

## Publicacions Indexades al'SCI o a Medline

### 2013

Mitjavila MT, Fandos M, Salas-Salvadó J, Covas MI, Borrego S, Estruch R, Lamuela-Raventós R, Corella D, Martínez-Gonzalez MA, Sánchez JM, Bulló M, Fitó M, Tormos C, Cerdá C, Casillas R, Moreno JJ, Iradi A, Zaragoza C, Chaves J, Sáez GT. The Mediterranean diet improves the systemic lipid and DNA oxidative damage in metabolic syndrome individuals. A randomized, controlled, trial. **Clin Nutr.** 2013 Apr;32(2):172-8. PMID: 22999065.

[Ver abstract en PubMed](#)

Babio N, López L, Salas-Salvadó J. Análisis de la capacidad de elección de alimentos saludables por parte de los consumidores en referencia a dos modelos de etiquetado nutricional: estudio cruzado. [Capacity analysis of health food choice by reference to consumers in two models of nutritional labeling; crossover study]. **Nutr Hosp.** 2013; 28: 173-181. PMID: 23808447.

[Ver abstract en PubMed](#)

Juanola-Falgarona M, Ibarrola-Jurado N, Salas-Salvadó J, Rabassa T, Bulló M. Design and methods of the GLYNDIET study: assessing the role of glycemic index on weight loss and metabolic risk markers. **Nutr Hosp.** 2013; 28(2): 382-390. PMID: 23822689.

[Ver abstract en PubMed](#)

González-Zapata LI, Deossa GC, Monsalve-Álvarez J, Díaz-García J, Babio N, Salas-Salvadó J. Metabolic syndrome in healthcare personnel at the University of Antioquia-Colombia: LATINMETS Study. **Nutr Hosp.** 2013;28(2):522-531. PMID: 23822707.

[Ver abstract en PubMed](#)

Medina-Remón A, Vallverdú-Queralt A, Arranz S, Ros E, Martínez-González MA, Sacanella E, Covas MI, Corella D, Salas-Salvadó J, Gómez-Gracia E, Ruiz-Gutiérrez V, Lapetra J, García-Valdúez M, Arós F, Saez GT, Serra-Majem L, Pinto X, Vinyoles E, Estruch R, Lamuela-Raventós RM. Gazpacho consumption is associated with lower blood pressure and reduced hypertension in a high cardiovascular risk cohort. Cross-sectional study of the PREDIMED trial. **Nutr Metab Cardiovasc Dis.** 2013 Oct;23(10):944-52. PMID: 23149074.

[Ver abstract en PubMed](#)

Martínez-Lapiscina EH, Clavero P, Toledo E, Estruch R, Salas-Salvadó J, San Julián B, Sanchez-Tainta A, Ros E, Valls-Pedret C, Martínez-González MÁ. Mediterranean diet improves cognition: the PREDIMED-NAVARRA randomised trial. **J Neurol Neurosurg Psychiatry.** 2013 Dec;84(12):1318-25. PMID: 23670794.

[Ver abstract en PubMed](#)

Hu EA, Toledo E, Diez-Espino J, Estruch R, Corella D, Salas-Salvadó J, Vinyoles E, Gomez-Gracia E, Aros F, Fiol M, Lapetra J, Serra-Majem L, Pintó X, Portillo MP, Lamuela-Raventós RM, Ros E, Sorli JV, Martínez-González MA. Lifestyles and risk factors associated with adherence to the mediterranean diet: A baseline assessment of the PREDIMED Trial. **PLoS One.** 2013 Apr 29;8(4):e60166. PMID: 23637743.

[Ver abstract en PubMed](#)

Guasch-Ferré M, Bulló M, Babio N, Martínez-González MA, Estruch R, Covas MI, Wärnberg J, Arós F, Lapetra J, Serra-Majem L, Basora J, Salas-Salvadó J. Mediterranean diet and risk of hyperuricemia in elderly participants at high cardiovascular risk. **J Gerontol A Biol Sci Med Sci.** 2013 Oct;68(10):1263-70. PMID: 23599357.

