

Do you have a preference when it comes to buying eggs? Do you opt for brown eggs more often assuming that they are healthier? Or do you stick to white egg vs. brown eggbattle, 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. Fun FactChristopher Columbus is believed to introduce 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, thats not true for eggs. The USDA states that the color 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. Few other chickens and their eggs when she started out. Egg color and size dont 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 brown (even blue, pink, and green!) (i), she says. The difference in the non-white color of the eggshells is due to the pigments produced by that particular breed. Brown eggshells contain the pigment protoporphyrin IX (4). Blue eggshells contain the pigment biliverdin (4), (5). Sometimes, egg color may vary within the same breed as well, based on their genetic dominance (6). Apart from the breed and genetics, other factors like the hens 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 eggs, they do not really change the color. While these factors may alter the light or dark shade of the eggs, they do not really change the color. 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 hens 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 as the chicken that lays 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. Shutterstock Often, people opt for brown eggs believing that brown eggs are more natural and healthier than white eggs. However, thats 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 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 produce eggs with higher levels of these nutrients respectively (10), (11). Since both brown and white eggs offer the same nutrition, you may consume any of them. You can have them poached, fried, boiled, or scrambled. They are also used in baked goods and dishes like quiches, omelets, and frittatas. Lets further see if the taste and size of brown vs. white eggs differ in any way. Shutterstock While some people may believe that brown eggs taste better than white eggs, its just a matter of personal preference. Just like the nutritional content, the eggshell color doesnt 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 dont 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. Shutterstock Most 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. However, the difference lies in the fact that chickens that lay brown eggs are larger in body size and require more feed, translating into the higher cost of brown eggs on store shelves. Also, some special types of eggs, such as organic or free-range that often tend to be brown are priced higher as well. That may lead you to be aware of certain other considerations while choosing the kind of eggs you go for. ShutterstockRather than the color, which doesnt really make a difference in the nutritional value of eggs, there are certainly other factors that might help you select better eggs. You can look for egg labels that certify them as Organic eggs from hens fed on pesticide-free grains and diet Omega-3 fortified eggs from hens that are fed on flaxseeds and fish oil to increase the omega-3 fatty acid content. Vitamin-enhanced eggs from hens fed on a vitamin-rich diet. Free-range eggs from hens that are free to roam around and feed as they like. Cage-free eggs from hens that are free to roam around and feed as they like. available eggs that come from conventionally raised hens. Unravel the mystery between brown and white eggs and make an informed choice for your health. Learn about the nutritional benefits of each variety in the insightful video below. Eggs come in different colors brown, white, blue-green depending on the breed and genetics of the chicken. Unlike brown bread, brown rice, or brown pasta, when it comes to brown vs white eggs, there are no additional health benefits or nutritional differences. Brown eggs are neither healthier nor tastier than white eggs. The factors that do make a difference in egg nutrition and flavor primarily include the hens diet and environmental conditions. Next time, you are out to get eggs, either get the ones freshly collected from the farm or opt for USDA certified organic, nutrient-enriched, or free-range eggs. To unscramble it for you, when it comes to the white eggs vs. brown eggs battle, the differences are just about the shell color. Do eggs from free-range hens taste different? Yes, anecdotal claims suggest that eggs from free-range hens taste better than eggs from conventionally farmed hens, as the former are more exercised and have better muscle. However, there is no difference in their protein quality (16). Can I substitute brown eggs for white eggs? Yes. Brown and white eggs? Yes. Brown and white eggs are nutritionally similar. They also have similar yolk consistency and do not differ in taste. Why are there no white eggs in the UK? It is difficult to find white eggs in the UK? It is difficult to find white eggs. Brown have to be refrigerated?Yes. In the US, fresh eggs have to be refrigerated to prevent the growth of salmonella bacteria or reduce the chances of food infection.Do white eggs have a similar nutritional value and have no significant differences in their cholesterol content.Can I eat eggs every day? Yes, you can safely consume 1-2 eggs per day. Eggs are a good source of protein and help boost muscle growth. Is brown egg good for hair? Yes. Anecdotal evidence suggests that the nutrients present in eggs, including brown eggs, may help boost a healthy scalp and hair. These include proteins, vitamins, and other beneficial compounds. Should eggs float or sink?Generally, a fresh egg sinks, while an old egg floats. As eggs age, their small air pockets expand as water is released and replaced by air, causing them to float. Which eggs are best for baking? Either one can be used for baking? Either one can be used for baking. They are nutritionally similar and have similar properties. Illustration: White Egg Vs. Brown Egg: Are They Any Different?Image: Stable Diffusion/StyleCraze Design Team Reviewer Author Editor Fact CheckerTracy is a fully qualified nutritional Diagnostic Nutrition Practitioner and a certified Functional Medicine Practitioner from the Institute of Functional Medicine. Read full bio of Tracy TredouxVarsha holds a master's degree in biotechnology from Ravenshaw University, Cuttack, and is a certified diet and nutrition coach with two years of experience. She combines her scientific knowledge and her passion for writing to produce research-backed content in the health and wellness domain. Read full bio of Varsha PatnaikRavi Teja Tadimalla is a Co-Editor-in-Chief and a published author. He has been in the digital media field for over a decade. He graduated from SRM University, Chennai, and has a Professional Certificate in Food, Nutrition & Research from Wageningen University, Chennai, and has a Professional Certificate in Food, Nutrition & Research from Wageningen University, Chennai, and has a Professional Certificate in Food, Nutrition & Research from Wageningen University, Chennai, and has a Professional Certificate in Food, Nutrition & Research from Wageningen University, Chennai, and has a Professional Certificate in Food, Nutrition & Research from Wageningen University, Chennai, and has a Professional Certificate in Food, Nutrition & Research from Wageningen University, Chennai, and has a Professional Certificate in Food, Nutrition & Research from Wageningen University, Chennai, and has a Professional Certificate in Food, Nutrition & Research from Wageningen University, Chennai, and has a Professional Certificate in Food, Nutrition & Research from Wageningen University, Chennai, and has a Professional Certificate in Food, Nutrition & Research from Wageningen University, Chennai, and has a Professional Certificate in Food, Nutrition & Research from Wageningen University, Chennai, and has a Professional Certificate in Food, Nutrition & Research from Wageningen University, Chennai, and has a Professional Certificate in Food, Nutrition & Research from Wageningen University, Chennai, and has a Professional Certificate in Food, Nutrition & Research from Wageningen University, Chennai, and has a Professional Certificate in Food, Nutrition & Research from Wageningen University, Chennai, and has a Professional Certificate in Food, Nutrition & Research from Wageningen University, Chennai, and has a Professional Certificate in Food, Nutrition & Research from Wageningen University, Chennai, and has a Professional Certificate in Food, Nutrition & Research from Wageningen University, Chennai, and has a Professional C and wellness writer and a Certified Health and Nutrition Life Coach with a Biotechnology degree from the University of Mumbai. Her scientific background and passion for writing empower her to create research-backed articles on health, nutrition, and diet. Read full bio of Payal KarnikPublished: March 2014 When it's time to buy eggs, are you chicken? There are so many choicescage-free, organic, omega-3, vegetarian-fed, Grade AA or A, brown or whitethat you might be tempted just to grab a familiar type or brand. But think twice. The seven varieties our experts tried tasted pretty much the same, some cost twice as much as others, and certain carton claims might not mean eggxactly what you think. We scrambled eggs from one carton of each type and served them in a randomized order. In each case, the cooked eggs were a typical yellow, with some slightly brighter than others, and all were firm. The main difference was in the balance of yolky flavor and sulfur flavor (from the white), and whether the sulfur flavor was clean or had a haylike or spinachy characteristic that comes from an older egg. America's Choice regular supermarket eggs had a slightly better flavor balance than most others; Nature's Yoke Omega3 and Davidson's Safest Choice regular supermarket eggs had a slightly better flavor balance than most others; Nature's Yoke Omega3 and Davidson's Safest Choice regular supermarket eggs had a slightly better flavor balance than most others; Nature's Yoke Omega3 and Davidson's Safest Choice regular supermarket eggs had a slightly better flavor balance than most others; Nature's Yoke Omega3 and Davidson's Safest Choice regular supermarket eggs had a slightly better flavor balance than most others; Nature's Yoke Omega3 and Davidson's Safest Choice regular supermarket eggs had a slightly better flavor balance than most others; Nature's Yoke Omega3 and Davidson's Safest Choice regular supermarket eggs had a slightly better flavor balance than most others; Nature's Yoke Omega3 and Davidson's Safest Choice regular supermarket eggs had a slightly better flavor balance than most others; Nature's Yoke Omega3 and Davidson's Safest Choice regular supermarket eggs had a slightly better flavor balance than most others; Nature's Yoke Omega3 and Davidson's Safest Choice Pasteurized had inconsistent eggs had a slightly better flavor balance than most others; Nature's Yoke Omega3 and Davidson's Safest Choice Pasteurized had inconsistent eggs had a slightly better flavor balance than most others; Nature's Yoke Omega3 and Davidson's Safest Choice Pasteurized had inconsistent eggs had a slightly better flavor balance than most others; Nature's Yoke Omega3 and Davidson's Safest Choice Pasteurized had inconsistent eggs had a slightly better flavor balance than most others; Nature's Yoke Omega3 and Davidson's Safest Choice Pasteurized had inconsistent eggs had a slightly better flavor balance that had balance thad balance that had bal can diminish as eggs' age reaches that deadline. Large whole eggs have 70 calories, 4 to 5 grams of fat, 6 grams of protein, and about 185 milligrams of cholesterol. Vitamin and omega-3 content can vary with the hens' diet. Of the eggs we tested, those from hens fed vegetarian diets tended to have more of certain vitamins and omega-3 s than those from hens fed a conventional diet. Nature's Yoke Omega3 eggs listed the most omega-3s, 225milligrams; a typical large egg has about 30milligrams. Our small sample showed little difference in taste, but read "Talk the Talk" for definitions of terms that might matter when you shop. Whatever eggs you choose, look for those with a carton date far away from the purchase date. Cage-free, free-range.Hens are uncaged and inside warehouses. They can walk around, nest, and spread their wings but generally don't have access to the outdoors. As for free range, there are no standards for eggs.Grade.Department of Agriculture grading is voluntary, and companies pay for it. Grades are AA, A, and B (like the kids in Lake Wobegon, all eggs are apparently above average). Grade depends on the quality of yolk and white and the shell's condition. Within any grade, size can differ. All USDA-graded eggs must have been washed and sanitized. Label date. Eggs with a USDA grade shield must bear the date the eggs were placed in the carton, though the code might be incomprehensible to consumers. Federal law doesn't require an expiration or a sell-by date, but many cartons have them even if the date has passed. Keep eggs in their protective carton and on an inside shelf in the fridge, not in the door.Omega-3.Hens were given feed that included flax, marine algae, fish oils, and other ingredients to boost the level of omega-3 fatty acid in their eggs. Organic.Eggs with a USDA organic seal come from a facility checked by accredited certifiers and from hens raised on feed grown without synthetic pesticides, herbicides, or fertilizers. The hens are supposed to have outdoor access, but there's some question as to whether that claim is adequately enforced. Most organic eggs cost more than conventional ones partly because of the price of feed, smaller flock size, and certification costs. Pasteurized. To kill pathogens, eggs are heated until just below the temperature at which they coagulate. They can be used in recipes calling for raw eggs. Pasture-raised. No official standards exist; egg sellers should reveal their own. Vegetarian. The hens have eaten all-grain feed with no animal byproducts. White vs. brown eggs. Different breeds of hens just lay different-colored eggs. Quality, flavor, and nutrition aren't affected.Hormone-free, antibiotic-free.Empty claims: No hormones or antibiotics are used in producing eggs for human consumption. Editor's Note: This article also appeared in the May 2014 issue of Consumer Reports magazine. When you think of farm fresh eggs, youre likely picturing a pretty basket of multi-colored eggs. My family raises chickens on our small hobby farm and thats exactly what we getdark brown, tan, white, and even green eggs. But when its time to sell them, not everyone wants a variety pack; some customers only want brown eggs. Why brown eggs vs. white eggs?Here, we chatted with some registered dietitians to get to the bottom of brown eggs vs. white eggs, share why egg shells have different colors, and what it means for their nutritional value. Why are eggs actually come in a variety of colors, from reddish brown, speckled tan to olive green, light blue, white, or pink. As farmers, we associate vibrantly colored eggs with happy chickens that have the best laying conditions. But does that mean we need to stop buying plain white eggs? Not at all.According to Miranda Galati, RD, registered dietitian and founder of Real Life Nutritionist, its a common misconception that brown eggs are healthier or more natural than white eggs. The truth is that the color of an egg has nothing to do with its