

No.	文献リスト	カテゴリ
1	卵はカロテノイドの吸収を促進する(介入試験) Jung Eun Kim et al., Effects of egg consumption on carotenoid absorption from co-consumed, raw vegetables. <i>Am J Clin Nutr.</i> , 2015, doi: 10.3945/ajcn.115.111062	栄養、吸収
2	糖尿病患者の卵摂取は心血管リスクに影響なし(介入研究) Fuller N R et al., The effect of a high-egg diet on cardiovascular risk factors in people with type 2 diabetes: the Diabetes and Egg (DIABEGG) study – a 3–mo randomized controlled trial. <i>Am J Clin Nutr.</i> , 2015, 101:705–713.	糖尿病
3	卵黄は血中カロテノイド濃度を改善(介入試験) Christopher N. Bless et al., Egg intake improves carotenoid status by increasing plasma HDL cholesterol in adults with metabolic syndrome. <i>Food. Funct.</i> , 2013, 4:213–221.	栄養、吸収
4	糖尿病患者の卵摂取は炎症を改善する(介入試験) Martha Nydia Ballesteros et al., One Egg per Day Improves Inflammation when Compared to an Oatmeal-Based Breakfast without Increasing Other Cardiometabolic Risk Factors in Diabetic Patients. <i>Nutrients.</i> , 2015, 7:3449–3463.	糖尿病
5	卵摂取でメタボリックシンドローム患者の脂質代謝や糖代謝を改善(介入試験) Christopher N. Bless et al., Whole egg consumption improves lipoprotein profiles and insulin sensitivity to a greater extent than yolk-free egg substitute in individuals with metabolic syndrome. <i>Metabolism.</i> , 2013, 62:400–410.	メタボリックシンドローム
6	卵摂取は末梢血単核球の炎症抑制および脂質代謝に影響を与える(介入試験) Catherine J. Andersen et al., Egg intake during carbohydrate restriction alters peripheral blood mononuclear cell inflammation and cholesterol homeostasis in metabolic syndrome. <i>Nutrients.</i> , 2014, 6:2650–2667.	メタボリックシンドローム
7	卵摂取は2型糖尿病患者の代謝調節に寄与する(介入試験) Pearce KL et al., Egg consumption as part of an energy-restricted high-protein diet improves blood lipid and blood glucose profiles in individuals with type 2 diabetes. <i>Br J Nutr.</i> 2011 Feb;105(4):584–92.	糖尿病
8	卵摂取量は心筋梗塞、脳卒中リスクと相関無し(コホート研究) Larsson S C, et al., Egg consumption and risk of heart failure, myocardial infarction, and stroke: results from 2 prospective cohorts. <i>Am. J. Clin. Nutr.</i> , 2015, pii: ajcn119263.	循環器疾患
9	心血管疾患のリスクが高くても、卵は問題なく摂取できる(総説) Nicholas R. Fuller, et al., Egg Consumption and Human Cardio-Metabolic Health in People with and without Diabetes. <i>Nutrients.</i> , 2015;7:7399–7420; doi:10.3390/nu7095344	循環器疾患
10	卵の摂取量は冠動脈石灰化と相関なし(コホート研究) Jeremy M R et al., Association of egg consumption and calcified atherosclerotic plaque in the coronary arteries: the NHLBI Family Heart Study. <i>ESPEN J.</i> , 2014, 9: e131–e135.	循環器疾患
11	卵の摂取量は食事の質と関連あり Sonia Vega-López S et al., Egg intake and dietary quality among overweight and obese Mexican-American postpartum women. <i>Nutrients.</i> , 2015, 7: 8402–8419	栄養、吸収
12	ルテイン強化卵は血中脂質に影響を与えずルテイン濃度を増加(介入試験) van der Made S MN et al., Consuming a buttermilk drink containing lutein-enriched egg yolk daily for 1 year increased plasma lutein but did not affect serum lipid or lipoprotein concentrations in adults with early signs of age-related macular degeneration. <i>J. Nutr.</i> , 2014, 144: 1370–1377.	栄養、吸収
13	卵摂取量と血管イベント発生リスクに関連はない(コホート研究) Goldberg S et al., Egg consumption and carotid atherosclerosis in the Northern Manhattan Study. <i>Atherosclerosis.</i> , 2014, 235:273–280.	循環器疾患
14	加水分解卵殻膜の摂取で関節機能や日常生活動作が改善(介入試験) Jensen G S et al., Support of joint function, range of motion, and physical activity levels by consumption of a water-soluble egg membrane hydrolyzate. <i>J. Med. Food.</i> , 2015, 18:1042–1048.	運動、身体機能
