

Neal D Barnard

List of Publications by Year in descending order

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Version: 2024-02-01

100
papers

6,746
citations

57758

44
h-index

62596

80
g-index

102
all docs

102
docs citations

102
times ranked

6102
citing authors

#	ARTICLE	IF	CITATIONS
1	Vegetarian Diets and Blood Pressure. <i>JAMA Internal Medicine</i> , 2014, 174, 577.	5.1	417
2	The Effects of Vegetarian and Vegan Diets on Gut Microbiota. <i>Frontiers in Nutrition</i> , 2019, 6, 47.	3.7	389
3	A low-fat vegan diet and a conventional diabetes diet in the treatment of type 2 diabetes: a randomized, controlled, 74-wk clinical trial. <i>American Journal of Clinical Nutrition</i> , 2009, 89, 1588S-1596S.	4.7	341
4	A Low-Fat Vegan Diet Improves Glycemic Control and Cardiovascular Risk Factors in a Randomized Clinical Trial in Individuals With Type 2 Diabetes. <i>Diabetes Care</i> , 2006, 29, 1777-1783.	8.6	334
5	Cardio-Metabolic Benefits of Plant-Based Diets. <i>Nutrients</i> , 2017, 9, 848.	4.1	255
6	Dietary and lifestyle guidelines for the prevention of Alzheimer's disease. <i>Neurobiology of Aging</i> , 2014, 35, S74-S78.	3.1	251
7	Association between plant-based diets and plasma lipids: a systematic review and meta-analysis. <i>Nutrition Reviews</i> , 2017, 75, 683-698.	5.8	230
8	A Systematic Review and Meta-Analysis of Changes in Body Weight in Clinical Trials of Vegetarian Diets. <i>Journal of the Academy of Nutrition and Dietetics</i> , 2015, 115, 954-969.	0.8	201
9	Vegetarian diets and glycemic control in diabetes: a systematic review and meta-analysis. <i>Cardiovascular Diagnosis and Therapy</i> , 2014, 4, 373-82.	1.7	162
10	Effects of Plant-Based Diets on Plasma Lipids. <i>American Journal of Cardiology</i> , 2009, 104, 947-956.	1.6	161
11	The effects of a low-fat, plant-based dietary intervention on body weight, metabolism, and insulin sensitivity. <i>American Journal of Medicine</i> , 2005, 118, 991-997.	1.5	156
12	Vegetarian Dietary Patterns and Cardiovascular Disease. <i>Progress in Cardiovascular Diseases</i> , 2018, 61, 54-61.	3.1	155
13	Type 2 diabetes and the vegetarian diet. <i>American Journal of Clinical Nutrition</i> , 2003, 78, 610S-616S.	4.7	152
14	Saturated and trans fats and dementia: a systematic review. <i>Neurobiology of Aging</i> , 2014, 35, S65-S73.	3.1	137
15	Toward Improved Management of NIDDM: A Randomized, Controlled, Pilot Intervention Using a Lowfat, Vegetarian Diet. <i>Preventive Medicine</i> , 1999, 29, 87-91.	3.4	135
16	Vegetarian Diets and Weight Status. <i>Nutrition Reviews</i> , 2006, 64, 175-188.	5.8	135
17	Vegetarian and vegan diets in type 2 diabetes management. <i>Nutrition Reviews</i> , 2009, 67, 255-263.	5.8	133
18	Changes in Nutrient Intake and Dietary Quality among Participants with Type 2 Diabetes Following a Low-Fat Vegan Diet or a Conventional Diabetes Diet for 22 Weeks. <i>Journal of the American Dietetic Association</i> , 2008, 108, 1636-1645.	1.1	119