nutritional content, and everything to do with the breed of hen laying it, she says. Thats why the eggs collected from our coop all look different. We have several different breeds of chickens produce different breeds of chickens produce different colored eggs. According to the USDA, brown eggs come from Rhode Island Red, New Hampshire, and Plymouth Rock hens, while white eggs come from Leghorn, White Rock, and Cornish hens. Some chickens even produce green and blue varieties, Galati says. Choosing regular white or brown eggs is the best budget-friendly choice. If you have a little more money to spend, vitamin enhanced eggs that contain extra nutrients like vitamin D or omega-3 can be a worthwhile upgrade. Miranda Galati, RD, dietitianBrown eggs vs. white eggs: Which is healthier? The pigments that give fruits and vegetables their vibrant colors contain different nutrients, therefore, consuming a variety of produce is encouraged. So, is this the same for eggs?Michelle Rauch, RDN, registered dietitian nutritionist for The Actors Fund, explains why we dont have to ditch white eggs is nearly identical unless the feed for the chickens was enhanced with ingredients to boost the omega-3 content. Otherwise, both colored eggs contain similar amounts protein, and there is no difference in taste, texture, or cooking properties.Youll see this if you crack a brown egg and a white egg into a bowl. Without the shell, they are identical. The same goes for green, speckled, or pink eggs. While they are identical benefits. You dont eat the she (although you can use eggshells to make bone broth). Plus, unless you want to pay premium prices, colorful eggs may be hard to come by.*]:w-full [& * iframe]:w-full justify-center items-center static max-h-[400px] data-testid=ad-inline1-1 data-ad-unit-name=inline data-ad-targetscreen=desktop data-ad-refresh=true style=min-width:970px;min-height:250px;top:0>How to choose which eggs to buyWhen youre buying eggs, there are several options available. All eggs are good eggs in my book. Regardless of the color of eggs and the specific variety youre buying, eggs are always packed with nutrients like high-quality protein, vitamin A, choline, and iron, says Galati.She continues, Choosing regular white or brown eggs is the best budget-friendly choice. If you have a little more money to spend, vitamin-enhanced eggs that contain extra nutrients like vitamin D or omega-3 can be a worthwhile upgrade.Nutrient-enhanced eggs Farmers can boost the nutritional content of their eggs through the diet of their chickens. To boost the nutrient content of eggs, flaxseeds are added to the chickens feed. Flaxseeds contain omega-3s1 in the form of ALA (alpha-linolenic acid) which in turn gets deposited into the egg, Rauch explains. This is ideal for people who dont like fish but want to increase their omega-3 intake. Omega-3s have multiple benefits, such as helping to prevent cognitive decline2, improve heart health, lower blood pressure3, and reduce inflammation4 and chronic disease risk. Furthermore, if youre struggling to get enough vitamin D, eggs may be your answer. Eggs are already an excellent source of the sunshine vitamin5, but when the chickens feed is fortified, the vitamin D content is even greater. Vitamin D-fortified foods, like eggs, can greatly increase vitamin D intake6 and prevent deficiency. Free-range eggsBesides feed ingredients, a hens environment may also have an impact on egg guality. When chickens are allowed to free-range, theyre constantly peckingforaging for bugs, flowers, and plant seeds that add variety to their diets. These chickens are more likely to produce eggs with increased levels of omega-3 fatty acids, Rauch says.*]:w-full [&_* iframe]:w-full flex h-full justify-center items-center static max-h-[400px] data-testid=ad-inline1-2 data-ad-slot-name=inline1-2 data-ad-unit-name=inline data-ad-target-screen=desktop data-ad-refresh=true style=min-width:970px;min-height:250px;top:0>Another benefit to free-range or pastured eggs may also be a more environmentally friendly choice In addition to the natural fertilization of the soil that may reduce the need for synthetic fertilizers, intensive grain production for feed is known to be a major contributor to greenhouse gas emissions7, explains Rauch. Youll notice free-range eggs means the hens have different living conditions that might enhance their quality of life, but it wont make a substantial difference to the eggs nutritional content, Galati says. Bottom line: Whether you are making the perfect hard-boiled eggs or frittata roll-ups, any color egg will fit the bill. Brown and white eggs provide the same nutrients. But if youre looking for eggs with a little more nutrition, consider buying nutrient-enhanced or free-range eggs. These eggs offer more vitamin D and omega-3 fatty acids, thanks to the hens feed and environment. Got it, you've been added to our email list. Its an indecisive persons worst nightmare choosing between stack upon stacks of delicately placed cartons of eggs. Your first decision: brown or white? You run through the numbers. Compared to stark bleach-white eggs, brown eggs are just healthier right?Not exactly. Theres a pervasive misconception across the egg-buying public that brown eggs are just healthier right?Not exactly. the authors found it came down to marketers attempting to create a space for specialty eggs. Brown eggs seemingly make good candidates for specialty eggs because respondents polled believed that brown eggs were healthier than white, a belief disputed by the academic community, the scientists write. Ken Anderson, professor of commercial layer and small flock management at North Carolina State University, is part of that community. He tells Inverse theres little science of egg colorFirst things first, how do we get colored eggs? It comes down predominately to breed, Anderson explains, and not what the hens eat. Mediterranean breeds, like the Minorca, typically lay white eggs and certain Continental, Asiatic and American class breeds lay brown, Anderson says. As for the pigment, white is essentially a blank slate (i.e. theres no pigment added) while brown eggs receive their color through a pigmented surface surface state (i.e. theres no pigment added) while brown eggs receive their color through a pigment added) while brown eggs receive their color through a pigmented surface state (i.e. theres no pigment added) while brown eggs receive their color through a pigment added (i.e. there is essentially a blank slate (i.e. there is essentially a blank level secretion the hens apply before laying. Kind of like hanging up brown curtains all over an otherwise white room days before guests arrive. You might be used to seeing predominately white eggs at the grocery store, but eggs can actually come in a number of other colors from brown to blue or green. Photography by Paula Thomas/Moment Open/Getty ImagesPastel-colored eggs that might be light blue or green are a different story though, Anderson says. Not only are these eggs laid by different too, Anderson explains. Instead of a surface level of color, this pigment is worked into the calcium of the eggshell itself. Compared to brown eggs, this might look like painting your walls pastel green the moment you move in. Origin of the white versus brown egg myth is a bit murkier. The beginning of large-scale commercial egg farms may be a place to start though, Anderson says. From a historical perspective, [white egg-laying birds] were easier to work with and handle in a large-scale setting. Contrastingly, hens that lay brown eggs, such as White Plymouth Rocks. are generally larger and more difficult to incorporate into existing commercial laying infrastructure. This may explain why smaller family farms in New England where land is more limited for