

# Michael E J Lean

## List of Publications by Year in descending order

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Version: 2024-02-01

294  
papers

24,729  
citations

8172

76  
h-index

7944

149  
g-index

299  
all docs

299  
docs citations

299  
times ranked

27091  
citing authors

#	ARTICLE	IF	CITATIONS
1	Waist circumference as a measure for indicating need for weight management. <i>BMJ: British Medical Journal</i> , 1995, 311, 158-161.	2.4	1,331
2	Primary care-led weight management for remission of type 2 diabetes (DiRECT): an open-label, cluster-randomised trial. <i>Lancet, The</i> , 2018, 391, 541-551.	6.3	1,282
3	Identification of Late-Onset Hypogonadism in Middle-Aged and Elderly Men. <i>New England Journal of Medicine</i> , 2010, 363, 123-135.	13.9	1,274
4	Effects of liraglutide in the treatment of obesity: a randomised, double-blind, placebo-controlled study. <i>Lancet, The</i> , 2009, 374, 1606-1616.	6.3	931
5	Plant Foods and Herbal Sources of Resveratrol. <i>Journal of Agricultural and Food Chemistry</i> , 2002, 50, 3337-3340.	2.4	840
6	Waist circumference action levels in the identification of cardiovascular risk factors: prevalence study in a random sample. <i>BMJ: British Medical Journal</i> , 1995, 311, 1401-1405.	2.4	733
7	Quantitative Analysis of the Flavonoid Content of Commercial Tomatoes, Onions, Lettuce, and Celery. <i>Journal of Agricultural and Food Chemistry</i> , 1997, 45, 590-595.	2.4	596
8	Durability of a primary care-led weight-management intervention for remission of type 2 diabetes: 2-year results of the DiRECT open-label, cluster-randomised trial. <i>Lancet Diabetes and Endocrinology, the</i> , 2019, 7, 344-355.	5.5	569
9	Safety, tolerability and sustained weight loss over 2 years with the once-daily human GLP-1 analog, liraglutide. <i>International Journal of Obesity</i> , 2012, 36, 843-854.	1.6	532
10	3 years of liraglutide versus placebo for type 2 diabetes risk reduction and weight management in individuals with prediabetes: a randomised, double-blind trial. <i>Lancet, The</i> , 2017, 389, 1399-1409.	6.3	502
11	Characteristics of Secondary, Primary, and Compensated Hypogonadism in Aging Men: Evidence from the European Male Ageing Study. <i>Journal of Clinical Endocrinology and Metabolism</i> , 2010, 95, 1810-1818.	1.8	481
12	Prospective Study of C-Reactive Protein in Relation to the Development of Diabetes and Metabolic Syndrome in the Mexico City Diabetes Study. <i>Diabetes Care</i> , 2002, 25, 2016-2021.	4.3	453
13	Occurrence of Flavonols in Tomatoes and Tomato-Based Products. <i>Journal of Agricultural and Food Chemistry</i> , 2000, 48, 2663-2669.	2.4	404
14	HPLC-MSn Analysis of Phenolic Compounds and Purine Alkaloids in Green and Black Tea. <i>Journal of Agricultural and Food Chemistry</i> , 2004, 52, 2807-2815.	2.4	387
15	Age-Related Changes in General and Sexual Health in Middle-Aged and Older Men: Results from the European Male Ageing Study (EMAS). <i>Journal of Sexual Medicine</i> , 2010, 7, 1362-1380.	0.3	377
16	Coffee: biochemistry and potential impact on health. <i>Food and Function</i> , 2014, 5, 1695-1717.	2.1	376
17	Relationship among Antioxidant Activity, Vasodilation Capacity, and Phenolic Content of Red Wines. <i>Journal of Agricultural and Food Chemistry</i> , 2000, 48, 220-230.	2.4	369
18	Ellagitannins, Flavonoids, and Other Phenolics in Red Raspberries and Their Contribution to Antioxidant Capacity and Vasorelaxation Properties. <i>Journal of Agricultural and Food Chemistry</i> , 2002, 50, 5191-5196.	2.4	312

