

# Jordi Salas-SalvadÃ³

## List of Publications by Year in descending order

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Version: 2024-02-01

647  
papers

56,111  
citations

1614

105  
h-index

1825

210  
g-index

731  
all docs

731  
docs citations

731  
times ranked

46320  
citing authors

#	ARTICLE	IF	CITATIONS
1	Canagliflozin and Cardiovascular and Renal Events in Type 2 Diabetes. <i>New England Journal of Medicine</i> , 2017, 377, 644-657.	27.0	5,629
2	Primary Prevention of Cardiovascular Disease with a Mediterranean Diet. <i>New England Journal of Medicine</i> , 2013, 368, 1279-1290.	27.0	3,677
3	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.	27.0	2,065
4	Effects of a Mediterranean-Style Diet on Cardiovascular Risk Factors. <i>Annals of Internal Medicine</i> , 2006, 145, 1.	3.9	1,430
5	Mediterranean diet pyramid today. Science and cultural updates. <i>Public Health Nutrition</i> , 2011, 14, 2274-2284.	2.2	1,259
6	A Short Screener Is Valid for Assessing Mediterranean Diet Adherence among Older Spanish Men and Women. <i>Journal of Nutrition</i> , 2011, 141, 1140-1145.	2.9	973
7	Effect of Sibutramine on Cardiovascular Outcomes in Overweight and Obese Subjects. <i>New England Journal of Medicine</i> , 2010, 363, 905-917.	27.0	791
8	Reduction in the Incidence of Type 2 Diabetes With the Mediterranean Diet. <i>Diabetes Care</i> , 2011, 34, 14-19.	8.6	721
9	A 14-Item Mediterranean Diet Assessment Tool and Obesity Indexes among High-Risk Subjects: The PREDIMED Trial. <i>PLoS ONE</i> , 2012, 7, e43134.	2.5	704
10	Relative validity of a semi-quantitative food-frequency questionnaire in an elderly Mediterranean population of Spain. <i>British Journal of Nutrition</i> , 2010, 103, 1808-1816.	2.3	666
11	Mediterranean Diet and Age-Related Cognitive Decline. <i>JAMA Internal Medicine</i> , 2015, 175, 1094.	5.1	653
12	Metabolomics in Prediabetes and Diabetes: A Systematic Review and Meta-analysis. <i>Diabetes Care</i> , 2016, 39, 833-846.	8.6	642
13	Benefits of the Mediterranean Diet: Insights From the PREDIMED Study. <i>Progress in Cardiovascular Diseases</i> , 2015, 58, 50-60.	3.1	538
14	Mediterranean diet improves cognition: the PREDIMED-NAVARRA randomised trial. <i>Journal of Neurology, Neurosurgery and Psychiatry</i> , 2013, 84, 1318-1325.	1.9	534
15	Prevention of Diabetes With Mediterranean Diets. <i>Annals of Internal Medicine</i> , 2014, 160, 1-10.	3.9	533
16	Cohort Profile: Design and methods of the PREDIMED study. <i>International Journal of Epidemiology</i> , 2012, 41, 377-385.	1.9	477
17	Effect of a Mediterranean Diet Supplemented With Nuts on Metabolic Syndrome Status. <i>Archives of Internal Medicine</i> , 2008, 168, 2449.	3.8	396
18	Mediterranean Diet and Invasive Breast Cancer Risk Among Women at High Cardiovascular Risk in the PREDIMED Trial. <i>JAMA Internal Medicine</i> , 2015, 175, 1752.	5.1	391

