

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なし(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>ESPEJN 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: 8402–8412	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.ait.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	卵白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) Bonnema 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
Samantha KJ et al., Whole egg consumption prevents diminished serum 25-hydroxycholecalciferol concentrations in type 2 diabetic rats. J. Agric. Food Chem. 2016, 64:120–124.	
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
Ann G. Liu et al., The effect of an egg breakfast on satiety in children and adolescents: A randomized crossover trial. J. Am. Coll. Nutr., 2015, 34:185–190.	
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
Luc Djoussé et al., Egg consumption and risk of type 2 diabetes: a meta-analysis of prospective studies. Am. J. Clin. Nutr., 2016, 103:474–480.	
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
Jo A et al., Associations between dietary intake and urinary bisphenol A and phthalates levels in Korean women of reproductive age. Int. J. Environ. Res. Public Health, 2016, doi: 10.3390/ijerph13070680	
34 卵摂取と非ホジキンリンパ腫のリスクは相関が無い(メタアナリシス)	がん
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発症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.	
40 腸内微生物叢とTMAOと卵の関係(介入試験)	その他
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
Alexander DD et al., Meta-analysis of egg consumption and risk of coronary heart disease and stroke. J. Am. Coll. Nutr., 2016, doi: 10.1002/mnfr.201600324.	
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
Erami K et al., Dietary egg yolk supplementation improves low-protein-diet-induced fatty liver in rats. J. Nutr. Sci. Vitaminol., 2016, 62:240–248.	
44 卵摂取量と前立腺がんに関連無し(コホート研究)	がん
Wilson KM et al., Meat, fish, poultry, and egg intake at diagnosis and risk of prostate cancer progression. Cancer Prev. Res. (Phila), 2016, pii: canprevres.0070.2016.	
45 タンパク質の種類と乳がんリスクの関係(メタアナリシス)	がん
Jing Wu et al., Dietary protein sources and incidence of breast cancer: a dose-response meta-analysis of prospective studies. Nutrients, 2016, 8: 730	
46 食習慣(主食、魚、卵、果物、野菜)と便秘の関係(疫学調査)	その他
Yang XJ et al., Epidemiological study: correlation between diet habits and constipation among elderly in Beijing region, World J. Gastroenterol., 2016, 22: 8806–8811.	
47 離乳期早期の卵摂取が卵アレルギーを予防(介入試験)	卵アレルギー
Natsume O et al., Two-step egg introduction for prevention of egg allergy in high-risk infants with eczema (PETIT): a randomized double-blind, placebo-controlled trial. Lancet, 2016.	
48 毎日の卵摂取が抗酸化力を高める(介入試験)	抗酸化、抗炎症
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
Kralik G et al., Poultry products enriched with nutraceuticals have beneficial effects on human health., Med Glas (Zenica), 2017 14(1). doi: 10.17392/879–16.	
51 卵摂取によりHDLの機能が改善(介入試験)	脂質、コレステロール
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
MP Ylilauri et al., Association of Dietary Cholesterol and Egg Intakes With the Risk of Incident Dementia or Alzheimer Disease: The Kuopio Ischaemic Heart Disease Risk Factor Study. Am. J. Clin. Nutr., 2017.	
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
Farvid MS et al., Dietary Protein Sources and All-Cause and Cause-Specific Mortality: The Golestan Cohort Study in Iran, Am. J. Prev. Med., 2017, 52(2): 237–248.	
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
Njike VY et al., Egg ingestion in adults with type 2 diabetes: effects on glycemic control, anthropometry, and diet quality—a randomized, controlled, crossover trial. BMJ Open Diabetes Research and Care 2016.	

