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Short presentation

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My research has primarily focused on movement behaviors (physical activity and sleep) and the link to nutritional behavior, obesity and health (mental and metabolic). Recently, we made a breakthrough in the area of personalized nutrition showing that diets should be tailored to different groups of individuals. This is something scientists have searched for in decades and might be one of the major reasons why one superior diet will never be identified. In the future I will follow this lead and design RCT's that answers these specific questions.

Qualifications

Forskningsår
Jun 2009 → Jun 2010

Human Ernæring
Sep 2007 → Jun 2010

Idræt, Department of Nutrition, Exercise and Sports
Sep 2003 → Jun 2006

Employment

Guest researcher
Obesity Research
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29 Mar 2021 → nu

Postdoc

Department of Nutrition, Exercise and Sports
København N.
1 Apr 2014 → 30 Jun 2015

Department of Nutrition, Exercise and Sports

København N.
7 Sep 2012 → 8 Jan 2013

Publications

Predicting weight loss success on a new Nordic diet: an untargeted multi-platform metabolomics and machine learning approach

Pigsborg, Kristina, Stenoft-Larsen, V., Demharter, S., Aldubayan, Mona Adnan Y, Trimigno, A., Khakimov, Bekzod, Engelsen, Søren Balling, Astrup, A., Hjorth, Mads Fiil, Dragsted, Lars Ove & Magkos, Faidon, 2023, In: *Frontiers in Nutrition*. 10, 12 p., 1191944.

Supplementation with inulin-type fructans affects gut microbiota and attenuates some of the cardiometabolic benefits of a plant-based diet in individuals with overweight or obesity

Aldubayan, Mona Adnan Y, Mao, Xiaotian, Laursen, M. F., Pigsborg, Kristina, Christensen, Lars, Roager, Henrik Munch, Nielsen, Dennis Sandris, Hjorth, Mads Fiil & Magkos, Faidon, 2023, In: *Frontiers in Nutrition*. 10, 13 p., 1108088.

Weight loss relapse associated with exposure to perfluoroalkylate substances

Grandjean, P., Meddis, Alessandra, Nielsen, F., Sjödin, Anders Mikael, Hjorth, Mads Fiil, Astrup, A. & Budtz-Joergensen, Esben, 2023, In: Obesity. 31, 6, p. 1686-1696 11 p.

***Prevotella* abundance and salivary amylase gene copy number predict fat loss in response to wholegrain diets**

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A double-blinded, randomized, parallel intervention to evaluate biomarker-based nutrition plans for weight loss: The PREVENTOMICS study

Aldubayan, M. A., Pigsborg, K., Gormsen, S. M. O., Serra, F., Palou, M., Galmés, S., Palou-March, A., Favari, C., Wetzels, M., Calleja, A., Rodríguez Gómez, M. A., Castellnou, M. G., Caimari, A., Galofré, M., Suñol, D., Escoté, X., Alcaide-Hidalgo, J. M., M Del Bas, J., Gutierrez, B., Krarup, T. & 2 others, Hjorth, Mads Fiil & Magkos, Faidon, 2022, In: Clinical Nutrition. 41, 8, p. 1834-1844 11 p.

Effects of sleep manipulation on markers of insulin sensitivity: A systematic review and meta-analysis of randomized controlled trials

Sondrup, N., Termannsen, A. D., Eriksen, J. N., Hjorth, Mads Fiil, Færch, K., Klingenberg, L. & Quist, Jonas Salling, 2022, In: Sleep Medicine Reviews. 62, 14 p., 101594.

Empowering consumers to PREVENT diet-related diseases through OMICS sciences (PREVENTOMICS): protocol for a parallel double-blinded randomised intervention trial to investigate biomarker-based nutrition plans for weight loss

Aldubayan, Mona Adnan Y, Pigsborg, Kristina, Gormsen, S. M. O., Serra, F., Palou, M., Mena, P., Wetzels, M., Calleja, A., Caimari, A., Del Bas, J., Gutierrez, B., Magkos, Faidon & Hjorth, Mads Fiil, 2022, In: B M J Open. 12, 3, 12 p., e051285.