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19	Polyphenols and health: What compounds are involved?. Nutrition, Metabolism and Cardiovascular Diseases, 2010, 20, 1-6.	1.1	285
20	Remission of Human Type 2 Diabetes Requires Decrease in Liver and Pancreas Fat Content but Is Dependent upon Capacity for I <sup>2</sup> Cell Recovery. Cell Metabolism, 2018, 28, 547-556.e3.	7.2	257
21	Obesity and weight management in the elderly. British Medical Bulletin, 2011, 97, 169-196.	2.7	249
22	Analysis of ellagitannins and conjugates of ellagic acid and quercetin in raspberry fruits by LC-MSn. Phytochemistry, 2003, 64, 617-624.	1.4	230
23	Green Tea Flavan-3-ols: Colonic Degradation and Urinary Excretion of Catabolites by Humans. Journal of Agricultural and Food Chemistry, 2010, 58, 1296-1304.	2.4	229
24	Intermittent fasting interventions for treatment of overweight and obesity in adults: a systematic review and meta-analysis. JBI Database of Systematic Reviews and Implementation Reports, 2018, 16, 507-547.	1.7	191
25	Survey of the Free and Conjugated Myricetin and Quercetin Content of Red Wines of Different Geographical Origins. Journal of Agricultural and Food Chemistry, 1998, 46, 368-375.	2.4	181
26	Narrow hips and broad waist circumferences independently contribute to increased risk of non-insulin-dependent diabetes mellitus. Journal of Internal Medicine, 1997, 242, 401-406.	2.7	173
27	Comparison of serum testosterone and estradiol measurements in 3174 European men using platform immunoassay and mass spectrometry; relevance for the diagnostics in aging men. European Journal of Endocrinology, 2012, 166, 983-991.	1.9	169
28	Variations in caffeine and chlorogenic acid contents of coffees: what are we drinking?. Food and Function, 2014, 5, 1718-1726.	2.1	168
29	Altered gut and adipose tissue hormones in overweight and obese individuals: cause or consequence?. International Journal of Obesity, 2016, 40, 622-632.	1.6	168
30	Absorption and excretion of conjugated flavonols, including quercetin-4-O-β-glucoside and isorhamnetin-4-O-β-glucoside by human volunteers after the consumption of onions. Free Radical Research, 1998, 29, 257-269.	1.5	167
31	Association of hypogonadism with vitamin D status: the European Male Ageing Study. European Journal of Endocrinology, 2012, 166, 77-85.	1.9	166
32	Weight gain as an adverse effect of some commonly prescribed drugs: a systematic review. QJM - Monthly Journal of the Association of Physicians, 2007, 100, 395-404.	0.2	165
33	Brown adipose tissue in humans. Proceedings of the Nutrition Society, 1989, 48, 243-257.	0.4	161
34	Analysis of Obesity and Hyperinsulinemia in the Development of Metabolic Syndrome: San Antonio Heart Study. Obesity, 2002, 10, 923-931.	4.0	155
35	Patients on Atypical Antipsychotic Drugs: Another high-risk group for type 2 diabetes. Diabetes Care, 2003, 26, 1597-1605.	4.3	152
36	New insights into the bioavailability of red raspberry anthocyanins and ellagitannins. Free Radical Biology and Medicine, 2015, 89, 758-769.	1.3	150