56 朝食での卵摂取が満腹感を高める(介入試験) Missimer A et al., Consuming Two Eggs per Day, as Compared to an Oatmeal Breakfast, Decreases Plasma Ghrelin while Maintaining the LDL/HDL Ratio. <i>Nutrients</i> . 2017, 9, 89.	メタボリックシンドローム
57 卵殻膜の炎症性腸疾患改善メカニズム(動物試験、in vitro) Jia H et al., Eggshell membrane powder ameliorates intestinal inflammation by facilitating the restitution of epithelial injury and alleviating microbial dysbiosis. <i>Sci. Rep.</i> 2017 doi:10.1038/srep43993	抗酸化、抗炎症
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
61 血中コリン濃度と心血管疾患リスクの関係(横断研究) Roe AJ et al., Choline and its metabolites are differently associated with cardiometabolic risk factors, history of cardiovascular disease, and MRI-documented cerebrovascular disease in older adults. <i>Am. J. Clin. Nutr.</i> 2017.	循環器疾患
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):120-124.	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GVD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(横断研究) 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 wgg 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 T 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(介入試験) 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 CR 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.13303	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
81 兵隊は卵白タンパク質は、卵タンパク質量を増加させ、肝臓のβ酸化促進により、体脂肪量を減少させる(動物試験) R Matsuoka et al., Dietary egg-white protein increases body protein mass and reduces body fat mass through an acceleration of hepatic β-oxidation in rats, <i>Br. J. Nutr.</i> , 2017, 118, 423-430	メタボリックシンドローム
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
83 卵摂取とCVDおよび糖尿病リスク(総説) Geiker NRW et al., Egg consumption, cardiovascular diseases and type 2 diabetes. <i>Eur. J. Clin. Nutr.</i> , 2017, doi: 10.1038/ejcn.2017.153.	循環器疾患または糖尿病

84 卵摂取の血清脂質への影響(メタアナリシス)	脂質、コレステロール
Rouhani WH et al., Effects of Egg Consumption on Blood Lipids: A Systematic Review and Meta-Analysis of Randomized Clinical Trials, <i>J. Am. Coll. Nutr.</i> , 2017, 1-12	
85 食事のタンパク質の質が高齢者のタンパク質同化に及ぼす影響	運動、身体機能
Kim IY et al., Quality of Meal Protein Determines Anabolic Response in Older Adults. <i>Clin. Nutr.</i> , 2017, pii: S0261-5614(17)31357-2.	
86 発酵キノコ菌床を摂取した産卵鶏では卵の生産性が高まる	その他
Yoshida S et al., Effect of Dietary Fermented Mushroom Bed on Egg Production in Laying Hens. <i>Biosci. Biotechnol. Biochem.</i> , 2017, 81(11):2204-2208.	
87 食事パターンは小児がん患者の体重増加および早期死亡と関連する(コホート研究)	がん
Eunjin S et al., Association of dietary patterns with overweight risk and all-cause mortality in children with cancer, <i>Nutr. Res. Pract.</i> , 2017, 11(6):492-499.	
88 幼児期早期の卵摂取はコリン血中濃度を改善する(介入試験)	栄養、吸収
Jannotti LL et al., Eggs early in complementary feeding increase choline pathway biomarkers and DHA: a randomized controlled trial in Ecuador, <i>Am J Clin Nutr.</i> 2017, 106(6):1482-1489.	
89 乳酸発酵卵白の内臓脂肪低減効果(介入試験)	メタボリックシンドローム
Matsuoka R et al., Lactic-fermented egg white improves visceral fat obesity in Japanese subjects – double-blind, placebo-controlled study, <i>Lipids Health Dis.</i> , 2017, 16(1):237.	
90 卵白オボアルブミンとリゾチームの共凝集の分子機構	その他
Iwashita K et al., Co-aggregation of ovalbumin and lysozyme, <i>Food Hydrocolloids</i> , 2017, 67, 206-215.	
91 卵白加水分解物は2型糖尿病マウスの耐糖能を改善する	糖尿病
Ochiai M et al., Egg white hydrolysate improves glucose tolerance in type-2 diabetic NSY mice, <i>J. Nutr. Sci. Vitaminol.</i> , 2017, 63(6):422-429.	