[Ver abstract en PubMed](#)

Flores-Mateo G, Rojas-Rueda D, Basora J, Ros E, Salas-Salvadó J. Nut intake and adiposity: meta-analysis of clinical trials. **Am J Clin Nutr.** 2013 Jun;97(6):1346-55. Review. PMID: 23595878.

[Ver abstract en PubMed](#)

Babio N, Ibarrola-Jurado N, Bulló M, Martínez-González MA, Wärnberg J, Salaverría I, Ortega-Calvo M, Estruch R, Serra-Majem L, Covas MI, Sorlí JV, Salas-Salvadó J, for the PREDIMED Study Investigators. White blood cell counts as risk markers of developing metabolic syndrome and its components in the PREDIMED study. **PLoS One.** 2013; 8(3): e58354. PMID: 23526980.

[Ver abstract en PubMed](#)

Zamora-Ros R, Serafini M, Estruch R, Lamuela-Raventós RM, Martínez-González MA, Salas-Salvadó J, Fiol M, Lapetra J, Arós F, Covas MI, Andres-Lacueva C; on behalf of the PREDIMED Study Investigators. Mediterranean diet and non enzymatic antioxidant capacity in the PREDIMED study: Evidence for a mechanism of antioxidant tuning. **Nutr Metab Cardiovasc Dis.** 2013 Dec;23(12):1167-74. PMID: 23484910.

[Ver abstract en PubMed](#)

Ibarrola-Jurado N, Bulló M, Guasch-Ferré M, Ros E, Martínez-González MA, Corella D, Fiol M, Wärnberg J, Estruch R, Román P, Arós F, Vinyoles E, Serra-Majem L, Pintó X, Covas MI, Basora J, Salas-Salvadó J; PREDIMED Study Investigators. Cross-sectional assessment of nut consumption and obesity, metabolic syndrome and other cardiometabolic risk factors: The PREDIMED Study. **PLoS One.** 2013;8(2):e57367. PMID: 23460844.

[Ver abstract en PubMed](#)

Costa B, Barrio F, Pinol JL, Cabre JJ, Mundet X, Sagarra R, Salas-Salvadó J, Sola-Morales O; Research Group De-plan-cat/medice. Shifting from glucose diagnosis to the new HbA1c diagnosis reduces the capability of the Finnish Diabetes Risk Score (FINDRISC) to screen for glucose abnormalities within a real-life primary healthcare preventive strategy. **BMC Med.** 2013 Feb 21;11(1):45. PMID: 23438147.

[Ver abstract en PubMed](#)

Estruch R, Ros E, Salas-Salvadó J, Covas MI, Corella D, Arós F, Gómez-Gracia E, Ruiz-Gutiérrez V, Fiol M, Lapetra J, Lamuela-Raventós RM, Serra-Majem L, Pintó X, Basora J, Muñoz MA, Sorlí JV, Martínez JA, Martínez-González MA; PREDIMED Study Investigators. Primary prevention of cardiovascular disease with a Mediterranean diet. **N Engl J Med.** 2013 Apr 4;368(14):1279-90. PMID: 23432189.

[Ver abstract en PubMed](#)

Fernández-Real JM, Corella D, Goumidi L, Mercader JM, Valdés S, Rojo Martínez G, Ortega F, Martínez-Larrad MT, Gómez-Zumaquero JM, Salas-Salvadó J, Martínez González MA, Covas MI, Botas P, Delgado E, Cottel D, Ferrieres J, Amouyel P, Ricart W, Ros E, Meirhaeghe A, Serrano-Rios M, Soriguer F, Estruch R. Thyroid hormone receptor alpha gene variants increase the risk of developing obesity and show gene-diet interactions. **Int J Obes.** 2013 Nov; 37(11):1499-505. PMID: 23399772.

