



The most common are white- and brown-shelled eggs. Identical in nutrient value, the only real difference between the two is the breed of hen they come from. White-shelled eggs are from hens with white feathers, while brown-shelled eggs are from hens with brown feathers.



Nutrition Facts	
Per 1 large egg (50 g)	
Amount	% Daily Value
Calories 77	
Fat 5g	8%
Saturated 2g	8%
+ Trans 0g	
Cholesterol 212mg	71%
Sodium 62mg	3%
Carbohydrates 1g	0%
Fibre 0g	0%
Sugars 1g	
Protein 6g	
Vitamin A 6%	Vitamin C 0%
Calcium 2%	Iron 3%

Storage & handling

- Eggs must always be refrigerated at 4° C or lower.
- When stored at room temperature, they lose more quality in one day than in a week in the refrigerator.
- Store eggs in the carton they come in so they are not exposed to odours.
- Eggs should be used within a week but can be refrigerated up to a month if the shells are intact.
- Leftover yolks can be covered with cold water and kept in the refrigerator, tightly covered, for up to 3 days. They can also be frozen if salt, sugar or corn syrup are added.
- Fresh egg whites can be refrigerated up to 4 days and frozen up to 6 months.
- Hard cooked eggs can be refrigerated for up to a week.



Grade A eggs are identifiable by the Canada A symbol on egg cartons. This symbol is the consumer's guarantee of top quality.

RECOMMENDED STORAGE TIME FOR EGGS

Fresh shell eggs	By "best before date"
Leftover yolks or whites	Within 2 to 4 days
Hard-cooked eggs	Within 1 week
Prepared egg dishes	Within 3 to 4 days
Frozen whole eggs (blended)	Within 4 months

Tip!

- ☑ One *Canada's Food Guide* serving of meat and alternatives is 2 eggs. Teenage girls aged 14 to 18 need 2 servings of meat and alternatives each day, while teenage boys need 14 to 18 need 3 servings of meat and alternatives each day.



Processed egg products usually refer to eggs that are not in their shell. Eggs are broken by special egg breaking machines, then pasteurized and packaged in liquid, frozen or dried form. They often have added ingredients, which can include preservatives, flavour and colour.

Dried whole eggs provide a convenient product for hikers or backpackers who wish to cook eggs without worrying about refrigeration or breakage. The eggs can be reconstituted with water to make dishes such as pancakes or scrambled eggs.

Dried albumen and **meringue powder** are sometimes used in baking. Dried egg whites contain only egg whites and can be reconstituted for use in recipes that call for egg whites.

Meringue powder contains egg whites and other ingredients, including cornstarch and sugar, and can be reconstituted for use in icing or meringue recipes.



Nutrition Facts	
Per 100 ml dry whole egg, sifted	
Amount	% Daily Value
Calories 213	
Fat 14.7g	23%
Saturated 4.6g	23%
+ Trans 0g	
Cholesterol 616mg	205%
Sodium 188mg	8%
Carbohydrates 1.8g	1%
Fibre 0g	0%
Sugars 1.1g	
Protein 17g	
Vitamin A 10%	Vitamin C 0%
Calcium 8%	Iron 17%

Storage & handling

- In many dried egg products, glucose is removed before the egg white is dried. This produces dried egg white products with excellent storage stability.
- As long as they are kept dry, egg white solids are stable during storage even at room temperature. Spray-dried egg white with glucose removed has an almost infinite shelf life.
- Whipping aids may be added to produce dried egg white products for good whipping properties.

Tip!

- ☑ Did you know that liquid processed egg products must contain lecithin before they can be used as a thickener? Powdered egg substitutes can be better for baking than liquid products.
- ☑ One *Canada's Food Guide* serving of meat and alternatives is 2 eggs. Teenage girls aged 14 to 18 need 2 servings of meat and alternatives each day, while teenage boys need 14 to 18 need 3 servings of meat and alternatives each day.



Processed egg products usually refer to eggs that are not in their shell. Eggs are broken by special egg breaking machines, then pasteurized and packaged in liquid, frozen or dried form. They often have added ingredients, which can include preservatives, flavour and colour.

Liquid egg products contain pasteurized egg whites, a small amount of pasteurized yolk and other ingredients. Omega-3 fatty acids, in the form of fish oils, may be added. Liquid egg products can also be called **egg substitutes**.

- 50 ml (4 tbsp) is equivalent to 1 large egg
- One carton (250 ml) is equivalent to 5 large eggs

Liquid albumen is pasteurized egg white. It contains no fat or cholesterol, or any of the essential nutrients found in the yolk.

- 30 ml (2 tbsp) is equivalent to 1 large egg white
- 50 ml (4 tbsp) is equivalent to 1 large egg
- One carton (250 ml) is equivalent to 8 large egg whites

Low fat, yolk-replaced egg product contains egg whites and other ingredients and is usually frozen.

