

PRODUCTIVIDAD CIENTÍFICA

2025

321. Guzmán-Castellanos KB, Neri SS, García IZ, et al.
Planetary health diet, mediterranean diet and micronutrient intake adequacy in the Seguimiento Universidad de Navarra (SUN) cohort. Eur J Nutr. 2025 Apr 9;64(4):149. doi: 10.1007/s00394-025-03657-2. PMID: 40205133; PMCID: PMC11982129.

320. Caro P, De La Fuente-Arrillaga C, Bullón-Vela, V, et al.
Association Between Body Self-Perception and the Incidence of Hypertension: The SUN "Seguimiento Universidad de Navarra" Cohort 1999–2022. *Biomedicines* 2025, 13, 1147. <https://doi.org/10.3390/biomedicines13051147>

319. Vázquez-Ruiz Z, Toledo E, Vitelli-Storelli F, et al.
Effect of dietary phenolic compounds intake on mortality in the "Seguimiento Universidad De Navarra" (SUN) Mediterranean cohort. Eur J Nutr. 2025 Jan 24;64(2):70. doi: 10.1007/s00394-025-03581-5. PMID: 39853425; PMCID: PMC11761832.

318. Zazpe I, Santiago S, Barbería-Latasa M, et al.
Micronutrients adequacy according to six diet quality indices in the "Seguimiento Universidad de Navarra" cohort. Nutr Hosp. 2025 Apr 21;42(2):319-332. English. doi: 10.20960/nh.05411. PMID: 39898454.

2024

317. Bullón-Vela V, Martínez-Tabar A, Etxezarreta-Uranga M, et al.
Pre-Pregnancy Provegetarian Food Pattern and the Risk of Developing Gestational Diabetes Mellitus: The Seguimiento Universidad de Navarra (SUN) Cohort Study. Medicina (Kaunas). 2024 Nov 16;60(11):1881. doi: 10.3390/medicina60111881. PMID: 39597066; PMCID: PMC11596851.

316. Perez-Araluce R, Bes-Rastrollo M, Gea A, et al.
Binge drinking and subsequent health and well-being among middle-aged Spanish adults: An outcome-wide analysis. Prev Med. 2024 Dec 18;191:108209. doi: 10.1016/j.ypmed.2024.108209. Epub ahead of print. PMID: 39706486.

315. Guzmán-Castellanos KB, Zazpe I, Santiago S, et al.

Planetary Health Diet and Cardiovascular Disease Risk in the Seguimiento Universidad de Navarra (SUN) Cohort. *Nutrients*. 2024 Dec 25;17(1):27. doi: 10.3390/nu17010027. PMID: 39796459; PMCID: PMC11722671.

314. Aguilera-Buenosvinos I, Martínez-González MA, Romanos-Nanclares A, et al. Dietary-Based Diabetes Risk Score and breast cancer: a prospective evaluation in the SUN project. *J Physiol Biochem*. 2024 Sep 5. doi: 10.1007/s13105-024-01036-9. Epub ahead of print. PMID: 39235717.

313. Sabiño TDS, Valer-Martínez A, Sayon-Orea C, et al. Predicted vitamin D levels and risk of depression in the SUN Project: A prospective cohort study. *J Psychiatr Res*. 2024 Nov;179:314-321. doi: 10.1016/j.jpsychires.2024.09.034. Epub 2024 Sep 24. PMID: 39353292.

312. Leone A, De la Fuente-Arrillaga C, Mas MV, et al. Association between the consumption of ultra-processed foods and the incidence of peptic ulcer disease in the SUN project: a Spanish prospective cohort study. *Eur J Nutr*. 2024 Sep;63(6):2367-2378. doi: 10.1007/s00394-024-03439-2. Epub 2024 May 29. PMID: 38809325; PMCID: PMC11377682.

311. Olmedo M, Santiago S, Romanos-Nanclares A, et al. Dietary carbohydrate quality index and incidence of obesity-related cancers in the "Seguimiento Universidad De Navarra" (SUN) prospective cohort. *Eur J Nutr*. 2024 May 30. doi: 10.1007/s00394-024-03438-3. Epub ahead of print. PMID: 38814364.

310. Valer-Martinez A, Bes-Rastrollo M, Martinez JA, et al. Vitamin D and the Risk of Developing Hypertension in the SUN Project: A Prospective Cohort Study. *Nutrients*. 2024; 16(14):2351. <https://doi.org/10.3390/nu16142351>

309. Santiago S, Ochoa Díaz ME, Zazpe I, et al. Association between overall quality of macronutrients and incidence of overweight and obesity in the SUN (Seguimiento Universidad de Navarra) cohort. *Nutr Hosp*. 2024 Oct 31;41(5):1071-1081. English. doi: 10.20960/nh.05181. PMID: 39054857.

308. López-Gil JF, Fernandez-Montero A, Bes-Rastrollo M, et al. Is Ultra-Processed Food Intake Associated with a Higher Risk of Glaucoma? A Prospective Cohort Study including 19,255 Participants from the SUN Project. *Nutrients* 2024;16:1053. doi: 10.3390/nu16071053. PMID: 38613086; PMCID: PMC11013077.

307. Valer-Martinez A, Sayon-Orea C, Martinez JA, Basterra-Gortari FJ, et al. Vitamin D and risk of developing type 2 diabetes in the SUN project: a prospective cohort study.

J Endocrinol Invest 2024 Mar 8. doi: 10.1007/s40618-024-02324-3. Epub ahead of print. PMID: 38459212.

306. Basterra-Gortari V, Gil-Conesa M, Sayón-Orea C, et al.
Daily time spent on screens and psychological well-being: Cross-sectional association within the SUN cohort.
Prev Med 2024;181:107912. doi: 10.1016/j.ypmed.2024.107912. Epub 2024 Feb 22. PMID: 38395314.

305. Neddermann-Carrillo S, Abidi L, Gea A, et al.
Tobacco and alcohol co-use: Lifestyle and sociodemographic factors, and personality aspects as potential predictors in the "Seguimiento Universidad de Navarra" cohort.
Res Nurs Health 2024;47:251-265. doi: 10.1002/nur.22367. Epub 2024 Jan 13. PMID: 38217468.

2023

304. López-Herreros J, Martínez-González MA, Gea A, et al.
Health-related quality of life and mortality in the 'Seguimiento Universidad de Navarra' prospective cohort study.
Experimental gerontology 2023;178, 112224.
<https://doi.org/10.1016/j.exger.2023.112224>

303. Pano O, Sayón-Orea C, Hershey M, et al. The risk of incident depression when assessed with the Lifestyle and Well-Being Index. Public health 2023;220:165–171.
<https://doi.org/10.1016/j.puhe.2023.05.002>

302. Barbería-Latasa M, Martínez-González MA, de la Fuente-Arrillaga C, et al.
Predictors of total mortality and their differential association on premature or late mortality in the SUN cohort. Exp Gerontol 2023;172:112048. doi: 10.1016/j.exger.2022.112048. Epub 2022 Dec 12. PMID: 36521566.

301. Talavera-Rodriguez I, Fernandez-Lazaro CI, Hernández-Ruiz Á, et al.
Association between an oxidative balance score and mortality: a prospective analysis in the SUN cohort. Eur J Nutr 2023 Feb 12. doi: 10.1007/s00394-023-03099-8. Epub ahead of print. PMID: 36781422.

300. Perez-Araluce R, Bes-Rastrollo M, Martínez-González MÁ, et al.
Effect of Binge-Drinking on Quality of Life in the 'Seguimiento Universidad de Navarra' (SUN) Cohort. Nutrients 2023 Feb 21;15(5):1072. doi: 10.3390/nu15051072. PMID: 36904072; PMCID: PMC10004732.

299. Hernández-Hernández A, Oliver D, Martínez-González MÁ, et al.

Mediterranean Alcohol-Drinking Pattern and Arterial Hypertension in the "Seguimiento Universidad de Navarra" (SUN) Prospective Cohort Study. *Nutrients* 2023 Jan 7;15(2):307. doi: 10.3390/nu15020307. PMID: 36678178; PMCID: PMC9865916.

298. Aguilera-Buenosvinos I, Martínez-González MÁ, Zazpe I, et al. Associations between overall, healthful, and unhealthful low-fat dietary patterns and breast cancer risk in a Mediterranean cohort: The SUN project. *Nutrition*. 2023 Jan 7;109:111967. doi: 10.1016/j.nut.2022.111967. Epub ahead of print. PMID: 36738657.

297. Corbi-Cobo-Losey MJ, Martinez-Gonzalez MA, Gribble AK, et al. Coffee Consumption and the Risk of Metabolic Syndrome in the 'Seguimiento Universidad de Navarra' Project. *Antioxidants* 2023;12:686. <https://doi.org/10.3390/antiox12030686>

296. Vázquez-Ruiz, Z, Martínez-González, MA, Vitelli-Storelli F, et al. Effect of Dietary Phenolic Compounds on Incidence of Type 2 Diabetes in the "Seguimiento Universidad de Navarra" (SUN) Cohort. *Antioxidants* 2023; 12, 507. <https://doi.org/10.3390/antiox12020507>

2022

295. Moreno-Montañés, J., Gándara, E., Moreno-Galarraga, L., Hershey, M. S., López-Gil, J. F., Kales, S., Bes-Rastrollo, M., Martínez-González, M. Á., & Fernandez-Montero, A. (2022). ACE-Vitamin Index and Risk of Glaucoma: The SUN Project. *Nutrients*, 14(23), 5129. <https://doi.org/10.3390/nu14235129>

294. Barbería-Latasa M, Bes-Rastrollo M, Pérez-Araluce R, et al. Mediterranean Alcohol-Drinking Patterns and All-Cause Mortality in Women More Than 55 Years Old and Men More Than 50 Years Old in the "Seguimiento Universidad de Navarra" (SUN) Cohort. *Nutrients* 2022 Dec 14;14(24):5310. doi: 10.3390/nu14245310. PMID: 36558468; PMCID: PMC9788476.

293. De la O V, Zazpe I, de la Fuente-Arrillaga C, et al. Association between a new dietary protein quality index and micronutrient intake adequacy: a cross-sectional study in a young adult Spanish Mediterranean cohort. *Eur J Nutr* 2022 Sep 10. doi: 10.1007/s00394-022-02991-z. Epub ahead of print. PMID: 36085527.

292. Sánchez-Bayona R, Bes-Rastrollo M, Fernández-Lázaro CI, et al.

Vitamin D and Risk of Obesity-Related Cancers: Results from the SUN ('Seguimiento Universidad de Navarra') Project. *Nutrients*. 2022 Jun 21;14(13):2561. doi: 10.3390/nu14132561. PMID: 35807746; PMCID: PMC9268452.

291. Pano O, Sayón-Orea C, Hershey MS, et al.
Development of a General Health Score Based on 12 Objective Metabolic and Lifestyle Items: The Lifestyle and Well-Being Index.
Healthcare (Basel). 2022 Jun 11;10(6):1088. doi: 10.3390/healthcare10061088. PMID: 35742139; PMCID: PMC9222586.

