

Artículos de investigación originales publicados en 2010 y 2011 en revistas médicas (excluyendo cartas y revisiones) por el Departamento de Medicina Preventiva y Salud Pública de la Universidad de Navarra

Research articles published in 2010 & 2011 in Medical Journals (letters and revisions are excluded) by the Department of Preventive Medicine and Public Health at the University of Navarra

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Actualizado: 20-Junio-2011

Topic: NUTRITION AND HEALTH
Update: June 20, 2010

ARTÍCULO / ARTICLE	Impact Factor (2009)
<p><u>1.</u> Bes-Rastrollo M, Sanchez-Villegas A, Basterra-Gortari FJ, Nunez-Cordoba JM, Toledo E, Serrano-Martinez M.</p> <p>Prospective study of self-reported usual snacking and weight gain in a Mediterranean cohort: the SUN project.</p> <p><i>Clinical Nutrition</i> 2010;29:323-30. PMID: 19748710</p>	3,274
<p><u>2.</u> Martínez-Gómez D, Wärnberg J, Welk GJ, Sjöström M, Veiga O, Marcos A.</p> <p>Validity of the Bouchard activity diary in Spanish adolescents.</p> <p><i>Public Health Nutrition</i> 2010;13:261-8. PMID: 19758479</p>	2,749
<p><u>3.</u> Patterson E, Wärnberg J, Poortvliet E, Kearney JM, Sjöström M.</p> <p>Dietary energy density as a marker of dietary quality in Swedish children and adolescents: the European Youth Heart Study.</p> <p><i>European Journal Of Clinical Nutrition</i> 2010;64:356-63. PMID: 20068584</p>	3,072
<p><u>4.</u> Romeo J, Nova E, Wärnberg J, Gómez-Martínez S, Díaz L.E, Marcos A.</p> <p>Immunomodulatory effect of fibres, probiotics and synbiotics in different life-stages.</p> <p><i>Nutrición Hospitalaria</i> 2010;25:341-349. PMID: 20593114</p>	1,065

<p><u>5.</u> Wärnberg J, Cunningham K, Romeo J, Marcos A.</p> <p>Physical activity, exercise and low-grade systemic inflammation.</p> <p><i>Proc Nutr Soc.</i> 2010;69:400-6. PMID: 20598198</p>	4,321
<p><u>6.</u> Romeo J, Wärnberg J, Pozo T, Marcos A.</p> <p>Physical activity, immunity and infection.</p> <p><i>Proc Nutr Soc.</i> 2010;69:390-9. PMID: 20569522</p>	4,321
<p><u>7.</u> Romeo J, Wärnberg J, Marcos A.</p> <p>Drinking pattern and socio-cultural aspects on immune response: an overview.</p> <p><i>Proc Nutr Soc.</i> 2010;69:341-6. PMID: 20598197</p>	4,321
<p><u>8.</u> Martinez-Gomez D, Eisenmann JC, Wärnberg J, Gomez-Martinez S, Veses A, Veiga OL, Marcos. A.</p> <p>Associations of physical activity, cardiorespiratory fitness and fatness with low-grade inflammation in adolescents: the AFINOS Study.</p> <p><i>International Journal Of Obesity</i> 2010;34:1501-7. PMID: 20531354</p>	4,343
<p><u>9.</u> Vardavas CI, Plada M, Tzatzarakis M, Marcos A, Wärnberg J, Gomez-Martinez S, Breidenassel C, Gonzalez-Gross M, Tsatsakis AM, Saris WH, Moreno LA, Kafatos AG; HELENA Heraklion Study Group.</p> <p>Passive smoking alters circulating naïve/memory lymphocyte T-cell subpopulations in children.</p> <p><i>Pediatric Allergy And Immunology</i> 2010;21:1171-8. PMID: 20561234</p>	2,676
<p><u>10.</u> Patterson E, Wärnberg J, Kearney J, Sjöström M.</p> <p>Sources of saturated fat and sucrose in the diets of Swedish children and adolescents in the European Youth Heart Study: strategies for improving intakes.</p> <p><i>Public Health Nutrition</i> 2010;13:1955-64. PMID: 20450530</p>	2,749

