

ALL EGGS



- All eggs naturally contain 14 essential nutrients, 6 grams of protein and only 70 calories.
- Eggs are a good source of choline, folate, iron, selenium, phosphorus, thiamin, zinc and vitamin A, B6, B12, D and E.
- Two eggs are considered one serving, according to Canada's Food Guide.
- All farmers work with feed nutritionists and veterinarians to ensure that the best care possible is provided for their hens.
- Hens are fed a balanced diet, consisting of grains, vitamins and minerals. In Alberta, the main ingredient is wheat.
- Adding calcium to the feed ensures that the hen has enough calcium to produce the hard shell

WHITE OR BROWN?

Egg shell colour is determined by the type of hen that lays it.

White eggs are laid by white-feathered hens, these are the most common laying hens in Canada. Brown-egg hens usually lay brown eggs. Brown eggs cost more because brown hens are larger than white ones and eat more feed. There is no nutritional difference.



Get to know your Alberta egg farmers.

Sunrise Colony



Visit www.eggs.ab.ca
to learn more about
Alberta's egg farming families!



HEALTHY BIRDS
HEALTHY FARMS **HEALTHY EGGS**
HEALTHY COMMUNITIES

A Guide To Choosing Eggs



SO, WHAT IS THE DIFFERENCE?



Enriched Eggs

Housing - Enriched housing gives hens more room to stretch, spread their wings and express more natural behaviours. These include perching, scratching, and laying their eggs in a private nesting area. Housing hens in smaller social groups also helps to reduce stress for the birds, which translates into better environmental sustainability and affordability.

Feed - Hens are fed a traditional diet of grains, vitamins and minerals

Free-Run Eggs

Housing - Hens are housed on the floor of the barn with no access to outdoors. Feed and water are available throughout the barn for 10 to 20 hens at a time.

Feed - Along with traditional feed, hens may also eat what they find on the barn floor.

Vitamin-Enriched Eggs

Nutrition - These eggs have more Vitamin E, Vitamin B12 and folacin than regular eggs.

Feed - The hens are fed a traditional feed that contains higher levels of certain nutrients.



Free-Range Eggs

Housing - Hens are housed together on barn floors, with food and water provided at stations throughout the barn. Hens also have daily access to an outdoor pen or pasture, as weather permits.

Feed - Along with traditional feed, hens may also eat what they find outside or on the barn floor.

Organic Eggs

Housing - These hens are raised in free range barns and are required to have some access to the outdoors, weather permitting.

Feed - All ingredients in the feed are certified organic. Hens may also eat what they find outside or on the barn floor.

Omega-3 Eggs

Nutrition - These eggs have more Omega-3 than regular eggs.

Feed - The feed contains ground flax seed, fish oil, or other DHA sources, which results in the eggs having a higher Omega-3 content.

DID YOU KNOW?



- It takes about 7 days for eggs to go from the farm, to the grading station, to the grocery store.

- In Alberta, over 80% of egg farms are run by Hutterite Colonies.

- Eggs go to a CFIA grading station prior to the grocery store, where they are weighed, candled, washed and graded. Because the egg is washed, the natural protective coating is removed, which is why here in Canada, we refrigerate eggs.

- The average hen will naturally lay one egg every 36 hours, or about 320 eggs in one year!

- Eggs in Alberta are produced according to the same Canada Grade A standard for quality, freshness, and cleanliness.



- All eggs in Canada are part of the Egg Quality Assurance (EQA) program, ensuring each egg is of highest quality. Look for the EQA logo on egg cartons at your local grocery store.



SIZE

Eggs are sorted into sizes at the grading stations based on weight, not circumference. Most recipes call for large eggs.

Grading stations label eggs over 63 grams as double yolk eggs. Typically 80% of the eggs in double yolk cartons have two yolks.



Peewee
Less than 42 grams



Small
At least 42 grams



Medium
At least 49 grams



Large
At least 56 grams



Extra Large
At least 63 grams



Double Yolk
Over 63 grams



Jumbo
At least 70 grams