290. Pardavila-Belio MI, de la O V, Hershey MS, et al.
Joint association of the Mediterranean diet and smoking with all-cause mortality in the Seguimiento Universidad de Navarra (SUN) cohort.
Nutrition. 2022 Jun 2;103-104:111761. doi: 10.1016/j.nut.2022.111761. Epub ahead of print. PMID: 35843044.

289. Pimenta A, Mendonça R, Lahortiga-Ramos F, et al.
Sedentary behaviors and risk of depression in the Seguimiento Universidad de Navarra cohort: the SUN Project.
Cad. Saúde Pública 38 (2) 2022. <https://doi.org/10.1590/0102-311X00076621>

288. Vanegas P, Zazpe I, Santiago S, et al.
Macronutrient quality index and cardiovascular disease risk in the Seguimiento Universidad de Navarra (SUN) cohort.
Eur J Nutr 2022 May 22. doi: 10.1007/s00394-022-02901-3. Online ahead of print.

287. Vázquez-Ruiz Z, Toledo E, Vitelli-Storelli F, et al.
Effect of Dietary Phenolic Compounds on Incidence of Cardiovascular Disease in the SUN Project; 10 Years of Follow-Up.
Antioxidants (Basel) 2022 Apr 14;11(4):783. doi: 10.3390/antiox11040783. PMID: 35453468; PMCID: PMC9027220.

286. Moreno-Montañés J, Gándara E, Gutierrez-Ruiz I, et al.
Healthy Lifestyle Score and Incidence of Glaucoma: The Sun Project.
Nutrients 2022;14(4):779. doi: 10.3390/nu14040779. PMID: 35215429; PMCID: PMC8879768.

285. Perez-Araluce R, Martínez-González MA, Gea A, et al.
Components of the Mediterranean Diet and Risk of COVID-19.
Front Nutr 2022. <https://doi.org/10.3389/fnut.2021.805533>

284. Alonso-Pedrero L, Donat-Vargas C, Bes-Rastrollo M, et al.
Dietary Exposure to Polychlorinated Biphenyls and Dioxins and Its Relationship to Telomere Length in Subjects Older Than 55 Years from the SUN Project.

Nutrients 2022 Jan 14;14(2):353. doi: 10.3390/nu14020353.

283. Sayon-Orea C, Carlos S, Rico-Campà A, et al. Physicians' characteristics and practices associated with the provision of cancer screening advice to their patients: the Spanish SUN cohort study.

BMJ Open 2022 Jan 12;12(1):e048498. doi: 10.1136/bmjopen-2020-048498.

282. Donat-Vargas C, Sandoval-Insausti H, Peñalvo JL, et al.

Reply - Letter to the editor - Association between olive oil consumption and the risk of cardiovascular disease and stroke YCLNU-D-21-02208.

Clin Nutr 2022 Mar;41(3):784-785. doi: 10.1016/j.clnu.2022.01.012. Epub 2022 Jan 19. PMID: 35131143.

281. Donat-Vargas C, Sandoval-Insausti H, Peñalvo JL, et al.

Olive oil consumption is associated with a lower risk of cardiovascular disease and stroke.

Clin Nutr 2022 Jan;41(1):122-130. doi: 10.1016/j.clnu.2021.11.002. Epub 2021 Nov 15.

280. Hershey M, Sanchez-Villegas A, Sotos-Prieto M, et al.

The Mediterranean Lifestyle and the Risk of Depression in Middle-Aged Adults.

J Nutr 2022;152(1):227-234. doi: 10.1093/jn/nxab333. PMID: 34549288.

2021

279. Dominguez LJ, Sayón-Orea C, Gea A, et al.

Increased Adiposity Appraised with CUN-BAE Is Highly Predictive of Incident Hypertension. The SUN Project.

Nutrients 2021; 13(10):3309. <https://doi.org/10.3390/nu13103309>

278. De la O V, Zazpe I, Goni L, et al.

A score appraising Paleolithic diet and the risk of cardiovascular disease in a Mediterranean prospective cohort.

Eur J Nutr 2021 Oct 21. doi: 10.1007/s00394-021-02696-9. Online ahead of print.

277. Gribble AK, Sayón-Orea C, Bes-Rastrollo M, et al.

Risk of Developing Metabolic Syndrome Is Affected by Length of Daily Siesta: Results from a Prospective Cohort Study.

Nutrients 2021 Nov 22;13(11):4182. doi: 10.3390/nu13114182.

276. Sánchez-Villegas A, Gea A, Lahortiga-Ramos F, et al.

Bidirectional association between tobacco use and depression risk in the SUN cohort study.

Adicciones 2021 Nov 24;0(0):1725. doi: 10.20882/adicciones.1725. Online ahead of print. [Article in English, Spanish]

275. Menéndez-Acebal C , Martínez-González MA, Bes-Rastrollo M, et al.
The influence of alcohol intake in myopia development or progression: The SUN cohort study.
Drug Alcohol Depend 2021 Dec 1;229(Pt A):109149. doi: 10.1016/j.drugalcdep.2021.109149. Epub 2021 Nov 1.
274. Hershey M, Martinez-Gonzalez MA, Alvarez-Alvarez I, et al.
The Mediterranean Diet and Physical Activity: better together than apart for the prevention of premature mortality.
Br J Nutr 2021 Aug 31;1-12. doi: 10.1017/S0007114521002877. Online ahead of print.
273. Martínez-González MA, Barbería-Latasa M, Pérez de Rojas J, et al.
Alcohol and early mortality (before 65 years) in the 'Seguimiento Universidad de Navarra' (SUN) cohort: does any level reduce mortality?
Br J Nutr 2021 Jun 28;1-11. doi: 10.1017/S0007114521002397. Online ahead of print.PMID: 34176531
272. Leone A, Miguel Ángel Martínez-González MA, Craig W, et al.
Pre-Gestational Consumption of Ultra-Processed Foods and Risk of Gestational Diabetes in a Mediterranean Cohort. The SUN Project.
Nutrients 2021 Jun 26;13(7):2202. doi: 10.3390/nu13072202.
271. Llaveró-Valero M , Escalada-San Martín J, Martínez-González MA, et al.
Physical Activity Intensity and Type 2 Diabetes: Isotemporal Substitution Models in the "Seguimiento Universidad de Navarra" (SUN) Cohort.
J Clin Med 2021 Jun 22;10(13):2744. doi: 10.3390/jcm10132744.
270. Alonso-Pedrero L, Ojeda-Rodríguez A, Zalba G, et al.
Association between ideal cardiovascular health and telomere length in participants older than 55 years old from the SUN cohort.
Rev Esp Cardiol (Engl Ed) 2021:S1885-5857(21)00129-8. English, Spanish. doi: 10.1016/j.rec.2021.04.002. Epub ahead of print.
269. Muñoz-García MI, Martínez-González MA, Razquin C, et al.
Exploratory dietary patterns and cognitive function in the "Seguimiento Universidad de Navarra" (SUN) Prospective Cohort.
Eur J Clin Nutr 2021 May 13. doi: 10.1038/s41430-021-00922-5. Epub ahead of print.
268. Sanchez-Bayona R, Gardeazabal I, Romanos-Nanclares A, et al.
Leisure-time physical activity, sedentary behavior, and risk of breast cancer: Results from the SUN ('Seguimiento Universidad De Navarra') project.

Prev Med 2021 Mar 30;148:106535. doi: 10.1016/j.ypmed.2021.106535. Epub ahead of print.

267. Perez-Araluce R, Martinez-Gonzalez MA, Fernández-Lázaro CI, et al. Mediterranean diet and the risk of COVID-19 in the 'Seguimiento Universidad de Navarra' cohort.

Clin Nutr 2021 Apr 15:S0261-5614(21)00190-4. doi: 10.1016/j.clnu.2021.04.001. Online ahead of print.

266. Llaveró-Valero M, Escalada-San Martín J, Martínez-González MA, et al. Ultra-processed foods and type-2 diabetes risk in the SUN project: A prospective cohort study.

Clin Nutr 2021 Apr 5;40(5):2817-2824. doi: 10.1016/j.clnu.2021.03.039. Online ahead of print.

265. Moreno-Montañés J, Gutierrez-Ruiz I, Moreno-Galarraga L, et al. Carbohydrate intake and risk of glaucoma in the SUN cohort.

Eur J Ophthalmol 2021 Apr 25;11206721211012862. doi: 10.1177/11206721211012862. Online ahead of print.

264. Fernandez-Lazaro CI, Zazpe I, Santiago S, et al.

Association of carbohydrate quality and all-cause mortality in the SUN Project: A prospective cohort study.

Clin Nutr. 2021 Apr;40(4):2364-2372. doi: 10.1016/j.clnu.2020.10.029. Epub 2020 Oct 29.

263. Zazpe I, Santiago S, Toledo E, et al.

Diet Quality Indices in the SUN Cohort: Observed Changes and Predictors of Changes in Scores Over a 10-Year Period.

J Acad Nutr Diet 2021 Apr 24;S2212-2672(21)00182-9. doi: 10.1016/j.jand.2021.03.011. Online ahead of print.

262. Mata-Fernández A, Hershey MS, Pastrana-Delgado JC, et al.

A mediterranean lifestyle reduces the risk of cardiovascular disease in the "Seguimiento Universidad de Navarra" (SUN) cohort.

Nutr Metab Cardiovasc Dis 2021 Feb 27:S0939-4753(21)00093-4. doi: 10.1016/j.numecd.2021.02.022. Online ahead of print. PMID: 33895077

261. Fernandez-Lazaro CI, Romanos-Nanclares A, Sánchez-Bayona R, et al.

Dietary calcium, vitamin D, and breast cancer risk in women: findings from the SUN cohort.

Eur J Nutr 2021 Apr 5. doi: 10.1007/s00394-021-02549-5. Online ahead of print.

260. Santiago S, Zazpe I, Fernandez-Lazaro CI, et al.

Macronutrient Quality and All-Cause Mortality in the SUN Cohort.
Nutrients 2021 Mar 17;13(3):972. doi: 10.3390/nu13030972.

259. Fernandez-Lazaro CI, Martínez-González MÁ, Aguilera-Buenosvinos I, et al. Dietary Antioxidant Vitamins and Minerals and Breast Cancer Risk: Prospective Results from the SUN Cohort. Antioxidants (Basel). 2021 Feb 24;10(3):340. doi: 10.3390/antiox10030340.

258. Aguilera-Buenosvinos I, Fernandez-Lazaro CI, Romanos-Nanclares A, et al. Dairy Consumption and Incidence of Breast Cancer in the 'Seguimiento Universidad de Navarra' (SUN) Project. Nutrients 2021 Feb 21;13(2):687. doi: 10.3390/nu13020687.