commercial farming may favor these birds. birds are less suited for the alternative cramped commercial farms. Anderson also agrees with the perspective of registered dietician Rachel Fine, who told Yahoo News in 2019 that there may also be an element of health-washing driving this misconception. artificial dyes or contains a few more nutrients, like wheat pasta is seen as a healthier alternative. Regardless, the debate isnt a new one or even the same, depending on what country youre in. Preference for certain eggs is also cultural. For example, in Japan uniform dark brown eggs are the favorite, while in Europe, light brown is seen as the best option. Delightfully, in a 1971 New York Times article, New Englishman J.B. Priestly. White responds to Priestly assertion that: The English prefer the brown egg because it belongs to the enduring dream of the English who always hope sooner or later to move a different New York Times article about eggs, that one by Englishman J.B. Priestly. into the country. But its not an American preference for the unnatural that causes them to eat white eggs, White asserts. Its that white eggs are natural and whats natural to you depends on the egg-laying bird youre most accustomed to. Are brown eggs healthier? Anderson is co-author of a number of studies that have directly compared the nutrition of white and brown eggs, including a 2010 study that looked at egg samples found in grocery stores and a more controlled 2013 paper that looked specifically at hens fed the same kind of food. White egg-laying birds are a better fit for industrial farming than their larger counterparts, which partially explains why these eggs are more prevalent. Shutterstock With both studies, Anderson says that he and colleagues only found incredibly small differences in the overall nutritional content of the eggs with white eggs sometimes being a little more nutrient- or vitamin-rich than the brown, or vice versa. Ultimately, Anderson says these differences in the overall nutritional content of the eggs sometimes being a little more nutrient- or vitamin-rich than the brown, or vice versa. registered dieticians, and they said these minute differences would not really have an impact on the human nutrition, Anderson says. To really have an impact, Anderson says the differences would need to be at least 10 to 25 percent or higher, which their results were not. Why are brown eggs arent really any healthier human nutrition, and they said these minute differences would need to be at least 10 to 25 percent or higher, which their results were not. Why are brown eggs arent really have an impact on the human nutrition, and they said these minute differences would need to be at least 10 to 25 percent or higher. than white, why are they more expensive? This is in part because a majority of organic and cage-free eggs are brown, Anderson explains, but also because hens who lay brown eggs simply need more feed than white egg-laying hens. Giving these larger birds more space and food can add up for farmers and, in turn, for consumers as well. The brown egg strains require more feed for body maintenance so they consume slightly more, he says. Probably about 5 to 10 percent more feed. At the end of the day, theres no wrong choice of egg. Anton Novoderezhkin/TASS/Getty ImagesWhich eggs should you buy? There are lots of reasons you might still choose to buy brown eggs over white, whether youre supporting a local farmer or maybe prioritizing antibiotic-free USDA Organic eggs. Anderson says that consumers might also favor nutrient-enriched eggs. But when it comes to nutrition at the end of the day, Anderson says that an egg is still an egg and you cant go wrong no matter which you choose. All eggs are very nutritious, Anderson says. But if Im about to buy an egg, I just buy on price. CHECK, PLEASE is an Inverse series that uses biology, chemistry, and physics to debunk the biggest food myths and assumptions. Now read this: Hangover cure: scientist debunks a popular drinking mythThis article was originally published on Aug. 28, 2021Learn Something New Every DaySubscribe for free to Inverses award-winning daily newsletter! When it comes to buying eggs, you likely have a preferred type based on your specific needs, whether it's large, extra-large, jumbo, or even a preference for brown or white eggs. For many, this choice is one they made once and stuck with, whether it's because it's what their parents bought or because they believe one has more health benefits than the other. But what's the real difference between white and brown eggs? Does the color of the shell actually matter? In this article, we'll explore the factors that determine egg color and debunk common myths about the differences between white and brown eggs. You might even be inspired to try a new variety the next time you shop. Believe it or not, the color of an eggshell is actually determined by the breed of chicken and the genetics of the bird. All eggs start as white inside the hen, and if the breed carries the genes for shell pigmentation, color is added during the final stages of egg formation. This pigment is called protoporphyrin. Hens with white earlobes usually lay white or brown eggs. Here are some breeds that typically lay brown eggs. Here are some breeds that typically lay white or brown eggs. chickens. Leghorns are among the most popular breeds for commercial egg production, while Anconas are a heritage breed known for their speckled appearance. Polish chickens are easily identified by their distinctive crests. Brown egg. Rhode Island Reds are known for their large brown eggs and are also raised for meat. Plymouth Rocks are hardy birds, while Orpingtons are friendly and popular in backyard flocks. Credit: Caitlin Bensel; Food Stylist: Torie Cox Despite common myths, the nutrition of white and brown eggs is nearly identical. Both types contain the same amount of calories, protein, fat, vitamins, and antioxidants. The color of the eggshell has no impact on the egg's nutritional content. What truly influences nutritional value is the hen's environment, diet, and overall health. Hens fed diets enriched with omega-3 fatty acids, while pasture-raised hens lay eggs with more vitamin A and E and richer yolks. A common misconception is that brown eggs are healthier and more natural than white eggs, with some even believing that white eggs are bleached. This belief may stem from the occasional higher cost of brown eggs, which is often due to the larger heast hat lay them requiring more feed. Similar to nutritional content, the color of an eggshell has no impact on the taste of the egg. Factors like the chicken's diet, environment, and the freshness of the egg play a much larger role in determining its flavor. Pasture-raised or free-range hens, which have more access to a variety of foods like grass, insects, and seeds, often produce eggs with more complex, rich flavors. Additionally, some hens are fed specialized diets that can slightly influence the taste of the eggs. Hens raised in environments with more space and less stress tend to produce higher-quality eggs. Fresh eggs are cooked can further enhance or mask their natural flavor. Simple preparations like poaching or soft boiling can highlight these stress tend to produce higher-quality eggs. egg's flavor, while dishes like casseroles, baked goods, or heavily-spiced or fried foods may not showcase the egg's taste as prominently. Credit: Caitlin Bensel, Food Stylist: Torie Cox To ensure delicious, flavorful eggsregardless of shell colorchoose fresh eggs produced by hens with high-quality diets and good living conditions. The colour of the egg shell is dependent on the breed of the hen. In general, white eggs and brown hens brown eggs. In many countries, such as the USA, white eggs are the