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19	Effect of a Traditional Mediterranean Diet on Lipoprotein Oxidation. Archives of Internal Medicine, 2007, 167, 1195.	3.8	365
20	Systemic Inflammation, Adipose Tissue Tumor Necrosis Factor, and Leptin Expression. Obesity, 2003, 11, 525-531.	4.0	338
21	Health benefits of nuts: potential role of antioxidants. British Journal of Nutrition, 2006, 96, S52-S60.	2.3	336
22	Dietary patterns, foods and nutrients in male fertility parameters and fecundability: a systematic review of observational studies. Human Reproduction Update, 2017, 23, 371-389.	10.8	309
23	DASH Dietary Pattern and Cardiometabolic Outcomes: An Umbrella Review of Systematic Reviews and Meta-Analyses. Nutrients, 2019, 11, 338.	4.1	300
24	Mediterranean dietary pattern and depression: the PREDIMED randomized trial. BMC Medicine, 2013, 11, 208.	5.5	297
25	Lifestyle recommendations for the prevention and management of metabolic syndrome: an international panel recommendation. Nutrition Reviews, 2017, 75, 307-326.	5.8	294
26	Mediterranean Diet and Cardiovascular Health: Teachings of the PREDIMED Study. Advances in Nutrition, 2014, 5, 330S-336S.	6.4	283
27	The role of diet in the prevention of type 2 diabetes. Nutrition, Metabolism and Cardiovascular Diseases, 2011, 21, B32-B48.	2.6	278
28	Olive oil intake and risk of cardiovascular disease and mortality in the PREDIMED Study. BMC Medicine, 2014, 12, 78.	5.5	267
29	Inverse association between habitual polyphenol intake and incidence of cardiovascular events in the PREDIMED study. Nutrition, Metabolism and Cardiovascular Diseases, 2014, 24, 639-647.	2.6	265
30	Components of the mediterranean-type food pattern and serum inflammatory markers among patients at high risk for cardiovascular disease. European Journal of Clinical Nutrition, 2008, 62, 651-659.	2.9	249
31	Remnant Cholesterol, Not LDL Cholesterol, Is Associated With Incident Cardiovascular Disease. Journal of the American College of Cardiology, 2020, 76, 2712-2724.	2.8	240
32	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. Diabetes Care, 2019, 42, 777-788.	8.6	239
33	Fatty acid composition of nuts – implications for cardiovascular health. British Journal of Nutrition, 2006, 96, S29-S35.	2.3	235
34	Mediterranean diets and metabolic syndrome status in the PREDIMED randomized trial. Cmaj, 2014, 186, E649-E657.	2.0	235
35	Inhibition of circulating immune cell activation: a molecular antiinflammatory effect of the Mediterranean diet. American Journal of Clinical Nutrition, 2009, 89, 248-256.	4.7	228
36	Effect of the Mediterranean diet on blood pressure in the PREDIMED trial: results from a randomized controlled trial. BMC Medicine, 2013, 11, 207.	5.5	227

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37	Plasma Ceramides, Mediterranean Diet, and Incident Cardiovascular Disease in the PREDIMED Trial (Prevención con Dieta Mediterránea). <i>Circulation</i> , 2017, 135, 2028-2040.	1.6	227
38	Dietary intake and major food sources of polyphenols in a Spanish population at high cardiovascular risk: The PREDIMED study. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2013, 23, 953-959.	2.6	219
39	Dietary fat intake and risk of cardiovascular disease and all-cause mortality in a population at high risk of cardiovascular disease. <i>American Journal of Clinical Nutrition</i> , 2015, 102, 1563-1573.	4.7	219
40	Dietary inflammatory index and anthropometric measures of obesity in a population sample at high cardiovascular risk from the PREDIMED (PREVención con Dieta MEDiterránea) trial. <i>British Journal of Nutrition</i> , 2015, 113, 984-995.	2.3	209
41	A provegetarian food pattern and reduction in total mortality in the Prevención con Dieta Mediterránea (PREDIMED) study. <i>American Journal of Clinical Nutrition</i> , 2014, 100, 320S-328S.	4.7	207
42	Plasma Branched-Chain Amino Acids and Incident Cardiovascular Disease in the PREDIMED Trial. <i>Clinical Chemistry</i> , 2016, 62, 582-592.	3.2	203
43	Prevention of Type 2 Diabetes by Lifestyle Changes: A Systematic Review and Meta-Analysis. <i>Nutrients</i> , 2019, 11, 2611.	4.1	203
44	Extravirgin Olive Oil Consumption Reduces Risk of Atrial Fibrillation. <i>Circulation</i> , 2014, 130, 18-26.	1.6	194
45	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.	2.4	188
46	Dietary Polyphenols, Mediterranean Diet, Prediabetes, and Type 2 Diabetes: A Narrative Review of the Evidence. <i>Oxidative Medicine and Cellular Longevity</i> , 2017, 2017, 1-16.	4.0	186
47	Mediterranean Diet Reduces 24-Hour Ambulatory Blood Pressure, Blood Glucose, and Lipids. <i>Hypertension</i> , 2014, 64, 69-76.	2.7	184
48	Dietary Inflammatory Index and Incidence of Cardiovascular Disease in the PREDIMED Study. <i>Nutrients</i> , 2015, 7, 4124-4138.	4.1	182
49	The Effects of the Mediterranean Diet on Biomarkers of Vascular Wall Inflammation and Plaque Vulnerability in Subjects with High Risk for Cardiovascular Disease. A Randomized Trial. <i>PLoS ONE</i> , 2014, 9, e100084.	2.5	182
50	Mediterranean diet, cardiovascular disease and mortality in diabetes: A systematic review and meta-analysis of prospective cohort studies and randomized clinical trials. <i>Critical Reviews in Food Science and Nutrition</i> , 2020, 60, 1207-1227.	10.3	181
51	Cohort Profile: Design and methods of the PREDIMED-Plus randomized trial. <i>International Journal of Epidemiology</i> , 2019, 48, 387-388o.	1.9	179
52	Effects of one serving of mixed nuts on serum lipids, insulin resistance and inflammatory markers in patients with the metabolic syndrome. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2011, 21, 126-135.	2.6	177
53	Inflammation, obesity and comorbidities: the role of diet. <i>Public Health Nutrition</i> , 2007, 10, 1164-1172.	2.2	176
54	A Large Randomized Individual and Group Intervention Conducted by Registered Dietitians Increased Adherence to Mediterranean-Type Diets: The PREDIMED Study. <i>Journal of the American Dietetic Association</i> , 2008, 108, 1134-1144.	1.1	172