257. Pimenta AM, Lahortiga-Ramos F, Sayon-Orea C, et al. Depression and metabolic syndrome in participants of the "Seguimiento Universidad de Navarra" (SUN) cohort study J Affect Disord 2021 Apr 1;284:183-189. doi: 10.1016/j.jad.2021.02.002. Epub 2021 Feb 5.

256. Etzig C, Gea A, Martínez-González MA, et al. The association between self-perceived walking pace with the incidence of hypertension: the 'Seguimiento Universidad de Navarra' cohort. J Hypertens 2021 Feb 3. doi: 10.1097/HJH.0000000000002788. Online ahead of print.

2020

255. Dominguez L, Gea A, Ruiz-Estigarribia L, et al. Low Dietary Magnesium and Overweight/Obesity in a Mediterranean Population: A Detrimental Synergy for the Development of Hypertension. The SUN Project. Nutrients 2020 Dec 31;13(1):125. doi: 10.3390/nu13010125.

254. Fernández-Matarrubia M, Goni L, Rognoni T, et al. An Active Lifestyle Is Associated with Better Cognitive Function Over Time in APOE ε4 Non-Carriers. J Alzheimers Dis 2021;79(3):1257-1268. doi: 10.3233/JAD-201090.

253. Martín-Calvo N, Santiago Neri S, Segura G, et al. Pregestational BMI and higher offspring's risk of overweight/obesity in smoker and non-smoker mothers. Public Health Nutr 2020 Dec 18;1-8. doi: 10.1017/S1368980020005194. Online ahead of print.

252. Hershey MS, Fernandez-Montero A, Sotos-Prieto M, et al.

The Association Between the Mediterranean Lifestyle Index and All-Cause Mortality in the Seguimiento Universidad de Navarra Cohort.
Am J Prev Med 2020;59(6):e239-e248. doi: 10.1016/j.amepre.2020.06.014. Epub 2020 Nov 18.

251. Ojeda-Rodríguez A, Zazpe I, Alonso-Pedrero L, et al.
Higher adherence to an empirically derived Mediterranean dietary pattern is positively associated with telomere length: the Seguimiento Universidad de Navarra (SUN) Project.
Br J Nutr 2020;1-10. doi: 10.1017/S0007114520004274. Online ahead of print.

250. Sanchez-Bayona R, Sayon-Orea C, Gardeazabal I, et al.
Body shape trajectories and risk of breast cancer: results from the SUN ('Seguimiento Universidad De Navarra') Project.
Public Health Nutr 2020;1-9. doi: 10.1017/S1368980020004322. Online ahead of print.

249. Goni L, Fernández-Matarrubia M, Romanos-Nanclares A, et al.
Polyphenol intake and cognitive decline in the Seguimiento Universidad de Navarra (SUN) Project.
Br J Nutr 2020;1-24. doi: 10.1017/S000711452000392X. Online ahead of print.

248. Gómez-Donoso C, Sánchez-Villegas A, Martínez-González MA, et al.
Ultra-processed food consumption and the incidence of depression in a Mediterranean cohort: the SUN Project.
Eur J Nutr 2020;59(3):1093-1103. doi: 10.1007/s00394-019-01970-1. Epub 2019 May 4.

247. Llaveró-Valero M, Escalada San Martín J, Martínez-González MA, et al.
Promoting exercise, reducing sedentarism or both for diabetes prevention: The "Seguimiento Universidad De Navarra" (SUN) cohort.
Nutr Metab Cardiovasc Dis 2021 Feb 8;31(2):411-419. doi: 10.1016/j.numecd.2020.09.027. Epub 2020 Sep 28.

246. Fresán U, Craig WJ, Martínez-González MA, et al.
Nutritional Quality and Health Effects of Low Environmental Impact Diets: The "Seguimiento Universidad de Navarra" (SUN) Cohort.
Nutrients 2020;12(8):E2385. doi: 10.3390/nu12082385.

245. Gómez-Donoso C, Martínez-González MA, Perez-Cornago A, et al.
Association between the nutrient profile system underpinning the Nutri-Score front-of-pack nutrition label and mortality in the SUN project: A prospective cohort study.

Clin Nutr 2021;40(3):1085-1094. doi: 10.1016/j.clnu.2020.07.008. Epub 2020 Jul 17. PMID: 32768318

244. Morales G, Martínez-González MA, Barbería-Latasa M, et al. Mediterranean diet, alcohol-drinking pattern and their combined effect on all-cause mortality: the Seguimiento Universidad de Navarra (SUN) cohort. Eur J Nutr 2021;60(3):1489-1498. doi: 10.1007/s00394-020-02342-w. Epub 2020 Jul 31. PMID: 32737614

243. Barrios-Rodríguez R, Toledo E, Martínez-González MA, et al. Adherence to the 2018 World Cancer Research Fund/American Institute for Cancer Research Recommendations and Breast Cancer in the SUN Project. Nutrients 2020;12(7):2076. doi: 10.3390/nu12072076.

242. Razquin C, Menéndez-Acebal C, Cervantes S, et al. Hypertension and changes in cognitive function in a Mediterranean population. Nutr Neurosci 2020;1-9. doi: 10.1080/1028415X.2020.1788773. Online ahead of print.

241. Sayon-Orea C, Bes-Rastrollo M, Song M, et al. Body shape trajectories and mortality in the Seguimiento universidad de Navarra (SUN) cohort. Nutr Metab Cardiovasc Dis 2020;S0939-4753(20)30229-5. doi: 10.1016/j.numecd.2020.06.002. Online ahead of print.

240. Romanos-Nanclares A, Toledo E, Sánchez-Bayona R, et al. Healthful and unhealthful provegetarian food patterns and the incidence of breast cancer: Results from a Mediterranean cohort. Nutrition 2020;79-80:110884. doi: 10.1016/j.nut.2020.110884. Online ahead of print.

239. Martín-Calvo N, Martínez-González MA, Segura G, et al. Caesarean Delivery is associated with higher risk of overweight in the offspring: within-family analysis in the SUN Cohort J Epidemiol Community Health 2020;74(7):586-591. doi: 10.1136/jech-2019-213724. Epub 2020 Apr 24.

238. Ruiz-Estigarribia L, Martínez-González MA, Díaz-Gutiérrez J, et al. Lifestyle-Related Factors and Total Mortality in a Mediterranean Prospective Cohort Am J Prev Med 2020;S0749-3797(20)30135-5. doi: 10.1016/j.amepre.2020.01.032. Online ahead of print.

237. Romanos-Nanclares A, Gea A, Martínez-González MA, et al.

Carbohydrate Quality Index and Breast Cancer Risk in a Mediterranean Cohort: The SUN Project

Clin Nutr 2020;S0261-5614(20)30211-9.doi:10.1016/j.clnu.2020.04.037. Online ahead of print.

236. Pano O, Sayón-Orea C, Alfredo Gea, et al.

Nutritional Determinants of Quality of Life in a Mediterranean Cohort: The SUN Study

Int J Environ Res Public Health 2020;17(11):3897.doi: 10.3390/ijerph17113897.

235. Ruiz-Estigarribia L, Martínez-González MA, Díaz-Gutiérrez J, et al.

Lifestyle Behavior and the Risk of Type 2 Diabetes in the Seguimiento Universidad De Navarra (SUN) Cohort.

Nutr Metab Cardiovasc Dis 2020;S0939-4753(20)30127-7. doi:

10.1016/j.numecd.2020.04.006. Online ahead of print.

234. Fresán U, Martínez-González MA, Segovia-Siapco G, et al.

A three-dimensional dietary index (nutritional quality, environment and price) and reduced mortality: The "Seguimiento Universidad de Navarra" cohort.

Prev Med 2020 <https://doi.org/10.1016/j.ypmed.2020.106124>

233. Leone A, Martínez-González MA, Martin-Gorgojo A, et al.

Mediterranean Diet, Dietary Approaches to Stop Hypertension, and Pro-vegetarian Dietary Pattern in Relation to the Risk of Basal Cell Carcinoma: A Nested Case-Control Study Within the Seguimiento Universidad De Navarra (SUN) Cohort.

Am J Clin Nutr 2020;nqaa127. doi: 10.1093/ajcn/nqaa127. Online ahead of print.

232. Alonso-Pedrero L, Ojeda-Rodríguez A, Martínez-González MA, et al.

Ultra-processed Food Consumption and the Risk of Short Telomeres in an Elderly Population of the Seguimiento Universidad De Navarra (SUN) Project.

Am J Clin Nutr 2020;nqaa075. doi: 10.1093/ajcn/nqaa075. Online ahead of print.

231. Fernandez-Montero A, Moreno-Galarraga L, Sánchez-Villegas A, et al.

Dimensions of leisure-time physical activity and risk of depression in the "Seguimiento Universidad de Navarra" (SUN) prospective cohort.

BMC Psychiatry 2020 Mar 4;20(1):98. doi: 10.1186/s12888-020-02502-6.

230. Gardeazabal I, Romanos-Nanclares A, Martínez-González MA, et al.

Mediterranean dietary pattern is associated with lower incidence of premenopausal breast cancer in the Seguimiento Universidad de Navarra (SUN) Project.

Public Health Nutr 2020 PMID: 32090723

229. Munoz-Garcia MI, Toledo E, Razquin C, et al.

"A priori" Dietary Patterns and Cognitive Function in the SUN Project.

Neuroepidemiology 2020;54(1):45-57. doi: 10.1159/000502608. Epub 2019 Oct 10. PMID: 31600758

228. Sánchez-Bayona R, Gea A, Gardeazabal I, et al.
Binge Drinking and Risk of Breast Cancer: Results from the SUN ('Seguimiento Universidad de Navarra') Project.
Nutrients 2020 Mar 10;12(3):731. doi: 10.3390/nu12030731

227. Bazal P, Gea A, Navarro AM, et al.
Caffeinated Coffee Consumption and Risk of Atrial Fibrillation in Two Spanish Cohorts
Eur J Prev Cardiol 2020 Mar 4;2047487320909065. doi: 10.1177/2047487320909065. Online ahead of print

226. Carlos S, Rico-Campà A, de la Fuente-Arrillaga C, et al.
Do healthy doctors deliver better messages of health promotion to their patients?: Data from the SUN cohort study.
Eur J Public Health 2020 Feb 14. pii: ckaa019. doi: 10.1093/eurpub/ckaa019. [Epub ahead of print]

225. Sánchez-Quesada C, Romanos-Nanclares A, Navarro AM, et al.
Coffee consumption and breast cancer risk in the SUN project.
Eur J Nutr. 2020 Jan 18. doi: 10.1007/s00394-020-02180-w. [Epub ahead of print]

224. Romanos-Nanclares A, Sánchez-Quesada C, Gardeazabal I, et al.
Phenolic Acid Subclasses, Individual Compounds, and Breast Cancer Risk in a Mediterranean Cohort: The SUN Project.
J Acad Nutr Diet. 2020 Jan 22. pii: S2212-2672(19)31591-6. doi: 10.1016/j.jand.2019.11.007. [Epub ahead of print]

223. San-Juan-Rodriguez A, Bes-Rastrollo M, Martinez-Gonzalez MA, et al.
Oral contraceptives use and development of obesity in a Mediterranean cohort: the SUN (Seguimiento Universidad de Navarra) Project.
Int J Obes (Lond) 2020;44(2):320-329. doi: 10.1038/s41366-019-0442-9. Epub 2019 Aug 29.