15	鶏卵アレルギー経口負荷試験により6歳までに73%が免疫を獲得 Ohtani K et al., Natural history of immediate-type hen's egg allergy in Japanese. <i>Allergol. Int.</i> , 2015, http://dx.doi.org/10.1016/j.alit.2015.10.005	卵アレルギー
16	卵殻膜加水分解物は、UV照射によるシワを改善(動物試験) Jin H Y et al., Effects of Egg Shell Membrane Hydrolysates on UVB-radiation-induced wrinkle formation in SKH-1 hairless mice. <i>Korean J. Food Sci. An.</i> , 2015, 35, 1: 58–70	その他
17	鶏卵アレルギー患者におけるインフルエンザワクチンの安全性(介入研究) Turner P J et al., Safety of live attenuated influenza vaccine in young people with egg allergy: multicenter prospective cohort study. <i>BMJ.</i> , 2015, 351:h6291, doi: 10.1136/bmj.h6291.	卵アレルギー
18	卵の摂取量と冠動脈疾患リスクは相関なし(コホート研究) Virtanen JK et al., Associations of egg and cholesterol intakes with carotid intima-media thickness and risk of incident coronary artery disease according to apolipoprotein E phenotype in men: the Kuopio Ischaemic Heart Disease Risk Factor Study. <i>Am. J. Clin. Nutr.</i> , 2016.	循環器疾患
19	卵黄ペプチドは抗酸化およびACE阻害活性を有する(in vitro) Marwa Y et al., Antioxidant and ACE inhibitory bioactive peptides purified from egg yolk proteins. <i>Int. J. Mol. Sci.</i> , 2015, 16: 29161–29178, doi:10.3390/ijms161226155	抗酸化、抗炎症
20	卵の摂取量と2型糖尿病発症リスクの関係(メタアナリシス) Wallin A et al., Egg consumption and risk of type 2 diabetes: a prospective study and dose-response meta-analysis. <i>Diabetologia.</i> , 2016, doi 10.1007/s00125-016-3923-6	糖尿病
21	卵摂取でメタボリックシンドロームのリスクが低減(横断研究) Woo HW et al., Cross-sectional and longitudinal associations between egg consumption and metabolic syndrome in adults 40 years old: The Yangpyeong Cohort of the Korean Genome and Epidemiology Study (KoGES, Yangpyeong). <i>PLoS One.</i> , 2016, 11: e0147729.	メタボリックシンドローム
22	卵加水分解物は肥満関連因子を改善する(動物試験) Garcés-Rimón M et al., Pepsin egg white hydrolysate ameliorates obesity-related oxidative stress, inflammation and steatosis in Zucker fatty rats. <i>PLoS One.</i> , 2016, 11:e0151193.	メタボリックシンドローム
23	ルテイン強化卵黄の摂取により視力が改善(介入試験) van der Made SM et al., Increased macular pigment optical density and visual acuity following consumption of a buttermilk drink containing lutein-enriched egg yolks: A randomized, double-blind, placebo-controlled trial. <i>J. Ophthalmol.</i> , 2016	運動、身体機能
24	調理法によって卵カロテノイドの吸収が変わる(in vitro) Chamila N et al., Bioaccessibility and digestive stability of carotenoids in cooked eggs studied using a dynamic in vitro gastrointestinal model. <i>J. Agric. Food Chem.</i> , 2015, 63: 2956–2962.	栄養、吸収
25	冠動脈疾患患者の卵摂取は血中脂質・血圧に影響なし(介入試験) Katz DL et al., Effects of egg ingestion on endothelial function in adults with coronary artery disease: A randomized, controlled, crossover trial. <i>Am. Heart J.</i> , 2015, 169:162–169.	循環器疾患
26	新しいコレステロール分析法の提唱 Tânia GA et al., Cholesterol determination in foods: Comparison between high performance and ultra-high performance liquid chromatography. <i>Food Chemistry</i> , 2016, 193:18–25	脂質、コレステロール
27	朝食に卵摂取で食欲が抑制される(介入試験) Bonnama AL et al., The effects of the combination of egg and fiber on appetite, glycemic response and food intake in normal weight adults—a randomized, controlled, crossover trial. <i>Int. J. Food Sci. Nutr.</i> , 2016, 16:1–9.	メタボリックシンドローム
28	卵白ペプチドの抗炎症作用とそのメカニズム(in vitro)	抗酸化、抗炎症

- Majumder K et al., Structure and activity study of egg protein ovotransferrin derived peptides (IRW and IQW) on endothelial inflammatory response and oxidative stress. *J Agric. Food Chem.*, 2013, 61:2120–2129.