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55	Mediterranean Diet Improves High-Density Lipoprotein Function in High-Cardiovascular-Risk Individuals. <i>Circulation</i> , 2017, 135, 633-643.	1.6	171
56	Potential uses and benefits of phytosterols in diet: present situation and future directions. <i>Clinical Nutrition</i> , 2003, 22, 343-351.	5.0	168
57	Adherence to the Mediterranean diet and risk of metabolic syndrome and its components. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2009, 19, 563-570.	2.6	164
58	The Mediterranean diet improves the systemic lipid and DNA oxidative damage in metabolic syndrome individuals. A randomized, controlled, trial. <i>Clinical Nutrition</i> , 2013, 32, 172-178.	5.0	164
59	Other relevant components of nuts: phytosterols, folate and minerals. <i>British Journal of Nutrition</i> , 2006, 96, S36-S44.	2.3	161
60	Tree nuts and the lipid profile: a review of clinical studies. <i>British Journal of Nutrition</i> , 2006, 96, S68-S78.	2.3	160
61	Polyphenol intake and mortality risk: a re-analysis of the PREDIMED trial. <i>BMC Medicine</i> , 2014, 12, 77.	5.5	159
62	Association of Mediterranean Diet With Peripheral Artery Disease. <i>JAMA - Journal of the American Medical Association</i> , 2014, 311, 415.	7.4	158
63	Effects of total dietary polyphenols on plasma nitric oxide and blood pressure in a high cardiovascular risk cohort. The PREDIMED randomized trial. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2015, 25, 60-67.	2.6	156
64	Protective Effects of the Mediterranean Diet on Type 2 Diabetes and Metabolic Syndrome. <i>Journal of Nutrition</i> , 2016, 146, 920S-927S.	2.9	155
65	Mediterranean diet and metabolic syndrome: the evidence. <i>Public Health Nutrition</i> , 2009, 12, 1607-1617.	2.2	151
66	Comparative effect of two Mediterranean diets versus a low-fat diet on glycaemic control in individuals with type 2 diabetes. <i>European Journal of Clinical Nutrition</i> , 2014, 68, 767-772.	2.9	151
67	Nut intake and adiposity: meta-analysis of clinical trials. <i>American Journal of Clinical Nutrition</i> , 2013, 97, 1346-1355.	4.7	150
68	Dietary Glycemic Index and Load and the Risk of Type 2 Diabetes: A Systematic Review and Updated Meta-Analyses of Prospective Cohort Studies. <i>Nutrients</i> , 2019, 11, 1280.	4.1	149
69	Renal tubule Cpt1a overexpression protects from kidney fibrosis by restoring mitochondrial homeostasis. <i>Journal of Clinical Investigation</i> , 2021, 131, .	8.2	147
70	Nuts: source of energy and macronutrients. <i>British Journal of Nutrition</i> , 2006, 96, S24-S28.	2.3	145
71	The prevalence of metabolic syndrome in Latin America: a systematic review. <i>Public Health Nutrition</i> , 2011, 14, 1702-1713.	2.2	141
72	Crossover study of diets enriched with virgin olive oil, walnuts or almonds. Effects on lipids and other cardiovascular risk markers. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2011, 21, S14-S20.	2.6	140