<p><u>11.</u> La Torre G, Mannocci A, McCarthy M, Ricciardi W, Bes-Rastrollo M</p> <p>Public health research: are there differences among northern, southern and eastern European countries? A perspective from national associations of public health.</p> <p><i>Gaceta Sanitaria</i> 2010;24:253. PMID: 20116897</p>	1,172
<p><u>12.</u> Perona JS, Covas MI, Fito M, Cabello-Moruno R, Aros F, Corella D, Ros E, Garcia M, Estruch R, Martinez-Gonzalez MA, Ruiz-Gutierrez V</p> <p>Reduction in Systemic and VLDL Triacylglycerol Concentration after 3-month Mediterranean-Style Diet in high Cardiovascular Risk Subjects.</p> <p><i>Journal of Nutritional Biochemistry</i> 2010;21:892-8. PMID: 19962297</p>	4,288
<p><u>13.</u> Martínez-Lapiscina EH, Martínez-González MA, Guillén Grima F, Olmo Jiménez N, Zarranz-Ventura J, Moreno-Montañés J.</p> <p>Consumo de ácidos grasos e incidencia de cataratas: la cohorte SUN</p> <p><i>Medicina Clínica (Barcelona)</i> 2010;134:194-201. PMID: 20056254</p>	1,231
<p><u>14.</u> Basterra-Gortari FJ, Forga L, Bes-Rastrollo M, Toledo E, Martínez JA, Martínez-González MA.</p> <p>Evolución de los cambios en el peso corporal según hábito tabáquico: análisis longitudinal de la cohorte SUN.</p> <p><i>Revista Española de Cardiología</i> 2010;63:20-27. PMID: 20089222</p>	2,746
<p><u>15.</u> Llorente-Cortés V, Estruch R, Mena MP, Ros E, Martínez-González MA, Fitó M, Lamuela-Raventós RM, Badimon L.</p> <p>Effect of Mediterranean diet on the expression of pro-atherogenic genes in a population at high cardiovascular risk.</p> <p><i>Atherosclerosis</i> 2010;208:442-50. PMID: 19712933</p>	4,522
<p><u>16.</u> Martínez-Lapiscina EH, Pimenta AM, Beunza JJ, Bes-Rastrollo M, Martínez JA, Martínez-González MA.</p> <p>Nut consumption and incidence of hypertension: the SUN prospective cohort.</p> <p><i>Nutrition Metabolism & Cardiovascular Disease</i> 2010;20:359-65. PMID: 19683907</p>	3,517

<p><u>17.</u> Toledo E, Carmona-Torre FA, Alonso A, Puchau B, Zulet M, Martinez JA, Martinez-González MA.</p> <p>Hypothesis-oriented food patterns and incidence of hypertension: 6-year follow-up of the SUN (Seguimiento Universidad de Navarra) prospective cohort.</p> <p><i>Public Health Nutrition</i> 2010;13:338-49. PMID: 19656442</p>	2,749
<p><u>18.</u> Zazpe I, Estruch R, Toledo E, Sanchez-Tainta A, Corella D, Bullo M, Fiol M, Iglesias P, Gomez-Gracia E, Aros F, Ros E, Schroder H, Serra-Majem L, Pinto X, Lamuela-Raventos RM, Ruiz-Gutierrez V, Martinez-Gonzalez MA.</p> <p>Predictors of adherence to a Mediterranean-type diet in the PREDIMED trial.</p> <p><i>European Journal of Nutrition</i> 2010;49:91-9. PMID: 19760359</p>	2,866
<p><u>19.</u> Sanchez-Villegas A, Pimenta AM, Beunza JJ, Guillen-Grima F, Toledo E, Martinez-Gonzalez MA.</p> <p>Childhood and young adult overweight/obesity and incidence of depression in the SUN Project.</p> <p><i>Obesity (Silver Spring)</i> 2010;18:1443-8. PMID: 19875985</p>	3,366
<p><u>20.</u> Razquin C, Martinez JA, Martinez-Gonzalez MA, Bes-Rastrollo B, Fernández-Crehuet J, Marti A.</p> <p>A 3-year intervention with a Mediterranean diet modified the association between the rs9939609 gene variant in FTO and body weight changes.</p> <p><i>International Journal of Obesity</i> 2010;34:266-72. PMID: 19918250</p>	4,343
<p><u>21.</u> Razquin C, Martinez JA, Martinez-Gonzalez MA, Salas-Salvadó J, Estruch R, Marti A.</p> <p>A 3-year Mediterranean-style dietary intervention may modulate the association between adiponectin gene variants and body weight change.</p> <p><i>European Journal of Nutrition</i> 2010;49:311-9. PMID: 20035337</p>	2,866

