

Recent ENC-Funded Research Publications

- Katz DL, Gnanaraj J, Treu JA, Ma Y, Kavak Y, Njike VY. Effects of egg ingestion on endothelial function in adults with coronary artery disease: a randomized, controlled, crossover trial. *Am Heart J.* 2015; 169:162-9.
- Alwattar AY, Thyfault JP, Leidy HJ. The effect of breakfast type and frequency of consumption on glycemic response in overweight/obese late adolescent girls. *Eur J Clin Nutr.* 2015;69:885-98.
- Shen Q, Riedl KM, Cole RM, Lehman C, Xu L, Alder H, Belury M, Schwartz SJ, Ziouzenkova O. Egg yolks inhibit activation of NF-kappaB and expression of its target genes in adipocytes after partial delipidation. *J Agric Food Chem.* 2015;63:2013-25.
- Freese EC, Gist NH, Acitelli RM, McConnell WJ, Beck CD, Hausman DB, Murrow JR, Cureton KJ, Evans EM. Acute and chronic effects of sprint interval exercise on postprandial lipemia in women at-risk for the metabolic syndrome. *J Appl Physiol.* 2015;118:872-9.
- Buendia JR, Bradlee ML, Singer MR, Moore LL. Diets Higher in Protein Predict Lower High Blood Pressure Risk in Framingham Offspring Study Adults. *Am J Hyperten.* 2015;28:372-9.
- Liu AG, Puyau RS, Han H, Johnson WD, Greenway FL, Dhurandhar NV. The Effect of an Egg Breakfast on Satiety in Children and Adolescents: A Randomized Crossover Trial. *J Am Coll Nutr.* 2015;34:185-90.
- Xu L, Shen Q, Mao Z, Lee L J, Ziouzenkova O. Encapsulation thermogenic preadipocytes for transplantation into adipose tissue depots. *J Vis Exp.* 2015; e52806.
- Park YM, Heden TD, Liu Y, Nyhoff LM, Thyfault JP, Leidy HJ, Kanaley JA. A high-protein breakfast induces greater insulin and glucose-dependent insulinotropic peptide responses to a subsequent lunch meal in individuals with type 2 diabetes. *J Nutr.* 2015;145:452-8.
- Clayton ZS, Scholar KR, Shelechi M, Hernandez LM, Barber AM, Petrisko YJ, Hooshmand S, Kern M. Influence of Resistance Training Combined with Daily Consumption of an Egg-based or Bagel-based Breakfast on Risk Factors for Chronic Diseases in Healthy Untrained Individuals. *J Am Coll Nutr.* 2015;34:113-119.
- Kim JE, Gordon SL, Ferruzzi MG, Campbell WW. Effects of egg consumption on carotenoid absorption from co-consumed raw vegetables. *Am J Clin Nutr.* 2015;102:75-83.
- Berger S, Raman G, Vishwanathan R, Jacques P, Johnson E. Dietary cholesterol and cardiovascular disease: A systematic review and meta-analysis. *Am J Clin Nutr.* 2015;102:276-94.
- Ballesteros MN, Valenzuela F, Robles AE, Artalejo E, Aguilar D, Andersen CJ, Valdez H, Fernandez ML. One Egg per Day Improves Inflammation when Compared to an Oatmeal-Based Breakfast without Increasing Other Cardiometabolic Risk Factors in Diabetic Patients. *Nutrients.* 2015;7:3449-63.
- Davenport C, Yan J, Taesuwan S, Shields K, West AA, Jiang X, Perry CA, Malysheva OV, Stabler SP, Allen RH, Caudill MA. Choline intakes exceeding recommendations during human lactation improve breastmilk choline content by increasing PEMT pathway metabolites. *J Nutr Biochem.* 2015; 26:903-11.
- Baum JJ, Gray M, Binns A. Breakfasts Higher in Protein Increase Postprandial Energy Expenditure, Increase Fat Oxidation, and Reduce Hunger in Overweight Children from 8 to 12 Years of Age. *J Nutr.* 2015;145:2229-35.
- Tran NL, Barraji LM, Heilman JM, Scrafford CG. Egg consumption and cardiovascular disease among diabetic individuals: a systematic review of the literature. *Diab Met Syn Obes.* 2014;7:121-137.