92 シンダ食品市場における卵の脂肪酸組成とω3強化卵の付加価値についての比較研究	栄養、吸収
Shahida AK et al., Comparative study of fatty-acid composition of table eggs from the Jeddah food market and effect of value addition in omega-3 bio-fortified eggs, <i>Saudi J. Biol. Sci.</i> , 2017, 24:929-935	
93 朝食における卵2個の摂取はCVDリスク因子を改善する(介入研究)	循環器疾患
Missimer A et al., Compared to an Oatmeal Breakfast, Two Eggs/Day Increased Plasma Carotenoids and Choline without Increasing Trimethyl Amine N-Oxide Concentrations. <i>J. Am. Coll. Nutr.</i> , 2018, 37(2):140-148.	
94 卵白タンパク質とそのペプチドの機能性(総説)	その他
Abeyrathne EDNS et al., Antioxidant, angiotensin-converting enzyme inhibitory activity and other functional properties of egg white proteins and their derived peptides – A review, <i>Poultry Science</i> , 2018, 0:1-7	
95 朝食での卵摂取は栄養状態や食習慣の改善に役立つ(介入研究)	栄養、吸収
Taguchi C et al., Regular egg consumption at breakfast by Japanese woman university students improves daily nutrient intakes: open-labeled observations. <i>Asia Pac J Clin Nutr.</i> 2018, 27(2):359-365.	
96 地中海食における卵摂取と脂質異常の関連(コホート研究)	脂質、コレステロール
Vazquez-Ruiz Zet al., Egg consumption and dyslipidemia in a Mediterranean cohort, <i>Nutr Hosp.</i> 2018;35:153-161.	
97 幼児期の動物性タンパク質摂取と成長速度について(コホート研究)	運動、身体機能
Smith-Brown P et al., Growth and protein-rich food intake in infancy is associated with fat-free mass index at 2-3 years of age. <i>J Paediatr Child Health.</i> 2018, doi: 10.1111/jpc.13863.	
98 1日3個の卵摂取はLDL / HDL比を維持する(介入試験)	脂質、コレステロール
Lemos BS et al., Intake of 3 Eggs per Day When Compared to a Choline Bitartrate Supplement, Downregulates Cholesterol Synthesis without Changing the LDL/HDL Ratio, <i>Nutrients</i> , 2018, 10(2), 258, doi: 10.3390/nu10020258.	
99 卵摂取と血清コレステロールの関係(総説)	脂質、コレステロール
Christopher N. Blesso et al., Dietary Cholesterol, Serum Lipids, and Heart Disease: Are Eggs Working for or Against You?, <i>Nutrients</i> 2018, 10, 426; doi:10.3390/nu10040426	
100 卵白は加熱温度によって消化率および消化産物が異なる(in vitro)	栄養、吸収
Wang X et al., Effect of Different Heat Treatments on In Vitro Digestion of Egg White Proteins and Identification of Bioactive Peptides in Digested Products, <i>J Food Sci.</i> 2018, 25, doi: 10.1111/1750-3841.14107.	
101 卵摂取は小児の骨密度と関連する(横断研究)	運動、身体機能
Coholey LM et al., Whole egg consumption and cortical bone in healthy children. <i>Osteoporos Int.</i> 2018, doi: 10.1007/s00198-018-4538-1.	
102 卵のコリンは生物学的利用率が高い(介入研究)	栄養、吸収
Lemos BS et al., Effects of Egg Consumption and Choline Supplementation on Plasma Choline and Trimethylamine-N-Oxide in a Young Population. <i>J Am Coll Nutr.</i> 2018:1-8. doi: 10.1080/07315724.2018.1466213.	
