

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	Transcriptional response to a Mediterranean diet intervention exerts a modulatory effect on neuroinflammation signaling pathway. <i>Nutritional Neuroscience</i> , 2022, 25, 256-265.	1.5	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.	1.3	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.	1.3	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.	2.9	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.	2.0	1
6	Changes in Spanish lifestyle and dietary habits during the COVID-19 lockdown. <i>European Journal of Nutrition</i> , 2022, 61, 2417-2434.	1.8	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.	2.2	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.	1.0	2
9	Ultra-processed food consumption and disease: the jury is still out. <i>European Heart Journal</i> , 2022, 43, 225-227.	1.0	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.	0.9	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.	1.1	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.	2.5	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.	1.7	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.	2.2	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.	1.3	10
16	Should we all go pesco-vegetarian?. <i>European Heart Journal</i> , 2021, 42, 1144-1146.	1.0	7
17	The year in cardiovascular medicine 2020: epidemiology and prevention. <i>European Heart Journal</i> , 2021, 42, 813-821.	1.0	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.	1.7	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.	1.7	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.	1.7	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.	2.2	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.	1.7	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.	2.2	1
24	Energy Balance and Risk of Mortality in Spanish Older Adults. <i>Nutrients</i> , 2021, 13, 1545.	1.7	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.	1.7	23
26	Glycolysis Metabolites and Risk of Atrial Fibrillation and Heart Failure in the PREDIMED Trial. <i>Metabolites</i> , 2021, 11, 306.	1.3	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.	0.7	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.	1.7	8
29	Mediterranean Diet and White Blood Cell Count—A Randomized Controlled Trial. <i>Foods</i> , 2021, 10, 1268.	1.9	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.	1.7	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, , .	0.4	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.	0.4	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.	1.5	3
34	The 3-Year Effect of the Mediterranean Diet Intervention on Inflammatory Biomarkers Related to Cardiovascular Disease. <i>Biomedicines</i> , 2021, 9, 862.	1.4	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.	2.2	20
36	Urinary Tartaric Acid, a Biomarker of Wine Intake, Correlates with Lower Total and LDL Cholesterol. <i>Nutrients</i> , 2021, 13, 2883.	1.7	9

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37	Validity of the energy-restricted Mediterranean Diet Adherence Screener. <i>Clinical Nutrition</i> , 2021, 40, 4971-4979.	2.3	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.	0.6	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.	1.1	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.	2.3	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.	2.3	14
42	La paradoja del consumo de alcohol: cautela ante una evidencia en desarrollo. <i>Respuesta. Revista Espanola De Cardiologia</i> , 2021, 75, 191-191.	0.6	0
43	Tricarboxylic acid cycle related-metabolites and risk of atrial fibrillation and heart failure. <i>Metabolism: Clinical and Experimental</i> , 2021, 125, 154915.	1.5	19
44	Cancer Signaling Transcriptome Is Upregulated in Type 2 Diabetes Mellitus. <i>Journal of Clinical Medicine</i> , 2021, 10, 85.	1.0	2
45	The alcohol-intake paradox: caution in a field of developing evidence. <i>Response. Revista Espanola De Cardiologia (English Ed)</i> , 2021, 75, 191-191.	0.4	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.	3.8	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.	2.3	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.	1.8	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.	2.3	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.	1.8	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.	2.2	50
53	Mediterranean Diet and Atherothrombosis Biomarkers: A Randomized Controlled Trial. <i>Molecular Nutrition and Food Research</i> , 2020, 64, e2000350.	1.5	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.	1.7	6
56	Polyphenols in Urine and Cardiovascular Risk Factors: A Cross-Sectional Analysis Reveals Gender Differences in Spanish Adolescents from the SII Program. <i>Antioxidants</i> , 2020, 9, 910.	2.2	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.	1.7	4
58	Impact of Sugary Food Consumption on Pregnancy: A Review. <i>Nutrients</i> , 2020, 12, 3574.	1.7	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.	1.7	20
60	Ideal Dietary Patterns and Foods to Prevent Cardiovascular Disease. <i>Journal of the American College of Cardiology</i> , 2020, 76, 2194-2196.	1.2	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.	1.7	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 Prevenci3n con Dieta Mediterr3nea (PREDIMED) Study. <i>Journal of Nutrition</i> , 2020, 150, 2882-2889.	1.3	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.	2.6	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.	1.7	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.	1.7	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.	1.7	4
68	The Mediterranean diet, plasma metabolome, and cardiovascular disease risk. <i>European Heart Journal</i> , 2020, 41, 2645-2656.	1.0	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.	1.7	59
70	Reformulation of Pastry Products to Improve Effects on Health. <i>Nutrients</i> , 2020, 12, 1709.	1.7	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.	1.6	47
72	The Mediterranean diet decreases prothrombotic microvesicle release in asymptomatic individuals at high cardiovascular risk. <i>Clinical Nutrition</i> , 2020, 39, 3377-3384.	2.3	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.	2.2	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.	1.7	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.	1.0	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.	1.2	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.	1.7	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.	1.3	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.	1.2	7