222. Ojeda-Rodríguez A, Zazpe I, Alonso-Pedrero L, et al.
Association between diet quality indexes and the risk of short telomeres in an elderly population of the SUN project.
Clin Nutr 2020;39(8):2487-2494. doi: 10.1016/j.clnu.2019.11.003. Epub 2019 Nov 15.

2019

221. Gómez-Donoso C, Martínez-González MÁ, Martínez JA, et al.
Adherence to dietary guidelines for the Spanish population and risk of overweight/obesity in the SUN cohort.
PLoS One 2019;14(12):e0226565. doi: 10.1371/journal.pone.0226565. eCollection 2019.
220. Rico-Campà A, Sayón-Orea C, Martínez-González MA, et al.
Cured ham consumption and incidence of hypertension: The "Seguimiento Universidad de Navarra" (SUN) cohort.
Med Clin (Barc). 2019. pii: S0025-7753(19)30630-X. doi: 10.1016/j.medcli.2019.09.019. [Epub ahead of print]
219. Donazar-Ezcurra M, Lopez-Del Burgo C, Martinez-Gonzalez MA, et al.
Association of the Dietary-Based Diabetes-Risk Score (DDS) with the risk of gestational diabetes mellitus in the Seguimiento Universidad de Navarra (SUN) project.
Br J Nutr. 2019;1-8. doi: 10.1017/S0007114519001521. [Epub ahead of print]
218. Zazpe I, Santiago S, De la Fuente-Arrillaga C, et al.
Paper-Based Versus Web-Based Versions of Self-Administered Questionnaires, Including Food-Frequency Questionnaires: Prospective Cohort Study.
JMIR Public Health Surveill 2019;5(4):e11997. doi: 10.2196/11997.
217. Gómez-Donoso C, Martínez-González MÁ, Martínez JA, et al.
A Provegetarian Food Pattern Emphasizing Preference for Healthy Plant-Derived Foods Reduces the Risk of Overweight/Obesity in the SUN Cohort.
Nutrients. 2019;11(7). pii: E1553. doi: 10.3390/nu11071553.
216. Ruiz-Estigarribia L, Martínez-González MÁ, Díaz-Gutiérrez J, et al.
Lifestyles and the risk of depression in the "Seguimiento Universidad de Navarra" cohort.
Eur Psychiatry 2019;61:33-40. doi: 10.1016/j.eurpsy.2019.06.002. [Epub ahead of print] <https://www.ncbi.nlm.nih.gov/pubmed/31265951>
215. Rico-Campà A, Martínez-González MA, Alvarez-Alvarez I., et al.
Association between consumption of ultra-processed foods and all cause mortality: SUN prospective cohort study.
BMJ 2019;365:l1949. doi: 10.1136/bmj.l1949.
214. Díaz-Gutiérrez J, Ruiz-Estigarribia L, Bes-Rastrollo M, et al.

The role of lifestyle behaviour on the risk of hypertension in the SUN cohort: The hypertension preventive score.

Prev Med 2019;123:171-178. doi: 10.1016/j.ypmed.2019.03.026. [Epub ahead of print]

213. Sayon-Orea C, Bes-Rastrollo M, Song M, et al.

Body shape trajectories and the incidence of hypertension in a Mediterranean cohort: The sun study.

Nutr Metab Cardiovasc Dis 2019;29:244-253. doi: 10.1016/j.numecd.2018.12.004. Epub 2018 Dec

212. Muñoz-García MI, Martínez-González MA, Martín-Moreno JM, et al.

Sugar-sweetened and artificially-sweetened beverages and changes in cognitive function in the SUN project.

Nutr Neurosci 2019;1-9. doi: 10.1080/1028415X.2019.1580919. [Epub ahead of print] <https://www.ncbi.nlm.nih.gov/pubmed/30794108>

211. Fresán U, Martínez-González MA, Sabaté J, et al.

Global sustainability (health, environment and monetary costs) of three dietary patterns: results from a Spanish cohort (the SUN project).

BMJ Open 2019 <http://bmjopen.bmj.com/cgi/content/full/bmjopen-2018-021541>

210. Bazal P, Gea A, de la Fuente-Arrillaga, et al.

Olive oil intake and risk of atrial fibrillation in the SUN cohort.

Nutr Metab Cardiovasc Dis 2019; 29:450-457 doi: 10.1016/j.numecd.2019.02.002. Epub 2019 Feb 16.

209. Molero P, Ruiz-Estigarribia L, Lahortiga-Ramos F, et al.

Use of Non-Steroidal Anti-Inflammatory Drugs, Aspirin and the risk of Depression: the "Seguimiento Universidad de Navarra (SUN)" cohort.

J Affect Dis 2019

<https://www.sciencedirect.com/science/article/pii/S0165032718323383>

208. Mendonça RD, Carvalho NC, Martin-Moreno JM, et al.

Total polyphenol intake, polyphenol subtypes and incidence of cardiovascular disease: The SUN cohort study

Nutr Metab Cardiovasc Dis 2019;29:69-78

207. Fresán U, Sabaté J, Martínez-Gonzalez MA, et al.

Adherence to the 2015 Dietary Guidelines for Americans and mortality risk in a Mediterranean cohort: The SUN Project.

Prev Med 2019;118:317-324. doi: 10.1016/j.ypmed.2018.11.015. Epub 2018 Nov 20.

206. Gardeazabal I, Romanos-Nanclares A, Martínez-González MA, et al.

Total polyphenol intake and breast cancer risk in the Seguimiento Universidad de Navarra (SUN) cohort.

Br J Nutr 2019;122:542-551. doi: 10.1017/S0007114518003811. Epub 2019 Feb 12.

205. Gardeazabal I, Ruiz-Canela M, Sánchez-Bayona R, et al.

Dietary inflammatory index and incidence of breast cancer in the SUN project.

Clin Nutr 2019;38:2259-2268. doi: 10.1016/j.clnu.2018.09.030. Epub 2018 Sep 29.

204. Romanos-Nanclares A, Toledo E, Gardeazabal I, et al.

Sugar sweetened beverage consumption and incidence of breast cancer: the Seguimiento Universidad de Navarra (SUN) Project.

Eur J Nutr 2019;58:2875-2886. doi: 10.1007/s00394-018-1839-2. Epub 2018 Oct 3.

2018

203. Sayon-Orea C, Bes-Rastrollo M, Song M, et al.

Body shape trajectories and the incidence of hypertension in a Mediterranean cohort: The sun study.

Nutr Metab Cardiovasc Dis 2018. pii: S0939-4753(18)30360-0. doi: 10.1016/j.numecd.2018.12.004. [Epub ahead of print]

202. Garralda-Del-Villar M, Carlos-Chillerón S, Diaz-Gutierrez J, et al.

Healthy Lifestyle and Incidence of Metabolic Syndrome in the SUN Cohort.

Nutrients 2018;11(1). pii: E65. doi: 10.3390/nu11010065.

201. Gómez-Donoso C, Martínez-González MA, Gea A, et al.

A food-based score and incidence of overweight/obesity: The Dietary Obesity-Prevention Score (DOS).

Clin Nutr 2018. pii: S0261-5614(18)32529-9. doi: 10.1016/j.clnu.2018.11.003. [Epub ahead of print]

200. Dominguez LJ, Bes-Rastrollo M, Toledo E, et al.

Dietary fiber intake and mortality in a Mediterranean population: the "Seguimiento Universidad de Navarra" (SUN) project.

Eur J Nutr 2018. doi: 10.1007/s00394-018-1846-3. [Epub ahead of print]

199. Navarro AM, Martinez-Gonzalez MA, Gea A, et al.

Coffee consumption and total mortality in a Mediterranean prospective cohort.

Am J Clin Nutr 2018;108:1113-1120.

198. Hidalgo-Santamaria M, Bes-Rastrollo M, Martinez-Gonzalez MA, et al.

Physical Activity Intensity and Cardiovascular Disease Prevention—From the Seguimiento Universidad de Navarra Study.
Am J Cardiol 2018;122:1871-1878.

197. Alvarez-Alvarez I, de Rojas JP, Fernandez-Montero A, et al.
Strong inverse associations of Mediterranean diet, physical activity and their combination with cardiovascular disease: The Seguimiento Universidad de Navarra (SUN) cohort.
Eur J Prev Cardiol 2018;25:1186-1197. doi: 10.1177/2047487318783263.

196. Navarro AM, Abasheva D, Martínez-González MA, et al.
Coffee Consumption and the Risk of Depression in a Middle-Aged Cohort: The SUN Project.
Nutrients 2018 ;10. pii: E1333. doi: 10.3390/nu10091333.

195. Muñoz-García M, Cervantes S, Razquin C, at al.
Validation study of a Spanish version of the modified Telephone Interview for Cognitive Status (STICS-m).
Gac Sanit 2018 Jul 24. pii: S0213-9111(18)30138-9. doi: 10.1016/j.gaceta.2018.05.004.

194. Garcia-Arellano A, Martínez-González MA, Ramallal R, et al.
Dietary inflammatory index and all-cause mortality in large cohorts: The SUN and PREDIMED studies.
Clin Nutr 2018 <https://doi.org/10.1016/j.clnu.2018.05.003>

193. Lahortiga-Ramos F, Unzueta CR, Zazpe I, et al.
Self-perceived level of competitiveness, tension and dependency and depression risk in the SUN cohort.
BMC Psychiatry 2018;18:241. doi: 10.1186/s12888-018-1804-x.

192. Micronutrient intake adequacy and depression risk in the SUN cohort study. Sánchez-Villegas A, Pérez-Cornago A, Zazpe I, et al.
Eur J Nutr 2018;57:2409-2419. doi: 10.1007/s00394-017-1514-z. Epub 2017 Sep 4.

191. Leone A, Martínez-González MA, Lahortiga-Ramos F, et al.
Adherence to the mediterranean dietary pattern and incidence of anorexia and bulimia nervosa in women: the SUN cohort.
Nutrition 2018;54:19-25.

190. Santiago S, Zazpe I, Gea A, et al.
Fat Quality Index and Risk of Cardiovascular Disease in the Sun Project.
J Nutr Health Aging 2018;22:526-533. doi: 10.1007/s12603-018-1003-y.