predominant egg and up until the early 1970s, white eggs are the predominant egg and brown hens brown he expressed a preference for brown eggs. Until fairly recently the British industry has produced almost 100 per cent brown shelled eggs, but white eggs are starting to become more common again. There is no nutritional difference between white and brown shelled eggs, but white eggs are starting to become more common again. runny by vulnerable groups. Why are some eggs brown and some white? The answer is simple the colour of the egg shell depends on the breed of the hens lay white eggs, however there are specialist breeds that can lay other colours, such as blue. Pigments produced by the hens determine the shell colour. The core pigment in brown egg shells is called protoporphyrin, which is made from heme, the compound that gives blood its red colour. The principal pigment found in blue eggshells is called biliverdin, also made from heme. This is the same pigment that can give bruises a blue-green colour. Egg shells may also vary in colour / shade among the same breed of hens due to genetic dominance among individual birds. Are brown eggs healthier than white eggs? There are no nutritionally dense food containing vitamins, minerals, and high-quality protein, in less than 80 calories, whatever the colour. Is there a protein difference between brown and white eggs? There are no nutritional differences between brown or white eggs taste difference from a scientific perspective. Can you get white and brown British Lion eggs? Both white and brown eggs can be produced to British Lion standards. Look for the red Lion mark on the shell for a guarantee that its a British Lion eggs that has been produced to world-leading food safety standards. Can white and brown eggs be eaten runny by vulnerable groups? As long as the eggs have been produced to British Lion standards they are FSA approved to be enjoyed runny by vulnerable groups. All British Lion eggs, white or brown, feature a red Lion mark on the shell. See also Egg facts and figures Brown eggs vs. white eggs one healthier than the other? It's a debate that has stumped consumers for years. Are brown eggs healthier, or is it just a misconception?Lets uncover the truth about eggs color and learn what you should look for when buying chicken eggs, consumers often wonder whether brown or white eggs are better for their health. A common assumption is that brown eggshells represent a higher quality egg, and some even claim that brown eggs taste better. The truth is, the color of the eggshell doesn't indicate much about quality or nutritional value but is determined by the breeds including the Rhode Island Red and the Plymouth Rock lay brown eggs. Some breeds, known as Easter Eggers, even produce eggs with blue or green shells. It's noteworthy that brown eggs cost more than white eggs in most places. However, this isn't due to any nutritional difference but because the hens that lay brown eggs are typically larger breeds and require more feed, making these eggs more expensive to produce.Watch this video to learn more about the differences between white eggs and brown eggs.Brown Eggs vs White Eggs Which Are Healthier?Does the color of the egg yolk can vary from pale yellow to deep orange, and many believe this difference indicates nutritional value.According to research published in Poultry Science, yolk color was reported as the most important egg characteristic for consumers, followed by shell quality and color. Yolk color primarily reflects the hens diet. Darker, more vibrant egg volks often result from hens raised on a varied diet rich in carotenoids, including lutein and zeaxanthin. This diet can also lead to higher levels of vitamins and omega-3 fatty acids in the eggs."Consuming adequate amounts of carotenoids is essential for eye health and promotes prostate health, heart function, and robust immune system defenses," explains Dr.Berg.However, while yolk color can indicate a higher-quality diet, it's not necessarily a reliable way to determine the nutritional superiority of one egg over another. Some egg producers manipulate yolk color by adding synthetic carotenoids to feed, making the yolks appear darker and more appealing to consumers. This practice creates the illusion of better-quality eggs without actually improving the hens' living conditions or increasing the egg yolks' nutritional value. What to look for when buying eggsThere are a few key things to look out for when buying eggs to ensure you're getting the best quality and nutritional value. Opt for eggs marked as pasture-raised as these often have higher nutrient content, particularly carotenoids and omega-3 fatty acids. Pasture-raised hens have outdoor access and can forage on diverse vegetation and insects, enhancing their eggs' nutritional profile. Additionally, choose eggs labeled certified organic, as these are produced by hens fed organic feed, free from synthetic pesticides and fertilizers. Organic certification also ensures that hens are raised without antibiotics or hormones. Always inspect eggs for shell integrity, avoiding any cracks or abnormalities to reduce the risk of bacterial contamination. Lastly, while shell color doesn't indicate nutritional differences, shell density can. Brittle shells are generally a sign of healthier hens' diet was lacking in essential nutrients such as calcium. consuming eggsEggs are a nutritional powerhouse, offering numerous health benefits that can support overall well-being. Here are three health benefits of including eggs in your diet1. High-quality protein and fatEggs are an excellent source of complete protein, containing all nine essential amino acids. This makes them a particularly valuable food for those looking to build or maintain muscle mass. In addition to protein, eggs offer plenty of healthy fats, which play a crucial role in various bodily functions, including hormone production, nutrient absorption, and brain health. Additionally, the combination of high-quality protein and essential fats in eggs supports metabolic health and keeps you feeling full longer, which promotes a healthy body weight.2. Rich in vitamins and mineralsEggs, particularly the yolks, are packed with fat-soluble vitamins, including bone health, heart health, and calcium metabolism. Specifically, egg yolks are also one of the best dietary sources of vitamin A in its active form, which is crucial for eye health, immune function, and skin integrity. Vitamin A also plays a role in thyroid hormone conversion and may help reduce the risk of certain cancers. Additionally, eggs provide essential minerals such as selenium, crucial for detoxification processes in the body, and phosphorus, which is needed to maintain bone health and cellular function.3. Support brain healthEgg yolks are one of the best dietary sources of choline is an essential nutrient for neurological health as it promotes the production of neurotransmitters, which are chemicals that transmit signals across the central nervous system. This includes acetylcholine, a neurotransmitter that plays a significant role in memory, learning, mood, muscle control, and other vital nervous system functions. Research published in Acta Neuropathologica found that low circulating choline levels are associated with an increased risk of Alzheimer's disease and other cognitive impairments. In addition, pasture-raised eggs are an excellent source of omega-3 fatty acids, which are crucial for reducing the risk of neurodegenerative diseases and have been found to enhance mood and mental well-being. Key takeaways Brown eggs vs. white eggs are an excellent source of omega-3 fatty acids, which are crucial for reducing the risk of neurodegenerative diseases and have been found to enhance mood and mental well-being. Key takeaways Brown