

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	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
2	Trending Nutrition Controversies #3: Top Controversies in 2021. <i>American Journal of Medicine</i> , 2022, 135, 146-156.	1.5	2
3	Shoring Up Vaccine Efficacy. <i>American Journal of Medicine</i> , 2022, 135, 271-272.	1.5	1
4	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. <i>American Journal of Lifestyle Medicine</i> , 2022, 16, 399-407.	1.9	3
5	Can a plant-based diet help mitigate Covid-19?. <i>European Journal of Clinical Nutrition</i> , 2022, 76, 911-912.	2.9	9
6	Controversial Dietary Patterns: A High Yield Primer for Clinicians. <i>American Journal of Medicine</i> , 2022, 135, 680-687.	1.5	4
7	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. <i>Journal of the Academy of Nutrition and Dietetics</i> , 2022, 122, 1922-1939.e0.	0.8	5
8	Plant-Based Diets for Healthy Aging. <i>Journal of the American College of Nutrition</i> , 2021, 40, 478-479.	1.8	10
9	Blood Type Is Not Associated with Changes in Cardiometabolic Outcomes in Response to a Plant-Based Dietary Intervention. <i>Journal of the Academy of Nutrition and Dietetics</i> , 2021, 121, 1080-1086.	0.8	3
10	Industry Funding and Cholesterol Research: A Systematic Review. <i>American Journal of Lifestyle Medicine</i> , 2021, 15, 165-172.	1.9	4
11	Effect of a diet intervention on cardiometabolic outcomes: Does race matter? A randomized clinical trial. <i>Clinical Nutrition ESPEN</i> , 2021, 41, 126-128.	1.2	4
12	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
13	Ketogenic Diets and Chronic Disease: Weighing the Benefits Against the Risks. <i>Frontiers in Nutrition</i> , 2021, 8, 702802.	3.7	83
14	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
15	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
16	Cow's Milk Is Not Ideal for Children at Any Age. <i>JAMA Pediatrics</i> , 2021, 175, 976.	6.2	0
17	Successful Implementation of Healthful Nutrition Initiatives into Hospitals. <i>American Journal of Medicine</i> , 2020, 133, 19-25.	1.5	20
18	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

#	ARTICLE	IF	CITATIONS
19	Children and adults should avoid consuming animal products to reduce risk for chronic disease: YES. American Journal of Clinical Nutrition, 2020, 112, 926-930.	4.7	17
20	Children and adults should avoid consuming animal products to reduce risk for chronic disease: NO. American Journal of Clinical Nutrition, 2020, 112, 931-936.	4.7	20
21	Children and adults should avoid consuming animal products to reduce the risk for chronic disease: Debate Consensus. American Journal of Clinical Nutrition, 2020, 112, 937-940.	4.7	16
22	Prioritized Research for the Prevention, Treatment, and Reversal of Chronic Disease: Recommendations From the Lifestyle Medicine Research Summit. Frontiers in Medicine, 2020, 7, 585744.	2.6	36
23	The role of nutrition in asthma prevention and treatment. Nutrition Reviews, 2020, 78, 928-938.	5.8	95
24	Effect of a Low-Fat Vegan Diet on Body Weight, Insulin Sensitivity, Postprandial Metabolism, and Intramyocellular and Hepatocellular Lipid Levels in Overweight Adults. JAMA Network Open, 2020, 3, e2025454.	5.9	85
25	Ignorance of Nutrition Is No Longer Defensible. JAMA Internal Medicine, 2019, 179, 1021.	5.1	15
26	Nutrition Interventions in Rheumatoid Arthritis: The Potential Use of Plant-Based Diets. A Review. Frontiers in Nutrition, 2019, 6, 141.	3.7	66
27	Crohn's Disease Remission with a Plant-Based Diet: A Case Report. Nutrients, 2019, 11, 1385.	4.1	11
28	The Thermic Effect of Food: A Review. Journal of the American College of Nutrition, 2019, 38, 547-551.	1.8	44
29	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. Nutrients, 2019, 11, 615.	4.1	47
30	The Effects of Vegetarian and Vegan Diets on Gut Microbiota. Frontiers in Nutrition, 2019, 6, 47.	3.7	389
31	Serial measures of circulating biomarkers of dairy fat: something is missing. American Journal of Clinical Nutrition, 2019, 109, 219-220.	4.7	1
32	Plant-Based Diets for Cardiovascular Safety and Performance in Endurance Sports. Nutrients, 2019, 11, 130.	4.1	80
33	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. Journal of the Academy of Nutrition and Dietetics, 2018, 118, 1072-1079.	0.8	42
34	Associations of fats and carbohydrates with cardiovascular disease and mortality—PURE and simple?. Lancet, The, 2018, 391, 1676-1677.	13.7	3
35	Meta-analysis in Research on Nutrition—Reply. JAMA - Journal of the American Medical Association, 2018, 319, 1050.	7.4	1
36	A plant-based diet in overweight individuals in a 16-week randomized clinical trial: metabolic benefits of plant protein. Nutrition and Diabetes, 2018, 8, 58.	3.2	86