103 卵摂取はCVDリスク低下に関連がある(コホート研究)	循環器疾患

Chenxi Qin et al., Associations of egg consumption with cardiovascular disease in a cohort study of 0.5 million Chinese adults. *Heart*. 2018, 1–8. doi:10.1136/heartjnl-2017-312651

- 104 乳幼児の卵摂取は発育に不可欠な栄養素と身長に関連する(横断研究)** 栄養、吸収
Yanni Papanikolaou et al., Egg Consumption in Infants Is Associated with Longer Recumbent Length and Greater Intake of Several Nutrients Essential in Growth and Development. *Nutrients* 2018, 10, 719; doi:10.3390/nu10060719
- 105 卵摂取は高血圧リスク低下と関連する(メタアナリシス)** メタボリックシンドローム
Yi Zhang et al., Red meat, poultry, and egg consumption with the risk of hypertension: a meta-analysis of prospective cohort studies. *Journal of Human Hypertension* 2018, https://doi.org/10.1038/s41371-018-0068-8
- 106 TMAOは単球を増加させ心血管疾患リスクの上昇に関連する(動物試験)** 循環器疾患
Haghikia A. et al., Gut Microbiota-Dependent Trimethylamine N-Oxide Predicts Risk of Cardiovascular Events in Patients With Stroke and Is Related to Proinflammatory Monocytes. *Arterioscler Thromb Vasc Biol*. 2018 Jul 5. doi: 10.1161/ATVBAHA.118.311023.
- 107 卵および魚の摂取は心不全リスクと関連なし(コホート研究)** 循環器疾患
Virtanen HEK et al., Intake of Different Dietary Proteins and Risk of Heart Failure in Men: The Kuopio Ischaemic Heart Disease Risk Factor Study. *Circ Heart Fail*. 2018 11(6):e004531.
- 108 卵摂取でインスリン抵抗性が低下(介入試験)** 糖尿病
Pourafshar S et al., Egg consumption may improve factors associated with glycemic control and insulin sensitivity in adults with pre- and type II diabetes. *Food Funct*. 2018 Aug 15;9(8):4469–4479. doi: 10.1039/c8fo00194d.
- 109 卵殻膜の創傷治癒メカニズム(動物試験)** その他
Vuong TT et al., Processed eggshell membrane powder regulates cellular functions and increase MMP-activity important in early wound healing processes. *PLoS One*. 2018;13(8):e0201975. doi: 10.1371/journal.pone.0201975.
- 110 卵のコレステロールは吸収されにくい(介入試験)** 脂質、コレステロール
Jung Eun Kim, Wayne W. Campbell, Dietary Cholesterol Contained in Whole Eggs Is Not Well Absorbed and Does Not Acutely Affect Plasma Total Cholesterol Concentration in Men and Women: Results from 2 Randomized Controlled Crossover Studies. *Nutrients* 2018, 10(9), 1272
- 111 小児期の卵摂取は青年期に悪影響を与えない** 脂質、コレステロール
Melanie M. Mott et al., Egg intake has no adverse association with blood lipids or glucose in adolescent girls. *Am. J. Clin. Nutr.* 2018, DOI: 10.1080/07315724.2018.1469437
- 112 中年男性の卵摂取は糖尿病リスクを低減する** 糖尿病
Lee J et al., Egg consumption is associated with a lower risk of type 2 diabetes in middle-aged and older men. *Nutr Res Pract*. 2018, 12(5):396–405.
- 113 乳幼児の卵摂取時期と卵アレルギーの発症の関係(メタアナリシス)** 卵アレルギー
Al-Saud B et al., Early introduction of egg and the development of egg allergy in children: a systematic review and meta-analysis. *Int Arch Allergy Immunol*. 2018;1–10. doi: 10.1159/000492131.
- 114 アルコール性脂肪肝に対するカラザ加水分解物の保護効果(動物試験)** 抗酸化
Yang KT et al., Protective effects of antioxidant egg-chalaza hydrolysates against chronic alcohol-consumption induced liver steatosis in mice. *J Sci Food Agric*. 2018 doi: 10.1002/jsfa.9426.
- 115 卵白加水分解物は、マウスの短期間の遊泳負荷試験による疲労を改善する(動物試験)** 抗酸化
Matsuoka R et al., Egg white hydrolysate improves fatigue due to short-term swimming load test in mice. *Food Sci Nutr*. 2018;6(8):2314–2320. doi: 10.1002/fsn3.810.
- 116 卵の摂取と慢性腎疾患(総説)** その他
Tallman DA et al., Egg Intake in Chronic Kidney Disease. *Nutrients*. 2018;10(12):1945. doi: 10.3390/nu10121945.