Unprocessed red meat in the dietary treatment of obesity: a randomized controlled trial of beef supplementation during weight maintenance after successful weight loss

Magkos, Faidon, Rasmussen, Sidse Ida Ingemann, Hjorth, Mads Fiil, Asping, S., Rosenkrans, M. I., Sjödin, Anders Mikael, Astrup, A. & Geiker, Nina Rica Wium, 2022, In: American Journal of Clinical Nutrition. 116, 6, p. 1820-1830 11 p.

A protein-supplemented very-low-calorie diet does not mitigate reductions in lean mass and resting metabolic rate in subjects with overweight or obesity: A randomized controlled trial

Magkos, Faidon, Hjorth, Mads Fiil, Asping, S., Rosenkrans, M. I., Rasmussen, Sidse Ida Ingemann, Ritz, C., Sjödin, Anders Mikael & Geiker, Nina Rica Wium, 2021, In: Clinical Nutrition. 40, 12, p. 5726-5733 8 p.

Diets, nutrients, genes and the microbiome: Recent advances in personalised nutrition

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Physical activity, sedentary behavior, and sleep before and after bariatric surgery and associations with weight loss outcome

Nielsen, M. S., Alsaoodi, H., Hjorth, Mads Fiil & Sjödin, Anders Mikael, 2021, In: Obesity Surgery. 31, 1, p. 250-259 10 p.

Sex, food, and the gut microbiota: Disparate response to caloric restriction diet with fibre supplementation in women and men

Benítez-Páez, A., Hess, A. L., Krautbauer, S., Liebisch, G., Christensen, Lars, Hjorth, Mads Fiil, Larsen, T. M., Sanz, Y. & MyNewGut Consortium, M. C., 2021, In: Molecular Nutrition & Food Research. 65, 8, 13 p., 2000996.

The association between vitamin D receptor polymorphisms and tissue-specific insulin resistance in human obesity

Pramono, A., Jocken, J. W. E., Adriaens, M. E., Hjorth, Mads Fiil, Astrup, A., Saris, W. H. M. & Blaak, E. E., 2021, In: International Journal of Obesity. 45, p. 818-827 10 p.

10 eksperter: Vi har brug for handleplan for svær overvægt nu

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Diet and exercise in the prevention and treatment of type 2 diabetes mellitus

Magkos, Faidon, Hjorth, Mads Fiil & Astrup, A., 2020, In: Nature Reviews Endocrinology. 16, 10, p. 545-555 11 p.

High fat diets for weight loss among subjects with elevated fasting glucose levels: The PREDIMED study

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Microbial enterotypes beyond genus level: *Bacteroides* species as a predictive biomarker for weight change upon controlled intervention with arabinoxylan oligosaccharides in overweight subjects

Christensen, Lars, Sørensen, C. V., Wøhlk, F. U., Kjølbaek, Louise, Astrup, A., Sanz, Y., Hjorth, Mads Fiil & Benítez-Páez, A., 2020, In: Gut Microbes. 12, 17 p., 1847627.

No effects on appetite or body weight in weight-reduced individuals of foods containing components previously shown to reduce appetite - Results from the SATIN (Satiety Innovation) study

Andersen, S. V., Sandby, Karoline, Hjorth, Mads Fiil, Korndal, S. K., Ritz, C., Sjödin, Anders Mikael, Halford, J. C. G., Mead, B. R., Christiansen, P., Harrold, J. A., Camacho-barcía, L., García-gavilán, J. F., Salas-salvadó, J., Bulló, M. & Hansen, T. T., 2020, In: Obesity Medicine. 17, p. 1-19 100188.

Pretreatment *Prevotella*-to-*Bacteroides* ratio and markers of glucose metabolism as prognostic markers for dietary weight loss maintenance

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Pretreatment *Prevotella*-to-*Bacteroides* ratio and salivary amylase gene copy number as prognostic markers for dietary weight loss

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Variations in accelerometry measured physical activity and sedentary time across Europe - harmonized analyses of 47,497 children and adolescents

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Weekly variation in diet and physical activity among 4-75-year-old Danes

Nordman, M., Matthiessen, J., Billoft-Jensen, A., Ritz, C. & Hjorth, Mads Fiil, 2020, In: Public Health Nutrition. 23, 8, p. 1350-1361 12 p.