- 29 卵摂取は2型糖尿病患者の血糖値に対し影響を及ぼさない(介入試験)** 糖尿病
Ballesteros MN et al., One egg per day improves inflammation when compared to an oatmeal-based breakfast without increasing other cardiometabolic risk factors in diabetic patients. *Nutrients.*, 2015, 7:3449–3463.
- 30 卵で2型糖尿病のビタミンD欠乏予防(動物試験)** 糖尿病
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- 31 若者が朝食に卵摂取で食欲抑制ホルモンが増加(介入試験)** メタボリックシンドローム
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- 32 卵摂取量と糖尿病リスクは地域差あり(コホート研究)** 糖尿病
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- 33 出産年齢女性における卵摂取と環境ホルモン代謝は負の相関(コホート研究)** その他
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Dong Y et al., Lack of association of poultry and eggs intake with risk of non-Hodgkin lymphoma: a meta-analysis of observational studies. *Eur. J. Cancer Care*, 2016
- 35 鉄欠乏性貧血に卵白が効果あり(動物試験)** 栄養、吸収
Kobayashi Y et al., Egg yolk protein delays recovery while ovalbumin is useful in recovery from iron deficiency anemia. *Nutrients.* 2015, 7:4792–4803.
- 36 卵摂取と心血管疾患リスクの増加に関連はなかった(コホート研究)** 循環器疾患
J. Díez-Espino et al., Egg consumption and cardiovascular disease according to diabetic status: The PREDIMED study. *Clin. Nutr.*, 2016.
- 37 ビタミンD強化卵で冬季のビタミンD不足解消の可能性(介入試験)** 栄養、吸収
Hayes A et al., Vitamin D-enhanced eggs are protective of wintertime serum 25-hydroxyvitamin D in a randomized controlled trial of adults. *Am. J. Clin. Nutr.*, 2016, 104:629–637.
- 38 サルコペニア予防に卵は最適(総説)** 運動、身体機能
Alison S et al., Considering the benefits of egg consumption for older people at risk of sarcopenia. *Br. J. Community Nurs.*, 2016, 21:305–309.
- 39 卵はビタミンEの吸収を促進(介入試験)** 栄養、吸収
Kim JE et al., Egg Consumption increases Vitamin E absorption from co-consumed raw mixed vegetables in healthy young men. *J. Nutr.*, 2016, doi : 10.3945/jn.116.236307.
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Cho CE et al., Trimethylamine-N-oxide (TMAO) response to animal source foods varies among healthy young men and is influenced by their gut microbiota composition: a randomized controlled trial. *Mol. Nutr. Food Res.*, 2016
- 41 卵摂取量と心疾患リスクに相関無し(メタアナリシス)** 循環器疾患
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- 42 乳児期早期の卵摂取がアレルギー発症リスクを低下(メタアナリシス)** 卵アレルギー
Despo I et al., Timing of allergenic food introduction to the infant diet and risk of allergic or autoimmune disease. A systematic review and meta-analysis. *JAMA.* 2016, 316:1181–1192.
- 43 卵黄が脂肪肝を改善(動物試験)** 脂質、コレステロール
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- 44 卵摂取量と前立腺がんに関連無し(コホート研究)** がん
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Kishimoto Y, et al., The Effect of the Consumption of Egg on Serum Lipids and Antioxidant Status in Healthy Subjects. *J. Nutr. Sci. Vitaminol.*, 2016, 62: 361–365
- 49 卵黄ペプチドの抗酸化能、ACE阻害活性 (in vitro)** 抗酸化、抗炎症
Yoursr M et al., Antioxidant and ACE Inhibitory Bioactive Peptides Purified from Egg Yolk Proteins. *Int. J. Mol. Sci.*, 2015, 16(12):29161–78.
- 50 卵や家禽肉の栄養学的特徴** 栄養、吸収
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DiMarco, D.M. et al., Intake of up to 3 Eggs per Day Is Associated with Changes in HDL Function and Increased Plasma Antioxidants in Healthy, Young Adults. *J. Nutr.* 2017, doi: 10.3945/jn.116.241877.
