease in Women. Circulation, 2018, 137, 841-853.   | 1.6  | 177       |
| 118 | Plasma lipidome patterns associated with cardiovascular risk in the PREDIMED trial: A case-cohort study. International Journal of Cardiology, 2018, 253, 126-132.  | 1.7  | 52        |
| 119 | Dietary patterns and the risk of obesity, type 2 diabetes mellitus, cardiovascular diseases, asthma, and neurodegenerative diseases. Critical Reviews in Food Science and Nutrition, 2018, 58, 262-296.  | 10.3 | 210       |
| 120 | Influence of Bioactive Nutrients on the Atherosclerotic Process: A Review. Nutrients, 2018, 10, 1630.  | 4.1  | 31        |
| 121 | Dietary Intake in Population with Metabolic Syndrome: Is the Prevalence of Inadequate Intake Influenced by Geographical Area? Cross-Sectional Analysis from PREDIMED-Plus Study. Nutrients, 2018, 10, 1661.                                      | 4.1  | 9         |
| 122 | Documento de recomendaciones de la SEA 2018. El estilo de vida en la prevención cardiovascular. Clínica E Investigación En Arteriosclerosis, 2018, 30, 280-310.  | 0.8  | 20        |
| 123 | Lipid metabolic networks, Mediterranean diet and cardiovascular disease in the PREDIMED trial. International Journal of Epidemiology, 2018, 47, 1830-1845.   | 1.9  | 19        |
| 124 | Seafood Consumption, Omega-3 Fatty Acids Intake, and Life-Time Prevalence of Depression in the PREDIMED-Plus Trial. Nutrients, 2018, 10, 2000.   | 4.1  | 43        |
| 125 | Document of recommendations of the SEA 2018. Lifestyle in cardiovascular prevention. Clínica E Investigación En Arteriosclerosis (English Edition), 2018, 30, 280-310.   | 0.2  | 5         |
| 126 | Claves para disfrutar de una vida larga y sana. Revista Espanola De Cardiologia, 2018, 71, 993-995.  | 1.2  | 1         |



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|-----|--|------|-----------|
| 127 | 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.  | 4.1  | 51        |
| 128 | Nutrition and Cardiovascular Health. <i>International Journal of Molecular Sciences</i> , 2018, 19, 3988.  | 4.1  | 173       |
| 129 | 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.                           | 3.3  | 64        |
| 130 | Plasma Lipidomic Profiling and Risk of Type 2 Diabetes in the PREDIMED Trial. <i>Diabetes Care</i> , 2018, 41, 2617-2624.  | 8.6  | 138       |
| 131 | Relationship between Mediterranean Dietary Polyphenol Intake and Obesity. <i>Nutrients</i> , 2018, 10, 1523.   | 4.1  | 123       |
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