[Ver abstract en PubMed](#)

Tresserra-Rimbau A, Medina-Remón A, Pérez-Jiménez J, Martínez-González MA, Covas MI, Corella D, Salas-Salvadó J, Gómez-Gracia E, Lapetra J, Arós F, Fiol MI, Ros E, Serra-Majem L, Pintó X, Muñoz MA, Saez GT, Ruiz-Gutiérrez V, Warnberg V, Estruch R, Lamuela-Raventós RM, on behalf of the PREDIMED Study Investigators. Dietary intake and major food sources of polyphenols in a Spanish population at high cardiovascular risk: the PREDIMED study. **Nutr Metab Cardiovas Dis.** 2013 Oct;23(10):953-959 PMID: 23332727.

[Ver abstract en PubMed](#)

Juanola-Falgarona M, Salas-Salvadó J, Estruch R, Portillo MP, Casas R, Miranda J, Martínez-González MA, Bulló M. Association between dietary phylloquinone intake and peripheral metabolic risk markers related to insulin resistance and diabetes in elderly subjects at high cardiovascular risk. **Cardiovasc Diabetol.** 2013 Jan 8;12(1): 7. PMID: 23298335.

[Ver abstract en PubMed](#)

Bulló M, Casas R, Portillo MP, Basora J, Estruch R, García-Arellano A, Lasa A, Juanola-Falgarona M, Arós F, Salas-Salvadó J. Dietary glycemic index/load and peripheral adipokines and inflammatory markers in elderly subjects at high cardiovascular risk. **Nutr Metab Cardiovas Dis.** 2013 May;23(5):443-50. PMID: 22209741.

[Ver abstract en PubMed](#)

Estruch R, Salas-Salvadó J. Towards an even healthier mediterranean diet. **Nutr Metab Cardiovas Dis.** Dec;23(12):1163-6. PMID: 24263037.

[Ver abstract en PubMed](#)

Juanola-Falgarona M, Cándido-Fernández J, Salas-Salvadó J, Martínez-González MA, Estruch R, Fiol M, Arija-Val V; Mònica Bulló; PREDIMED Study Investigators. Association between serum ferritin and osteocalcin as a potential mechanism explaining the iron-induced insulin resistance. **PLoS One.** 2013 Oct 22;8 (10):e76433. PMID: 24167545.

[Ver abstract en PubMed](#)

Sánchez-Villegas A, Martínez-González MA, Estruch R, Salas-Salvadó J, Corella D, Covas MI, Arós F, Romaguera D, Gómez-Gracia E, Lapetra J, Pintó X, Martínez JA, Lamuela-Raventós RM, Ros E, Gea A, Wärnberg J, Serra-Majem L. Mediterranean dietary pattern and depression: the PREDIMED randomized trial. **BMC Med.** 2013 Sep 20;11:208. PMID: 24229349.

[Ver abstract en PubMed](#)

Fernandez-Cao JC, Arija V, Aranda N, Bullo M, Basora J, Martínez-González MA, Díez-Espino J, Salas-Salvadó J. Heme iron intake and risk of new-onset diabetes in a Mediterranean population at high risk of cardiovascular disease: an observational cohort analysis. **BMC Public Health**. 2013 Nov 4;13(1):1042. PMID: 24188615.

[Ver abstract en PubMed](#)

Toledo E, Hu FB, Estruch R, Buil-Cosiales P, Corella D, Salas-Salvadó J, Covas MI, Arós F, Gómez-Gracia E, Fiol M, Lapetra J, Serra-Majem L, Pinto X, Lamuela-Raventós RM, Saez G, Bulló M, Ruiz-Gutiérrez V, Ros E, Sorli JV, Martínez-González MA. Effect of the Mediterranean diet on blood pressure in the PREDIMED trial: results from a randomized controlled trial. **BMC Med**. 2013 Sep 19;11:207. PMID: 24050803.

[Ver abstract en PubMed](#)

Díaz-López A, Chacón MR, Bulló M, Maymó-Masip E, Martínez-González MA, Estruch R, Vendrell J, Basora J, Díez-Espino J, Covas MI, Salas-Salvadó J. Serum sTWEAK concentrations and risk of developing type 2 diabetes in a high cardiovascular risk population: a nested case-control study. **J Clin Endocrinol Metab**. 2013 Aug;98(8):3482-90. PMID: 23760626.