- 52 TMAOと卵摂取の関係(介入試験)** 脂質、コレステロール
DiMarco, D.M. et al., Intake of up to 3 Eggs/Day Increases HDL Cholesterol and Plasma Choline While Plasma Trimethylamine-N-oxide is Unchanged in a Healthy Population. *Lipids* 2017.
- 53 卵の摂取は認知機能に効果がある(コホート研究)** その他
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- 54 タンパク質の種類(赤身肉、鶏肉、魚、卵、豆)と死亡リスクとの関連(コホート研究)** 循環器疾患
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- 55 卵摂取で2型糖尿病患者の体重や体脂肪率が改善(介入試験)** 糖尿病
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- 56 朝食での卵摂取が満腹感を高める(介入試験)** メタボリックシンドローム
Missimer A et al., Consuming Two Eggs per Day, as Compared to an Oatmeal Breakfast, Decreases Plasma Ghrelin while Maintaining the LDL/HDL Ratio. *Nutrients.* 2017, 9, 89.
- 57 卵殻膜の炎症性腸疾患改善メカニズム(動物試験、in vitro)** 抗酸化、抗炎症
Jia H et al., Eggshell membrane powder ameliorates intestinal inflammation by facilitating the restitution of epithelial injury and alleviating microbial dysbiosis. *Sci. Rep.* 2017 doi:10.1038/srep43993

58 米国の卵消費量の推移	Conrad Z et al., Time Trends and Patterns of Reported Egg Consumption in the U.S. by Sociodemographic Characteristics. <i>Nutrients</i> 2017; 9(4)	その他
59 卵白のタンパク質利用率は加熱をしても変わらない	Matsuoka R et al., Heating Has No Effect on the Net Protein Utilisation from Egg Whites in Rats. <i>Scientific World Journal</i> , 2017; 2017: 6817196. doi: 10.1155/2017/6817196.	栄養、吸収
60 コリンの摂取量が多いと肝がんリスクが低下 (症例対照研究)	Zhou RF et al., Higher dietary intakes of choline and betaine are associated with a lower risk of primary liver cancer: a case-control study. <i>Sci. Rep.</i> 2017 7(1):679.	がん
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62 糖尿病患者の卵摂取は心血管疾患リスクに影響を及ぼさない	Richard C et al., Impact of Egg Consumption on Cardiovascular Risk Factors in Individuals with Type 2 Diabetes and at Risk for Developing Diabetes: A Systematic Review of Randomized Nutritional Intervention Studies. <i>Can. J. Diabetes</i> . 2017.	循環器疾患
63 乳酸発酵卵白の血中脂質への影響 (介入試験)	Matsuoka R et al., Lactic-fermented egg white reduced serum cholesterol concentrations in mildly hypercholesterolemic Japanese men: a double-blind, parallel-arm design. <i>Lipids in Health and Disease</i> 2017, 16:101. doi:10.1186/s12944-017-0499-1	脂質、コレステロール
64 卵白加水分解物はマヨネーズの酸化を阻害する	Kobayashi H et al., Egg white hydrolysate inhibits oxidation in mayonnaise and a model system. <i>Biosci. Biotechnol. Biochem.</i> , 2017, 81(6):1206-1215. doi: 10.1080/09168451.2017.1290519.	抗酸化、抗炎症
65 ルテイン強化卵黄含有バターミルクは血管内皮機能や脂質代謝に影響なし (介入試験)	Sanne M. van der Made et al., One-year daily consumption of buttermilk drink containing lutein-enriched egg-yolks does not affect endothelial function in fasting and postprandial state. <i>Sci. Rep.</i> , 2017, 2: 7(1):1353.	循環器疾患
66 アヒル卵白ペプチドは骨形成を調節する (動物試験)	Hou T et al., Desalted Duck Egg White Peptides Promote Calcium Uptake and Modulate Bone Formation in the Retinoic Acid-Induced Bone Loss Rat and Caco-2 Cell Model. <i>Nutrients</i> , 2017, 12; 9(5).	運動、身体機能
67 卵白の脂質蓄積抑制効果 (動物試験)	Ochiai M et al., Egg white hydrolysate can be a low-allergenic food material to suppress ectopic fat accumulation in rats fed an equicaloric diet. <i>J. Nutr. Sci. Vitaminol.</i> , 2017, 63(2):111-119.	脂質、コレステロール