81	Dietary Strategies for Metabolic Syndrome: A Comprehensive Review. <i>Nutrients</i> , 2020, 12, 2983.	1.7	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.	4.3	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.	2.3	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.	2.3	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.	2.3	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.	1.1	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.	1.3	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.	1.7	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.	1.7	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.	3.8	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.	1.7	14
92	Relation of Fruits and Vegetables with Major Cardiometabolic Risk Factors, Markers of Oxidation, and Inflammation. <i>Nutrients</i> , 2019, 11, 2381.	1.7	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.	1.7	16
94	The Mediterranean Diet and Cancer: What Do Human and Molecular Studies Have to Say about It?. <i>Nutrients</i> , 2019, 11, 2155.	1.7	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.	1.7	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.	4.3	34
97	Effects of a Novel Nutraceutical Combination (Aquilea ColesterolÂ®) on the Lipid Profile and Inflammatory Biomarkers: A Randomized Control Trial. <i>Nutrients</i> , 2019, 11, 949.	1.7	8
98	Plasma Metabolites Associated with Coffee Consumption: A Metabolomic Approach within the PREDIMED Study. <i>Nutrients</i> , 2019, 11, 1032.	1.7	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.	5.5	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.	2.2	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.	1.7	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.	1.7	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.	1.2	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.	1.7	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.	1.7	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.	1.1	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.	2.2	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.	2.0	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. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2019, 16, 139.	2.0	25
110	Cohort Profile: Design and methods of the PREDIMED-Plus randomized trial. <i>International Journal of Epidemiology</i> , 2019, 48, 387-388o.	0.9	179
111	Dieta mediterránea hipocalórica y factores de riesgo cardiovascular: análisis transversal de PREDIMED-Plus. <i>Revista Espanola De Cardiologia</i> , 2019, 72, 925-934.	0.6	28
112	Worldwide adherence to Mediterranean Diet between 1960 and 2011. <i>European Journal of Clinical Nutrition</i> , 2019, 72, 83-91.	1.3	108
113	Adherence to an Energy-restricted Mediterranean Diet Score and Prevalence of Cardiovascular Risk Factors in the PREDIMED-Plus: A Cross-sectional Study. <i>Revista Espanola De Cardiologia (English Ed)</i> , 2019, 72, 925-934.	0.4	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. <i>European Journal of Nutrition</i> , 2019, 58, 1569-1578.	1.8	16
115	Risk factors differentially associated with non-alcoholic fatty liver disease in males and females with metabolic syndrome. <i>Revista Espanola De Enfermedades Digestivas</i> , 2019, 112, 94-100.	0.1	4
116	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
117	Metabolic Predictors of Incident Coronary Heart Disease in Women. <i>Circulation</i> , 2018, 137, 841-853.	1.6	177
118	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
119	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
120	Influence of Bioactive Nutrients on the Atherosclerotic Process: A Review. <i>Nutrients</i> , 2018, 10, 1630.	1.7	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. <i>Nutrients</i> , 2018, 10, 1661.	1.7	9
122	Documento de recomendaciones de la SEA 2018. El estilo de vida en la prevención cardiovascular. <i>Clínica E Investigación En Arteriosclerosis</i> , 2018, 30, 280-310.	0.4	20
123	Lipid metabolic networks, Mediterranean diet and cardiovascular disease in the PREDIMED trial. <i>International Journal of Epidemiology</i> , 2018, 47, 1830-1845.	0.9	19
124	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
125	Document of recommendations of the SEA 2018. Lifestyle in cardiovascular prevention. <i>Clínica E Investigación En Arteriosclerosis (English Edition)</i> , 2018, 30, 280-310.	0.1	5
126	Claves para disfrutar de una vida larga y sana. <i>Revista Espanola De Cardiologia</i> , 2018, 71, 993-995.	0.6	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.	1.7	51
128	Nutrition and Cardiovascular Health. <i>International Journal of Molecular Sciences</i> , 2018, 19, 3988.	1.8	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.	1.6	64
130	Plasma Lipidomic Profiling and Risk of Type 2 Diabetes in the PREDIMED Trial. <i>Diabetes Care</i> , 2018, 41, 2617-2624.	4.3	138
131	Relationship between Mediterranean Dietary Polyphenol Intake and Obesity. <i>Nutrients</i> , 2018, 10, 1523.	1.7	123
132	Keys to a Long and Healthy Life. <i>Revista Espanola De Cardiologia (English Ed)</i> , 2018, 71, 993-995.	0.4	1
133	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
134	Association of Tryptophan Metabolites with Incident Type 2 Diabetes in the PREDIMED Trial: A Caseâ€“Cohort Study. <i>Clinical Chemistry</i> , 2018, 64, 1211-1220.	1.5	76
135	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
136	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
137	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
138	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
139	Total and subtypes of dietary fat intake and risk of type 2 diabetes mellitus in the PrevenciÃ³n con Dieta MediterrÃ¡nea (PREDIMED) study. <i>American Journal of Clinical Nutrition</i> , 2017, 105, 723-735.	2.2	86
140	Plasma Ceramides, Mediterranean Diet, and Incident Cardiovascular Disease in the PREDIMED Trial (PrevenciÃ³n con Dieta MediterrÃ¡nea). <i>Circulation</i> , 2017, 135, 2028-2040.	1.6	227
141	Nutrition Intervention on Cardiovascular Risk Factors in Healthy Individuals. <i>Journal of the American College of Cardiology</i> , 2017, 69, 1113-1115.	1.2	4
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