

EGGS

...so many choices

Eggs Omega-3
Enhanced Eggs Vitamin-
Enhanced Eggs Organic Eggs
Vegetarian Eggs Premium Quality
Free Run Eggs Classic Brown Eggs
3 Enhanced Eggs Vitamin-Enhanced
ed Eggs Classic White Eggs Premium
y Eggs Free Run Eggs Free Range Eggs
3 Enhanced Eggs Vitamin-Enhanced Eggs
3s Vegetarian Eggs Premium Quality Eggs
Eggs Free Range Eggs Omega-3 Enhanced
Classic White Eggs Organic Eggs Vegetarian
mium Quality Eggs Free Run Eggs Free Range
ga-3 Enhanced Eggs Vitamin-Enhanced Eggs
-Eggs Vegetarian Eggs Premium Quality Eggs
Enhanced Eggs Organic Eggs Vegetarian Eggs
Quality Eggs Free Run Eggs Free Range Eggs
mega-3 Enhanced Eggs Vitamin-Enhanced Eggs
d Eggs Classic Brown Eggs Premium Quality
gs Free Run Eggs Free Range Eggs Omega-3
ty Eggs Enhanced Eggs Classic White Eggs
Enhanced Organic Eggs Vegetarian Eggs
Eggs Vegetarian Eggs Free Run Eggs
Omega-3 Free Range Eggs
Free Run Eggs

A guide
to helping you
choose what's
right for you.

Shell Eggs

Eggs in the shell are sold in cartons (fibre, foam or plastic) or flat trays. Fresh eggs are available with brown or white shells. The colour of the shell is determined by the breed of hen. There is no nutritional difference between white and brown eggs.

Egg yolk colour is determined by the type of feed a hen eats. A wheat-based diet will produce a pale yellow yolk, while a corn or alfalfa-based diet yields a darker yellow yolk.



Eggs are sized by weight, so the eggs in a carton or flat might not be the exact same size, but they will fall within a specific weight range. A hen lays very few peewee and small eggs, some jumbo, and mostly medium, large and extra large eggs. Not all sizes of eggs will be found in every store due to availability and consumer preferences.

EGGS ARE SIZED BY WEIGHT

INCLUDING THE SHELL



Peewee
less than 42 g



Small
at least 42 g



Medium
at least 49 g



Large
at least 56 g



Extra Large
at least 63 g



Jumbo
at least 70 g

In Canada, all shell eggs sold in grocery stores have been washed, graded, sized and packed at an egg grading station registered by the Canadian Food Inspection Agency. Canada Grade A eggs are the most common in grocery stores. Grade A eggs are top quality with a firm white, a well-centred yolk, a small air cell, and a clean, uncracked shell with normal shape. Grade B eggs may have a slightly uncentred, flattened yolk and a watery white. Although the shell of a Grade B egg is uncracked, it could have a rough texture. Eggs that do not meet these standards are used for commercial baking or non-food items such as pharmaceuticals, shampoo, pet food and adhesives. Eggs sold at farms and farmers' markets may not have been graded for freshness and quality.



Choices for every



[†] Enjoying a variety of foods is part of healthy eating. Eggs are a nutritious food and, like many foods, should be eaten in moderation. Canadian egg producers financially support the Health Check™ education program. This is not an endorsement. Visit www.healthcheck.org

All eggs in Canada are part of the Heart and Stroke Foundation's Health Check™ program, a national food information program based on *Canada's Food Guide* and developed to help Canadians make healthy food choices.

Nutrition Facts	
Per 1 large egg (53 g)	
Amount	% Daily Value
Calories 70	
Fat 5 g	8 %
Saturated 1.5 g	8 %
+ trans 0 g	
Cholesterol 195 mg	
Sodium 65 mg	3 %
Carbohydrate 1 g	1 %
Fibre 0 g	0 %
Sugars 0 g	
Protein 6 g	
Vitamin A 10 %	Vitamin C 0 %
Calcium 2 %	Iron 6 %
Vitamin D 15 %	Vitamin E 15 %
Riboflavin 15 %	Niacin 8 %
Vitamin B ₁₂ 50 %	Folate 15 %

Classic Shell Eggs

Regular white shell eggs are a nutritious and affordable choice. They are an excellent source of high-quality protein plus they provide many nutrients including vitamin B₁₂, riboflavin, vitamin D, folate, iron, lutein and choline. Eggs are one of nature's most nutrient-dense foods. *Canada's Food Guide* considers two eggs one serving of the Meat and Alternatives food group.