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19	A Low-Fat Vegan Diet Elicits Greater Macronutrient Changes, but Is Comparable in Adherence and Acceptability, Compared with a More Conventional Diabetes Diet among Individuals with Type 2 Diabetes. <i>Journal of the American Dietetic Association</i> , 2009, 109, 263-272.	1.1	115
20	Trending Cardiovascular Nutrition Controversies. <i>Journal of the American College of Cardiology</i> , 2017, 69, 1172-1187.	2.8	115
21	A Two-Year Randomized Weight Loss Trial Comparing a Vegan Diet to a More Moderate Low-Fat Diet. <i>Obesity</i> , 2007, 15, 2276-2281.	3.0	113
22	Diet and sex-hormone binding globulin, dysmenorrhea, and premenstrual symptoms. <i>Obstetrics and Gynecology</i> , 2000, 95, 245-250.	2.4	100
23	Blood Pressure Regulation and Vegetarian Diets. <i>Nutrition Reviews</i> , 2005, 63, 1-8.	5.8	100
24	The Misuse of Meta-analysis in Nutrition Research. <i>JAMA - Journal of the American Medical Association</i> , 2017, 318, 1435.	7.4	100
25	The role of nutrition in asthma prevention and treatment. <i>Nutrition Reviews</i> , 2020, 78, 928-938.	5.8	95
26	Lifestyle Modifications for Preventing and Treating Heart Failure. <i>Journal of the American College of Cardiology</i> , 2018, 72, 2391-2405.	2.8	87
27	A plant-based diet in overweight individuals in a 16-week randomized clinical trial: metabolic benefits of plant protein. <i>Nutrition and Diabetes</i> , 2018, 8, 58.	3.2	86
28	A Plant-Based Dietary Intervention Improves Beta-Cell Function and Insulin Resistance in Overweight Adults: A 16-Week Randomized Clinical Trial. <i>Nutrients</i> , 2018, 10, 189.	4.1	85
29	Effect of a Low-Fat Vegan Diet on Body Weight, Insulin Sensitivity, Postprandial Metabolism, and Intramyocellular and Hepatocellular Lipid Levels in Overweight Adults. <i>JAMA Network Open</i> , 2020, 3, e2025454.	5.9	85
30	A Clinician's Guide for Trending Cardiovascular Nutrition Controversies. <i>Journal of the American College of Cardiology</i> , 2018, 72, 553-568.	2.8	83
31	Ketogenic Diets and Chronic Disease: Weighing the Benefits Against the Risks. <i>Frontiers in Nutrition</i> , 2021, 8, 702802.	3.7	83
32	A Multicenter Randomized Controlled Trial of a Nutrition Intervention Program in a Multiethnic Adult Population in the Corporate Setting Reduces Depression and Anxiety and Improves Quality of Life: The GEICO Study. <i>American Journal of Health Promotion</i> , 2015, 29, 245-254.	1.7	81
33	Plant-Based Diets for Cardiovascular Safety and Performance in Endurance Sports. <i>Nutrients</i> , 2019, 11, 130.	4.1	80
34	D2 dopamine receptor Taq1A polymorphism, body weight, and dietary intake in type 2 diabetes. <i>Nutrition</i> , 2009, 25, 58-65.	2.4	72
35	Meat Consumption as a Risk Factor for Type 2 Diabetes. <i>Nutrients</i> , 2014, 6, 897-910.	4.1	71
36	Nutrition Interventions in Rheumatoid Arthritis: The Potential Use of Plant-Based Diets. A Review. <i>Frontiers in Nutrition</i> , 2019, 6, 141.	3.7	66