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37	Effect of Freezing and Storage on the Phenolics, Ellagitannins, Flavonoids, and Antioxidant Capacity of Red Raspberries. <i>Journal of Agricultural and Food Chemistry</i> , 2002, 50, 5197-5201.	2.4	146
38	Espresso coffees, caffeine and chlorogenic acid intake: potential health implications. <i>Food and Function</i> , 2012, 3, 30-33.	2.1	142
39	Tolerability of nausea and vomiting and associations with weight loss in a randomized trial of liraglutide in obese, non-diabetic adults. <i>International Journal of Obesity</i> , 2014, 38, 689-697.	1.6	138
40	Quantitative analysis of flavonoids by reversed-phase high-performance liquid chromatography. <i>Journal of Chromatography A</i> , 1997, 761, 315-321.	1.8	137
41	Orange juice (poly)phenols are highly bioavailable in humans. <i>American Journal of Clinical Nutrition</i> , 2014, 100, 1378-1384.	2.2	133
42	Association between 25-hydroxyvitamin D levels and cognitive performance in middle-aged and older European men. <i>Journal of Neurology, Neurosurgery and Psychiatry</i> , 2009, 80, 722-729.	0.9	130
43	Low Free Testosterone Is Associated with Hypogonadal Signs and Symptoms in Men with Normal Total Testosterone. <i>Journal of Clinical Endocrinology and Metabolism</i> , 2016, 101, 2647-2657.	1.8	129
44	Increased Estrogen Rather Than Decreased Androgen Action Is Associated with Longer Androgen Receptor CAG Repeats. <i>Journal of Clinical Endocrinology and Metabolism</i> , 2009, 94, 277-284.	1.8	125
45	Take Five, a nutrition education intervention to increase fruit and vegetable intakes: impact on attitudes towards dietary change. <i>British Journal of Nutrition</i> , 1998, 80, 133-140.	1.2	124
46	The ability of three different models of frailty to predict all-cause mortality: Results from the European Male Aging Study (EMAS). <i>Archives of Gerontology and Geriatrics</i> , 2013, 57, 360-368.	1.4	121
47	Effect of three treatment schedules of recombinant methionyl human leptin on body weight in obese adults: a randomized, placebo-controlled trial. <i>Diabetes, Obesity and Metabolism</i> , 2005, 7, 755-761.	2.2	119
48	Relationships between cigarette smoking, body size and body shape. <i>International Journal of Obesity</i> , 2005, 29, 236-243.	1.6	119
49	Development of and Recovery from Secondary Hypogonadism in Aging Men: Prospective Results from the EMAS. <i>Journal of Clinical Endocrinology and Metabolism</i> , 2015, 100, 3172-3182.	1.8	118
50	Antioxidant flavonols from fruits, vegetables and beverages: measurements and bioavailability. <i>Biological Research</i> , 2000, 33, 79-88.	1.5	118
51	Determination of Flavonol Metabolites in Plasma and Tissues of Rats by HPLC <sup>~</sup> Radiocounting and Tandem Mass Spectrometry Following Oral Ingestion of [2-14C]Quercetin-4 <sup>~</sup> -glucoside. <i>Journal of Agricultural and Food Chemistry</i> , 2002, 50, 6902-6909.	2.4	117
52	In vitro catabolism of rutin by human fecal bacteria and the antioxidant capacity of its catabolites. <i>Free Radical Biology and Medicine</i> , 2009, 47, 1180-1189.	1.3	117
53	Pathophysiology of obesity. <i>Proceedings of the Nutrition Society</i> , 2000, 59, 331-336.	0.4	114
54	Milk decreases urinary excretion but not plasma pharmacokinetics of cocoa flavan-3-ol metabolites in humans. <i>American Journal of Clinical Nutrition</i> , 2009, 89, 1784-1791.	2.2	114

