

No.	文献リスト	カテゴリ
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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
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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
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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
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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
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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
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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
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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
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