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37	A Multicomponent Intervention Reduces Body Weight and Cardiovascular Risk at a GEICO Corporate Site. <i>American Journal of Health Promotion</i> , 2010, 24, 384-387.	1.7	65
38	Effectiveness of a low-fat vegetarian diet in altering serum lipids in healthy premenopausal women. <i>American Journal of Cardiology</i> , 2000, 85, 969-972.	1.6	64
39	Nutrition intervention for migraine: a randomized crossover trial. <i>Journal of Headache and Pain</i> , 2014, 15, 69.	6.0	58
40	Acceptability of a Low-fat Vegan Diet Compares Favorably to a Step II Diet in a Randomized, Controlled Trial. <i>Journal of Cardiopulmonary Rehabilitation and Prevention</i> , 2004, 24, 229-235.	0.5	56
41	Alzheimer disease research in the 21st century: past and current failures, new perspectives and funding priorities. <i>Oncotarget</i> , 2016, 7, 38999-39016.	1.8	56
42	The Current Use of Estrogens for Growth-Suppressant Therapy in Adolescent Girls. <i>Journal of Pediatric and Adolescent Gynecology</i> , 2002, 15, 23-26.	0.7	52
43	Effects of a Low-Fat Vegan Diet on Gut Microbiota in Overweight Individuals and Relationships with Body Weight, Body Composition, and Insulin Sensitivity. A Randomized Clinical Trial. <i>Nutrients</i> , 2020, 12, 2917.	4.1	51
44	A Worksite Vegan Nutrition Program Is Well-Accepted and Improves Health-Related Quality of Life and Work Productivity. <i>Annals of Nutrition and Metabolism</i> , 2010, 56, 245-252.	1.9	47
45	A Plant-Based High-Carbohydrate, Low-Fat Diet in Overweight Individuals in a 16-Week Randomized Clinical Trial: The Role of Carbohydrates. <i>Nutrients</i> , 2018, 10, 1302.	4.1	47
46	Fat Quantity and Quality, as Part of a Low-Fat, Vegan Diet, Are Associated with Changes in Body Composition, Insulin Resistance, and Insulin Secretion. A 16-Week Randomized Controlled Trial. <i>Nutrients</i> , 2019, 11, 615.	4.1	47
47	Usefulness of Vegetarian and Vegan Diets for Treating Type 2 Diabetes. <i>Current Diabetes Reports</i> , 2010, 10, 152-158.	4.2	46
48	Effects of a low-fat vegan diet and a Step II diet on macro- and micronutrient intakes in overweight postmenopausal women. <i>Nutrition</i> , 2004, 20, 738-746.	2.4	45
49	The Thermic Effect of Food: A Review. <i>Journal of the American College of Nutrition</i> , 2019, 38, 547-551.	1.8	44
50	Turning the Waiting Room into a Classroom: Weekly Classes Using a Vegan or a Portion-Controlled Eating Plan Improve Diabetes Control in a Randomized Translational Study. <i>Journal of the Academy of Nutrition and Dietetics</i> , 2018, 118, 1072-1079.	0.8	42
51	Trends in food availability, 1909â€“2007. <i>American Journal of Clinical Nutrition</i> , 2010, 91, 1530S-1536S.	4.7	39
52	A Mediterranean Diet and Low-Fat Vegan Diet to Improve Body Weight and Cardiometabolic Risk Factors: A Randomized, Cross-over Trial. <i>Journal of the American College of Nutrition</i> , 2022, 41, 127-139.	1.8	37
53	Prioritized Research for the Prevention, Treatment, and Reversal of Chronic Disease: Recommendations From the Lifestyle Medicine Research Summit. <i>Frontiers in Medicine</i> , 2020, 7, 585744.	2.6	36
54	Acceptability of a Therapeutic Low-Fat, Vegan Diet in Premenopausal Women. <i>Journal of Nutrition Education and Behavior</i> , 2000, 32, 314-319.	0.5	31