The majority of eggs produced in Canada are classic white eggs from hens housed in cages. Cage housing is the most common system used for egg production today. It ensures the highest possible food safety and egg quality standards. In cages, manure is kept away from hens and their eggs. This keeps the hens healthy and the eggs safe.

An egg farmer's number one priority is the care and well-being of his laying hens. All of Canada's registered egg farms are inspected on Egg Farmers of Canada's animal care program. The program is based on the *Recommended Code of Practice* for laying hens, which was developed by organizations that include the Canadian Veterinary Medical Association, the Canadian Federation of Humane Societies, the Canadian Food Inspection Agency, Agriculture and Agri-Food Canada, and Egg Farmers of Canada.

In Canada, hens that lay eggs are not given any steroids or hormones, no matter what housing system is used.

So, all in all, you can't go wrong with the classic shell egg!



Specialty Eggs

Egg farmers have responded to consumer demand by offering a choice. These eggs may be slightly different in nutrient value than classic eggs or they may come from hens housed or fed in a special way. Specialty eggs cost more than classic shell eggs.

Below are some specialty eggs you might find at your grocery store:

- **OMEGA-3 ENHANCED EGGS** are produced by hens fed a diet that contains flaxseed and/or fish oils, which provides omega-3 polyunsaturated fatty acids. These fatty acids are essential, which means your body cannot produce them, so you must get them from food sources. In addition to omega-3 eggs, some food sources of omega-3 fatty acids include fish, canola oil, soybeans, and some nuts. Some brands of omega-3 eggs may also be produced by hens fed fish oils.

There is no difference between the cholesterol or total fat content of omega-3 eggs and classic eggs, however, omega-3 eggs provide about 5 times more omega-3 fats than classic eggs.

- **VITAMIN-ENHANCED EGGS** are produced by hens fed a nutritionally-enhanced diet containing higher levels of certain nutrients (e.g., vitamin E, folate, vitamin B₆, vitamin B₁₂ and lutein). As a result, eggs from these hens contain higher levels of these nutrients. The amounts of each nutrient vary between brands of eggs.

- **ORGANIC EGGS** are produced by hens fed certified organic grains. Check for a "certified organic" designation on the carton plus the name of the certifying organization. The nutrient content of these eggs is the same as that of classic eggs.

- **VEGETARIAN EGGS** are produced by hens fed a diet containing only ingredients of plant origin. The nutrient content of these eggs is the same as that of classic eggs.

- **PREMIUM QUALITY EGGS** are specially selected from young hens at the peak of their laying cycle. With stronger shells and thicker whites, these eggs exceed the requirements for Grade A eggs.

- **FREE RUN EGGS** are produced by hens that can move about the floor of the barn and have access to nesting boxes and, quite often, perches. The nutrient content of these eggs is the same as that of classic eggs.

- **FREE RANGE EGGS** are produced in a similar environment as free run eggs, but hens have access to outdoor runs as well. Due to the extremes in our climate, outdoor access is only seasonally available in Canada. The nutrient content of these eggs is the same as that of classic eggs.



Processed Eggs

Processed eggs are shell eggs broken by special machines at the grading station then pasteurized before being further processed and packaged in liquid, frozen or dried form.

Processed egg products may also contain preservatives and flavour or colour additives.

These products cost more than classic eggs and there may be some differences in flavour.

Though some products are available at grocery stores, many processed egg products are used by the foodservice and food manufacturing industries.

When using processed egg products, it is important that proper handling procedures are followed. Once the package is opened, the shelf life of most processed egg products is five days.

- **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. These products can be found in the egg case or frozen foods section of grocery stores.

** 50 mL (4 tbsp) is equivalent to one large egg*

- **LIQUID EGG WHITES** are pasteurized egg whites. This product contains no fat or cholesterol, or any of the essential nutrients found in the yolk. Liquid egg whites can be found in the egg case of grocery stores.

** 30 mL (2 tbsp) is equivalent to one large egg white*

** 50 mL (4 tbsp) is equivalent to one large egg*

- **LOW FAT, YOLK-REPLACED EGG PRODUCT** contains egg whites and other ingredients. This product can be found in the frozen foods section of grocery stores.