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55	The influence of moderate red wine consumption on antioxidant status and indices of oxidative stress associated with CHD in healthy volunteers. <i>British Journal of Nutrition</i> , 2005, 93, 233-240.	1.2	110
56	Effect of a lifestyle intervention on weight change in south Asian individuals in the UK at high risk of type 2 diabetes: a family-cluster randomised controlled trial. <i>Lancet Diabetes and Endocrinology</i> , 2014, 2, 218-227.	5.5	110
57	Creatine supplementation during pulmonary rehabilitation in chronic obstructive pulmonary disease. <i>Thorax</i> , 2005, 60, 531-537.	2.7	109
58	Assessment of obesity and its clinical implications. <i>BMJ: British Medical Journal</i> , 2006, 333, 695-698.	2.4	106
59	UK consumer attitudes, beliefs and barriers to increasing fruit and vegetable consumption. <i>Public Health Nutrition</i> , 1998, 1, 61-68.	1.1	104
60	The Relationships between Sex Hormones and Sexual Function in Middle-Aged and Older European Men. <i>Journal of Clinical Endocrinology and Metabolism</i> , 2011, 96, E1577-E1587.	1.8	103
61	Hepatic Lipoprotein Export and Remission of Human Type 2 Diabetes after Weight Loss. <i>Cell Metabolism</i> , 2020, 31, 233-249.e4.	7.2	102
62	Intentional mis-reporting of food consumption and its relationship with body mass index and psychological scores in women. <i>Journal of Human Nutrition and Dietetics</i> , 2004, 17, 209-218.	1.3	100
63	Vitamin D, parathyroid hormone and the metabolic syndrome in middle-aged and older European men. <i>European Journal of Endocrinology</i> , 2009, 161, 947-954.	1.9	99
64	Lower vitamin D levels are associated with depression among community-dwelling European men. <i>Journal of Psychopharmacology</i> , 2011, 25, 1320-1328.	2.0	99
65	Associations Between Sex Steroids and the Development of Metabolic Syndrome: A Longitudinal Study in European Men. <i>Journal of Clinical Endocrinology and Metabolism</i> , 2015, 100, 1396-1404.	1.8	97
66	Bioavailability of Black Tea Theaflavins: Absorption, Metabolism, and Colonic Catabolism. <i>Journal of Agricultural and Food Chemistry</i> , 2017, 65, 5365-5374.	2.4	94
67	Rapid characterization of anthocyanins in red raspberry fruit by high-performance liquid chromatography coupled to single quadrupole mass spectrometry. <i>Journal of Chromatography A</i> , 2002, 966, 63-70.	1.8	93
68	Low-carbohydrate diets for overweight and obesity: a systematic review of the systematic reviews. <i>Obesity Reviews</i> , 2018, 19, 1700-1718.	3.1	93
69	Measurement of rat brown-adipose-tissue mitochondrial uncoupling protein by radioimmunoassay: Increased concentration after cold acclimation. <i>Bioscience Reports</i> , 1983, 3, 61-71.	1.1	92
70	Chronic widespread pain is associated with slower cognitive processing speed in middle-aged and older European men. <i>Pain</i> , 2010, 151, 30-36.	2.0	92
71	Bioavailability of dietary (poly)phenols: a study with ileostomists to discriminate between absorption in small and large intestine. <i>Food and Function</i> , 2013, 4, 754.	2.1	91
72	Impaired quality of life and sexual function in overweight and obese men: the European Male Ageing Study. <i>European Journal of Endocrinology</i> , 2011, 164, 1003-1011.	1.9	90

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73	Take Five, a nutrition education intervention to increase fruit and vegetable intakes: impact on consumer choice and nutrient intakes. <i>British Journal of Nutrition</i> , 1998, 80, 123-131.	1.2	88
74	Mobile applications for obesity and weight management: current market characteristics. <i>International Journal of Obesity</i> , 2017, 41, 200-202.	1.6	87
75	Musculoskeletal pain is associated with very low levels of vitamin D in men: results from the European Male Ageing Study. <i>Annals of the Rheumatic Diseases</i> , 2010, 69, 1448-1452.	0.5	86
76	Variations in the Profile and Content of Anthocyanins in Wines Made from Cabernet Sauvignon and Hybrid Grapes. <i>Journal of Agricultural and Food Chemistry</i> , 2002, 50, 4096-4102.	2.4	85
77	Waist Circumference as a Screening Tool for Cardiovascular Risk Factors: Evaluation of Receiver Operating Characteristics (ROC). <i>Obesity</i> , 1996, 4, 533-547.	4.0	81
78	Is There an Optimal Diet for Weight Management and Metabolic Health?. <i>Gastroenterology</i> , 2017, 152, 1739-1751.	0.6	81
79	Feasibility and indicative results from a 12-month low-energy liquid diet treatment and maintenance programme for severe obesity. <i>British Journal of General Practice</i> , 2013, 63, e115-e124.	0.7	79
80	Weight losses with low-energy formula diets in obese patients with and without type 2 diabetes: systematic review and meta-analysis. <i>International Journal of Obesity</i> , 2017, 41, 96-101.	1.6	77
81	Diets for weight management in adults with type 2 diabetes: an umbrella review of published meta-analyses and systematic review of trials of diets for diabetes remission. <i>Diabetologia</i> , 2022, 65, 14-36.	2.9	77
82	Dietary improvement in people with schizophrenia. <i>British Journal of Psychiatry</i> , 2005, 187, 346-351.	1.7	76
83	Benefits of salmon eating on traditional and novel vascular risk factors in young, non-obese healthy subjects. <i>Atherosclerosis</i> , 2007, 193, 213-221.	0.4	75
84	The association of frailty with serum 25-hydroxyvitamin D and parathyroid hormone levels in older European men. <i>Age and Ageing</i> , 2013, 42, 352-359.	0.7	74
85	2-year remission of type 2 diabetes and pancreas morphology: a post-hoc analysis of the DiRECT open-label, cluster-randomised trial. <i>Lancet Diabetes and Endocrinology</i> , 2020, 8, 939-948.	5.5	74
86	Time-scarcity, ready-meals, ill-health and the obesity epidemic. <i>Trends in Food Science and Technology</i> , 2012, 27, 4-11.	7.8	73
87	Eating habits, beliefs, attitudes and knowledge among health professionals regarding the links between obesity, nutrition and health. <i>Public Health Nutrition</i> , 2004, 7, 337-343.	1.1	69
88	DISPOSITION AND METABOLISM OF [2-14C]QUERCETIN-4-GLUCOSIDE IN RATS. <i>Drug Metabolism and Disposition</i> , 2005, 33, 1036-1043.	1.7	69
89	Consumption of fish and vascular risk factors: A systematic review and meta-analysis of intervention studies. <i>Atherosclerosis</i> , 2017, 266, 87-94.	0.4	66
90	Long-term cost-effectiveness of weight management in primary care. <i>International Journal of Clinical Practice</i> , 2010, 64, 775-783.	0.8	65