- 117 米国民健康栄養調査(2007–2010)に基づくコリン摂取と血圧の関係** その他
Taesuwan S et al., Relation of choline intake with blood pressure in the National Health and Nutrition Examination Survey 2007–2010. *Am J Clin Nutr*, 109(3):648–655.
- 118 卵白タンパク質補給が筋力および血清アミノ酸濃度に及ぼす影響(介入試験)** 運動、身体機能
Hida A et al., Effects of egg white protein supplementation on muscle strength and serum free amino acid concentrations. *Nutrients*. 2012;4(10):1504–17. doi: 10.3390/nu4101504.
- 119 食事由来コレステロールまたは卵摂取量と循環器疾患(CVD)および総死亡の発症リスクとの関連** 脂質、コレステロール
Zhong V.W. et al., Associations of Dietary Cholesterol or Egg Consumption With Incident Cardiovascular Disease and Mortality. *JAMA*. 2019;321(11):1081–1095.
- 120 米国の成人における卵と栄養素および心血管疾患の危険因子との関連(横断研究)** 循環器疾患
Melough MM et al., Association of eggs with dietary nutrient adequacy and cardiovascular risk factors in US adults. *Public Health Nutr*. 2019;1–10. doi: 10.1017/S1368980019000211.
- 121 卵白のメタボリックシンドローム軽減効果(総説)** メタボリックシンドローム
Shirouchi B et al., Alleviation of metabolic syndrome with dietary egg white protein. *J. Oleo Sci.*, 2019;517–524. doi:10.5650/jos.ess19084
- 122 卵アレルギーの治療における熱変性卵による治療方法(症例対照研究)** その他
Gotesdyner L et al., A structured graduated protocol with heat denatured eggs in the treatment of egg allergy. *Pediatr Allergy Immunol*. 2019. doi: 10.1111/pai.13115.
- 123 卵由来コリンと認知症リスクおよび認知機能との関係(コホート研究)** その他
Ylilauri MPT et al., Associations of dietary choline intake with risk of incident dementia and with cognitive performance: the Kuopio Ischaemic Heart Disease Risk Factor Study. *Am J Clin Nutr*. 2019. doi: 10.1093/ajcn/nqz148.
- 124 ポーランド人の食事パターンにおける卵の摂取と空腹時血糖値の関連(コホート研究)** 糖尿病
Czekajto-Kozłowska et al., Association between egg consumption and elevated fasting glucose prevalence in relation to dietary patterns in selected group of Polish adults. *Nutrition J.*, 2019, 18:90.
- 125 卵の摂取量とCVD発症リスク: 米国の3件の大規模コホート研究*1のプール解析と関連研究の系統的レビューおよびメタアナリシスのアップデート** 循環器疾患
Drouin-Chartier JP et al., Egg consumption and risk of cardiovascular disease: three large prospective US cohort studies, systematic review, and updated meta-analysis. *BMJ*. 2020, 321:11, 1081–1095.
- 126 卵の摂取量とCVD発症および総死亡リスクとの関連(コホート研究)** 循環器疾患
Xia X et al., Associations of egg consumption with incident cardiovascular disease and all-cause mortality. *Sci China Life Sci.*, 2020, 10. doi: 10.1007/s11427-020-1656-8.
- 127 過体重の米国人閉経後女性では卵白の摂取と比較し全卵摂取はHDLのコレステロール流出能を増加させる(介入試験)** 脂質、コレステロール
Sawrey-Kubicek L et al., Whole egg consumption compared with yolk-free egg increases the cholesterol efflux capacity of high-density lipoproteins in overweight, postmenopausal women. *Am J Clin Nutr*. 2019, 110(3):617–627.
- 128 卵黄リン脂質由来のコリンは酒石酸コリンよりも効率よく吸収される(介入試験)** その他
Smolders L et al., Natural choline from egg yolk phospholipids is more efficiently absorbed compared with choline bitartrate; outcomes of a randomized trial in healthy adults. *nutrients*. 2019, 11(11), 2758.