68 卵殻カルシウムは閉経後女性の骨量を増加させる (介入研究)	Sakai S et al., Effects of eggshell calcium supplementation on bone mineral density in postmenopausal Vietnamese women. <i>J. Nutr. Sci. Vitaminol.</i> , 2017, 63(2):119-124.	運動、身体機能
69 イランにおける卵の高摂取は脳卒中発症リスクを低下させる (症例対照研究)	Fallah-Moshkani R et al., A case-control study on egg consumption and risk of stroke among Iranian population. <i>J. Health Popul. Nutr.</i> , 2017, 36(1):28.	循環器疾患
70 卵の追加で健康的な食品の摂取が増加	Njike VY et al., Which foods are displaced in the diets of adults with type 2 diabetes with the inclusion of eggs in their diets? A randomized, controlled, crossover trial. <i>BMJ Open Diab. Res. Care</i> , 2017;5:e000411.	栄養、吸収
71 コリン・ベタインの摂取とCVDリスクの関係 (メタアナリシス)	Katie A M et al., Dietary choline and betaine and risk of CVD: A systematic review and meta-Analysis of prospective studies. <i>Nutrients</i> , 2017, 9(7), 711; doi: 10.3390/nu9070711.	循環器疾患
72 卵を週7個以上摂取でメタボリスク低下	Shin S et al., Egg consumption and risk of metabolic syndrome in Korean adults: Results from the health Examinees study. <i>Nutrients</i> , 2017, 9(7), 687. doi: 10.3390/nu9070687.	メタボリックシンドローム
73 軽度高コレステロール血症男性において卵1個の追加摂取はLDLの酸化を抑制する (介入研究)	Kishimoto Y et al., Additional consumption of one egg per day increases serum lutein plus zeaxanthin concentration and lowers oxidized low-density lipoprotein in moderately hypercholesterolemic males. <i>Food Res. Int.</i> , 2017	脂質、コレステロール
74 全卵摂取は糖尿病のビタミンD不足予防に有効 (動物試験)	Saande CJ et al., Dietary whole egg consumption attenuates body weight gain and is more effective than supplemental cholecalciferol in maintaining Vitamin D balance in type 2 diabetic rats. <i>J. Nutr.</i> , 2017	糖尿病
75 アメリカにおける食物由来コリン摂取量の調査	Wallace L C et al., Usual choline intakes are associated with egg and protein food consumption in the United States. <i>Nutrients</i> , 2017, 9: 839. doi: 10.3390/nu9080839	栄養、吸収
76 途上国での給食プログラムにおける卵の補給効果	Baum J et al., The effect of egg supplementation on growth parameters in children participating in a school feeding program in rural Uganda: a pilot study. <i>Food Nutr. Res.</i> , 2017; 61(1)	栄養、吸収
77 卵白由来リゾチームとキトサン糖複合体のカンジダ増殖抑制効果	Kageshima H et al., Inhibition of Growth of <i>Candida albicans</i> by a Lysozyme-chitosan Conjugate, LYZOX and its Combination with Decanoic Acid. <i>Med. Mycol. J.</i> , 2017, 58(3), J63-J69.	その他
78 ルーマニアの小児のコリン摂取量とその摂取源	Prelicz CH and Lotrean LM., Choline Intake and Its Food Sources in the Diet of Romanian Kindergarten Children. <i>Nutrients</i> , 2017, 9: 896. doi: 10.3390/nu9080896	栄養、吸収
79 家の中の鶏卵アレルギーは卵の摂取後に増加する	Trendelenburg V et al., Hen s egg allergen in house and bed dust is significantly increased after hen s egg consumption - a pilot study. <i>Allergy</i> , 2017, doi: 10.1111/all.13202	卵アレルギー
80 肥満女性の血清ビタミンB12レベルおよび栄養状態 (横断研究)	Baltaci D et al., Evaluation of serum Vitamin B12 level and related nutritional status among apparently healthy obese female individuals. <i>Niger J Clin Pract.</i> 2017, 20(1):99-105. doi: 10.4103/1119-3077.181401.	栄養、吸収
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82 全卵摂取は卵白よりも運動後の筋肉タンパク質合成を高める	Stephen VV et al., Consumption of whole eggs promotes greater stimulation of post-exercise muscle protein synthesis than consumption of isonitrogenous amounts of egg whites in young men. <i>Am. J. Clin. Nutr.</i>	運動、身体機能
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