- Bayham BE, Greenway FL, Johnson WD, Dhurandhar NV. A randomized trial to manipulate the quality instead of quantity of dietary proteins to influence the markers of satiety. *J Diab Complications.* 2014;28:547-52.

- West AA, Shih Y, Wang W, Oda K, Jaceldo-Siegl K, Sabaté J, Haddad E, Rajaram S, Caudill MA, Burns-Whitmore B. Egg n-3 Fatty Acid Composition Modulates Biomarkers of Choline Metabolism in Free-Living Lacto-Ovo-Vegetarian Women of Reproductive Age. *J Acad Nutr Diet*. 2014;114:1594-1600.
- Miller CA, Corbin KD, daCosta, K, Zhang S, Zhao X, Galanko JA, Blevins T, Bennett BJ, O'Connor, A Zeisel SH. Effect of egg ingestion on TMAO production in humans: a randomized controlled dose-response. *Am J Clin Nutr*. 2014;100:778-86.
- Andersen CJ, Lee JY, Blesso CN, Carr TP, Fernandez ML. Egg Intake during Carbohydrate Restriction Alters Peripheral Blood Mononuclear Cell Inflammation and Cholesterol Homeostasis in Metabolic Syndrome. *Nutrients*. 2014;6:2650-2667.
- Freese, EC, Acitelli RM, Gist NH, Cureton KJ, Evans EM, O'Connor, PJ. Effect of 6-weeks of sprint interval training and nutrition meetings on mood and perceived health in women at-risk for metabolic syndrome. *J Sport Exerc Psychol*. 2014;36:610-8.
- Perry CA, West AA, Gayle A, Lucas LK, Yan J, Jiang X, Malysheva O, Caudill MA. Pregnancy and lactation alter biomarkers of biotin metabolism in women consuming a controlled diet. *J Nutr*. 2014;144:1977-84.
- Hoertel HA, Will MK, Leidy HJ. A randomized crossover, pilot study examining the effects of a normal protein vs. high protein breakfast on food cravings and reward signals in overweight/obese "breakfast skipping," late-adolescent girls. *Nutr J*. 2014;13:80.
- Volk BM, Kunces LJ, Freidenreich DJ, Kupchak BR, Saenz C, Artistizabal JC, Fernandez ML, Bruno RS, Maresh CM, Kraemer WJ, Phinney SD, Volek JS. Effects of step-wise increases in dietary carbohydrate on circulating saturated fatty acids and palmitoleic acid in adults with metabolic syndrome. *PLoS One*. 2014;9(11):e113605.
- Blesso, CN, Anderson CJ, Barona J, Volk, B, Volek, J, Fernandez, ML. Effects of carbohydrate restriction and dietary cholesterol provided by eggs on clinical risk factors in metabolic syndrome. *J Clin Lipidol*. 2013;7:463-471.
- Andersen CJ, Blesso CN, Lee J, Barona J, Shah D, Thomas MJ, Fernandez, ML. Egg Consumption Modulates HDL Lipid Composition and Increases the Cholesterol-Accepting Capacity of Serum in Metabolic Syndrome. *Lipids*. 2013 ;48(6):557-67.
- Blesso CN, Andersen CJ, Bolling BW, Fernandez ML. Egg intake improves carotenoid status by increasing plasma HDL cholesterol in adults with metabolic syndrome. *Food Funct*. 2013;4:213-21.
- Tang M, Armstrong CL, Leidy HJ, Campbell WW. Normal vs. high-protein weight loss diets in men: effects on body composition and indices of metabolic syndrome. *Obesity*. 2013;21:E204-10.
- Leidy HJ, Ortinau LC, Douglas SM, Hoertel HA. Beneficial effects of a higher-protein breakfast on the appetitive, hormonal, and neural signals controlling energy intake regulation in overweight/obese, "breakfast-skipping," late-adolescent girls. *Am J Clin Nutr*. 2013;97:677-88.
- Rueda JM, Khosla P. Impact of Breakfasts (with or without Eggs) on Body Weight Regulation and Blood Lipids in University Students over a 14-Week Semester. *Nutrients*. 2013;5:5097-113.
- West AA, Yan J, Jiang X, Perry CA, Innis SM, Caudill MA. Choline intake influences phosphatidylcholine DHA enrichment in nonpregnant women but not in pregnant women in the third trimester. *Am J Clin Nutr*. 2013;97:718-27.