[Ver abstract en PubMed](#)

Corella D, Carrasco P, Sorlí JV, Estruch R, Rico-Sanz J, Martínez-González MA, Salas-Salvadó J, Covas MI, Coltell O, Arós F, Lapetra J, Serra-Majem L, Ruiz-Gutiérrez V, Warnberg J, Fiol M, Pintó X, Ortega-Azorín C, Muñoz MA, Martínez JA, Gómez-Gracia E, González JI, Ros E, Ordovás JM. Mediterranean diet reduces the adverse effect of the TCF7L2-rs7903146 polymorphism on cardiovascular risk factors and stroke incidence: a randomized controlled trial in a high-cardiovascular-risk population. **Diabetes Care**. 2013 Nov;36(11):3803-11. PMID: 23942586.

[Ver abstract en PubMed](#)

Mejía-Lancheros C, Estruch R, Martínez-González MA, Salas-Salvadó J, Corella D, Gómez-Gracia E, Fiol M, Lapetra J, Covas MI, Arós F, Serra-Majem L, Pintó X, Basora J, Sorlí JV, Muñoz MA; en nombre de los investigadores del estudio PREDIMED. Socioeconomic status and health inequalities for cardiovascular prevention among elderly spaniards. **Rev Esp Cardiol**. 2013 Oct;66(10):803-811. PMID: 24773861.

[Ver abstract en PubMed](#)

Díaz-López A, Bulló M, Juanola-Falgarona M, Martínez-González MA, Estruch R, Covas MI, Arós F, Salas-Salvadó J. 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. **J Clin Endocrinol Metab**. 2013 Nov;98(11):4524-31. PMID: 24037881.

[Ver abstract en PubMed](#)

Guasch-Ferré M, Bulló M, Martínez-González MA, Ros E, Corella E, Estruch R, Fitó M, Arós F, Wärnberg J, Fiol M, Lapetra J, Vinyoles E, Lamuela-Raventós R, Serra-Majem LI, Pintó X, Ruiz-Gutiérrez V, Basora J, Salas-Salvadó J, for the PREDIMED Study group. Frequency of nut consumption and mortality risk in the PREDIMED nutrition intervention trial. **BMC Med**. 2013, 11: 164. PMID: 23866098.

[Ver abstract en PubMed](#)

Gea A, Beunza JJ, Estruch R, Sánchez-Villegas A, Salas-Salvadó J, Buil-Cosiales P, Gómez-Gracia E, Covas MI, Corella D, Fiol M, Arós F, Lapetra J, Lamuela-Raventós RM, Wärnberg J, Pintó X, Serra-Majem L, Martínez-González MA; PREDIMED GROUP. Alcohol intake, wine consumption and the development of depression: the PREDIMED study. **BMC Med.** 2013 Aug 30;11(1):192. PMID: 23988010.

[Ver abstract en PubMed](#)

Díaz-López A, Bulló M, Basora J, Martínez-González MÁ, Guasch-Ferré M, Estruch R, Wärnberg J, Serra-Majem L, Arós F, Lapetra J, Ros E, Pintó X, Covas MI, Salas-Salvadó J. Cross-sectional associations between macronutrient intake and chronic kidney disease in a population at high cardiovascular risk. **Clin Nutr.** 2013 Aug;32(4):606-612. PMID: 23141101.

[Ver abstract en PubMed](#)

Bautista-Castaño I, Sánchez-Villegas A, Estruch R, Martínez-González MA, Corella D, Salas-Salvadó J, Covas MI, Schroder H, Alvarez-Pérez J, Quílez J, Lamuela-Raventós RM, Ros E, Arós F, Fiol M, Lapetra J, Muñoz MA, Gómez-Gracia E, Tur J, Pintó X, Ruiz-Gutierrez V, Portillo-Baquedano MP, Serra-Majem L. Changes in bread consumption and 4-year changes in adiposity in Spanish subjects at high cardiovascular risk. **Br J Nutr.** 2013 Jul;110(2):337-46. PMID: 23199451.