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37	Lifestyle Modifications for Preventing and Treating Heart Failure. <i>Journal of the American College of Cardiology</i> , 2018, 72, 2391-2405.	2.8	87
38	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
39	Vegetarian Dietary Patterns and Cardiovascular Disease. <i>Progress in Cardiovascular Diseases</i> , 2018, 61, 54-61.	3.1	155
40	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
41	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
42	Trending Cardiovascular Nutrition Controversies. <i>Journal of the American College of Cardiology</i> , 2017, 69, 1172-1187.	2.8	115
43	A Proposal for Improvements in the Supplemental Nutrition Assistance Program. <i>American Journal of Preventive Medicine</i> , 2017, 52, S186-S192.	3.0	9
44	Building on the Supplemental Nutrition Assistance Program's Success: Conquering Hunger, Improving Health. <i>American Journal of Preventive Medicine</i> , 2017, 52, S103-S105.	3.0	1
45	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
46	The Misuse of Meta-analysis in Nutrition Research. <i>JAMA - Journal of the American Medical Association</i> , 2017, 318, 1435.	7.4	100
47	Cardio-Metabolic Benefits of Plant-Based Diets. <i>Nutrients</i> , 2017, 9, 848.	4.1	255
48	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
49	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
50	Dietary Cholesterol and Blood Cholesterol Concentrations. <i>JAMA - Journal of the American Medical Association</i> , 2015, 314, 2083.	7.4	0
51	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
52	Meat Consumption as a Risk Factor for Type 2 Diabetes. <i>Nutrients</i> , 2014, 6, 897-910.	4.1	71
53	Nutrition intervention for migraine: a randomized crossover trial. <i>Journal of Headache and Pain</i> , 2014, 15, 69.	6.0	58
54	Saturated and trans fats and dementia: a systematic review. <i>Neurobiology of Aging</i> , 2014, 35, S65-S73.	3.1	137

