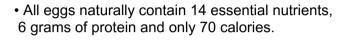
# **ALL EGGS**

#### Get to know your Alberta egg farmers.

# **A Guide To Choosing Eggs**



- 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-feathered 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.



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



**HEALTHY BIRDS** 





# **SO, WHAT IS THE DIFFERENCE?**

# **DID YOU KNOW?**



### **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.

# 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.

#### 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 flloor.

#### **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.



• 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 Hutteritte 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 cleaniness.



• 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.