189. Carlos S, de La Fuente-Arrillaga C, Bes-Rastrollo M, et al.
Mediterranean Diet and Health Outcomes in the SUN Cohort.
Nutrients 2018;10:439.doi:10.3390/nu10040439
188. Fresán U, Bes-Rastrollo M, Segovia-Siapco G, et al.
Does the MIND diet decrease depression risk? A comparison with Mediterranean diet in the SUN cohort.
Eur J Nutr 2018 Mar 7. doi: 10.1007/s00394-018-1653-x.
187. Unzueta CR, Lahortiga-Ramos F, Santiago S, et al.
Self-perceived level of competitiveness, tension, and dependency and lifestyles in the 'Seguimiento Universidad de Navarra' cohort study.
Public Health 2018;157: 32-42.
186. Vázquez-Ruiz Z, de la Fuente-Arrillaga C, Bes-Rastrollo M, et al.
Egg consumption and dyslipidemia in a Mediterranean cohort.
Consumo de huevo y dislipidemia en una cohorte mediterránea.
Nutr Hosp 2018;12;35:153-161.
185. Fresán U, Martínez-Gonzalez MA, Sabaté J, et al.
The Mediterranean diet, an environmentally friendly option: evidence from the Seguimiento Universidad de Navarra (SUN) cohort.
Public Health Nutr 2018;21:1573-1582.
184. Sanchez-Villegas A, Zazpe I, Santiago S et al.
Added sugars and sugar-sweetened beverage consumption, dietary carbohydrate index and depression risk in the Seguimiento Universidad de Navarra (SUN) Project.
Br J Nutr 2018;119:211-221.
183. Mediterranean diet, physical activity and their combined effect on all-cause mortality: The Seguimiento Universidad de Navarra (SUN) cohort.
Alvarez-Alvarez I, Zazpe I, Pérez de Rojas J, et al.
Prev Med 2018;106:45-52.
182. Dominguez LJ, Bes-Rastrollo M, Basterra-Gortari FJ, et al.
Should we recommend reductions in saturated fat intake or in red/processed meat consumption? The SUN prospective cohort study.
Clin Nutr 2018;37:1389-1398. doi: 10.1016/j.clnu.2017.06.013.
181. Donazar-Ezcurra M, Lopez-Del Burgo C, Martinez-Gonzalez MA, et al.
Soft drink consumption and gestational diabetes risk in the SUN project.
Clin Nutr 2018;37:638-645.

180. Marí-Sanchis A, Díaz-Jurado G, Basterra-Gortari FJ, et al.
Association between pre-pregnancy consumption of meat, iron intake, and the risk of gestational diabetes: the SUN project.
Eur J Nutr 2018;57:939-949.

2017

179. Buil-Cosiales P, Martinez-Gonzalez MA, Ruiz-Canela M, et al.
Consumption of Fruit or Fiber-Fruit Decreases the Risk of Cardiovascular Disease in a Mediterranean Young Cohort.
Nutrients 2017;9. pii: E295. doi: 10.3390/nu9030295.

178. Hu EA, Martínez-González MA, Salas-Salvadó J, et al.
Potato Consumption Does Not Increase Blood Pressure or Incident Hypertension in 2 Cohorts of Spanish Adults.
J Nutr 2017;147:2272-2281. doi: 10.3945/jn.117.252254.

177. Andrade L, Zazpe I, Santiago S, et al.
Ten-Year Changes in Healthy Eating Attitudes in the SUN Cohort.
J Am Coll Nutr 2017;36:319-329. doi: 10.1080/07315724.2016.1278566.

176. Fernández-Montero A, Bes-Rastrollo M, -Montañés J, et al.
Effect of pregnancy in myopia progression: the SUN cohort.
Eye (Lond). 2017;31:1085-1092. doi: 10.1038/eye.2017.24.

175. Díaz-Gutiérrez J, Ruiz-Canela M, Gea A, et al.
Association Between a Healthy Lifestyle Score and the Risk of Cardiovascular Disease in the SUN Cohort.
Rev Esp Cardiol (Engl Ed) 2018;71:1001-1009.

174. Navarro AM, Martinez-Gonzalez MA, Gea A, et al.
Coffee consumption and risk of hypertension in the SUN Project.
Clin Nutr 2017 Dec 21. pii: S0261-5614(17)31429-2. doi: 10.1016/j.clnu.2017.12.009.

173. Donazar-Ezcurra M, Lopez-Del Burgo C, Martinez-Gonzalez MA, et al.
Pre-pregnancy Adherences to Empirically Derived Dietary patterns and Gestational Diabetes Risk in a Mediterranean Cohort: The SUN Project.
Br J Nutr 2017;118:715-721.

172. Fresán U, Gea A, Bes-Rastrollo M, et al.
Substitution of water or fresh juice for bottled juice and type 2 diabetes incidence: the SUN cohort study.
Nutr Metab Cardiovasc Dis 2017;27:874-880.
171. Martín-Calvo N, Martínez-González MA.
Vitamin C Intake is Inversely Associated with Cardiovascular Mortality in a Cohort of Spanish Graduates: the SUN Project.
Nutrients 2017;9(9). pii: E954. doi: 10.3390/nu9090954.
170. Leone A, Fernández-Montero A, de la Fuente-Arrillaga C, et al.
Adherence to the Mediterranean Dietary Pattern and Incidence of Nephrolithiasis in the Seguimiento Universidad de Navarra Follow-up (SUN) Cohort.
Am J Kidney Dis 2017;70:778-786.
169. Ramallal R, Toledo E, Martínez JA, et al.
Inflammatory potential of diet, weight gain, and incidence of overweight/obesity: The SUN cohort.
Obesity (Silver Spring) 2017;25:997-1005.
168. Egvaras S, Bes-Rastrollo M, Ruiz-Canela M, et al.
May the Mediterranean diet attenuate the risk of type 2 diabetes associated with obesity: the Seguimiento Universidad de Navarra (SUN) cohort.
Br J Nutr 2017;117:1478-1485.
167. Mendonça RD, Lopes AC, Pimenta AM, et al.
Ultra-Processed Food Consumption and the Incidence of Hypertension in a Mediterranean Cohort: The Seguimiento Universidad de Navarra Project.
Am J Hypertens 2017;30:358-366.
166. Molero P, Martínez-González MA, Ruiz-Canela M, et al.
Cardiovascular risk and the incidence of depression in young and older adults: evidence from the SUN (Seguimiento Universidad de Navarra) cohort study.
World Psychiatry 2017;16:111. doi: 10.1002/wps.20390.
165. Pérez-de-Arcelus M, Toledo E, Martínez-González MA, et al.
Smoking and incidence of glaucoma: the SUN Cohort.
Medicine (Baltimore) 2017;96:e5761.
164. Hidalgo-Santamaría M, Fernández-Montero A, Martínez-González MA, et al.
Exercise Intensity and Incidence of Metabolic Syndrome: The SUN Project.
Am J Prev Med 2017;52:e95-e101. doi: 10.1016/j.amepre.2016.11.021.

163. López-Pascual A, Bes-Rastrollo M, Sayón-Orea C, et al.
Living at a Geographically Higher Elevation Is Associated with Lower Risk of
Metabolic Syndrome: Prospective Analysis of the SUN Cohort.
Front Physiol 2017;7:658.

2016

162. Fresán U, Gea A, Bes-Rastrollo M, et al.
Substitution Models of Water for Other Beverages, and the Incidence of Obesity and
Weight Gain in the SUN Cohort.
Nutrients 2016 Oct 31;8(11). pii: E688.

161. Martínez-González MÁ, Sánchez-Villegas A.
Magnesium intake and depression: the SUN cohort.
Magnes Res 2016;29:102-111.

160. Santiago S, Zazpe I, Gea A, et al.
Healthy-eating attitudes and the incidence of cardiovascular disease: the SUN
cohort.
Int J Food Sci Nutr 2016;28:1-10.

159. Díaz-Gutiérrez J, Martínez-González MA, Pons Izquierdo JJ, et al.
Living at Higher Altitude and Incidence of Overweight/obesity: Prospective Analysis
of the SUN Cohort.
PloS One 2016;11:e0164483.

158. De Deus Mendonça R, Pimenta A, Gea A, et al.
Ultraprocessed food consumption and risk of overweight and obesity: the University
of Navarra Follow-Up (SUN) cohort study.
Am J Clin Nutr 2016;104:1433-1440.

157. Sánchez-Villegas A, Ruíz-Canela M, Gea A, et al.
The Association Between the Mediterranean Lifestyle and Depression.
Clin Psychol Sci 2016;4:1085–1093.

156. Zazpe I, Santiago S, Gea A, et al.
Association between a dietary carbohydrate index and cardiovascular disease in the
SUN (Seguimiento Universidad de Navarra) Project.
Nutr Metab Cardiovasc Dis 2016;26:1048-1056.

155. Martínez-González MA, Martín-Calvo N.
Mediterranean diet and life expectancy; beyond olive oil, fruits, and vegetables.
Curr Opin Clin Nutr Metab Care 2016;19:401-407.

154. Pérez-Cornago A, Sánchez-Villegas A, Bes-Rastrollo M, et al.
Intake of High-Fat Yogurt, but Not of Low-Fat Yogurt or Prebiotics, Is Related to Lower Risk of Depression in Women of the SUN Cohort Study.
J Nutr 2016;146:1731-9.
153. Pérez-Cornago A, Sánchez-Villegas A, Bes-Rastrollo M, et al.
Relationship between adherence to Dietary Approaches to Stop Hypertension (DASH) diet indexes and incidence of depression during up to 8 years of follow-up.
Public Health Nutr 2016;23:1-10.
152. Pimenta AM, Martínez-González MA.
The association between long working hours and metabolic syndrome remains elusive.
Eur J Public Health 2016;26:377.
151. Martínez-González MA, Sánchez-Villegas A.
Food patterns and the prevention of depression.
Proc Nutr Soc 2016;75:139-46.
150. Mari-Sanchís A, Gea A, Basterra-Gortari FJ, et al.
Meat Consumption and Risk of Developing Type 2 Diabetes in the SUN Project: A Highly Educated Middle-Class Population.
PLoS One 2016;11:e0157990.
149. De la Fuente-Arrillaga C, Zazpe I, Santiago S, et al.
Beneficial changes in food consumption and nutrient intake after 10 years of follow-up in a Mediterranean cohort: the SUN project.
BMC Public Health 2016;16:203.
148. Pimenta AM, Bes-Rastrollo M, Gea A.
Snacking between main meals is associated with a higher risk of metabolic syndrome in a Mediterranean cohort: the SUN Project.
Public Health Nutr 2016;19:658-66.

2015

147. Sayon-Orea C, Martínez-González MA, Gea A, et al.
Baseline consumption and changes in sugar-sweetened beverage consumption and the incidence of hypertension: The SUN project.
Clin Nutr 2015;34:1133-40.
146. Salgado E, Bes-Rastrollo M, de Irala J, et al.
High Sodium Intake Is Associated With Self-Reported Rheumatoid Arthritis: A Cross Sectional and Case-Control Analysis Within the SUN Cohort.
Medicine (Baltimore) 2015;94:e924.