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73	Plasma Lipidomic Profiling and Risk of Type 2 Diabetes in the PREDIMED Trial. <i>Diabetes Care</i> , 2018, 41, 2617-2624.	8.6	138
74	Bioactives and health benefits of nuts and dried fruits. <i>Food Chemistry</i> , 2020, 314, 126192.	8.2	138
75	The Mediterranean diet, plasma metabolome, and cardiovascular disease risk. <i>European Heart Journal</i> , 2020, 41, 2645-2656.	2.2	138
76	Mediterranean Diet and Cardiovascular Disease Prevention: What Do We Know?. <i>Progress in Cardiovascular Diseases</i> , 2018, 61, 62-67.	3.1	137
77	Acute effects of three high-fat meals with different fat saturations on energy expenditure, substrate oxidation and satiety. <i>Clinical Nutrition</i> , 2009, 28, 39-45.	5.0	136
78	Prevalence of metabolic syndrome in Brazilian adults: a systematic review. <i>BMC Public Health</i> , 2013, 13, 1198.	2.9	136
79	Frequency of nut consumption and mortality risk in the PREDIMED nutrition intervention trial. <i>BMC Medicine</i> , 2013, 11, 164.	5.5	135
80	Long-Term Immunomodulatory Effects of a Mediterranean Diet in Adults at High Risk of Cardiovascular Disease in the PREvención con Dieta MEDiterránea (PREDIMED) Randomized Controlled Trial. <i>Journal of Nutrition</i> , 2016, 146, 1684-1693.	2.9	133
81	Mediterranean Diet and Oxidation: Nuts and Olive Oil as Important Sources of Fat and Antioxidants. <i>Current Topics in Medicinal Chemistry</i> , 2011, 11, 1797-1810.	2.1	132
82	Nutritional composition and fatty acids profile in cocoa beans and chocolates with different geographical origin and processing conditions. <i>Food Chemistry</i> , 2015, 166, 125-132.	8.2	131
83	Portfolio Dietary Pattern and Cardiovascular Disease: A Systematic Review and Meta-analysis of Controlled Trials. <i>Progress in Cardiovascular Diseases</i> , 2018, 61, 43-53.	3.1	130
84	Associations of the FTO rs9939609 and the MC4R rs17782313 polymorphisms with type 2 diabetes are modulated by diet, being higher when adherence to the Mediterranean diet pattern is low. <i>Cardiovascular Diabetology</i> , 2012, 11, 137.	6.8	129
85	Effect of the glycemic index of the diet on weight loss, modulation of satiety, inflammation, and other metabolic risk factors: a randomized controlled trial. <i>American Journal of Clinical Nutrition</i> , 2014, 100, 27-35.	4.7	129
86	The effect of tree nut, peanut, and soy nut consumption on blood pressure: a systematic review and meta-analysis of randomized controlled clinical trials. <i>American Journal of Clinical Nutrition</i> , 2015, 101, 966-982.	4.7	129
87	Consumption of Yogurt, Low-Fat Milk, and Other Low-Fat Dairy Products Is Associated with Lower Risk of Metabolic Syndrome Incidence in an Elderly Mediterranean Population. <i>Journal of Nutrition</i> , 2015, 145, 2308-2316.	2.9	127
88	Mediterranean Diet Reduces the Adverse Effect of the <i>TCF7L2</i> rs7903146 Polymorphism on Cardiovascular Risk Factors and Stroke Incidence. <i>Diabetes Care</i> , 2013, 36, 3803-3811.	8.6	125
89	Plasma acylcarnitines and risk of cardiovascular disease: effect of Mediterranean diet interventions. <i>American Journal of Clinical Nutrition</i> , 2016, 103, 1408-1416.	4.7	124
90	Plasma fatty acid composition, estimated desaturase activities, and their relation with the metabolic syndrome in a population at high risk of cardiovascular disease. <i>Clinical Nutrition</i> , 2014, 33, 90-97.	5.0	123