[Ver abstract en PubMed](#)

Carvalho de Vidigal F, Bressan J, Babio N, Salas-Salvadó J. Prevalence of metabolic syndrome in Brazilian adults: a systematic review. **BMC Public Health.** 2013 Dec 18;13(1):1198. Review. PMID: 24350922.

[Ver abstract en PubMed](#)

Arós F, Corella D, Covas MI, Estruch R, Fiol M, Lapetra J, Gómez-Gracia E, Lamuela-Raventós RM, Martínez A, Martínez-González MA, Pintó X, del Puy Portillo M, Ros E, Ruiz-Gutiérrez V, Saez G, Salas-Salvadó J, Serra-Majem L, Tur J; en nombre de los investigadores PREDIMED. Cómo conseguir publicar en The New England Journal of Medicine y no morir en el intento: la experiencia PREDIMED - [How to publish in the new england journal of medicine and not to die while trying it; the predimed experience.] **Nutr Hosp.** 2013;28(4):977-979. PMID: 23889611.

[Ver abstract en PubMed](#)

Medina-Remón A, Vallverdú-Queralt A, Arranz S, Ros E, Martínez-González MA, Sacanella E, Covas MI, Corella D, Salas-Salvadó J, Gómez-Gracia E, Ruiz-Gutiérrez V, Lapetra J, García-Valdúez M, Arós F, Saez GT, Serra-Majem L, Pinto X, Vinyoles E, Estruch R, Lamuela-Raventós RM. Gazpacho consumption is associated with lower blood pressure and reduced hypertension in a high cardiovascular risk cohort. Cross-sectional study of the PREDIMED trial. **Nutr Metab Cardiovasc Dis.** 2013 Oct;23(10):944-952. PMID: 23149074.

[Ver abstract en PubMed](#)

Quílez J, Zátor M, Salas-Salvadó J, Álvarez A. Different stabilization treatments of rice bran added to wheat flour determine different properties in partially baked wheat bread. **Ital J Food Sci.** 2013; 25: 222-228.

Martínez-González MA, Salas-Salvadó J, Estruch R. Intensive lifestyle intervention in type 2 diabetes. **N Engl J Med**. 2013 Dec 12;369(24):2357. Letter to the Editor. PMID: 24328478.

[Ver abstract en PubMed](#)

Moreno Aznar LA, Cervera Ral P, Ortega Anta RM, Díaz Martín JJ, Baladia E, Basulto J, Bel Serrat S, Iglesia Altaba I, López-Sobaler AM, Manera M, Rodríguez Rodríguez E, Santaliestra Pasías AM, Babio N, Salas-Salvadó J. Scientific evidence about the role of yogurt and other fermented milks in the healthy diet for the Spanish population. **Nutr Hosp**. 2013 Nov 1;28(6):2039-89. PMID: 24506386.

[Ver abstract en PubMed](#)

Mejía-Lancheros C, Estruch R, Martínez-González MA, Salas-Salvadó J, Corella D, Gómez-Gracia E, Fiol M, Lapetra J, Covas MI, Arós F, Serra-Majem L, Pintó X, Basora J, Sorlí JV, Muñoz MA; PREDIMED Study Investigators. Socioeconomic status and health inequalities for cardiovascular prevention among elderly Spaniards. **Rev Esp Cardiol (Engl Ed)**. 2013 Oct;66(10):803-11. PMID: 24773861.

[Ver abstract en PubMed](#)

Bulló M, Cózar-Torrell P, Salas-Salvadó J. Dietary regulation of glucose metabolism in metabolic syndrome. **Curr Vasc Pharmacol**. 2013 Jan 31;11(6):928-45. PMID: 24168442.

[Ver abstract en PubMed](#)

Castañer O, Corella D, Covas MI, Sorlí JV, Subirana I, Flores-Mateo G, Nonell L, Bulló M, de la Torre R, Portolés O, Fitó M; PREDIMED study investigators.

In vivo transcriptomic profile after a Mediterranean diet in high-cardiovascular risk patients: a randomized controlled trial. **Am J Clin Nutr**. 2013 Sep;98(3):845-53. PMID: 23902780.

[Ver abstract en PubMed](#)