145. Eguaras S, Toledo E, Hernández-Hernández A, et al.
Better Adherence to the Mediterranean Diet Could Mitigate the Adverse Consequences of Obesity on Cardiovascular Disease: The SUN Prospective Cohort.
Nutrients 2015;5;7:9154-62.
144. Hernández-Hernández A, Gea A, Ruiz-Canela M, et al.
Mediterranean Alcohol-Drinking Pattern and the Incidence of Cardiovascular Disease and Cardiovascular Mortality: The SUN Project.
Nutrients 2015;7:9116-9126.
143. Perez-Cornago A, Martínez-González MA, Ruiz-Canela M, et al.
Prebiotic consumption and the incidence of overweight in a Mediterranean cohort: the Seguimiento Universidad de Navarra Project.
Am J Clin Nutr 2015;102:1554-62.
142. Domínguez LJ, Bes-Rastrollo M, Basterra-Gortari FJ, et al.
Association of a Dietary Score with Incident Type 2 Diabetes: The Dietary-Based Diabetes Risk Score (DDS).
PLoS One 2015;6;10:e0141760.
141. Sánchez-Villegas A, Henríquez-Sánchez P, Ruiz-Canela M, et al.
A longitudinal analysis of diet quality scores and the risk of incident depression in the SUN Project.
BMC Med 2015;17;13:197.
140. Donat-Vargas C, Gea A, Sayón-Orea C, et al.
Association between dietary intake of polychlorinated biphenyls and the incidence of hypertension in a Spanish cohort: the Seguimiento Universidad de Navarra project.
Hypertension 2015;65:714-21.
139. Sánchez-Villegas A, Ruíz-Canela M, de la Fuente-Arrillaga C, et al.
Dietary inflammatory index, cardiometabolic conditions and depression in the Seguimiento Universidad de Navarra cohort study.
Br J Nutr 2015;114:1471-9.
138. Ramallal R, Toledo E, Martínez-González MA, et al.
Dietary Inflammatory Index and Incidence of Cardiovascular Disease in the SUN Cohort.
PLoS One 2015;10:e0135221.
137. Fernández-Montero A, Olmo-Jiménez JM, Olmo N, et al.
The impact of computer use in myopia progression: a cohort study in Spain.
Prev Med 2015;71:67-71.

136. Sayón-Orea C, Bes-Rastrollo M, Martí A, et al.
Association between yogurt consumption and the risk of metabolic syndrome over 6 years in the SUN study.
BMC Public Health 2015;15:170.

135. Pimenta AM, Toledo E, Rodríguez-Díez MC, et al.
Dietary indexes, food patterns and incidence of metabolic syndrome in a Mediterranean cohort: The SUN project.
Clin Nutr 2015;34:508-14.

134. Lopez del Burgo C, Gea A, de Irala J, et al.
Alcohol and Difficulty Conceiving in the SUN Cohort: A Nested Case-Control Study.
Nutrients 2015;7:6167-78.

133. Pimenta AM, Bes-Rastrollo M, Sayon-Orea C, et al.
Working hours and incidence of metabolic syndrome and its components in a Mediterranean cohort: the SUN project.
Eur J Public Health 2015;25:683-8.

132. Santiago S, Zazpe I, Bes-Rastrollo M, et al.
Carbohydrate quality, weight change and incident obesity in a Mediterranean cohort: The SUN Project.
Eur J Clin Nutr 2015;69:297-302.

131. Galbete C, Toledo E, Toledo JB, et al.
Mediterranean diet and cognitive function: the SUN Project.
J Nutr Health Aging 2015;19:305-12.

130. Sayon-Orea C, Carlos S, Martínez-González MA, et al.
Does cooking with vegetables oils increase the risk of chronic diseases?: a systematic review.
Br J Nutr 2015;113 Suppl 2:S36-48.

2014

129. García-López M, Martínez-González MA, Basterra-Gortari FJ, et al.
Adherence to the Mediterranean dietary pattern and heart rate in the SUN project.
Eur J Prev Cardiol 2014;21:521-7.

128. Villacis C, Zazpe I, Santiago S, et al.
Frequency of eating away-from-home and quality of dietary carbohydrate and fat intake in the SUN Project. (Article in Spanish)
Nutr Hosp 2014;3;31:466-74.

127. De la Fuente-Arrillaga C, Martínez-González MA, Zazpe I, et al.
Glycemic load, glycemic index, bread and incidence of overweight/obesity in a Mediterranean cohort: the SUN project.
BMC Public Health 2014;14:1091.
126. Domínguez LJ, Martínez-González MA, Basterra-Gortari FJ, et al.
Fast food consumption and gestational diabetes incidence in the SUN Project.
PLoS One 2014;9:e106627.
125. Martínez-González MA, Sayón-Orea C, Ruiz-Canela M, et al.
Yogurt consumption, weight change and risk of overweight/obesity: The SUN cohort study.
Nutr Metab Cardiovasc Dis 2014;24:1189-96.
124. Sayón C, Bes-Rastrollo M, Gea A, et al.
Reported fried food consumption and the incidence of hypertension in a Spanish cohort: the SUN Project.
Br J Nutr 2014;112:984-91.
123. Ruano C, Sánchez-Villegas A, Henríquez P, et al.
Commercial bakery, soft drinks, fast-food consumption and quality of life in the SUN Project.
Food Nutr Sci 2014;5:14.
122. Basterra-Gortari FJ, Bes-Rastrollo M, Núñez-Córdoba J, et al.
Television Viewing, Computer Use, Time Driving and All-Cause Mortality: The SUN Cohort.
J Am Heart Assoc 2014;3:e000864.
121. Zazpe I, Sánchez-Taínta A, Santiago S, et al.
Association between dietary carbohydrate intake quality and micronutrient intake adequacy in a Mediterranean cohort: the SUN (Seguimiento Universidad de Navarra) Project.
Br J Nutr 2014;111:2000-9.
120. Donat-Vargas C, Gea A, Sayón-Orea C, et al.
Association between dietary intakes of PCBs and the risk of obesity: the SUN project.
J Epidemiol Community Health 2014;68:834-41.
119. Fernández-Montero A, Bes-Rastrollo M, Barrio-López MT, et al.
Nut consumption and 5-y all-cause mortality in a Mediterranean cohort: The SUN project.
Nutrition 2014;30:1022-7.

118. Henríquez-Sánchez P, Doreste-Alonso J, Martínez-González MA, et al. Geographical and climatic factors and depression risk in the SUN project. Eur J Public Health 2014;24:626-31.
117. Gea A, Bes-Rastrollo M, Toledo E, et al. Mediterranean alcohol-drinking pattern and mortality in the SUN (Seguimiento Universidad de Navarra) Project: a prospective cohort study. Br J Nutr 2014;28;111:1871-80.
116. Zazpe I, Sánchez-Tainta A, Toledo E, et al. Dietary patterns and total mortality in a Mediterranean cohort: the SUN project. J Acad Nutr Diet 2014;114:37-47.
115. Sayon-Orea C, Martínez-González MA, Gea A, et al. Consumption of fried foods and risk of metabolic syndrome: The SUN cohort study. Clin Nutr 2014;33:545-9.
114. Pérez de Arcelus M, Toledo E, Martínez-González MA, et al. Omega 3:6 ratio intake and incidence of glaucoma: The SUN cohort. Clin Nutr 2014;33:1041-5.

2013

113. C Galbete C, Toledo E, Martínez-González MA, et al. Pro12Ala variant of the PPARG2 gene increases body mass index: an updated meta-analysis encompassing 49,092 subjects. Obesity (Silver Spring) 2013;21:1486-95.
112. Fernández-Montero A, Bes-Rastrollo M, Beunza JJ, et al. Nut consumption and incidence of metabolic syndrome after 6- year follow-up: the SUN cohort. Public Health Nutr 2013;16:2064-72.
111. Domínguez LJ, Bes-Rastrollo M, de la Fuente-Arrillaga C, et al. Similar prediction of total mortality, diabetes incidence and cardiovascular events using relative- and absolute-component Mediterranean diet score: the SUN cohort. Nutr Metab Cardiovasc Dis 2013;23:451-8.
110. Núñez-Córdoba JM, Bes-Rastrollo M, Pollack KM, et al. Annual motor vehicle travel distance and incident obesity: a prospective cohort study. Am J Prev Med 2013;44:254-9.
109. Ruano C, Henríquez P, Martínez-González MA, et al.

Empirically derived dietary patterns and health-related quality of life in the SUN project.

PLoS One 2013;8:e61490.

108. Zazpe I, Beunza JJ, Bes-Rastrollo M, et al.

Egg consumption and risk of type 2 diabetes in a Mediterranean cohort; the sun project.

Nutr Hosp 2013;28:105-11.

107. Sayón-Orea C, Bes-Rastrollo M, Carlos S, et al.

Association between sleeping hours and siesta and the risk of obesity: the SUN Mediterranean Cohort.

Obes Facts 2013;6:337-47.

106. Barrio-Lopez MT, Martínez-González MA, Fernandez-Montero A, et al.

Prospective study of changes in sugar-sweetened beverage consumption and 2 the incidence of the metabolic syndrome and its components: the SUN cohort.

Br J Nutr 2013;110:1722-39.

105. Barrio-Lopez MT, Bes-Rastrollo M, Sayon-Orea C, et al.

Different types of alcoholic beverages and incidence of metabolic syndrome and its components in a Mediterranean cohort.

Clin Nutr 2013;32:797-804.

104. Derom ML, Sayón-Orea C, Martínez-Ortega JM, et al.

Magnesium and depression: a systematic review.

Nutr Neurosci 2013;16:191-206.

103. Sánchez-Villegas A, Martínez-González MA.

Diet, a new target to prevent and treat depression.

BMC Medicine 2013;11:3.

102. Galbete C, Toledo J, Martínez-González MA, et al.

Lifestyle factors modify obesity risk linked to PPARG2 and FTO variants in an elderly population: a cross-sectional analysis in the SUN Project.

Genes Nutr 2013;8:61-7.

101. Sayon-Orea C, Bes-Rastrollo M, Basterra-Gortari FJ, et al.

Consumption of fried foods and weight gain in a Mediterranean cohort: The SUN Project.

Nutr Metab Cardiovasc Dis 2013;23:144-50.