- Yan J, Jiang X, West AA, Perry CA, Malysheva OV, Brenna JT, Stabler SP, Allen RH, Gregory JF 3rd, Caudill MA. Pregnancy alters choline dynamics: results of a randomized trial using stable isotope methodology in pregnant and nonpregnant women. *Am J Clin Nutr*. 2013;98:1459-67.
- Blesso CN, Andersen CJ, Barona J, Volek JS, Fernandez ML. 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;62:400-10.

- Tang M, Leidy HJ, Campbell WW. Regional, but not total, body composition changes in overweight and obese adults consuming a higher protein, energy-restricted diet are sex specific. *Nutr Res.* 2013;33:629-35.
- Barona J, Fernandez ML. Dietary Cholesterol Affects Plasma Lipid Levels, the Intravascular Processing of Lipoproteins and Reverse Cholesterol Transport without Increasing the Risk for Heart Disease. *Nutrients.* 2012;4:1015-1025.
- Jiang X, Bar HY, Yan J, West AA, Perry CA, Malysheva OV, Devapatla S, Pressman E, Vermeulen FM, Wells MT, Caudill MA. Pregnancy induces transcriptional activation of the peripheral innate immune system and increases oxidative DNA damage among healthy third trimester pregnant women. *PLoS One.* 2012;7(11): e46736.
- Jiang X, Bar HY, Yan J, Jones S, Brannon PM, West AA, Perry CA, Ganti A, Pressman E, Devapatla S, Vermeulen F, Wells MT, Caudill MA. A higher maternal choline intake among third-trimester pregnant women lowers placental and circulating concentrations of the antiangiogenic factor fms-like tyrosine kinase-1 (sFLT1). *FASEB J.* 2013;27:1245-53.
- Kanter MM, Kris-Etherton PM, Fernandez ML, Vickers KC, Katz DL. Exploring the factors that affect blood cholesterol and heart disease risk: is dietary cholesterol as bad for you as history leads us to believe. *Adv Nutr.* 2012;3:711-7.
- Nicklas, TA, O'Neil, CE, Fulgoni VL 3rd. Diet Quality Is Inversely Related to Cardiovascular Risk Factors in Adults *J Nutr.* 2012;142:2112-8.
- Norton LE, Wilson GJ, Layman DK, Moulton CJ, Garlick PJ. Leucine content of dietary proteins is a determinant of postprandial skeletal muscle protein synthesis in adult rats. *Nutr Metab (Lond).* 2012;9:67.
- Jiang X, Yan J, West AA, Perry CA, Malysheva OV, Devapatla S, Pressman E, Vermeulen F, Caudill MA. Maternal choline intake alters the epigenetic state of fetal cortisol-regulating genes in humans. *FASEB J.* 2012;26:3563-74.
- Wilson GJ, Moulton CJ, Garlick PJ, Anthony TG, Layman DK. Post-Meal Responses of Elongation Factor 2 (eEF2) and Adenosine Monophosphate-Activated Protein Kinase (AMPK) to Leucine and Carbohydrate Supplements for Regulating Protein Synthesis Duration and Energy Homeostasis in Rat Skeletal Muscle. *Nutrients.* 2012;4:1723-39.
- Houston DK, Ding J, Lee JS, Garcia M, Kanaya AM, Tyllavsky FA, Newman AB, Visser M, Kritchevsky SB. Dietary fat and cholesterol and risk of cardiovascular disease in older adults: The Health ABC Study. *Nutr Metab Cardiovasc Dis* 2011;21:430-437.
- Leidy HJ, Tang M, Armstrong CL, Martin CB, Campbell WW. The Effects of Consuming Frequent, Higher Protein Meals on Appetite and Satiety During Weight Loss in Overweight/Obese Men. *Obesity* 2011;19:818-824.
- Wilson, GJ, Layman DK, Moulton, CJ, Norton, LE, Anthony, TG, Christopher G. Proud, S. Indu Rupassara and Garlick, PJ. Leucine or carbohydrate supplementation reduces AMPK and eEF2 phosphorylation and extends postprandial muscle protein synthesis in rats *Am J Physiol Endocrinol Metab.* 2011: 301:E1236-E1242.