

## NUTRITION NUGGET # 10

**Question: Are some eggs more nutritious than others?**

**Answer: Most eggs have a similar nutrient content except when the feeding of the hens is changed.**



### Facts:

- According to the Egg Nutrition Center, changing the diet of the hens is the only thing that can affect the nutrition content of the egg.
- Neither the color of the egg's shell (determined by the breed of the hen) nor the living environment of the hens has an effect toward the nutrient content of the egg.
- By including flaxseed, marine algae or fish oil, in the regular feed of the hens, the eggs will contain higher levels of omega-3 fatty acid and vitamin E than the regular eggs. Such eggs are labeled 'omega-3 enriched' eggs.
- Organic eggs are produced by hens that are given feed without conventional pesticides or commercial fertilizers. Antibiotic (though may sometimes be used to treat sick birds) and growth hormones are not used in organic and commercial egg production. The nutrient content of the organic eggs are similar as the regular ones.
- Egg fertilized by a rooster do not offer more nutritional benefits than infertile eggs. Most eggs sold today are infertile.
- Free-range eggs are produced by hens that are raised in a barn that allows them to run freely and have outdoor access while cage-free eggs are produced by hens that live on the floor of a barn or poultry house without outdoor access. Free-range and cage-free eggs have the same nutrient content as eggs produced by caged hens.

**Apply: A participant wonders if organic eggs are healthier than regular eggs, what would you tell him?**

References: Health Castle. Egg Nutrition: Are some eggs healthier than others? <http://www.healthcastle.com/egg.shtml>. Accessed October 16, 2011. United States Department of Agriculture, Shell Eggs from Farm to Table. [http://www.fsis.usda.gov/Fact\\_Sheets/Focus\\_On\\_Shell\\_Eggs/#27](http://www.fsis.usda.gov/Fact_Sheets/Focus_On_Shell_Eggs/#27). Accessed October 25, 2011. Egg Nutrition Center. Specialty Eggs. [http://www.eggnutritioncenter.org/docs/Several%20Topics%20Included/Specialty\\_Eggs.pdf](http://www.eggnutritioncenter.org/docs/Several%20Topics%20Included/Specialty_Eggs.pdf). Accessed October 16, 2011. Eggland's Best Image: [ultimatehealthnutrition.blogspot.com](http://ultimatehealthnutrition.blogspot.com). Accessed October 27, 2011.