- 129 加熱変性卵による卵アレルギーの治療方法(症例対照研究)** アレルギー
Gotesdyner L et al., A structured graduated protocol with heat denatured eggs in the treatment of egg allergy. *Pediatr Allergy Immunol*. 2019. doi: 10.1111/pai.13115.
- 130 健康な米国人の若者では、卵由来のコレステロール摂取に対する応答性には個人差があるが、カロテノイドおよびコリンの濃度は影響を受けない(介入試験)** その他
DM DiMarco et al., Differences in response to egg-derived dietary cholesterol result in distinct lipoprotein profiles while plasma concentrations of carotenoids and choline are not affected in a young healthy population. *J. Sci. Food Agric.*, 2019. doi: 10.1016/j.jafr.2019.100014.

- 131 **卵の摂取量と2型糖尿病のリスク:米国の3件の大規模コホート研究のプール解析および関連研究の系統的レビューとメタアナリシスのアップデート** 糖尿病
Drouin-Chartier JP et al., Egg consumption and risk of type 2 diabetes: findings from 3 large US cohort studies of men and women and a systematic review and meta-analysis of prospective cohort studies. *Am J Clin Nutr.*, 2020, doi: 10.1093/ajcn/nqaa115,2020;00:1-12
- 132 **マラウイ農村部の乳児の成長に及ぼす卵の影響(介入試験)** 栄養、吸収
CP Stewart et al., The effect of eggs on early child growth in rural Malawi: the Mazira Project randomized controlled trial. *Am. J. Clin. Nutr.*, 2019,110:1026-1033.
- 133 **感染症の母親において妊娠中の血中コリン濃度が高いと、胎児の脳の発達を保護する(症例対照研究)** その他
Robert Freedman et al. Higher Gestational Choline Levels in Maternal Infection Are Protective for Infant Brain Development. *J. Pediatr.* 208:198-206 (2019)
- 134 **母親の血中コリン濃度と呼吸器感染症が出生児の脳の発達へ及ぼす影響(症例対照研究)** その他
Freedman R et al., Maternal choline and respiratory coronavirus effects on fetal brain development. *J. Psychiatr. Res.*, 128: 1-4 (2020)
- 135 **2型糖尿病リスク者において、高炭水化物食の代わりに卵の朝食を摂取すると心血管代謝のリスク因子に好影響(介入試験)** 糖尿病
Maki KC et al., Effects of substituting eggs for high-carbohydrate breakfast foods on the cardiometabolic risk-factor profile in adults at risk for type 2 diabetes mellitus. *Eur J Clin Nutr.* 2020, 74: 784-795.
- 136 **白人における動物性および植物性タンパク質の摂取量と総死亡率および原因特異性死亡率との関連性(コホート研究)** 循環器疾患
Huanget J et al., Association between Plant and Animal Protein Intake and Overall and Cause-Specific Mortality. *JAMA Intern Med.* 2020 Jul 12;:20207700.
- 137 **日本人の動物性および植物性タンパク質の摂取量と総死亡率および原因特異性死亡率との関連性(コホート研究)** 循環器疾患
Budhathoki S et al., Association of Animal and Plant Protein Intake with All-Cause and Cause-Specific Mortality in a Japanese Cohort. *JAMA Intern Med.* 2019 Nov 1;179(11):1509-1518.
- 138 **卵の摂取とコレステロール濃度との関連性:システマティックレビューとランダム化比較試験(RCT)のメタ分析** コレステロール
Li MY et al., Association between Egg Consumption and Cholesterol Concentration: A Systematic Review and Meta-analysis of Randomized Controlled Trials. *Nutrients.* 2020, 12, 1995.
- 139 **卵は米国人の不足栄養素の供給源として費用対効果が大い(コスト分析)** 栄養、吸収
Papanikolaou Y et al., Eggs Are Cost-Efficient in Delivering Several Shortfall Nutrients in the American Diet: A Cost-Analysis in Children and Adults. *Nutrients.* 2020, 11:12(8):2406.