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55	Knockout mouse models of insulin signaling: Relevance past and future. <i>World Journal of Diabetes</i> , 2014, 5, 146.	3.5	30
56	Adherence and Acceptability of a Low-Fat, Vegetarian Diet Among Patients With Cardiac Disease. <i>Journal of Cardiopulmonary Rehabilitation and Prevention</i> , 1992, 12, 423-431.	0.5	28
57	A plant-based diet in overweight adults in a 16-week randomized clinical trial: The role of dietary acid load. <i>Clinical Nutrition ESPEN</i> , 2021, 44, 150-158.	1.2	27
58	Perspective: Plant-Based Eating Pattern for Type 2 Diabetes Prevention and Treatment: Efficacy, Mechanisms, and Practical Considerations. <i>Advances in Nutrition</i> , 2021, 12, 2045-2055.	6.4	25
59	A Plant-Based Diet for Type 2 Diabetes. <i>The Diabetes Educator</i> , 2010, 36, 33-48.	2.5	22
60	Four Therapeutic Diets: Adherence and Acceptability. <i>Canadian Journal of Dietetic Practice and Research</i> , 2010, 71, 199-204.	0.6	21
61	Decreases in Dietary Glycemic Index Are Related to Weight Loss among Individuals following Therapeutic Diets for Type 2 Diabetes. <i>Journal of Nutrition</i> , 2011, 141, 1469-1474.	2.9	21
62	Successful Implementation of Healthful Nutrition Initiatives into Hospitals. <i>American Journal of Medicine</i> , 2020, 133, 19-25.	1.5	20
63	Children and adults should avoid consuming animal products to reduce risk for chronic disease: NO. <i>American Journal of Clinical Nutrition</i> , 2020, 112, 931-936.	4.7	20
64	Children and adults should avoid consuming animal products to reduce risk for chronic disease: YES. <i>American Journal of Clinical Nutrition</i> , 2020, 112, 926-930.	4.7	17
65	Children and adults should avoid consuming animal products to reduce the risk for chronic disease: Debate Consensus. <i>American Journal of Clinical Nutrition</i> , 2020, 112, 937-940.	4.7	16
66	A worksite programme significantly alters nutrient intakes. <i>Public Health Nutrition</i> , 2010, 13, 1629-1635.	2.2	15
67	Ignorance of Nutrition Is No Longer Defensible. <i>JAMA Internal Medicine</i> , 2019, 179, 1021.	5.1	15
68	Diet and Sex-Hormone Binding Globulin, Dysmenorrhea, and Premenstrual Symptoms. <i>Obstetrics and Gynecology</i> , 2000, 95, 245-250.	2.4	13
69	Chimpanzees as vulnerable subjects in research. <i>Theoretical Medicine and Bioethics</i> , 2014, 35, 133-141.	0.8	13
70	The Women's Study for the Alleviation of Vasomotor Symptoms (WAVS): a randomized, controlled trial of a plant-based diet and whole soybeans for postmenopausal women. <i>Menopause</i> , 2021, 28, 1150-1156.	2.0	12
71	Crohn's Disease Remission with a Plant-Based Diet: A Case Report. <i>Nutrients</i> , 2019, 11, 1385.	4.1	11
72	Plant-Based Diets for Healthy Aging. <i>Journal of the American College of Nutrition</i> , 2021, 40, 478-479.	1.8	10