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91	Strategies for preventing obesity. <i>BMJ: British Medical Journal</i> , 2006, 333, 959-962.	2.4	63
92	A physically active occupation does not result in compensatory inactivity during out-of-work hours. <i>Preventive Medicine</i> , 2011, 53, 48-52.	1.6	63
93	Changing distributions of body size and adiposity with age. <i>International Journal of Obesity</i> , 2014, 38, 857-864.	1.6	62
94	Active Vitamin D (1,25-Dihydroxyvitamin D) and Bone Health in Middle-Aged and Elderly Men: The European Male Aging Study (EMAS). <i>Journal of Clinical Endocrinology and Metabolism</i> , 2013, 98, 995-1005.	1.8	61
95	Thyroid hormones and male sexual function. <i>Journal of Developmental and Physical Disabilities</i> , 2012, 35, 668-679.	3.6	58
96	Comparisons of Immunoassay and Mass Spectrometry Measurements of Serum Estradiol Levels and Their Influence on Clinical Association Studies in Men. <i>Journal of Clinical Endocrinology and Metabolism</i> , 2013, 98, E1097-E1102.	1.8	58
97	Derivation and validation of simple equations to predict total muscle mass from simple anthropometric and demographic data. <i>American Journal of Clinical Nutrition</i> , 2014, 100, 1041-1051.	2.2	58
98	Iodine and pregnancy – a UK cross-sectional survey of dietary intake, knowledge and awareness. <i>British Journal of Nutrition</i> , 2015, 114, 108-117.	1.2	57
99	Empowering primary care to tackle the obesity epidemic: the Counterweight Programme. <i>European Journal of Clinical Nutrition</i> , 2005, 59, S93-S101.	1.3	56
100	Role of oxidative stress in physiological albumin glycation: A neglected interaction. <i>Free Radical Biology and Medicine</i> , 2013, 60, 318-324.	1.3	56
101	Why lose weight? Reasons for seeking weight loss by overweight but otherwise healthy men. <i>International Journal of Obesity</i> , 2002, 26, 880-882.	1.6	55
102	Predictors of type 2 diabetes remission in the Diabetes Remission Clinical Trial (DiRECT). <i>Diabetic Medicine</i> , 2021, 38, e14395.	1.2	53
103	Berry juices, teas, antioxidants and the prevention of atherosclerosis in hamsters. <i>Food Chemistry</i> , 2010, 118, 266-271.	4.2	52
104	Frailty in Relation to Variations in Hormone Levels of the Hypothalamic-Pituitary-Testicular Axis in Older Men: Results From the European Male Aging Study. <i>Journal of the American Geriatrics Society</i> , 2011, 59, 814-821.	1.3	52
105	Sugar and Type 2 diabetes. <i>British Medical Bulletin</i> , 2016, 120, 43-53.	2.7	49
106	Association of cognitive performance with the metabolic syndrome and with glycaemia in middle-aged and older European men: the European Male Ageing Study. <i>Diabetes/Metabolism Research and Reviews</i> , 2010, 26, 668-676.	1.7	47
107	Influence of age and sex steroids on bone density and geometry in middle-aged and elderly European men. <i>Osteoporosis International</i> , 2011, 22, 1513-1523.	1.3	46
108	Weight changes in young adults: a mixed-methods study. <i>International Journal of Obesity</i> , 2015, 39, 508-513.	1.6	46