***Prevotella*-to-*Bacteroides* ratio predicts body weight and fat loss success on 24-week diets varying in macronutrient composition and dietary fiber: results from a post-hoc analysis**

Hjorth, Mads Fiil, Blædel, T., Bendtsen, L. Q., Lorenzen, J. K., Holm, J. B., Kiilerich, P., Roager, Henrik Munch, Kristiansen, Karsten, Larsen, L. H. & Astrup, A., 1 Jan 2019, In: International Journal of Obesity. 43, 1, p. 149-157

***Prevotella* abundance predicts weight loss success in healthy, overweight adults consuming a whole-grain diet ad libitum: A post hoc analysis of a 6-wk randomized controlled trial**

Christensen, Lars, Vuholm, S., Roager, Henrik Munch, Nielsen, Dennis Sandris, Krych, Lukasz, Kristensen, M. B., Astrup, A. & Hjorth, Mads Fiil, 2019, In: Journal of Nutrition. 149, 12, p. 2174-2181 8 p.

Circulating metabolites associated with objectively measured sleep duration and sleep variability in overweight/obese participants: A metabolomics approach within the SATIN study

Papandreou, C., Camacho-Barcia, L., García-Gavilán, J., Hansen, T. T., Hjorth, Mads Fiil, Halford, J. C. G., Salas-Salvadó, J., Sjödin, Anders Mikael & Bulló, M., 2019, In: Sleep. 42, 5, 8 p., zsz030.

Effects of exercise domain and intensity on sleep in women and men with overweight and obesity

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Fasting glucose state determines metabolic response to supplementation with insoluble cereal fibre: A secondary analysis of the Optimal Fibre Trial (OptiFIT)

Kabisch, S., Meyer, N. M. T., Honsek, C., Gerbracht, C., Dambeck, U., Kemper, M., Osterhoff, M. A., Birkenfeld, A. L., Arafat, A. M., Hjorth, Mads Fiil, Weickert, M. O. & Pfeiffer, A. F. H., 2019, In: Nutrients. 11, 10, 12 p., 2385.

Is reduction in appetite beneficial for body weight management in the context of overweight and obesity? Yes, according to the SATIN (Satiety Innovation) study

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Christensen, Lars, Thorning, T. K., Fabre, O., Legrand, R., Astrup, A. & Hjorth, Mads Fiil, 2019, In: Obesity Medicine. 14, 7 p., 100085.

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Predictors of successful weight loss with relative maintenance of fat-free mass in individuals with overweight and obesity on an 8-week low-energy diet

Hansen, T. T., Hjorth, Mads Fiil, Sandby, Karoline, Andersen, S. V., Astrup, A., Ritz, C., Bulló, M., Camacho-Barcia, M. L., García-Gavilán, J. F., Salas-Salvadó, J., Harrold, J. A., Halford, J. C. G. & Sjödin, Anders Mikael, 2019, In: British Journal of Nutrition. 122, 4, p. 468-479 12 p.

Pretreatment fasting glucose and insulin as determinants of weight loss on diets varying in macronutrients and dietary fibers - The POUNDS LOST Study

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Pretreatment fasting glucose and insulin as determinants of weight loss on diets varying in macronutrients and dietary fibers - The POUNDS LOST Study

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Weight loss following an intensive dietary weight loss program in obese candidates for bariatric surgery: The retrospective RNPC® cohort

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Does stress affect food preferences? - A randomized controlled trial investigating the effect of examination stress on measures of food preferences and obesogenic behavior

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Microbial enterotypes in personalized nutrition and obesity management

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Weight loss and weight loss maintenance efficacy of a novel weight loss program: The retrospective RNPC® cohort

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Type A: Spis Dig Slank Efter Dit Blodsukker

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Weekday variation in triglyceride concentrations in 1.8 million blood samples

Jaskolowski, J., Ritz, C., Sjödin, Anders Mikael, Astrup, A., Szecsi, P. B., Stender, Steen & Hjorth, Mads Fiil, 2017, In: Journal of Lipid Research. 58, 6, p. 1204-1213 10 p.

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Differences in the effects of school meals on children's cognitive performance according to gender, household education and baseline reading skills

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Maternal fish oil supplementation during lactation is associated with reduced height at 13 years of age and higher blood pressure in boys only

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Physical activity, sedentary time, and sleep and the association with inflammatory markers and adiponectin in 8- to 11-year-old Danish children

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