

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. Am J Clin Nutr., 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. Am J Clin Nutr., 2015, 101:705-	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. Food. Funct., 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. Nutrients., 2015,	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. Metabolism., 2013,	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. Nutrients., 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. Br J Nutr. 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. Am. J. Clin. Nur., 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. Nutrients., 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. ESPEN J., 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. Nutrients., 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. J. Nutr., 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. Atherosclerosis., 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. J. Med. Food., 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. Allergol. Int., 2015, http://dx.doi.org/10.1016/j.alit.2015.10.005	卵アレルギー
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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. Am. J. Clin. Nutr., 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. Int. J. Mol. Sci., 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. Diabetologia., 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). PLoS One., 2016, 11: e0147729.	メタボリックシンドローム
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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. J. Ophthalmol., 2016	運動、身体機能
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25	冠動脈疾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. Am. Heart J., 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. Food Chemistry, 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. Int. J. Food Sci. Nutr., 2016, 16:1-9.	メタボリックシンドローム
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48	毎日の卵摂取が抗酸化力を高める(介入試験) 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	抗酸化、抗炎症
49	卵黄ペプチドの抗酸化能、ACE阻害活性(in vitro) Yousr M et al., Antioxidant and ACE Inhibitory Bioactive Peptides Purified from Egg Yolk Proteins. Int. J. Mol. Sci., 2015, 16(12):29161-78.	抗酸化、抗炎症
50	卵や家禽肉の栄養学的特徴 Kralik G et al., Poultry products enriched with nutrients have beneficial effects on human health., Med Glas (Zenica), 2017 14(1). doi: 10.17392/879-16.	栄養、吸収
51	卵摂取によりHDLの機能が改善(介入試験) 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.	脂質、コレステロール
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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. Sci. Rep. 2017 doi:10.1038/srep43993	抗酸化、抗炎症
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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. Sci. Rep. 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. Am. J. Clin. Nutr.	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. Can. J. Diabetes. 2017.	循環器疾患

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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
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(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
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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
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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
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79	家の中の鶏卵アレルゲン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
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