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109	Nutritional intervention and impact of polyphenol on glycohemoglobin (HbA1c) in non-diabetic and type 2 diabetic subjects: Systematic review and meta-analysis. <i>Critical Reviews in Food Science and Nutrition</i> , 2017, 57, 975-986.	5.4	46
110	Clinical and metabolic features of the randomised controlled Diabetes Remission Clinical Trial (DiRECT) cohort. <i>Diabetologia</i> , 2018, 61, 589-598.	2.9	46
111	Moderate physical activity permits acute coupling between serum leptin and appetite/satiety measures in obese women. <i>International Journal of Obesity</i> , 2003, 27, 1332-1339.	1.6	45
112	Identification of Metabolites in Human Plasma and Urine after Consumption of a Polyphenol-Rich Juice Drink. <i>Journal of Agricultural and Food Chemistry</i> , 2010, 58, 2586-2595.	2.4	45
113	Making progress on the global crisis of obesity and weight management. <i>BMJ: British Medical Journal</i> , 2018, 361, k2538.	2.4	45
114	Low-level seaweed supplementation improves iodine status in iodine-insufficient women. <i>British Journal of Nutrition</i> , 2014, 112, 753-761.	1.2	44
115	Symptomatic androgen deficiency develops only when both total and free testosterone decline in obese men who may have incident biochemical secondary hypogonadism: Prospective results from the EMAS. <i>Clinical Endocrinology</i> , 2018, 89, 459-469.	1.2	44
116	Weight management: a comparison of existing dietary approaches in a work-site setting. <i>International Journal of Obesity</i> , 2002, 26, 1469-1475.	1.6	42
117	Associations of BMI, waist circumference, body fat, and skeletal muscle with type 2 diabetes in adults. <i>Acta Diabetologica</i> , 2019, 56, 947-954.	1.2	42
118	Time Course of Normalization of Functional $\beta$ -Cell Capacity in the Diabetes Remission Clinical Trial After Weight Loss in Type 2 Diabetes. <i>Diabetes Care</i> , 2020, 43, 813-820.	4.3	42
119	Investigating the determinants of international differences in the prevalence of chronic widespread pain: evidence from the European Male Ageing Study. <i>Annals of the Rheumatic Diseases</i> , 2009, 68, 690-695.	0.5	41
120	Cohort Profile: The European Male Ageing Study. <i>International Journal of Epidemiology</i> , 2013, 42, 391-401.	0.9	41
121	Evaluation of a Dietary Targets Monitor. <i>European Journal of Clinical Nutrition</i> , 2003, 57, 667-673.	1.3	40
122	Dietary recommendations for people with diabetes: an update for the 1990s Nutrition Subcommittee of the British Diabetic Association's Professional Advisory Committee. <i>Journal of Human Nutrition and Dietetics</i> , 1991, 4, 393-412.	1.3	39
123	Obesity and weight management in the elderly: A focus on men. <i>Best Practice and Research in Clinical Endocrinology and Metabolism</i> , 2013, 27, 509-525.	2.2	39
124	Predictive model of length of stay in hospital among older patients. <i>Aging Clinical and Experimental Research</i> , 2019, 31, 993-999.	1.4	39
125	Gonadal sex steroid status and bone health in middle-aged and elderly European men. <i>Osteoporosis International</i> , 2010, 21, 1331-1339.	1.3	37
126	Effect of Polymorphisms in Selected Genes Involved in Pituitary-Testicular Function on Reproductive Hormones and Phenotype in Aging Men. <i>Journal of Clinical Endocrinology and Metabolism</i> , 2010, 95, 1898-1908.	1.8	37