<p><u>22.</u> Razquin C, Martínez JA, Martínez-González MA, Fernández-Crehuet J, Santos JM, Martí A.</p> <p>A Mediterranean diet rich in virgin olive oil may reverse the effects of the -174G/C IL6 gene variant on 3-year body weight change.</p> <p><i>Molecular Nutrition & Food Research</i> 2010;54 Suppl 1:S75-82. PMID: 20352618</p>	4,356
<p><u>23.</u> Beunza JJ, Martínez-González MA, Bes-Rastrollo M, Núñez-Córdoba JM, Toledo E, Alonso A.</p> <p>Aspirin, Non-Aspirin Analgesics, and the risk of incident hypertension in the SUN Cohort.</p> <p><i>Revista Española de Cardiología</i> 2010;63:286-93. PMID: 20196989</p>	2,746
<p><u>24.</u> Fernández-Ballart JD, Piñol JL, Zazpe I, Corella D, Carrasco P, Toledo E, Perez-Bauer M, Martínez-González MA, Salas-Salvadó J, Martín-Moreno JM.</p> <p>Relative validity of a semi-quantitative food-frequency questionnaire in an elderly Mediterranean population of Spain.</p> <p><i>British Journal of Nutrition</i> 2010;103:1808-16. PMID: 20102675</p>	3,446
<p><u>25.</u> Cabello-Saavedra E, Bes-Rastrollo M, Martinez JA, Diez-Espino J, Buil-Cosiales P, Serrano-Martinez M, Martinez-Gonzalez MA.</p> <p>Macronutrient intake and metabolic syndrome among high cardiovascular risk subjects.</p> <p><i>Annals of Nutrition and Metabolism</i> 2010 ;56:152-9. PMID: 20145389</p>	1,970
<p><u>26.</u> Beunza JJ, Toledo E, Hu FB, Bes-Rastrollo M, Serrano-Martínez M, Sánchez-Villegas A, Martínez JA, Martínez-González MA.</p> <p>Adherence to the Mediterranean Diet, long-term weight change and incident overweight/obesity: the SUN cohort.</p> <p><i>American Journal of Clinical Nutrition</i> 2010;92:1484-93. PMID: 20962161</p>	6,307
<p><u>27.</u> Ara I, Sánchez-Villegas A, Vicente-Rodríguez G, Moreno LA, Leiva MT, Martínez-González MA, Casajus JA.</p> <p>Physical fitness and obesity are associated in a dose-dependent manner in children</p> <p><i>Annals of Nutrition and Metabolism</i> 2010;57:251-259. PMID: 21150197</p>	1,970

