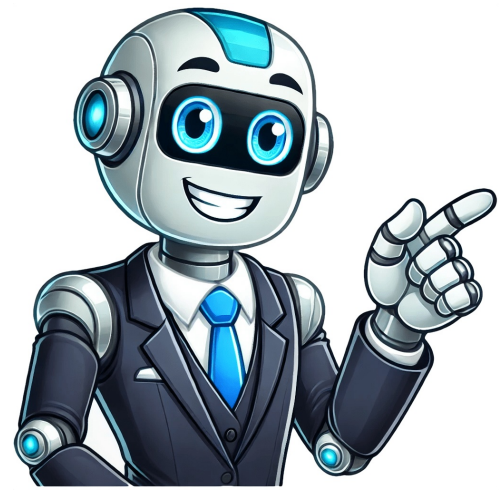


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deep have a preference when it comes to buying eggs? Do you opt for brown eggs more assuming that they are healthier? Or do you stick to white eggs because that's what you have always eaten? In the white egg vs. brown egg battle, there certainly is a difference in the color of the eggshells and sometimes in price, but are the differences just shell-deep? Read on to know all the details and facts you need to know to help you make an informed choice when buying eggs next time. You Fun Fact: Christopher Columbus is believed to have introduced the popular white egg Single Comb White Leghorn to the US during his second voyage in 1493. ShutterstockPeople tend to opt for brown chicken eggs assuming they are the healthier version just like brown bread, brown rice, or brown pasta. However, that's not true for eggs. The USDA states that the color of the eggs depends on the breed and genetics of the hens (1), (2), (3). For example, chicken breeds such as the White Leghorn, White Rock, and Cornish lay white eggs, while Plymouth Rocks, Rhode Island Reds, and New Hampshire lay brown-shelled eggs. Few other chicken breeds like the Araucana, Lushi, Dongxiang, and Ameraucana lay blue-green or blue eggs. A blogger who owns a chicken farm attests to this and writes about how she has been less educated about chickens and their eggs when she started out. Egg color and size don't determine the quality. This was a silly misconception I had prior to owning my own chickens. I always thought the brown eggs were the farm fresh ones. Truth is, I was very wrong. Egg color and size are determined by the breed of chicken. Many small flock owners pride themselves with an assortment of colors and sizes, ranging from white to deep chocolate. The quality of the eggs is determined by the hen's diet, environment, stress levels, and age may also influence the shell color. While these factors may alter the light or dark shade of the eggs, they do not really change the color of the egg (4). Trivia: Rhode Island Red is among the first domestic brown-egg breeds. It originated in the 1800s in Little Compton, Rhode Island. This breed was further developed into another breed called New Hampshire Red. Eggs may be brown or white depending on the breed and genetics of the hens or factors like the hen's diet, stress levels, or environment. Usually, both brown and white eggs contain high-quality protein, vital vitamins, and minerals. Just like the nutritional content, the color of the shell does not determine the taste of the eggs. Brown eggs are more expensive than white eggs as the chickens that lay them requires more feed due to their larger body size. Instead of color, you should consider labels like organic or vitamin-enhanced to choose better egg variants. ShutterstockOften, people opt for brown eggs believing that brown eggs are more natural and healthier than white eggs. However, that's not really true. All eggs provide you with similar nutrition irrespective of their eggshell color (1). Research states that the egg composition or quality is not affected by the shell color (7). The color difference is only because of the difference in the pigment in the shell and not the nutritional value. Both brown and white eggs contain high-quality protein, vital vitamins, and minerals (8). There is no significant protein difference between brown and white eggs as many assume. However, there are a few other factors, like the hens' environment and its feed, that may affect the eggs' nutritional content. For instance, free-range hens that are allowed enough sunshine are known to produce eggs with a higher amount of vitamin D than eggs from hens raised conventionally in coops and cages (9). Also, chickens fed a diet enriched with omega-3 fatty acids or vitamin D produce eggs with higher levels of these nutrients. ShutterstockWhile some people may believe that brown eggs taste better than white eggs, it's just a matter of personal preference. Just like the nutritional content, the eggshell color doesn't really determine the taste of the eggs. However, other factors like the type of feed, the breed of chicken, cooking method, and freshness may affect the taste of the eggs (12). Most home-raised chickens lay brown eggs and taste slightly richer or have a more vibrant yolk because of their feed. This might lead some people to opine that brown eggs taste better than white eggs. Eggs develop an off-flavor when stored longer, especially at high temperatures (13). Eggs collected fresh from the backyard don't go through the extra processing and shipping time and hence seem fresher and tastier than the conventional supermarket ones. Sometimes, the way an egg is cooked might also affect its flavor. One study found that eggs of hens fed conventional feed vs. those fed fish-oil-enriched feed tasted the same when scrambled, but not when boiled. The latter variety had an off-sulfur-like flavor (14). So, while various factors may affect the egg flavor, shell color is not one of them. However, when it comes to size and weight, research suggests that brown eggs are heavier than white eggs and have more shells, more albumen (egg white), and less yolk (15). So it is ultimately as per your personal preference. ShutterstockMost often than not, you would find brown eggs cost more than white ones, even though they are the same in all aspects except the color. This might often lead people to believe that brown eggs are higher in quality or nutrition than white ones. 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