- 50 ml (4 tbsp) is equivalent to 1 large egg
- One carton (227 ml) is equivalent to 4 ½ large eggs



Nutrition Facts	
Per 100 ml liquid egg white	
Amount	% Daily Value
Calories 89	
Fat 3.5g	5%
Saturated 0.7g	3%
+ Trans 0g	
Cholesterol 1mg	0%
Sodium 188mg	8%
Carbohydrates 0.7g	0%
Fibre 0g	0%
Sugars 0g	
Protein 12.7g	
Vitamin A 4%	Vitamin C 0%
Calcium 5%	Iron 16%

Storage & handling

- Liquid whole egg and yolk must be maintained below 4.4° C and egg white below 7.2° C. They should be used as soon as soon as they are taken out of the refrigerator. They can be stored, unopened, for 2 to 6 days.
- Refrigerated liquid egg products with extended shelf life should be stored according to the processor's recommendations.
- When thawed, frozen whole egg becomes quite fluid and easy to handle. However, frozen raw yolk has a gelatin-like consistency. If yolk is blended with sugar, corn syrup or salt before it is frozen, the yolk will become fluid when thawed.
- Frozen egg products have a long shelf life when kept frozen at less than -12.2° C. Only as much as needed should be thawed in an unopened container in the refrigerator. The thawed product should be used as soon as possible after thawing.

Tip!

- ☑ Did you know that liquid processed egg products must contain lecithin before they can be used as a thickener?
- ☑ One *Canada's Food Guide* serving of meat and alternatives is 2 eggs. Teenage girls aged 14 to 18 need 2 servings of meat and alternatives each day, while teenage boys need 14 to 18 need 3 servings of meat and alternatives each day.

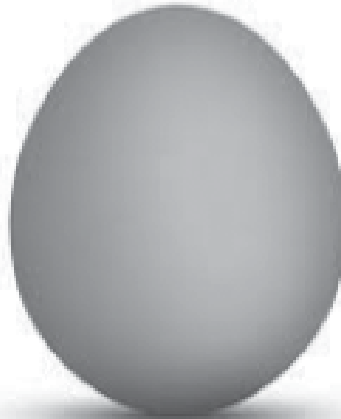


Organic eggs are produced with feed ingredients grown without pesticides, herbicides and commercial fertilizer. The nutrient content of these eggs is **no** different than the nutrient content of conventional eggs. Organic eggs, like conventional eggs, contain no antibiotics or hormones. Look for a "certified organic" mark plus the name or number of the certifying body on the label to ensure eggs are organic.

Omega-3 eggs are created by including 10 to 20 percent of flax in the hen's diet, which in turn gives these eggs a higher omega-3 fatty acid content than conventional eggs.

Free-range eggs and **free-run eggs** are those from hens that can roam freely in a barn and have access to nest boxes and perches. Free-range hens may also have access to an outdoor run. Aviary systems are a type of free-run facility where nest boxes and perches are tiered. The nutrient content of these eggs is no different than the nutrient content of eggs of hens raised in conventional cage housing systems.

Furnished eggs are those from hens that are raised in "enriched" or "colony" cage housing systems. These housing systems provide more floor space and height for hens to move around, while providing a variety of enrichments within the cage. This allows hens to express an increased variety of natural behaviours. Enrichments include nest boxes, perches, scratch pads and dust baths.



Nutrition Facts	
Per 1 large egg (50 g)	
Amount	% Daily Value
Calories 77	
Fat 5g	8%
Saturated 2g	8%
+ Trans 0g	
Cholesterol 212 mg	71%
Sodium 62mg	3%
Carbohydrates 1g	0%
Fibre 0g	0%
Sugars 1g	
Protein 6g	
Vitamin A 6%	Vitamin C 0%
Calcium 2%	Iron 3%

Storage & handling

- Eggs must always be refrigerated at 4° C or lower.
- When stored at room temperature, they lose more quality in one day than in a week in the refrigerator.
- Store eggs in the carton they come in so they are not exposed to odours.
- Eggs should be used within a week but can be refrigerated up to a month if the shells are intact.
- Leftover yolks can be covered with cold water and kept in the refrigerator; tightly covered, for up to 3 days. They can also be frozen if salt, sugar or corn syrup are added.
- Fresh egg whites can be refrigerated up to 4 days and frozen up to 6 months.
- Hard cooked eggs can be refrigerated for up to a week.



Grade A eggs are identifiable by the Canada A symbol on egg cartons. This symbol is the consumer's guarantee of top quality.

RECOMMENDED STORAGE TIME FOR EGGS	
Fresh shell eggs	By "best before date"
Leftover yolks or whites	Within 2 to 4 days
Hard-cooked eggs	Within 1 week
Prepared egg dishes	Within 3 to 4 days
Frozen whole eggs (blended)	Within 4 months

Tip!

- ☑ One *Canada's Food Guide* serving of meat and alternatives is 2 eggs. Teenage girls aged 14 to 18 need 2 servings of meat and alternatives each day, while teenage boys need 14 to 18 need 3 servings of meat and alternatives each day.