** 50 mL (4 tbsp) is equivalent to one large egg*

- **DRIED WHOLE EGGS** provide a convenient product for hikers or backpackers who wish to cook eggs without worrying about refrigeration or breakage. Dried eggs may be purchased at a store that sells hiking or camping supplies. The eggs can be reconstituted with water to make pancakes, scrambled eggs, etc. Follow the instructions on the package when using.

- **DRIED EGG WHITES 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. These products can be found in stores that sell bulk food or baking supplies. Follow the instructions on the package when using.



Did you know...

- Eggs will travel from the farm, to the grading station, to the grocery store within a week of being laid.
- There is a “Best Before” date stamped on the end of each carton. This date indicates the length of time for which the eggs will maintain their Grade A quality. Beyond this date, the quality of the eggs may have deteriorated. Older eggs are best used in thoroughly cooked dishes.
- Eggs should be stored in their carton in the main body of the refrigerator. The carton protects the eggs and prevents them from absorbing strong odours and flavours of other foods through the tiny pores in their shells. It also means the “Best Before” date is available for reference. Keeping eggs in the main body of the refrigerator rather than on the door ensures they are stored at a more consistent and cooler temperature.
- In a fresh egg, the yolk will sit up high and the white will be thick and closely surround the yolk. An older egg will have a yolk that breaks easily, and a thin, watery white.

- Some specialty eggs (e.g., omega-3) are individually stamped on the shell to indicate the type of egg, while other eggs may be stamped with a “Best Before” date or a tracking code on the shell.
- Unless otherwise specified, most recipes are written using large eggs. One large egg = $\frac{1}{4}$ cup or 4 tablespoons or 50 mL.

YOU CAN USE . . .

	Small	Medium	Extra Large
1 EGG	2	1	1
IF A			
2 EGGS	3	2	2
RECIPE			
3 EGGS	4	4	3
CALLS			
4 EGGS	6	5	3
FOR			
5 EGGS	7	6	4
6 EGGS	8	7	5

Which Type of Egg Should I Buy?

As you can see, there are more kinds of eggs available than ever before. Yet, they all have one thing in common; they are all produced to the same high standards of cleanliness, quality and freshness, and they are all nutritious and delicious. Weigh the merits of each type of egg to decide which is best for you and your family.



**Nutritious, versatile and flavourful,
eggs naturally fit into a healthy,
active lifestyle as part
of a balanced diet.**

*For additional copies of this booklet
or other information, contact:*

British Columbia Egg Marketing Board
150-32160 South Fraser Way
Abbotsford, British Columbia V2T 1W5
www.bcegg.com

Alberta Egg Producers
101-90 Freeport Boulevard NE
Calgary, Alberta T3J 5J9
Toll-free: 1-877-302-2344 or 403-250-1197
info@eggs.ab.ca www.eggs.ab.ca

Saskatchewan Egg Producers
P.O. Box 1263, Main Station
Regina, Saskatchewan S4P 3B8
www.saskegg.ca

Manitoba Egg Producers
18-5 Scurfield Boulevard
Winnipeg, Manitoba R3Y 1G3
www.eggs.mb.ca

Egg Farmers of Ontario
7195 Millcreek Drive
Mississauga, Ontario L5N 4H1
www.getcracking.ca

Fédération des producteurs d'œufs de
consommation du Québec
555 Roland-Therrien Boulevard, Suite 320
Longueuil, Quebec J4H 4E7
www.oeuf.ca

New Brunswick Egg Producers
275 Main Street, Suite 101
Fredericton, New Brunswick E3A 1E1
www.nbegg.ca

Nova Scotia Egg Producers
P.O. Box 1096
Truro, Nova Scotia B2N 5G9
www.nsegg.ca

Egg Producers of Prince Edward Island
420 University Avenue
Charlottetown, Prince Edward Island C1A 7Z5
www.eggspei.ca

Egg Producers of Newfoundland and Labrador
P.O. Box 8453
St. John's, Newfoundland A1B 3N9
www.nleggs.ca

Aussi disponible en français.



**EGG FARMERS
OF CANADA**

21 Florence Street
Ottawa, ON K2P 0W6
www.eggs.ca