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鸡蛋的营养成分表...

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鸡蛋的营养成分表... 3... 300... 230... 2... 2015... Choline... Trimethylamine... TMA... Trimethylamine-N-oxide... TMAO... <http://www.thesweetestoccasion.com> Framingham Study and Offspring study... 24... 660... 1277... 4... 2013... 17... American Journal of Clinical Nutrition... 12... 22... 4.6... 12... 7... 5... ok... Bennion and Warren, 1993. Temperature and its effect on egg size in the domestic fowl. *Poult Sci* 12:69-82. Yi et al., 2014. Genetic analysis for dynamic changes of egg weight in 2 chicken lines. *Poult Sci* 93:2963-9. Dawber et al., 1982. Eggs, serum cholesterol, and coronary heart disease. *Am. J. Clin. Nutr* 36:617-25. Imamura et al., 2009. Generalizability of dietary patterns associated with incidence of type 2 diabetes mellitus. *Am. J. Clin. Nutr.* 90:1075-83. Sasazuki et al., 2001. Case-control study of nonfatal myocardial infarction in relation to selected foods in Japanese men and women. *Jpn. Circ. J.* 65:200-6. Rong et al., 2013. Egg consumption and risk of coronary heart disease and stroke: dose-response meta-analysis of prospective cohort studies. *BMJ* doi: <http://dx.doi.org/10.1136/bmj.e8539>. Djoussé et al., 2016. Egg consumption and risk of type 2 diabetes: a meta-analysis of prospective studies. *Am J Clin Nutr* doi: 10.3945/ajcn.115.119933. Dr. Jim (Dr. Jim)







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