eggs vs. other?Eggshell color doesn't determine nutritional value. Instead, factors such as the hens diet and living conditions play a much more significant role in determining the nutritional value. Instead, factors such as the hens diet and living conditions play a much more significant role in determining the nutritional value. carotenoids, while minimizing exposure to synthetic additives and growth hormones. Eggs are protein powerhouses and are one of the most versatile foods on the planet. But when it comes to their nutritional content, is one type more healthful than another? Why do their shells range in color from white to brown to blue? And what does the the shade of the shell mean for your omelet? There are many factors to consider when buying eggs, like size, price and label, but should the color of the shell be one of them? Let's break it down. We're not getting into that age-old question of which came first, the chicken or the egg, because in this case one thing is clear: the chicken came first. The color of an egg shell is almost entirely dependent on the genetics of the hen who laid it. Egg shell color is a result of a genetic pigmentation carried by certain breeds. For example, Martha's beloved Araucana chickens carry a specific gene that enables them to lay beautiful blue and green eggs. Alternatively, the Rhode Island Red breed of hen lays brown eggs due to a hereditary pigmentation. Aside from the appearance of the shells, there is no major nutritional differently colored eggs. As long as hens of differently colored eggs. As long as hens of differently colored eggs. As long as hens of different breeds maintain similar diets and are fed appropriately, their eggs will have equivalent nutritional differently colored eggs. either. When assessing quality, it's more important to look to the USDA grade on the packaging (AA, A, or B) rather than the color of the shell. In short, a hen's breed and genetics are almost entirely the cause for differently colored egg shells. Although their appearance may vary, there is no impact on nutritional value from one egg color to the next, and egg color does not signal any difference in flavor or quality. When buying eggs, it's more important to consider which eggs are freshest and the different labels they carry (pasture-raised versus cage-free, for example). Egg colors which is healthier? TasteCostChoosing eggs, and some peoples choice of eggs, and some people choice of eggs, and some people choice of eggs are freshest and the different labels they carry (pasture-raised versus cage-free, for example). Egg colors which is healthier? TasteCostChoosing eggs, and some people choice of eggs are freshest and the different end of the consider which eggs are freshest and the different end of the consider which eggs are freshest and the different end of the consider which eggs are freshest end the eggs are freshest end to consider which eggs are freshest end to c believe that brown eggs are superior or healthier. However, there is no significant difference in nutrients between brown and white eggs. This article explains what causes the color of an egg and whether this impacts the taste, cost, and health benefits of eggs. Additionally, it gives tips for choosing eggs and explores factors to consider when doing so. Share on PinterestStieglitz/Getty ImagesThe USDA notes that chickens such as the Leghorn, White Rock, and Cornish lay white eggs. Araucana chickens, from South America, lay eggs that are blue or green. According to a 2015 review, several factors influence the extent of pigment in brown egg-laying hens:age and strain of the henhow producers house the hensif the hen has certain diseases such as infectious bronchitishen stress factors such as fear and being frequently disturbed, particularly when laying eggsAccording to the USDA, nutrient levels are not significantly different in white and brown shell eggs. Some people claim that blue or green eggs from Araucana chickens contain less cholesterol than other eggs, but the USDA notes in its claim. The size of an egg does affect its nutrition, regardless of its color. The USDA notes in its claim. eggs contain 60 calories and 6 g of protein. Another factor that can affect the nutrition and health benefits of eggs is what the hens eat. For example, producers may enrich their chickens feed with omega-3 fatty acids, vitamins, or other nutrients. Additionally, a study suggested that eggs from free-range hens allowed to roam outside have a higher vitamin D content due to exposure to sunlight. No evidence suggests that either white or brown eggs taste better overall. One study suggested that brown eggs may also have less yolk. Because of these factors, an individual might decide they have a personal preference for brown or white eggs. Brown eggs tend to cost more. The USDA says this is because the hens that lay brown eggs are larger and eat more food. This extra food cost is reflected in the price producers set for consumers. People should consider freshness and quality when choosing eggs in retail stores. The USDA advises people to consider the following points when buving eggs only purchase eggs that the retailer is refrigeratingchoose eggs with clean, uncracked shellsdont buy out-of-date eggslook for the USDA grade shield or mark for quality and sizechoose the most useful and economical size for your purposes refrigerating choose eggs with clean, uncracked shellsdont buy out-of-date eggslook for the USDA grade shield or mark for quality and sizechoose the most useful and economical size for your purposes refrigerating choose eggs with clean. purchaseIn the United States, an inspection of eggs for wholesomeness is mandatory. However, grading for quality is voluntary. Companies choose to pay for the USDA to grade shield on the carton. In the U.S., there are three consumer grades for eggs AA, A, and B. However, retail stores seldom sell grade B eggs because manufacturers usually use them for making frozen, liquid, and dried egg products. According to the USDA, the quality of grade AA eggs: Thick and firm whites and yolks that are round and high and practically free from defects. Clean, unbroken shells.U.S. grade AA eggs: Characteristics of grade AA eggs except that whites are reasonably firm. Grade A eggs are the type that stores sell most often. There are additional factors that people may consider when choosing eggs. The following labels are in use, according to the USDA Certified Egg Facts: Organic: A term that the USDA strictly regulates. Certified organic eggs are from uncaged hens that are allowed free range of their houses and have access to outdoor space. Additionally, the hens consume an organic diet. Cage-free eggs carry the USDA does not require cage-free hens to have access to the outdoors. Cage-free hens do not produce more nutritious eggs. Free-range eggs carry the USDA shield. Hens must be in a cage-free environment and have access to the outdoors during their laying cycle. Antibiotic-free: Producers raised hens without antibiotics of any type. Vitamin enhanced: Hens diets may include components that make the eggs richer in vitamins and other nutrients. Omega-3 fatty acids in their eggs. Brown and white eggs have similar nutrients, and their health benefits are not dependent on their shell color. Other factors such as the hens diet can influence egg nutrition. Some producers enrich their hens diet with vitamins, omega-3, and other nutrients, which can lead to more nutrient-rich eggs. People should always choose fresh eggs that retailers store in a refrigerator. A person can identify different standards, such as organic and free-range, by looking for the USDA shield. Farming conditions and production methods can affect the overall color of the eggshell. People may want to choose eggs from