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91	Effect of vegetarian dietary patterns on cardiometabolic risk factors in diabetes: A systematic review and meta-analysis of randomized controlled trials. <i>Clinical Nutrition</i> , 2019, 38, 1133-1145.	5.0	123
92	Dairy product consumption and risk of type 2 diabetes in an elderly Spanish Mediterranean population at high cardiovascular risk. <i>European Journal of Nutrition</i> , 2016, 55, 349-360.	3.9	122
93	Effect of the Mediterranean diet on heart failure biomarkers: a randomized sample from the PREDIMED trial. <i>European Journal of Heart Failure</i> , 2014, 16, 543-550.	7.1	121
94	Nuts, body weight and insulin resistance. <i>British Journal of Nutrition</i> , 2006, 96, S79-S86.	2.3	117
95	Adherence to the Mediterranean Diet in Relation to All-Cause Mortality: A Systematic Review and Dose-Response Meta-Analysis of Prospective Cohort Studies. <i>Advances in Nutrition</i> , 2019, 10, 1029-1039.	6.4	116
96	Delaying progression to type 2 diabetes among high-risk Spanish individuals is feasible in real-life primary healthcare settings using intensive lifestyle intervention. <i>Diabetologia</i> , 2012, 55, 1319-1328.	6.3	115
97	Conjugated Linoleic Acid Intake In Humans: A Systematic Review Focusing on Its Effect on Body Composition, Glucose, and Lipid Metabolism. <i>Critical Reviews in Food Science and Nutrition</i> , 2006, 46, 479-488.	10.3	113
98	The potential of nuts in the prevention of cancer. <i>British Journal of Nutrition</i> , 2006, 96, S87-S94.	2.3	113
99	The effect of the Mediterranean diet on plasma brain-derived neurotrophic factor (BDNF) levels: The PREDIMED-NAVARRA randomized trial. <i>Nutritional Neuroscience</i> , 2011, 14, 195-201.	3.1	113
100	The gut microbiota metabolism of pomegranate or walnut ellagitannins yields two urolithin-metabotypes that correlate with cardiometabolic risk biomarkers: Comparison between normoweight, overweight-obesity and metabolic syndrome. <i>Clinical Nutrition</i> , 2018, 37, 897-905.	5.0	111
101	Nut consumption and incidence of cardiovascular diseases and cardiovascular disease mortality: a meta-analysis of prospective cohort studies. <i>Nutrition Reviews</i> , 2019, 77, 691-709.	5.8	111
102	Circulating nerve growth factor levels in relation to obesity and the metabolic syndrome in women. <i>European Journal of Endocrinology</i> , 2007, 157, 303-310.	3.7	110
103	Intake of Total Polyphenols and Some Classes of Polyphenols Is Inversely Associated with Diabetes in Elderly People at High Cardiovascular Disease Risk. <i>Journal of Nutrition</i> , 2016, 146, 767-777.	2.9	108
104	Legume consumption is inversely associated with type 2 diabetes incidence in adults: A prospective assessment from the PREDIMED study. <i>Clinical Nutrition</i> , 2018, 37, 906-913.	5.0	108
105	Nut consumption, weight gain and obesity: Epidemiological evidence. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2011, 21, S40-S45.	2.6	106
106	Influence of a Mediterranean Dietary Pattern on Body Fat Distribution: Results of the PREDIMED-Canarias Intervention Randomized Trial. <i>Journal of the American College of Nutrition</i> , 2016, 35, 568-580.	1.8	105
107	Effects of walnut consumption on blood lipids and other cardiovascular risk factors: an updated meta-analysis and systematic review of controlled trials. <i>American Journal of Clinical Nutrition</i> , 2018, 108, 174-187.	4.7	105
108	Dietary Glycemic Index and Load and the Risk of Type 2 Diabetes: Assessment of Causal Relations. <i>Nutrients</i> , 2019, 11, 1436.	4.1	105