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55	Vegetarian Diets and Blood Pressure. <i>JAMA Internal Medicine</i> , 2014, 174, 577.	5.1	417
56	Chimpanzees as vulnerable subjects in research. <i>Theoretical Medicine and Bioethics</i> , 2014, 35, 133-141.	0.8	13
57	Dietary and lifestyle guidelines for the prevention of Alzheimer's disease. <i>Neurobiology of Aging</i> , 2014, 35, S74-S78.	3.1	251
58	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
59	Knockout mouse models of insulin signaling: Relevance past and future. <i>World Journal of Diabetes</i> , 2014, 5, 146.	3.5	30
60	The Physician's Role in Nutrition-Related Disorders: From Bystander to Leader. <i>AMA Journal of Ethics</i> , 2013, 15, 367-372.	0.7	5
61	From Animal Models to Clinical Practicality: Lessons Learned from Current Translational Progress in Diabetic Peripheral Neuropathy Research. <i>FASEB Journal</i> , 2013, 27, 873.7.	0.5	0
62	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
63	Usefulness of Vegetarian and Vegan Diets for Treating Type 2 Diabetes. <i>Current Diabetes Reports</i> , 2010, 10, 152-158.	4.2	46
64	Four Therapeutic Diets: Adherence and Acceptability. <i>Canadian Journal of Dietetic Practice and Research</i> , 2010, 71, 199-204.	0.6	21
65	A Plant-Based Diet for Type 2 Diabetes. <i>The Diabetes Educator</i> , 2010, 36, 33-48.	2.5	22
66	Reply to RF Powell. <i>American Journal of Clinical Nutrition</i> , 2010, 92, 1273-1274.	4.7	0
67	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
68	A worksite programme significantly alters nutrient intakes. <i>Public Health Nutrition</i> , 2010, 13, 1629-1635.	2.2	15
69	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
70	Trends in food availability, 1909â€“2007. <i>American Journal of Clinical Nutrition</i> , 2010, 91, 1530S-1536S.	4.7	39
71	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
72	D2 dopamine receptor Taq1A polymorphism, body weight, and dietary intake in type 2 diabetes. <i>Nutrition</i> , 2009, 25, 58-65.	2.4	72

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73	Effects of Plant-Based Diets on Plasma Lipids. <i>American Journal of Cardiology</i> , 2009, 104, 947-956.	1.6	161
74	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
75	Vegetarian and vegan diets in type 2 diabetes management. <i>Nutrition Reviews</i> , 2009, 67, 255-263.	5.8	133
76	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
77	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
78	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
79	Vegetarian Diets and Weight Status. <i>Nutrition Reviews</i> , 2006, 64, 175-188.	5.8	135
80	Vegetarian Diets and Weight Status. <i>Nutrition Reviews</i> , 2006, 64, 175-188.	5.8	3
81	Blood Pressure Regulation and Vegetarian Diets. <i>Nutrition Reviews</i> , 2005, 63, 1-8.	5.8	100
82	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
83	Blood Pressure Regulation and Vegetarian Diets. <i>Nutrition Reviews</i> , 2005, 63, 1-8.	5.8	3
84	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
85	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
86	Type 2 diabetes and the vegetarian diet. <i>American Journal of Clinical Nutrition</i> , 2003, 78, 610S-616S.	4.7	152
87	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
88	Diet and Sex-Hormone Binding Globulin, Dysmenorrhea, and Premenstrual Symptoms. <i>Obstetrics and Gynecology</i> , 2000, 95, 245-250.	2.4	13
89	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
90	Diet and sex-hormone binding globulin, dysmenorrhea, and premenstrual symptoms. <i>Obstetrics and Gynecology</i> , 2000, 95, 245-250.	2.4	100

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91	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
92	Study design of an investigation of lactose maldigestion. <i>American Journal of Clinical Nutrition</i> , 1999, 69, 1289-1290.	4.7	1
93	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
94	Animal Laboratory Exercises in Medical School Curricula. <i>ATLA Alternatives To Laboratory Animals</i> , 1996, 24, 953-956.	1.0	0
95	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
96	Use of animal studies in predicting human bioavailability. <i>American Journal of Clinical Nutrition</i> , 1989, 50, 557-557.	4.7	1
97	Universal Meals: A Novel Program to Provide Healthful Nutrition to Diverse Communities. <i>American Journal of Lifestyle Medicine</i> , 0, , 155982762110621.	1.9	0
98	A Randomized, Crossover Trial of a Nutritional Intervention for Rheumatoid Arthritis. <i>American Journal of Lifestyle Medicine</i> , 0, , 155982762210818.	1.9	1
99	The Role of Nutrition in COVID-19: Taking a Lesson from the 1918 H1N1 Pandemic. <i>American Journal of Lifestyle Medicine</i> , 0, , 155982762210976.	1.9	0
100	Six Applications of Plant Based Diets for Health Promotion. <i>American Journal of Lifestyle Medicine</i> , 0, , 155982762211040.	1.9	1