<p><u>28.</u> Bes-Rastrollo M, Basterra-Gortari FJ, Sánchez-Villegas A, Marti A, Martínez JA, Martínez-González MA.</p> <p>A prospective study of eating away-from-home meals and weight gain in a Mediterranean population: the SUN (Seguimiento Universidad de Navarra) cohort.</p> <p>Public Health Nutrition 2010;13:1356-63. PMID: 19954575</p>	2,749
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<p><u>31.</u> Medina-Remón A, Zamora-Ros R, Rotchés-Ribalta M, Andres-Lacueva C, Martínez-González MA, Covas MI, Corella C, Salas-Salvadó J, Gómez-Gracia E, Ruiz-Gutiérrez V, Lapetra J, Fiol M, Arós F, Saéz G, Ros E, Serra-Majem L, Pinto X, Estruch R, Wärnberg J, Lamuela-Raventosa RM, on behalf of the PREDIMED Study Investigators.</p> <p>Total polyphenol excretion and blood pressure in subjects at high cardiovascular risk</p> <p>Nutrition Metabolism & Cardiovascular Diseases 2010;21:323-31. PMID: 20167460</p>	3,517
<p><u>32.</u> Babio N, Sorlí M, Bulló M, Basora J, Ibarrola N, Fernández-Ballart J, Martínez-González MA, Serra-Majem L, González-Pérez R, Salas-Salvadó J.</p> <p>Association between red meat consumption and metabolic syndrome in a Mediterranean population at high cardiovascular risk: cross-sectional and 1-year follow-up assessment.</p> <p>Nutrition Metabolism & Cardiovascular Diseases 2010 [Epub ahead of print]. PMID: 20875949</p>	3,517

<p><u>33.</u> Pimenta AM, Beunza JJ, Sanchez-Villegas A, Bes-Rastrollo M, Martinez-Gonzalez MA.</p> <p>Childhood underweight, weight gain during childhood to adolescence/young adulthood, and incidence of adult metabolic syndrome in the SUN Projec.</p> <p>Public Health Nutrition 2010:[Epub ahead of print]. PMID: 21083971</p>	2,749
<p><u>34.</u> Zazpe I, Bes-Rastrollo M, Ruiz-Canela M, Sánchez-Villegas A, Serrano-Martínez M, Martínez-González MA.</p> <p>A brief assessment of eating habits and weight gain in a Mediterranean cohort.</p> <p>British Journal of Nutrition 2010;105:765-75. PMID: 21138604</p>	3,446
<p><u>35.</u> Sayon-Orea C, Bes-Rastrollo M, Nuñez-Cordoba JM, Basterra-Gortari FJ, Beunza JJ, Martinez-Gonzalez MA.</p> <p>Type of alcoholic beverage and incidence of overweight/obesity in a Mediterranean cohort: The SUN project.</p> <p>Nutrition 2010:[Epub ahead of print]. PMID: 21146360</p>	2,604
<p><u>36.</u> Martínez-González MA, Corella D, Salas-Salvadó J, Ros E, Covas MI, Fiol M, Wärnberg J, Aros F, Ruíz-Gutiérrez V, Lamuela-Raventós RM, Lapetra J, Muñoz MA, Martínez JA, Sáez G, Serra-Majem L, Pintó X, Mitjavila MT, Tur JA, Portillo MP, Estruch R; for the PREDIMED Study Investigators.</p> <p>Cohort Profile: design and methods of the PREDIMED study.</p> <p>International Journal of Epidemiology 2010 [Epub ahead of print]. PMID: 21172932</p>	5,262
<p><u>37.</u> Salas-Salvadó J, Bulló M, Babio N, Martínez-González MA, Ibarrola-Jurado N, Basora J, Estruch R, Covas MI, Corella D, Aros F, Ruiz-Gutiérrez V, Ros E.</p> <p>Reduction in the Incidence of type 2-Diabetes with the Mediterranean Diet: Results of the PREDIMED-Reus nutrition intervention randomized trial.</p> <p>Diabetes Care 2011;34:14-9. PMID: 20929998</p>	6,718