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109	Beneficial Effect of Pistachio Consumption on Glucose Metabolism, Insulin Resistance, Inflammation, and Related Metabolic Risk Markers: A Randomized Clinical Trial. <i>Diabetes Care</i> , 2014, 37, 3098-3105.	8.6	104
110	Mediterranean Diet, Retinopathy, Nephropathy, and Microvascular Diabetes Complications: A Post Hoc Analysis of a Randomized Trial. <i>Diabetes Care</i> , 2015, 38, 2134-2141.	8.6	104
111	Adherence to Mediterranean diet is associated with methylation changes in inflammation-related genes in peripheral blood cells. <i>Journal of Physiology and Biochemistry</i> , 2016, 73, 445-455.	3.0	103
112	Cross-Sectional Assessment of Nut Consumption and Obesity, Metabolic Syndrome and Other Cardiometabolic Risk Factors: The PREDIMED Study. <i>PLoS ONE</i> , 2013, 8, e57367.	2.5	102
113	Wernicke's syndrome after bariatric surgery. <i>Clinical Nutrition</i> , 2000, 19, 371-373.	5.0	101
114	Metabolomic Pattern Analysis after Mediterranean Diet Intervention in a Nondiabetic Population: A 1- and 3-Year Follow-up in the PREDIMED Study. <i>Journal of Proteome Research</i> , 2015, 14, 531-540.	3.7	101
115	Trends in food availability determined by the Food and Agriculture Organization's food balance sheets in Mediterranean Europe in comparison with other European areas. <i>Public Health Nutrition</i> , 2007, 10, 168-176.	2.2	100
116	Mediterranean diet and quality of life: Baseline cross-sectional analysis of the PREDIMED-PLUS trial. <i>PLoS ONE</i> , 2018, 13, e0198974.	2.5	100
117	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
118	Metabolomics Unveils Urinary Changes in Subjects with Metabolic Syndrome following 12-Week Nut Consumption. <i>Journal of Proteome Research</i> , 2011, 10, 5047-5058.	3.7	99
119	CLOCK gene variation is associated with incidence of type-2 diabetes and cardiovascular diseases in type-2 diabetic subjects: dietary modulation in the PREDIMED randomized trial. <i>Cardiovascular Diabetology</i> , 2016, 15, 4.	6.8	99
120	Dietary fibre, nuts and cardiovascular diseases. <i>British Journal of Nutrition</i> , 2006, 96, S45-S51.	2.3	98
121	Effect of two doses of a mixture of soluble fibres on body weight and metabolic variables in overweight or obese patients: a randomised trial. <i>British Journal of Nutrition</i> , 2008, 99, 1380-1387.	2.3	98
122	Association between red meat consumption and metabolic syndrome in a Mediterranean population at high cardiovascular risk: Cross-sectional and 1-year follow-up assessment. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2012, 22, 200-207.	2.6	98
123	Dietary Magnesium and Cardiovascular Disease: A Review with Emphasis in Epidemiological Studies. <i>Nutrients</i> , 2018, 10, 168.	4.1	98
124	Host and gut microbial tryptophan metabolism and type 2 diabetes: an integrative analysis of host genetics, diet, gut microbiome and circulating metabolites in cohort studies. <i>Gut</i> , 2022, 71, 1095-1105.	12.1	98
125	TNF $\alpha$ expression of subcutaneous adipose tissue in obese and morbid obese females: relationship to adipocyte LPL activity and leptin synthesis. <i>International Journal of Obesity</i> , 2002, 26, 652-658.	3.4	96
126	Plasma Metabolites From Choline Pathway and Risk of Cardiovascular Disease in the PREDIMED (Prevention With Mediterranean Diet) Study. <i>Journal of the American Heart Association</i> , 2017, 6, .	3.7	95



