

Publikationer

- Thesis: Adamsson V, inventor A Healthy Nordic Diet and Cardiometabolic Risk Factors: Intervention. Studies with Special Emphasis on Plasma Lipoprotein. 2013
- Student thesis in Food and Nutrition, 20 points: "Dietary intake and energy expenditure of Swedish elite cross-country skiers. The validity of reported energy intake and energy expenditure". 2004
- Adamsson, V., A. Reumark, I.-B. Fredriksson, E. Hammarström, B. Vessby, G. Johansson, och U. Risérus. "Effects of a Healthy Nordic Diet on Cardiovascular Risk Factors in Hypercholesterolaemic Subjects: A Randomized Controlled Trial (NORDIET)". *Journal of Internal Medicine* 269, nr 2 (februari 2011): 150–59.
- Adamsson, Viola, Anna Reumark, Tommy Cederholm, Bengt Vessby, Ulf Risérus, och Gunnar Johansson. "What Is a Healthy Nordic Diet? Foods and Nutrients in the NORDIET Study". *Food & Nutrition Research* 56 (2012).
- Adamsson, Viola, Anna Reumark, Matti Marklund, Anders Larsson, och Ulf Risérus. "Role of a Prudent Breakfast in Improving Cardiometabolic Risk Factors in Subjects with Hypercholesterolemia: A Randomized Controlled Trial". *Clinical Nutrition (Edinburgh, Scotland)* 34, nr 1 (februari 2015): 20–26.
- Adamsson, Viola, Tommy Cederholm, Bengt Vessby, och Ulf Risérus. "Influence of a Healthy Nordic Diet on Serum Fatty Acid Composition and Associations with Blood Lipoproteins - Results from the NORDIET Study". *Food & Nutrition Research* 58 (2014): 24114.
- Jobs, Elisabeth, Viola Adamsson, Anders Larsson, Magnus Jobs, Elisabet Nerpin, Erik Ingelsson, Johan Ärnlov, och Ulf Risérus. "Influence of a Prudent Diet on Circulating Cathepsin S in Humans". *Nutrition Journal* 13 (16 augusti 2014): 84.
- Witasp, Anna, Juan Jesús Carrero, Karl Michaëlsson, Håkan Ahlström, Joel Kullberg, Viola Adamsson, Ulf Risérus, m.fl. "Inflammatory Biomarker Pentraxin 3 (PTX3) in Relation to Obesity, Body Fat Depots and Weight Loss". *Obesity (Silver Spring, Md.)* 22, nr 5 (maj 2014): 1373–79.
- Several publications as a cooperator in the HELENA-study, Healthy lifestyle in Europe by Nutrition in Adolescence

Böcker

- "Uppladdningen". Food and nutrition for athletes. 1989
- "Lilla Uppladdningen". Food for athletic children. 1990
- "Idrottarens Kokbok". The athlete's cookbook. 2000
- "Mat för resultat". Nutrition education for athletes. 2001
- "Vardagsmat helt enkelt". Cook book for disabled. 2004
- "Lilla Grötboken". A book about modern porridge. 2005
- "Uppladdningen – Bygg". Food and nutrition for workers. 2000
- "Uppladdningen – Hälsa". Food and nutrition for a healthy lifestyle. (for Sweden, 2002 Norway, Denmark, Uk).
- "Hälsosam Nordisk kost". Recipes and menus from the study "the healthy Nordic diet". 2010

- "Nordens bästa mat". ICA-förlaget 2012
- "Gröt och Müsli", ICA-förlaget (ges ut i Finland, Bergien och Storbritanien) 2014