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<p><u>39.</u> Gomez-Huelgas R, Mancera-Romero J, Bernal-Lopez MR, Jansen-Chaparro S, Baca-Osorio AJ, Toledo E, Perez-Gonzalez R, Martínez-González MA.</p> <p>Prevalence of cardiovascular risk factors in an urban adult population from southern Spain. IMAP Study (Multidisciplinary Intervention in Primary Care).</p> <p>International Journal of Clinical Practice 2011;65:35-40. PMID: 21192342</p>	2,245
<p><u>40.</u> Martínez N, Urpi-Sarda M, Martínez-González MA, Andrés-Lacueva C, Mitjavila MT.</p> <p>Dealcoholised beers reduce atherosclerosis and expression of adhesion molecules in apoE-deficient mice.</p> <p>British Journal of Nutrition 2011;105:721-30. PMID: 21134332</p>	3,446
<p><u>41.</u> Martínez-González MA, García-López M, Bes-Rastrollo M, Toledo E, Martínez-Lapiscina E, Delgado-Rodríguez M, Vazquez Z, Benito S, Beunza JJ.</p> <p>Mediterranean diet and the incidence of cardiovascular disease: A Spanish cohort.</p> <p>Nutrition Metabolism & Cardiovascular Disease 2011;21:237-44. PMID: 20096543</p>	3,517
<p><u>42.</u> Marí-Sanchis A, Beunza JJ, Bes-Rastrollo M, Toledo E, Basterra-Gortari FJ, Serrano-Martínez M, Martínez-González MA.</p> <p>Consumo de aceite de oliva e incidencia de diabetes mellitus en la cohorte española Seguimiento Universidad de Navarra (SUN).</p> <p>Nutrición Hospitalaria 2011;26:137-143. PMID: 21519740</p>	1,065

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<p><u>44.</u> Ruiz-Canela M, Martínez-González MA.</p> <p>Olive oil in the primary prevention of cardiovascular disease.</p> <p><i>Maturitas</i> 2011;68:245-50. PMID: 21216542</p>	2,093
<p><u>45.</u> Diez-Espino J, Buil-Cosiales P, Serrano-Martínez M, Toledo E, Salas-Salvado J, Martínez-González MA.</p> <p>Adherence to the Mediterranean diet in patients with type 2 diabetes mellitus and HBA1c Level.</p> <p><i>Annals of Nutrition and Metabolism</i> 2011;58:74-8. PMID: 21430378</p>	1,970
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<p><u>47.</u> Bes-Rastrollo M, Sabaté J, Jaceldo-Siegl K, Fraser GE.</p> <p>Validation of self-reported anthropometrics in the Adventist Health Study 2.</p> <p><i>BMC Public Health</i> 2011;11:213. PMID: 21466678</p>	2,223
<p><u>48.</u> Nova E, Viadel B, Wärnberg J, Carreres JE, Marcos A.</p> <p>Beneficial effects of a synbiotic supplement on self-perceived gastrointestinal well-being and immunoinflammatory status of healthy adults.</p> <p><i>Journal of Medical Food</i> 2011;14:79-85. PMID: 21244240</p>	1,390