hens that have less stress and more freedom to roam. UncategorizedFood AllergyFood IntoleranceNutrition / Diet This is part of Egg, an attempt to explain why Americans absolutely lost their minds over egg prices. The Eggsplainer briefly considers some of our weirdest behaviors around eggs. If youve ever wondered why some eggs at the grocery store are white eggs, and hens with brown, theres a very simple reason: Generally, hens with brown, theres a very simple reason: Generally, hens with brown, there a very simple reason eggs. If youve ever wondered why some eggs at the grocery store are white eggs, and hens with brown, there a very simple reason eggs. do to make an egg a certain color, Vincent Guyonnet, a poultry veterinarian and scientific adviser to the World Egg Organization, told me. You might also have instinctively reached for brown eggs thinking they are healthier than the white ones. But when it comes to their nutritional value, it doesn't actually matter what color an egg is: Theres absolutely no difference. Its only peoples perception, Guyonnet said. Its not clear when and where the misconception about brown eggs being healthier originated, but experts who study consumer preferences point to some possible flawed logic. People tend to assume that things with earthy hueslike brownmust be natural, said Brianne Altmann, who studies how human decisions affect sustainable animal production. And people also tend to assume that are organic and freerange. Thats not because brown eggs have to be the organic onesits just something that American companies decided. The color distinction helps producers differentiate organic from nonorganic eggs, said Altmann. If there a misconception, might as well lean into it. You might be saving: Wait. If brown eggs tend to be organic, then they actually would, indeed, be healthiness, organic food doesn tactually guarantee more nutrients than conventionally grown food. Organic food does tend to be more expensive, however, which is one reason why brown eggs can cost a premium. Even the label free-range might not mean quite what you think it does. (Brown eggs can also cost more because brown-feathered hens tend to be larger and require more feedand thus more moneythan white-feathered hens tend to be larger and require more feedand thus more moneythan white-feathered hens tend to be larger and require more feedand thus more moneythan white-feathered hens tend to be larger and require more feedand thus more moneythan white-feathered hens tend to be larger and require more feedand thus more moneythan white-feathered hens tend to be larger and require more feedand thus more moneythan white-feathered hense tend to be larger and require more feedand thus more moneythan white-feathered hense tend to be larger and require more feedand thus more moneythan white-feathered hense tend to be larger and require more feedand thus more moneythan white-feathered hense tend to be larger and require more feedand thus more moneythan white-feathered hense tend to be larger and require more feedand thus more money tend to be larger and require more feedand thus more money tend to be larger and require more feedand thus more money tend to be larger and require more feedand thus more money tend to be larger and require more feedand thus more more feedand thu variations of hen eggs: that a darker yolk indicates more nutritional value, and, relatedly, that brown eggs harbor darker yolks. Neither of those things, such as the composition of the chickens diet, can increase the amount of healthy omega-3 fatty acids in the egg. If a flock of hens is receiving feed thats more nutritional for them, then their eggs might contain healthier fats and more vitamins and minerals. You can usually suss out that info on your own by looking at an egg cartons nutritional profile. Read More Healthy or not, people hold strong preferences for what color their eggs should be. white eggs. In the U.S., one study found that 30 percent prefer white, 30 percent prefer brown, and the other 40 percent are indifferent (except at Easter, when our egg-dying tradition causes white-egg demand to skyrocket). Experts believe that this preference is determined more by familiarity than health concerns. Its mostly historical-slashcultural, said Guyonnet. Its what people got used to. Kind of like how an aversion to runny eggs might be based on what you grew up eating. Sign up for Slates evening newsletter. Egg colorsNutritionTasteCostConsiderationsBottom lineThe color of eggshells can depend on the breed of chicken. While the color typically doesn't affect the nutrients in an egg, other factors like the hens environment and stress level may affect it. Many people have a preference when it comes to egg color. Some people believe brown eggs are cleaner or simply taste better. But are the differences between brown and white eggs more than shell-deep? This article explores whether one type of egg is truly healthier or tastier. Chicken eggs can come in different colors, and its common to find both brown and white eggs at the supermarket. However, many people dont know what causes eggs to have different colors. The answer is quite simple egg color depends on the breed of the chicken. For example, White Leghorn chickens lay white-shelled eggs, while Plymouth Rocks and Rhode Island Reds lay brown-shelled eggs (1, 2). Some breeds of chicken, such as the Araucana, Ameraucana, Ameraucana, Ameraucana, Ameraucana, Ameraucana, Ameraucana, Ameraucana, and Lushi, even lay blue or blue-green eggs (3). The different eggs (1, 2). Some breeds of chicken, such as the Araucana, Ameraucana, Ameraucan is called protoporphyrin IX. Its made from heme, the compound that gives blood its red color (4). The main pigment found in blue eggshells is called biliverdin, which also comes from heme. Its the same pigment that sometimes gives bruises a blue-green color (4, 5). Eggshells may also vary in color among the same breed of chickens, depending on genetic dominance among individual birds (6). But while genetics is the main factor that determines egg color, other factors can also influence it (4). For example, as hens that lay brown eggs age, they tend to lay larger and lighter-colored eggs. The hens environment, diet, and level of stress may also affect shell color to some extent (4). These factors can make the shade lighter or darker but not necessarily change the color itself. The breed is still the main factor when it comes to egg color. SummaryChicken eggs can be brown, white, or even blue-green. The color of an egg is determined by the breed of the hen that lays it. Often, people who prefer brown eggs do so because they believe brown eggs are healthier and more natural than white eggs. However, the truth is that all eggs are nutritionally very similar, regardless of their size, grade, or color (2, 7). Both brown and white eggs are healthy foods. A typical egg contains lots of vitamins, minerals, and high quality protein, all wrapped up into less than 80 calories (8). However, scientists have compared eggs with brown shells to those with white shells to see whether theres any difference. Several studies have found that shell color does not significantly affect egg quality or composition (9). This means that the color of an eggs shell doesn't have much to do with how healthy it is. The only real difference is the pigment in the shell. However, other factors can affect the nutritional content of an egg. For example, the hens environment can have a major effect. Eggs from hens that are allowed to roam in the sunshine contain 34 times the amount of vitamin D youd find in eggs from conventionally raised hens (10). The type of feed a hen eats can also affect the nutrient content of her eggs. Hens fed a diet rich in omega-3 fatty acids produce eggs that