2012

100. Toledo E, Alonso A, Martínez-González MA.
Differential Association of Low-Fat and Whole-Fat Dairy Products with Blood Pressure and Incidence of Hypertension.
Curr Nutr Rep 2012;1:197-204.
99. Gea A, Martínez-González MA, Toledo E, et al.
A longitudinal assessment of alcohol intake and incident depression: the SUN project.
BMC Public Health 2012;12:954.
98. Galbete C, Contreras R, Martínez JA, et al.
Physical activity and sex modulate obesity risk linked to 3111t/c gene variant of the CLOCK gene in an elderly population: the SUN project.
Chronobiol Int 2012;29:1397-404.
97. Bountziouka V, Bathrellou E, Zazpe I, et al.
Repeatability of Food Frequency Assessment Tools in relation to the number of items and response categories included.
Food Nutr Bull 2012;33:288-95.
96. Martínez-González MA, Guillén-Grima F, De Irala J, et al.
The Mediterranean Diet Is Associated with a Reduction in Premature Mortality among Middle-Aged Adults.
J Nutr 2012;142:1672-8.
95. Derom ML, Martínez-González MA, Sayón-Orea MD, et al.
Magnesium intake is not related to depression risk in Spanish university graduates.
J Nutr 2012;142:1053-9.
94. Martínez-Ochoa E, Gómez-Acebo I, Beunza JJ, et al.
Influence of Family History of Colorectal Cancer on Health Behavior and Performance of Early Detection Procedures: The SUN Project.
Ann Epidemiol 2012;22:511-9.
93. Henríquez-Sánchez P, Ruano C, de Irala J, et al.
Adherence to the Mediterranean diet and quality of life in the SUN Project.
Eur J Clin Nutr 2012;66:360-8.
92. Sánchez-Villegas A, Toledo E, de Irala J, et al.
Fast-food and commercial baked goods consumption and the risk of depression.
Public Health Nutr 2012;15:424-32.
91. Sánchez-Villegas A, Ara I, Dierssen T, et al.
Physical activity during leisure time and quality of life in the SUN Project.

2011

90. Martínez-González MÁ, de la Fuente-Arrillaga C, López-Del-Burgo C, et al.
Low consumption of fruit and vegetables and risk of chronic disease: a review of the epidemiological evidence and temporal trends among Spanish graduates.
Public Health Nutr 2011;14:2309-15.

89. Barrio-Lopez MT, Bes-Rastrollo M, Beunza JJ, et al.
Validation of metabolic syndrome using medical records in the SUN cohort.
BMC Public Health 2011;11:867.

88. Toledo E, López-del Burgo C, Ruiz-Zambrana A, et al.
Dietary patterns and difficulty conceiving: a nested case-control study.
Fertil Steril 2011;96:1149-53.

87. Ruano C, Henríquez P, Bes-Rastrollo M, et al.
Dietary fat intake and quality of life: the SUN Project.
J Nutr 2011;10:121.

86. Basterra-Gortari FJ, Beunza JJ, Bes-Rastrollo M, et al.
[Increasing trend in the prevalence of morbid obesity in Spain: from 1.8 to 6.1 per thousand in 14 Years].
Rev Esp Cardiol 2011;64:424-6.

85. Fernández-Montero A, Beunza JJ, Bes-Rastrollo M, et al.
Validación de los componentes del síndrome metabólico auto-declarados en un estudio de cohortes [Validity of self-reported metabolic syndrome components in a cohort study].
Gac Sanit 2011;25:303-7.

84. Zazpe I, Beunza JJ, Bes-Rastrollo M, et al.
Egg consumption and risk of cardiovascular disease in the SUN Project.
Eur J Clin Nutr 2011;65:676-82.

83. Mari-Sanchís A, Beunza JJ, Bes-Rastrollo M, et al.
[Olive oil consumption and incidence of diabetes mellitus, in the Spanish sun cohort].
Nutr Hosp 2011;26:137-143.

82. Ruiz-Canela M, Martínez-González MA.
Olive oil in the primary prevention of cardiovascular disease.
Maturitas 2011;68:245-50.
81. Núñez-Córdoba JM, Martínez-González MA.
Antioxidant vitamins and cardiovascular disease.
Curr Top Med Chem 2011;11:1861-9.
80. Sánchez-Villegas A, Verberne LDM, De Irala J, et al.
Dietary Fat Intake and the Risk of Depression: the SUN Project.
PLoS One 2011;6:e16268.
79. Martínez-González MA, Bes-Rastrollo M.
Nut consumption, weight gain and obesity: epidemiological evidence.
Nutr Metab Cardiovasc Dis 2011;21 Suppl 1:S40-5.
78. Martínez-González MA, García-López MD, Bes-Rastrollo M, et al.
Mediterranean diet and the incidence of cardiovascular disease: A Spanish cohort.
Nutr Metab Cardiovasc Dis 2011;21:237-44.
77. Zazpe I, Bes-Rastrollo M, Ruiz-Canela M, et al.
A brief assessment of eating habits and weight gain in a Mediterranean cohort.
Br J Nutr 2011;105:765-75.
76. Pimenta AM, Beunza JJ, Sánchez-Villegas A, et al.
Childhood underweight, weight gain during childhood to adolescence/young adulthood and incidence of adult metabolic syndrome in the SUN (Seguimiento Universidad de Navarra) Project.
Public Health Nutr 2011;14:1237-44.
75. Sayón-Orea C, Bes-Rastrollo M, Núñez-Córdoba JM, et al.
Type of alcoholic beverage and incidence of overweight/obesity in a Mediterranean cohort: The SUN project.
Nutrition 2011;27:802-8.
74. Pons-Villanueva J, Rodriguez de Armenta MJ, Martínez-González MA, et al.
Longitudinal assessment of quality of life and its change in relation to motor vehicle crashes: The SUN (Seguimiento Universidad de Navarra) Cohort.
J Trauma 2011;70:1072-7.

2010

73. Beunza JJ, Toledo E, Hu FB, et al.

Adherence to the Mediterranean diet, long-term weight change, and incident overweight or obesity: the Seguimiento Universidad de Navarra (SUN) cohort.
Am J Clin Nutr 2010;92:1484-93.

72. Pons-Villanueva J, Seguí-Gómez M.
Validation of self-reported motor-vehicle crash and related work leave in a multi-purpose prospective cohort.
Int J Inj Contr Saf Promot 2010;17:223-30.

71. Beunza JJ, Martínez-González MA, Bes-Rastrollo M, et al.
Aspirin, non-aspirin analgesics and the risk of hypertension in the SUN cohort.
Rev Esp Cardiol 2010;63:286-93.

70. De la Fuente-Arrillaga C, Vázquez Ruiz Z, Bes-Rastrollo M, et al.
Reproducibility of an FFQ validated in Spain.
Public Health Nutr 2010;13:1364-72.

69. Toledo E, Carmona-Torre FA, Alonso A, et al.
Hypothesis-oriented food patterns and incidence of hypertension: 6-year follow-up of the SUN prospective cohort.
Public Health Nutr 2010;13:338-49.

68. Sánchez-Villegas A, Pimenta AM, Beunza JJ, et al.
Childhood and young adult overweight/obesity and incidence of depression in the SUN Project.
Obesity (Silver Spring) 2010;18:1443-8.

67. Martínez-Lapiscina EH, Pimenta AM, Beunza JJ, et al.
Nut consumption and incidence of hypertension: the SUN prospective cohort.
Nutr Metab Cardiovasc Dis 2010;20:359-65.

66. Pons-Villanueva J, Seguí-Gómez M, Martínez-González MA.
Risk of injury according to participation in specific physical activities: a 6-year follow-up of 14,356 participants of the SUN cohort.
Int J Epidemiol 2010;39:580-7.

65. Martínez-Lapiscina EH, Martínez-González MA, Guillén Grima F, et al.
Consumo de ácidos grasos e incidencia de cataratas: la cohorte SUN [Dietary fat intake and incidence of cataracts: The SUN Prospective study in the cohort of Navarra, Spain].
Med Clin (Barc) 2010;134:194-201.

64. Bes-Rastrollo M, Basterra-Gortari FJ, Sánchez-Villegas A, et al.

A prospective study of eating away-from-home meals and weight gain in a Mediterranean population: the SUN (Seguimiento Universidad de Navarra) cohort. Public Health Nutr 2010;13:1356-63.

63. Basterra-Gortari FJ, Forga L, Bes-Rastrollo M, et al.
Evolución de los cambios en el peso corporal según hábito tabáquico: análisis longitudinal de la cohorte SUN [Effect of smoking on body weight: longitudinal analysis of the SUN cohort].
Rev Esp Cardiol 2010;63:20-27.

62. Bes-Rastrollo M, Sánchez-Villegas A, Basterra-Gortari FJ, et al.
Prospective study of self-reported usual snacking and weight gain in a Mediterranean cohort: The SUN project.
Clin Nutr 2010;29:323-30.

2009

61. Robles-García M, Dierssen-Sotos T, Rodríguez-Cundín P, et al.
Family history of acute myocardial infarction and/or arterial hypertension and the adoption of 'heart healthy' habits: The Cantabria subcohort of the SUN project.
Public Health 2009;123:735-7.

60. Ruiz-Canela M, Martínez-González MA, López del Burgo C, et al.
Are smoking habits changing among Spanish health professionals? Results from the SUN cohort 1999-2008.
Tobacco Use Insights 2009;2 17-24.

59. Ruiz-Canela M, Bes-Rastrollo M, Zazpe I, et al.
[Cured ham and incidence of cardiovascular events, arterial hypertension or weight gain].
Med Clin (Barc) 2009;133:574-80.

58. López CN, Martínez-González MA, Sánchez-Villegas A, et al.
Costs of Mediterranean and Western dietary pattern in a Spanish cohort and their relationship with prospective weight change.
J Epidemiol Commun Health 2009;63:920-7.

57. Sánchez-Villegas A, Delgado-Rodríguez M, Alonso A, et al.
Association of the Mediterranean dietary pattern with the incidence of depression: the Seguimiento Universidad de Navarra/University of Navarra follow-up (SUN) cohort.
Arch Gen Psychiatry 2009;66:1090-8.

56. Nuñez-Córdoba JM, Martínez-González MA, Bes-Rastrollo M, et al.

Alcohol Consumption and Incidence of Hypertension in a Mediterranean Cohort: the SUN Study.

Rev Esp Cardiol 2009;62:633-641.

55. Serra-Majem L, Bes-Rastrollo M, Román-Viñas B, et al.

Dietary patterns and nutritional adequacy in a Mediterranean country.

Br J Nutr 2009;101 Suppl 2:S21-8.

54. Román-Viñas B, Ribas Barba L, Ngo J, et al.

Validity of dietary patterns to assess nutrient intake adequacy.

Br J Nutr 2009;101 Suppl 2:S12-20.

53. Toledo E, Beunza JJ, Núñez-Córdoba JM, et al.

Metabolic risk factors in a cohort of young adults and their association with a body-mass index between 22 and 25kg/m².

Med Clin (Barc) 2009;132:654-60.

52. Lopez CN, Martínez-González MA, Alonso A, et al.

Cost of compliance with daily recommended values of micronutrients among a cohort of Spanish university graduates: the SUN (Seguimiento Universidad de Navarra) Study.

Public Health Nutr 2009;12:2092-6.

51. Sánchez-Villegas A, Doreste J, Schlatter J, et al.

Association between folate, vitamin B(6) and vitamin B(12) intake and depression in the SUN cohort study.

J Hum Nutr Diet 2009;22:122-33.

50. Gutiérrez-Bedmar M, Seguí-Gómez M, Gómez-Gracia E, et al.

Smoking Status, Changes in Smoking Status and Health-Related Quality of Life: Findings from the SUN ("Seguimiento Universidad de Navarra") Cohort.

