

No.	文献リスト	カテゴリ
1	<b>卵はカロテノイドの吸収を促進する(介入試験)</b> 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	<b>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)</b> 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	<b>卵黄は血中カロテノイド濃度を改善(介入試験)</b> 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	<b>糖尿病患者の卵摂取は炎症を改善する(介入試験)</b> 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	<b>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)</b> 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	<b>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)</b> 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	<b>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)</b> 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	<b>卵摂取量は心筋梗塞、脳卒中リスクと関連なし(コホート研究)</b> 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	<b>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)</b> 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	<b>卵の摂取量は冠動脈石灰化と関連なし(コホート研究)</b> Jeremy M R et al., Association of egg consumption and calcified atherosclerotic plaque in the coronary arteries: the NHLBI Family Heart Study. <i>ESPEJ.</i> , 2014, 9: e131–e135.	循環器疾患
11	<b>卵の摂取量は食事の質と関連あり</b> 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	<b>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)</b> 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	<b>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)</b> 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	<b>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)</b> 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	<b>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</b> 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	<b>卵殻膜加水分解物は、UV照射によるシワを改善(動物試験)</b> 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	<b>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)</b> 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	<b>卵の摂取量と冠動脈疾患リスクは関連なし(コホート研究)</b> 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	<b>卵黄ペプチドは抗酸化およびACE阻害活性を有する(in vitro)</b> 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	<b>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)</b> 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	<b>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)</b> 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	<b>卵白加水分解物は肥満関連因子を改善する(動物試験)</b> 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	<b>ルテイン強化卵黄の摂取により視力が改善(介入試験)</b> 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	<b>調理法によって卵カロテノイドの吸収が変わる(in vitro)</b> 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	<b>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)</b> 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	<b>新しいコレステロール分析法の提唱</b> 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	<b>朝食に卵摂取で食欲が抑制される(介入試験)</b> 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	<b>卵白ペプチドの抗炎症作用とそのメカニズム(in vitro)</b>	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. <i>J Agric. Food Chem.</i> , 2013, 61:2120–2129.	
<b>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)</b>	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. <i>Nutrients.</i> , 2015, 7:3449–3463.	
<b>30 卵で2型糖尿病のビタミンD欠乏予防(動物試験)</b>	糖尿病
Samantha KJ et al., Whole egg consumption prevents diminished serum 25-hydroxycholecalciferol concentrations in type 2 diabetic rats. <i>J. Agric. Food Chem.</i> 2016, 64:120–124.	
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<b>32 卵摂取量と糖尿病リスクは地域差あり(コホート研究)</b>	糖尿病
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<b>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)</b>	その他
Jo A et al., Associations between dietary intake and urinary bisphenol A and phthalates levels in Korean women of reproductive age. <i>Int. J. Environ. Res. Public Health</i> , 2016, doi: 10.3390/ijerph13070680	
<b>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)</b>	がん
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<b>35 鉄欠乏性貧血に卵白が効果あり(動物試験)</b>	栄養、吸収
Kobayashi Y et al., Egg yolk protein delays recovery while ovalbumin is useful in recovery from iron deficiency anemia. <i>Nutrients</i> . 2015, 7:4792–4803.	
<b>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)</b>	循環器疾患
J. Díez-Espino et al., Egg consumption and cardiovascular disease according to diabetic status: The PREDIMED study. <i>Clin. Nutr.</i> , 2016.	
<b>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)</b>	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. <i>Am. J. Clin. Nutr.</i> , 2016, 104:629–637.	
<b>38 サルコペニア予防に卵は最適(総説)</b>	運動、身体機能
Alison S et al., Considering the benefits of egg consumption for older people at risk of sarcopenia. <i>Br. J. Community Nurs.</i> , 2016, 21:305–309.	
<b>39 卵はビタミンEの吸収を促進(介入試験)</b>	栄養、吸収
Kim JE et al., Egg Consumption increases Vitamin E absorption from co-consumed raw mixed vegetables in healthy young men. <i>J. Nutr.</i> , 2016, doi : 10.3945/jn.116.236307.	
<b>40 腸内微生物叢とTMAOと卵の関係(介入試験)</b>	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. <i>Mol. Nutr. Food Res.</i> , 2016	
<b>41 卵摂取量と心疾患リスクに相関無し(メタアナリシス)</b>	循環器疾患
Alexander DD et al., Meta-analysis of egg consumption and risk of coronary heart disease and stroke. <i>J. Am. Coll. Nutr.</i> , 2016, doi: 10.1002/mnfr.201600324.	
<b>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)</b>	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. <i>JAMA</i> . 2016, 316:1181–1192.	
<b>43 卵黄が脂肪肝を改善(動物試験)</b>	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. <i>J. Nutr. Sci. Vitaminol.</i> , 2016, 62:240–248.	
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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. <i>Lancet</i> , 2016.	
<b>48 毎日の卵摂取が抗酸化力を高める(介入試験)</b>	抗酸化、抗炎症
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<b>49 卵黄ペプチドの抗酸化能、ACE阻害活性(in vitro)</b>	抗酸化、抗炎症
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<b>50 卵や家禽肉の栄養学的特徴</b>	栄養、吸収
Kralik G et al., Poultry products enriched with nutraceuticals have beneficial effects on human health. <i>Med Glas (Zenica)</i> , 2017 14(1). doi: 10.17392/879–16.	
<b>51 卵摂取によりHDLの機能が改善(介入試験)</b>	脂質、コレステロール
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<b>52 TMAOと卵摂取の関係(介入試験)</b>	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. <i>Lipids</i> 2017.	
<b>53 卵の摂取は認知機能に効果がある(コホート研究)</b>	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. <i>Am. J. Clin. Nutr.</i> , 2017.	
<b>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)</b>	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. <i>Am. J. Prev. Med.</i> , 2017, 52(2): 237–248.	
<b>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)</b>	糖尿病
Nijke VY et al., Egg ingestion in adults with type 2 diabetes: effects on glycemic control, anthropometry, and diet quality—a randomized, controlled, crossover trial. <i>BMJ Open Diabetes Research and Care</i> 2016.	

<b>56 朝食での卵摂取が満腹感を高める(介入試験)</b> 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
<b>57 卵殻膜の炎症性腸疾患改善メカニズム(動物試験、in vitro)</b> 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
<b>58 米国の卵消費量の推移</b> 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
<b>59 卵白のタンパク質利用率は加熱をしても変わらない</b> 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
<b>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)</b> 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
<b>61 血中コリン濃度と心血管疾患リスクの関係(横断研究)</b> 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
<b>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</b> 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
<b>63 乳酸発酵卵白の血中脂質への影響(介入試験)</b> 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
<b>64 卵白加水分解物はマヨネーズの酸化を阻害する</b> 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
<b>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)</b> 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
<b>66 アヒル卵白ペプチドは骨形成を調節する(動物試験)</b> 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
<b>67 卵白の脂質蓄積抑制効果(動物試験)</b> 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
<b>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)</b> 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
<b>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)</b> 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
<b>70 卵の追加で健康的な食品の摂取が増加</b> 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
<b>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)</b> 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
<b>72 卵を週7個以上摂取でメタボリスク低下(横断研究)</b> 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
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