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73	A Proposal for Improvements in the Supplemental Nutrition Assistance Program. American Journal of Preventive Medicine, 2017, 52, S186-S192.	3.0	9
74	Can a plant-based diet help mitigate Covid-19?. European Journal of Clinical Nutrition, 2022, 76, 911-912.	2.9	9
75	The Physician's Role in Nutrition-Related Disorders: From Bystander to Leader. AMA Journal of Ethics, 2013, 15, 367-372.	0.7	5
76	Changes in Food and Nutrient Intake and Diet Quality on a Low-Fat Vegan Diet Are Associated with Changes in Body Weight, Body Composition, and Insulin Sensitivity in Overweight Adults: A Randomized Clinical Trial. Journal of the Academy of Nutrition and Dietetics, 2022, 122, 1922-1939.e0.	0.8	5
77	Industry Funding and Cholesterol Research: A Systematic Review. American Journal of Lifestyle Medicine, 2021, 15, 165-172.	1.9	4
78	Effect of a diet intervention on cardiometabolic outcomes: Does race matter? A randomized clinical trial. Clinical Nutrition ESPEN, 2021, 41, 126-128.	1.2	4
79	Controversial Dietary Patterns: A High Yield Primer for Clinicians. American Journal of Medicine, 2022, 135, 680-687.	1.5	4
80	Associations of fats and carbohydrates with cardiovascular disease and mortalityâ€”PURE and simple?. Lancet, The, 2018, 391, 1676-1677.	13.7	3
81	Blood Type Is Not Associated with Changes in Cardiometabolic Outcomes in Response to a Plant-Based Dietary Intervention. Journal of the Academy of Nutrition and Dietetics, 2021, 121, 1080-1086.	0.8	3
82	Vegetarian Diets and Weight Status. Nutrition Reviews, 2006, 64, 175-188.	5.8	3
83	Blood Pressure Regulation and Vegetarian Diets. Nutrition Reviews, 2005, 63, 1-8.	5.8	3
84	Nutrition for Hospital Workers During a Crisis: Effect of a Plant-Based Dietary Intervention on Cardiometabolic Outcomes and Quality of Life in Healthcare Employees During the COVID-19 Pandemic. American Journal of Lifestyle Medicine, 2022, 16, 399-407.	1.9	3
85	Trending Nutrition Controversies #3: Top Controversies in 2021. American Journal of Medicine, 2022, 135, 146-156.	1.5	2
86	Use of animal studies in predicting human bioavailability. American Journal of Clinical Nutrition, 1989, 50, 557-557.	4.7	1
87	Study design of an investigation of lactose maldigestion. American Journal of Clinical Nutrition, 1999, 69, 1289-1290.	4.7	1
88	Building on the Supplemental Nutrition Assistance Programâ€™s Success: Conquering Hunger, Improving Health. American Journal of Preventive Medicine, 2017, 52, S103-S105.	3.0	1
89	Meta-analysis in Research on Nutritionâ€™Reply. JAMA - Journal of the American Medical Association, 2018, 319, 1050.	7.4	1
90	Serial measures of circulating biomarkers of dairy fat: something is missing. American Journal of Clinical Nutrition, 2019, 109, 219-220.	4.7	1

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91	Shoring Up Vaccine Efficacy. American Journal of Medicine, 2022, 135, 271-272.	1.5	1
92	A Randomized, Crossover Trial of a Nutritional Intervention for Rheumatoid Arthritis. American Journal of Lifestyle Medicine, 0, , 155982762210818.	1.9	1
93	Six Applications of Plant Based Diets for Health Promotion. American Journal of Lifestyle Medicine, 0, , 155982762211040.	1.9	1
94	Reply to RF Powell. American Journal of Clinical Nutrition, 2010, 92, 1273-1274.	4.7	0
95	Dietary Cholesterol and Blood Cholesterol Concentrations. JAMA - Journal of the American Medical Association, 2015, 314, 2083.	7.4	0
96	Cow's Milk Is Not Ideal for Children at Any Age. JAMA Pediatrics, 2021, 175, 976.	6.2	0
97	From Animal Models to Clinical Practicality: Lessons Learned from Current Translational Progress in Diabetic Peripheral Neuropathy Research. FASEB Journal, 2013, 27, 873.7.	0.5	0
98	Animal Laboratory Exercises in Medical School Curricula. ATLA Alternatives To Laboratory Animals, 1996, 24, 953-956.	1.0	0
99	Universal Meals: A Novel Program to Provide Healthful Nutrition to Diverse Communities. American Journal of Lifestyle Medicine, 0, , 155982762110621.	1.9	0
100	The Role of Nutrition in COVID-19: Taking a Lesson from the 1918 H1N1 Pandemic. American Journal of Lifestyle Medicine, 0, , 155982762210976.	1.9	0