Int J Environ Res Public Health 2009;6:310-320.

49. Núñez-Córdoba JM, Valencia-Serrano F, Toledo E, et al.

Mediterranean Diet and Incidence of Hypertension: the Seguimiento Universidad de Navarra (SUN) study.

Am J Epidemiol 2009;169:339-46.

48. Pimenta AM, Beunza JJ, Bes-Rastrollo M, et al.

Work hours and incidence of hypertension among Spanish University graduates: the SUN prospective cohort.

J Hypertens 2009;27:34-40.

47. Pimenta AM, Sánchez-Villegas A, Bes-Rastrollo M, et al.

Relationship between body image disturbance and incidence of depression: the SUN prospective cohort.
BMC Public Health 2009;9:1.

46. Basterra-Gortari FJ, Bes-Rastrollo M, Pardo-Fernández M, et al.
Changes in weight and physical activity over two years in Spanish alumni.
Med Sci Sports & Exerc 2009;41:516-22.

45. Núñez-Córdoba JM, Alonso A, Beunza JJ, et al.
Role of vegetables and fruits in Mediterranean diets to prevent hypertension.
Eur J Clin Nutr 2009;63:605-12.

44. Martínez-González MA, Bes-Rastrollo B, Serra-Majem L, et al.
Mediterranean food pattern and the primary prevention of chronic disease: recent developments.
Nutr Rev 2009;67 Suppl 1:S111-6.

43. Sánchez-Villegas A, Toledo E, Bes-Rastrollo M, et al.
Association between dietary and beverage consumption patterns in the SUN (Seguimiento Universidad de Navarra) cohort study.
Public Health Nutr 2009;12:351-8.

2008

42. Tortosa A, Seguí-Gómez M, de la Fuente C, et al.
Diferencias en estilos de vida y calidad de la información autorreferida según nivel de estudios: el proyecto SUN.
Rev Med Univ Navarra 2008;52:15-19.

41. Bes-Rastrollo M, Martínez-González MA.
Differential underreporting and other caveats about sugar-sweetened beverages and weight gain.
Am J Clin Nutr 2008;88:1450-1.

40. Alcacera MA, Marques-Lopes I, Fajó-Pascual M, et al.
Lifestyle factors associated with BMI in a Spanish graduate population: the SUN Study.
Obes Facts 2008;1:80-7.

39. Sánchez-Villegas A, Schlatter J, Ortuño F, et al.
Validity of a self-reported diagnosis of depression among participants in a cohort study using the Structured Clinical Interview for DSM-IV (SCID-I).
BMC Psychiatry 2008;17:8:43.

38. Basterra-Gortari FJ, Martínez-González MA.

Mediterranean diet in type 2 diabetes.
Diabetologia 2008;51:1933-4.

37. Martínez-González MA, Fuente-Arrillaga C, Núñez-Córdoba JM, et al.
Adherence to Mediterranean diet and risk of developing diabetes: prospective cohort study.
BMJ 2008;336:1348-51.

36. Sánchez-Villegas A, Ara I, Guillén-Grima F, et al.
Physical activity, sedentary index and mental disorders in the SUN cohort study.
Med Sci Sports Exerc 2008;40:827-34.

35. Román B, Carta L, Martínez-González MA, et al.
Effectiveness of the Mediterranean diet in the elderly.
Clin Interv Aging 2008;3:97-109.

34. Sánchez-Villegas A, Serrano-Martínez M, Alonso A, et al.
Efecto del tabaco sobre la incidencia de depresión en la cohorte SUN después de seis años de seguimiento [Role of tobacco use on the incidence of depression in the SUN cohort study].
Med Clín (Barc) 2008;130:405-9.

33. Alcacera MA, Marques-Lopes I, Fajo-Pascual M, et al.
Alcoholic beverage preference and dietary pattern in Spanish university graduates: the SUN cohort study.
Eur J Clin Nutr 2008;62:1178-86.

2007

32. Tortosa A, Bes-Rastrollo M, Sánchez-Villegas A, et al.
Mediterranean diet inversely associated with the incidence of metabolic syndrome: the SUN prospective cohort.
Diabetes Care 2007;30:2957-9.

31. Beunza JJ, Martínez-González MA, Ebrahim S, et al.
Sedentary behaviors and the risk of incident hypertension: the SUN Cohort.
Am J Hypertens 2007;20:1156-62.

30. Alonso A, de Irala J, Martínez-González MA.
Representativeness, losses to follow-up and validity in cohort studies.
Eur J Epidemiol 2007;22:481-2.

29. Seguí-Gómez M, Palma S, Guillen-Grima F, et al.

Self-reported drinking and driving amongst educated adults in Spain: The "Seguimiento Universidad de Navarra" (SUN) cohort findings.
BMC Public Health 2007;7:55.

28. Sánchez-Villegas A, Henríquez P, Figueiras A, et al.
Long chain omega-3 fatty acids intake, fish consumption and mental disorders in the SUN cohort study.
Eur J Nutr 2007;46:337-46.

27. Bes-Rastrollo M, Sabaté J, Gómez-Gracia E, et al.
Nut consumption and weight gain in a Mediterranean cohort: the SUN Study.
Obesity (Silver Spring) 2007;15:107-16.

26. Basterra-Gortari FJ, Bes-Rastrollo M, Seguí-Gómez M, et al.
[Trends in obesity, diabetes mellitus, hypertension and hypercholesterolemia in Spain (1997-2003)].
Med Clin (Barc) 2007;129:405-8.

25. Tortosa A, Bes-Rastrollo M, Sánchez-Villegas A, et al.
Mediterranean diet inversely associated with the incidence of metabolic syndrome.
Diabetes Care 2007;30:2957-9.

2006

24. Sánchez-Villegas A, Henríquez P, Bes-Rastrollo M, et al.
Mediterranean diet and depression.
Public Health Nutr 2006;9:1104-9.

23. Alonso A, Laguna S, Seguí-Gómez M.
A comparison of information on motor vehicle crashes as reported by written or telephone interviews.
Inj Prev 2006;12:117-20.

22. Seguí-Gómez M, de la Fuente C, Vázquez Z, et al.
Cohort Profile: The "Seguimiento Universidad de Navarra" (SUN) Study.
Int J Epidemiol 2006;35:1417-22.

21. Beunza JJ, Martínez-González MA, Serrano-Martínez M, et al.
[Incidence of hypertension in a cohort of spanish university graduates: the SUN study].
Rev Esp Cardiol 2006;59:1331-4.

20. Alonso A, Seguí-Gómez M, de Irala J, et al.

Predictors of follow-up and assessment of selection bias from dropouts using inverse probability weighting in a cohort of university graduates.
Eur J Epidemiol 2006;21:351-8.

19. Bes-Rastrollo M, Sánchez-Villegas A, de la Fuente C, et al.
Olive oil consumption and weight change: the SUN prospective cohort study.
Lipids 2006;41:249-56.

18. Martínez-González MA.
The SUN cohort study (Seguimiento University of Navarra).
Public Health Nutr 2006;9:127-31.

17. Alonso A, Beunza JJ, Bes-Rastrollo M, et al.
Vegetable protein and fiber from cereal are inversely associated with the risk of hypertension in a Spanish cohort.
Arch Med Res 2006;37:778-86.

16. Alonso A, Ruiz-Gutiérrez V, Martínez-González MA.
Monounsaturated fatty acids, olive oil and blood pressure: epidemiological, clinical and experimental evidence.
Public Health Nutr 2006;9:251-7.

15. Bes-Rastrollo M, Martínez-González MA, Sánchez-Villegas A, et al.
Association of fiber intake and fruit/vegetable consumption with weight gain in a Mediterranean population.
Nutrition 2006;22:504-11.

14. Bes-Rastrollo M, Sánchez-Villegas A, Gómez-Gracia E, et al.
Predictors of weight gain in a Mediterranean cohort: the Seguimiento Universidad de Navarra Study 1.
Am J Clin Nutr 2006;83:362-70.

13. Sánchez-Villegas A, Bes-Rastrollo M, Martínez-González MA, et al.
Adherence to a Mediterranean dietary pattern and weight gain in a follow-up study: the SUN cohort.
Int J Obes 2006;30:350-8.

2005

12. Bes-Rastrollo M, Pérez Valdivieso JR, Sánchez-Villegas A, et al.
Validación del peso e índice de masa corporal auto-declarados de los participantes de una cohorte de graduados universitarios.
Rev Española Obesidad 2005;3:183-9.

11. Alonso A, de la Fuente C, Beunza JJ, et al.

Chocolate consumption and incidence of hypertension.
Hypertension 2005;46:e21-2.

10. Alonso A, Beunza JJ, Delgado-Rodríguez M, et al.
Validation of self reported diagnosis of hypertension in a cohort of university graduates in Spain.
BMC Public Health 2005;5:94.

9. Alonso A, Beunza JJ, Delgado-Rodríguez M, et al.
Low-Fat Dairy Consumption and Reduced Risk of Hypertension: The SUN Cohort.
Am J Clin Nutr 2005;82:972-9.

8. Martínez-González MA, López-Fontana C, Varo JJ, et al.
Validation of the Spanish version of the physical activity questionnaire used in the Nurses' Health Study and Health Professionals' Follow-up study.
Public Health Nutrition 2005;8:920-7.

2004

7. Alonso A, Martínez-González MA.
Olive Oil Consumption and Reduced Incidence of Hypertension: the SUN Study.
Lipids 2004;39:1233-8.

6. Alonso A, de la Fuente C, Martín-Arnau A, et al.
Fruit and vegetable consumption is inversely associated with blood pressure in a Mediterranean population with a high vegetable-fat intake: the SUN study.
Br J Nutr 2004;92:311-9.

2003

5. Sánchez-Villegas A, Delgado-Rodríguez M, Martínez-González MA, et al.
Gender, age, socio-demographic and life-style factors associated with major dietary patterns in the Spanish Project SUN (Seguimiento Universidad de Navarra).
Eur J Clin Nutr 2003;57:285-92.

2002

4. Sánchez-Villegas A, Martínez JA, de Irala J, et al.
Determinants of the adherence to an "a-priori" defined Mediterranean dietary pattern.
Eur J Clin Nutr 2002;41:249-57.

3. Sánchez-Villegas A, de Irala J, Martínez-González MA, et al.
Dieta mediterránea y enfermedad cardiovascular: Resultados del estudio piloto del proyecto SUN.

Rev Med Univ Navarra 2002;46:9-16.

2. Sánchez-Villegas A, Martínez-González MA, Toledo E, et al.
Influencia del sedentarismo y el hábito de comer entre horas sobre la ganancia de peso.

Med Clin (Barc) 2002;119:46-52.

1. Martínez-González MA, Sánchez-Villegas A, de Irala J, et al.
Mediterranean diet and stroke: objectives and design of the SUN project.

Nutritional Neuroscience 2002;5:65-73.