<p><u>49.</u> Martínez-Gómez D, Gómez-Martínez S, Wärnberg J, Welk GJ, Marcos A, Veiga OL.</p> <p>Convergent validity of a questionnaire for assessing physical activity in Spanish adolescents with overweight.</p> <p><i>Medicina Clínica (Barcelona)</i>. 2011;136:13-5. PMID: 21615652</p>	1,231
<p><u>50.</u> Vérier CM, Duhamel A, Béghin L, Diaz LE, Wärnberg J, Marcos A, Gómez-Martínez S, Manios Y, De Henauw S, Sjöström M, Moreno LA, Kersting M, Breidenassel C, Molnar D, Artero EG, Ferrari M, Widhalm K, Turck D, Gottrand F; on behalf of the HELENA study group.</p> <p>Breastfeeding in Infancy Is Not Associated with Inflammatory Status in Healthy Adolescents.</p> <p><i>Journal of Nutrition</i> 2011;141:411-7. PMID: 21248197</p>	4,091
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<p><u>53.</u> Romeo J, Martinez-Gomez D, Diaz LE, Gómez-Martinez S, Marti A, Martin-Matillas M, Puertollano MA, Veiga OL, Martinez JA, Wärnberg J, Zapatera B, Garagorri JM, Morandé G, Campoy C, Moreno LA, Marcos A;EVASYON Study Group.</p> <p>Changes in cardiometabolic risk factors, appetite-controlling hormones and cytokines after a treatment program in overweight adolescents: preliminary findings from the EVASYON study.</p> <p><i>Pediatric Diabetes</i> 2011;12:372-380. PMID: 21615652</p>	2,628
<p><u>54.</u> Zazpe I, Beunza JJ, Bes-Rastrollo M, Wärnberg J, de la Fuente-Arrillaga C, Benito S, Vázquez Z, Martínez-González MA.</p> <p>Egg consumption and risk of cardiovascular disease in the SUN project.</p> <p><i>European Journal of Clinical Nutrition</i> 2011;65:676-82. PMID: 21427738</p>	3,517
<p><u>55.</u> Sanchez-Villegas A, Ara I, Dierssen T, de la Fuente C, Ruano C, Martínez-González MA.</p> <p>Physical activity during leisure time and quality of life in a Spanish cohort: SUN (Seguimiento Universidad de Navarra) Project.</p> <p><i>British Journal of Sports Medicine</i> 2011:[Epub ahead of print]. PMID: 21498880</p>	2,547
<p><u>56.</u> Martínez-González MA, Bes-Rastrollo M.</p> <p>Nut consumption, weight gain and obesity: epidemiological evidence.</p> <p><i>Nutrition Metabolism & Cardiovascular Diseases</i> 2011;21 Suppl 1:S40-5. PMID: 21216574</p>	3,072
<p><u>57.</u> Fernández-Montero A, Beunza JJ, Bes-Rastrollo M, Barrio MT, de la Fuente-Arrillaga C, Moreno-Galarraga L, Martínez-González MA.</p> <p>Validación de los componentes del síndrome metabólico auto-declarados en un estudio de cohortes.</p> <p><i>Gaceta Sanitaria</i> 2011:[Epub ahead of print]. PMID: 21543137</p>	1,172

<p><u>58.</u> Núñez-Córdoba JM, Martínez-González MA.</p> <p>Antioxidant vitamins and cardiovascular disease.</p> <p>Current Topics in Medical Chemistry 2011;[Epub ahead of print]. PMID: 21506930</p>	4,473
<p><u>59.</u> Dalal S, Beunza JJ, Volmink J, Adebamowo C, Bajunirwe F, Njelekela M, Mozaffarian D, Fawzi W, Willett W, Adami HO, Holmes MD.</p> <p>Non-communicable diseases in sub-Saharan Africa: What we know now.</p> <p>International Journal of Epidemiology. 2011;[Epub ahead of print]. PMID: 21527446</p>	5,262
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<p><u>60.</u> Moleres A, Ochoa MC, Rendo-Urteaga T, Martínez-González MA, Azcona-Sanjulián MC, Martínez JA, Marti A.</p> <p>Dietary fatty acid distribution modifies obesity risk linked to the rs9939609 polymorphism of the fat mass and obesity-associated gene in a Spanish children case-control study.</p> <p>British Journal of Nutrition 2011</p>	3,446
<p><u>61.</u> Sayon-Orea C, Martínez-González MA, Bes-Rastrollo M.</p> <p>Alcohol consumption and body weight: a systematic review.</p> <p>Nutrition Reviews 2011</p>	3,443
<p><u>62.</u> Bulló M, Garcia-Aloy M, Martinez-González MA, Corella C, Fernández-Ballart JD, Fiol M, Gómez-Gracia E, Estruch R, Ortega-Calvo M, Francisco S, Flores-Mateo G, Serra-Majem L, Pinto X, Covas MI, Ros E, Lamuela-Raventos RM, Salas-Salvadó J.</p> <p>Association between a healthy lifestyle and general obesity or abdominal obesity in an elderly population at high cardiovascular risk.</p> <p>Preventive Medicine 2011</p>	3,172