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127	The Effect of Nutrients and Dietary Supplements on Sperm Quality Parameters: A Systematic Review and Meta-Analysis of Randomized Clinical Trials. <i>Advances in Nutrition</i> , 2018, 9, 833-848.	6.4	94
128	A Controlled, Randomized, Double-Blind Trial to Evaluate the Effect of a Supplement of Cocoa Husk That Is Rich in Dietary Fiber on Colonic Transit in Constipated Pediatric Patients. <i>Pediatrics</i> , 2006, 118, e641-e648.	2.1	93
129	Dietary Marine $\omega$ -3 Fatty Acids and Incident Sight-Threatening Retinopathy in Middle-Aged and Older Individuals With Type 2 Diabetes. <i>JAMA Ophthalmology</i> , 2016, 134, 1142.	2.5	92
130	Nutrition attributes and health effects of pistachio nuts. <i>British Journal of Nutrition</i> , 2015, 113, S79-S93.	2.3	91
131	Mediterranean diet and non enzymatic antioxidant capacity in the PREDIMED study: Evidence for a mechanism of antioxidant tuning. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2013, 23, 1167-1174.	2.6	90
132	Total fluid intake and its determinants: cross-sectional surveys among adults in 13 countries worldwide. <i>European Journal of Nutrition</i> , 2015, 54, 35-43.	3.9	90
133	The PREDIMED trial, Mediterranean diet and health outcomes: How strong is the evidence?. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2017, 27, 624-632.	2.6	90
134	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
135	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.	6.3	89
136	Nuts and oxidation: a systematic review. <i>Nutrition Reviews</i> , 2009, 67, 497-508.	5.8	87
137	A Mediterranean diet supplemented with extra virgin olive oil or nuts improves endothelial markers involved in blood pressure control in hypertensive women. <i>European Journal of Nutrition</i> , 2017, 56, 89-97.	4.6	87
138	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
139	The Mediterranean Diet Pattern and Its Main Components Are Associated with Lower Plasma Concentrations of Tumor Necrosis Factor Receptor 60 in Patients at High Risk for Cardiovascular Disease. <i>Journal of Nutrition</i> , 2012, 142, 1019-1025.	2.9	86
140	Total and subtypes of dietary fat intake and risk of type 2 diabetes mellitus in the Prevención con Dieta Mediterránea (PREDIMED) study. <i>American Journal of Clinical Nutrition</i> , 2017, 105, 723-735.	4.7	86
141	Trace minerals intake: Risks and benefits for cardiovascular health. <i>Critical Reviews in Food Science and Nutrition</i> , 2019, 59, 1334-1346.	10.3	86
142	Low-fat dairy products and blood pressure: follow-up of 2290 older persons at high cardiovascular risk participating in the PREDIMED study. <i>British Journal of Nutrition</i> , 2009, 101, 59-67.	2.3	85
143	Effect of nut consumption on oxidative stress and the endothelial function in metabolic syndrome. <i>Clinical Nutrition</i> , 2010, 29, 373-380.	5.0	85
144	Salt in bread in Europe: potential benefits of reduction. <i>Nutrition Reviews</i> , 2012, 70, 666-678.	5.8	85