contain much higher levels of omega-3 fatty acids than normal. The same effect has been found with vitamin D when chickens eat vitamin-D-enriched feed (11, 12). SummaryThere is no nutritional difference between brown and white eggs. However, a hens diet and environment can affect an eggs nutrition. Some people swear that brown eggs taste better, while others prefer the taste of white eggs. But just as with nutritional content, theres no real difference between the taste of brown- and white-shelled eggs. However, that doesn't necessarily mean that all eggs taste the same. While the shell color doesn't make a since the taste of brown- and white-shelled eggs. But just as with nutritional content, there is no real difference between the taste of brown- and white-shelled eggs. But just as with nutritional content, there is no real difference between the taste of brown- and white-shelled eggs. But just as with nutritional content, there is no real difference between the taste of brown- and white-shelled eggs. But just as with nutritional content, there is no real difference between the taste of brown- and white-shelled eggs. But just as with nutritional content, there is no real difference between the taste of brown- and white-shelled eggs. But just as with nutritional content, there is no real difference between the taste of brown- and white-shelled eggs. But just as with nutritional content, there is no real difference between the taste of brown- and white-shelled eggs. But just as with nutritional content, there is no real difference between the taste of brown- and white-shelled eggs. But just as with nutritional content, there is no real difference between the taste of brown- and white-shelled eggs. But just as with nutritional content, there is no real difference between the taste of brown- and white-shelled eggs. But just as with nutritional content, there is no real difference between the taste of brown- and white-shelled eggs. But just as with nutritional content, there is no real difference between taste of brown- and white-shelled eggs. But just as with nutritional content, there is no real difference between taste of brown- and white-shelled eggs. But just as with nutritional content, there is no real difference between taste of brown- and white-shelled eggs. a difference, other factors such as the breed of chicken, type of feed, freshness, and cooking method may affect the way it tastes (13). The diet of a home-raised hen is not the same as that of a conventionally raised hen, which may also affect egg flavor. Additionally, the longer the egg is stored, the more likely it is to develop an off-flavor. Storing eggs at a stable, low temperature, like in the refrigerator, can help preserve their flavor for longer. These reasons may be why some people believe that eggs from home-raised chickens. Backyard eggs dont go through processing and shipping like conventionally raised chickens that eggs from home-raised chickens. plate more quickly than eggs bought from the store. Because theyre fresher, they may taste better. The way an egg is cooked may affect its flavor, too. One study looked at how fish oil, which is used in chicken feed to raise omega-3 levels, changed the flavor of eggs. It found that scrambled eggs from hens fed fish-oil-enriched feed and those fed conventional feed tasted the same (15). However, when boiled, the eggs from hens fed fish-oil-enriched feed had more of a sulfur-like or off-flavor (15). So, while many factors may affect egg flavor, shell color does not. SummaryBrown and white eggs generally taste the same. method, the diet of the hen that laid them. Even though brown and white eggs seem to be the same by all measures other than color, brown eggs are healthier or higher quality than white ones. However, in the past, brown eggs cost more because brown-laying hens tended to be larger and lay fewer eggs than white-laying hens. Therefore, brown eggs needed to be sold at a higher price to make up for the extra costs (2). Today, brown-laying hens have nearly the same production costs as white-laying hens. Nevertheless, their eggs still tend to have a higher price tog (2). This may be because specialty eggs, such as free-range or organic, tend to be brown rather than white. SummaryBrown eggs used to cost more because brown-laying hens produced less and weighed more. While thats no longer true, brown eggs still come with a higher price tag. Its clear that color isnt an important factor. So what should you take into account when buying eggs?Heres a quick look at the different types available and what their labels mean. The term natural is not regulated in the United States because it cannot be defined (15). Eggs labeled naturally raised or all natural are no different than any other egg. Eggs that are certified as organic in the United States and European Union have come from chickens given only organic and non-GMO feed. They must also have year-round access to the outdoors. In addition, they have not been given antibiotics may only be used when medically necessary. Otherwise, low doses of antibiotics are often given via feed and water, which can contribute to antibiotic-resistant bacteria. Currently, no evidence shows that organic eggs are more nutritious than conventional eggs (17, 18). Still, certified organic hens quality of life is probably better, and their greater access to sunshine probably increases their eggs vitamin D content (10). When the term cage-free is applied to eggs, it may be misleading. While conventionally raised hens in the United States are housed indoors in very small, individual cages, cage-free hens are often still very crowded, with no access to the outdoors. Cage-free living may be slightly better for the hen. However, in terms of nutrition, cage-free eggs are probably no healthier than conventional eggs. The label free-range signifies eggs that come from hens housed with some form of continuous access to the outdoors (15). This ideally provides a better quality of life for the hens. It may also increase the nutritional quality of the eggs, since hens that are exposed to sunlight produce eggs with much higher vitamin D levels (10). Therefore, the omega-3 content of the egg is much higher than normal. Omega-3 fats, which are traditionally very limited in the human diet. Choosing omega-3-enriched eggs may offer some health benefits. Recent studies show that subjects consuming omega-3-enriched eggs every day experienced lowered blood triglycerides and blood pressure (19, 20). Another older study found that consuming two omega-3-enriched eggs may offer some additional health benefits over the average egg. Eggs that come from backyard flocks or those bought directly from small, local farmers are likely to be the freshest and usually come from hens that live in more natural environments with plenty of access to sunshine. Additionally, the diets of backyard hens may be different from conventionally raised hens, and this may affect the nutritional content of their eggs. This is especially true if the hens have access to grass. A 2010 study found that hens fed grass along with conventional feed have been found to produce eggs that have higher levels of omega-3 fats and vitamin E (22). However, backyard flocks are not subjected to the same hygiene regulations as commercial flocks, so be sure to buy local or backyard eggs only from sources that you know follow good care and hygiene practices. SummaryThe colors, depending on the breed of chicken. However, theres no nutritional difference between brown and white eggs, including the hens diet and housing conditions. So the next time you reach for a carton of eggs, make sure you consider these other factors, as shell color wont tell you the whole story.

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