- 140 **高齢者における食習慣と睡眠の関連性(9年間の追跡コホート研究)** その他
Fan H et al., Associations of dietary habits and sleep in older adults: a 9-year follow-up cohort study. *Eur Geriatr Med.*2020. doi:10.1007/s41999-020-00377-0.
- 141 **食事性コリン、トリメチルアミンN-オキシドの摂取はLdlr-/-およびApoe-/-雄マウスの動脈硬化発症に影響を与えない(動物試験)** 循環器疾患
P. Aldana-Hernández et al., Dietary Choline or Trimethylamine N-oxide Supplementation Does Not Influence Atherosclerosis Development in Ldlr-/- and ApoE-/- Male Mice. *Journal of Nutr.* 2020, 150:249-255.
- 142 **卵の摂取量とCVDリスク:前向きコホート研究のメタ分析** 循環器疾患
Godos J et al., Egg consumption and cardiovascular risk: a dose-response meta-analysis of prospective cohort studies. *Eur J Nutr.* 2020. doi: 10.1007/s00394-020-02345-7.
- 143 **全卵摂取は、過体重の閉経後女性の血漿TMAO濃度や腸内細菌叢に影響を与えずに血漿コリンとベタインを増加させる** 循環器疾患
Chenghao Zhu et al., Whole egg consumption increases plasma choline and betaine without affecting TMAO levels or gut microbiome in overweight postmenopausal women. *Nutr Res.* 2020, 78, 36-41.
- 144 **卵白加水分解物は精神疲労を軽減する:無作為化二重盲検試験** その他
Oe M et al., Egg white hydrolyzate reduces mental fatigue: randomized, double-blind, controlled study. *BMC Research Notes.*2020. doi:10.1186/s13104-020-05288-8.
- 145 **現代のタマゴの消費パターンの評価:イギリスの全国食事栄養調査(National Diet and Nutrition Survey; NDNS)における食事の質、栄養、健康状態との関連性** 栄養、吸収
Gibson S et al., Evaluating current egg consumption patterns: Associations with diet quality, nutrition and health status in the UK National Diet and Nutrition Survey. *Nutrition Bulletin.* 2020. doi: 10.1111/nbu.12462
- 146 **コリンの摂取は安定型狭心症(SAP)患者での急性心筋梗塞(AMI)発症リスクを高める** 循環器疾患
Van Parys A et al., Dietary choline is related to increased risk of acute myocardial infarction in patients with stable angina pectoris. *Biochimie.* 2020, 173:68-75.
- 147 **コロンビアの子供の赤身肉および卵の摂取頻度と血清フェリチン濃度との関係** 栄養、吸収
Oscar F et al., Red meat and egg intake and serum ferritin concentrations in Colombian children: results of a population survey, ENSIN-2015. *J Nutr Sci.* 2020, 9: e12. doi: 10.1017/jns.2020.5
- 148 **中高年男女の血漿コリンおよびベタインの予測因子としての食事パターン、食品群および栄養素** メタボリックシンドローム
Konstantinova SV et al., Dietary patterns, food groups, and nutrients as predictors of plasma choline and betaine in middle-aged and elderly men and women. *Am J Clin Nutr.* 2008, 88(6):1663-9.
- 149 **卵またはサプリメントでのコリン摂取は、メタボリックシンドローム患者の血漿コレステロールを変化させることなく、血漿コリンを増加させ、炎症マーカーであるIL-6を減少させる:無作為化クロスオーバー介入試験** メタボリックシンドローム
DiBella M et al., Choline Intake as Supplement or as a Component of Eggs Increases Plasma Choline and Reduces Interleukin-6 without Modifying Plasma Cholesterol in Participants with Metabolic Syndrome. *Am J Clin Nutr.* 2020 13:12(10): E3120. doi: 10.3390/nu12103120.
- 150 **中国成人の高い卵摂取量は糖尿病リスク上昇と関連した—中国健康・栄養調査** 糖尿病
Wang Y et al., Higher egg consumption associated with increased risk of diabetes in Chinese adults - China Health and Nutrition Survey. *Br J Nutr.* 2020. doi: 10.1017/S0007114520003955.