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145	Alcohol intake, wine consumption and the development of depression: the PREDIMED study. <i>BMC Medicine</i> , 2013, 11, 192.	5.5	85
146	Evaluation of the Safety and Efficacy of Hydroxycitric Acid or <i>Garcinia cambogia</i> Extracts in Humans. <i>Critical Reviews in Food Science and Nutrition</i> , 2012, 52, 585-594.	10.3	84
147	Olive oil consumption and risk of type 2 diabetes in US women. <i>American Journal of Clinical Nutrition</i> , 2015, 102, 479-486.	4.7	84
148	Olive Oil Consumption and Cardiovascular Risk in U.S. Adults. <i>Journal of the American College of Cardiology</i> , 2020, 75, 1729-1739.	2.8	84
149	Reduced Serum Concentrations of Carboxylated and Undercarboxylated Osteocalcin Are Associated With Risk of Developing Type 2 Diabetes Mellitus in a High Cardiovascular Risk Population: A Nested Case-Control Study. <i>Journal of Clinical Endocrinology and Metabolism</i> , 2013, 98, 4524-4531.	3.6	83
150	Intake of water and beverages of children and adolescents in 13 countries. <i>European Journal of Nutrition</i> , 2015, 54, 69-79.	3.9	83
151	Subcutaneous adipose tissue cytokine production is not responsible for the restoration of systemic inflammation markers during weight loss. <i>International Journal of Obesity</i> , 2006, 30, 1714-1720.	3.4	80
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161	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.	4.1	75
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179	Nuts and Dried Fruits: An Update of Their Beneficial Effects on Type 2 Diabetes. <i>Nutrients</i> , 2017, 9, 673.	4.1	69
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182	Increased Serum Calcium Levels and Risk of Type 2 Diabetes in Individuals at High Cardiovascular Risk. <i>Diabetes Care</i> , 2014, 37, 3084-3091.	8.6	67
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232	Relation of Vegetarian Dietary Patterns With Major Cardiovascular Outcomes: A Systematic Review and Meta-Analysis of Prospective Cohort Studies. <i>Frontiers in Nutrition</i> , 2019, 6, 80.	3.7	54
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237	Predictors of short- and long-term adherence with a Mediterranean-type diet intervention: the PREDIMED randomized trial. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2016, 13, 67.	4.6	52
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240	Plasma soluble tumor necrosis factor alpha receptors and leptin levels in normal-weight and obese women: effect of adiposity and diabetes. <i>European Journal of Endocrinology</i> , 2002, 146, 325-331.	3.7	51
241	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
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247	Nutritional adequacy according to carbohydrates and fat quality. <i>European Journal of Nutrition</i> , 2016, 55, 93-106.	3.9	49
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249	Cross-sectional association of nut intake with adiposity in a Mediterranean population. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2011, 21, 518-525.	2.6	48
250	Effect of pistachio consumption on the modulation of urinary gut microbiota-related metabolites in prediabetic subjects. <i>Journal of Nutritional Biochemistry</i> , 2017, 45, 48-53.	4.2	48
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256	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
257	Contribution of ultra-processed foods in visceral fat deposition and other adiposity indicators: Prospective analysis nested in the PREDIMED-Plus trial. <i>Clinical Nutrition</i> , 2021, 40, 4290-4300.	5.0	47
258	Association between a healthy lifestyle and general obesity and abdominal obesity in an elderly population at high cardiovascular risk. <i>Preventive Medicine</i> , 2011, 53, 155-161.	3.4	46
259	Effect of a Mediterranean Diet Intervention on Dietary Glycemic Load and Dietary Glycemic Index: The PREDIMED Study. <i>Journal of Nutrition and Metabolism</i> , 2014, 2014, 1-10.	1.8	46
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266	A metabolomics-driven approach to predict cocoa product consumption by designing a multimetabolite biomarker model in free-living subjects from the PREDIMED study. <i>Molecular Nutrition and Food Research</i> , 2015, 59, 212-220.	3.3	44
267	Prevalence of malnutrition and its etiological factors in hospitals. <i>Nutricion Hospitalaria</i> , 2012, 27, 469-76.	0.3	44
268	Pro12Ala Polymorphism of the <i>PPAR<math>\gamma</math>2</i> Gene Interacts With a Mediterranean Diet to Prevent Telomere Shortening in the PREDIMED-NAVARRA Randomized Trial. <i>Circulation: Cardiovascular Genetics</i> , 2015, 8, 91-99.	5.1	43
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274	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
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277	Egg consumption and cardiovascular disease according to diabetic status: The PREDIMED study. <i>Clinical Nutrition</i> , 2017, 36, 1015-1021.	5.0	40
278	Association of lifestyle factors and inflammation with sarcopenic obesity: data from the PREDIMED-Plus trial. <i>Journal of Cachexia, Sarcopenia and Muscle</i> , 2019, 10, 974-984.	7.3	40
279	Dietary Patterns Emphasizing the Consumption of Plant Foods in the Management of Type 2 Diabetes: A Narrative Review. <i>Advances in Nutrition</i> , 2019, 10, S320-S331.	6.4	40
280	Legume Consumption and Cardiometabolic Health. <i>Advances in Nutrition</i> , 2019, 10, S437-S450.	6.4	40
281	Lipid Profiles and Heart Failure Risk. <i>Circulation Research</i> , 2021, 128, 309-320.	4.5	40
282	Intensive Lifestyle Intervention in Type 2 Diabetes. <i>New England Journal of Medicine</i> , 2013, 369, 2356-2359.	27.0	39
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284	Cross-sectional associations of objectively-measured sleep characteristics with obesity and type 2 diabetes in the PREDIMED-Plus trial. <i>Sleep</i> , 2018, 41, .	1.1	39
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286	Empirically-derived food patterns and the risk of total mortality and cardiovascular events in the PREDIMED study. <i>Clinical Nutrition</i> , 2015, 34, 859-867.	5.0	38
287	Polymorphism of the Transcription Factor 7-Like 2 Gene (TCF7L2) Interacts with Obesity on Type-2 Diabetes in the PREDIMED Study Emphasizing the Heterogeneity of Genetic Variants in Type-2 Diabetes Risk Prediction: Time for Obesity-Specific Genetic Risk Scores. <i>Nutrients</i> , 2016, 8, 793.	4.1	38
288	Plant-Based Fat, Dietary Patterns Rich in Vegetable Fat and Gut Microbiota Modulation. <i>Frontiers in Nutrition</i> , 2019, 6, 157.	3.7	38

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290	Mediterranean Diet and High Dietary Acid Load Associated with Mixed Nuts: Effect on Bone Metabolism in Elderly Subjects. <i>Journal of the American Geriatrics Society</i> , 2009, 57, 1789-1798.	2.6	37
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