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127	Time spent in sedentary posture is associated with waist circumference and cardiovascular risk. <i>International Journal of Obesity</i> , 2017, 41, 689-696.	1.6	37
128	Family Hospitality and Ethnic Tradition Among South Asian, Italian and General Population Women in the West of Scotland. <i>Sociology of Health and Illness</i> , 1998, 20, 351-380.	1.1	36
129	SMARTS (Systematic Monitoring of Adverse events Related to TreatmentS): The development of a pragmatic patient-completed checklist to assess antipsychotic drug side effects. <i>Therapeutic Advances in Psychopharmacology</i> , 2014, 4, 15-21.	1.2	36
130	Validation of a short food frequency questionnaire specific for iodine in <scp>UK</scp> females of childbearing age. <i>Journal of Human Nutrition and Dietetics</i> , 2014, 27, 599-605.	1.3	36
131	Healthy Eating: Fruit and Vegetables in Scotland. <i>British Food Journal</i> , 1994, 96, 18-24.	1.6	34
132	Improving the dietary intake of under nourished older people in residential care homes using an energyâ€enriching food approach: a cluster randomised controlled study. <i>Journal of Human Nutrition and Dietetics</i> , 2013, 26, 387-394.	1.3	34
133	Changes in BMI and waist circumference in Scottish adults: use of repeated cross-sectional surveys to explore multiple age groups and birth-cohorts. <i>International Journal of Obesity</i> , 2013, 37, 800-808.	1.6	34
134	Filling the intervention gap: service evaluation of an intensive nonsurgical weight management programme for severe and complex obesity. <i>Journal of Human Nutrition and Dietetics</i> , 2019, 32, 329-337.	1.3	34
135	Clothing size as an indicator of adiposity, ischaemic heart disease and cardiovascular risks. <i>Journal of Human Nutrition and Dietetics</i> , 2005, 18, 423-430.	1.3	33
136	The Effects of Dietary Phenolic Compounds on Cytokine and Antioxidant Production by A549 Cells. <i>Journal of Medicinal Food</i> , 2008, 11, 382-384.	0.8	33
137	Rising prevalence of BMI $\geq 40$ kg/m <sup>2</sup> : A highâ€demand epidemic needing better documentation. <i>Obesity Reviews</i> , 2020, 21, e12986.	3.1	33
138	Antenatal Waist Circumference and Hypertension Risk. <i>Obstetrics and Gynecology</i> , 2001, 97, 268-271.	1.2	32
139	Changes in weight and waist circumference over 9 years in a Scottish population. <i>European Journal of Clinical Nutrition</i> , 2008, 62, 1208-1214.	1.3	32
140	Sitting Time and Waist Circumference Are Associated With Glycemia in U.K. South Asians. <i>Diabetes Care</i> , 2011, 34, 1214-1218.	4.3	32
141	Management: Part IIâ€Drugs. <i>BMJ: British Medical Journal</i> , 2006, 333, 794-797.	2.4	31
142	Proteinâ€phenolic interactions and inhibition of glycation â€ combining a systematic review and experimental models for enhanced physiological relevance. <i>Food and Function</i> , 2014, 5, 2646-2655.	2.1	31
143	Natural history, risk factors and clinical features of primary hypogonadism in ageing men: Longitudinal Data from the European Male Ageing Study. <i>Clinical Endocrinology</i> , 2016, 85, 891-901.	1.2	31
144	The role of appetite-related hormones, adaptive thermogenesis, perceived hunger and stress in long-term weight-loss maintenance: a mixed-methods study. <i>European Journal of Clinical Nutrition</i> , 2020, 74, 622-632.	1.3	31

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145	A proteomic surrogate for cardiovascular outcomes that is sensitive to multiple mechanisms of change in risk. <i>Science Translational Medicine</i> , 2022, 14, eabj9625.	5.8	31
146	Is long-term weight loss possible?. <i>British Journal of Nutrition</i> , 2000, 83, S103-S111.	1.2	30
147	Development of a nutritionally balanced pizza as a functional meal designed to meet published dietary guidelines. <i>Public Health Nutrition</i> , 2014, 17, 2577-2586.	1.1	30
148	Keeping it off: the challenge of weight-loss maintenance. <i>Lancet Diabetes and Endocrinology</i> , 2018, 6, 681-683.	5.5	30
149	The associations between current recommendation for physical activity and cardiovascular risks associated with obesity. <i>European Journal of Clinical Nutrition</i> , 2008, 62, 1-9.	1.3	29
150	Predicting muscle mass from anthropometry using magnetic resonance imaging as reference: a systematic review. <i>Nutrition Reviews</i> , 2014, 72, 113-126.	2.6	29
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