

A Study in Goodness



Shell

- The egg's first line of defence against the entry of bacteria.
- Approximately 10,000 tiny pores allow moisture and gases in and out.
- Odours can be adsorbed through the shell, so eggs should be stored in their carton in the refrigerator.

Shell Membranes

- There are two membranes on the inside of the shell: outer and inner.
- One membrane sticks to the shell and one surrounds the albumen or egg white.
- The egg's second line of defence against bacteria.

Egg White

(Albumen)

- Contains 3 g of protein, riboflavin and water.
- Represents 2/3 of the egg's weight.
- When a fresh egg is broken the albumen stands up firmly around the yolk.

Air Cell

- Formed at the wide end of the egg as it cools after being laid.
- The fresher the egg, the smaller the air cell.

Germinal Disc

- Appears as a slight depression on the surface of the yolk.

Yolk Membrane

(Vitelline Membrane)

- Surrounds and holds the yolk.
- The fresher the egg, the stronger the membrane.

Yolk

- The egg's major source of vitamins and minerals.
- Contains 3 g of protein and essential fatty acids.
- Represents 1/3 of the egg's weight.
- Colour ranges from light yellow to deep orange depending on the hen's food. The nutritional value is the same.

Chalazae

- A pair of spiral bands that anchor the yolk in the centre of the thick albumen.
- The fresher the egg, the more prominent the chalazae.

did you know... All eggs naturally contain 14 essential nutrients, 6 grams of protein and only 70 calories.

Vitamin A	Helps keep skin and eye tissue healthy. Helps you see at night.
Vitamin D	Helps keep bones and teeth strong.
Vitamin E	Protects cells from damaging by-products (or oxidants) that form in the body.
B12, Folate	Helps manufacture red blood cells.
Riboflavin	Helps keep tissue in the body healthy by allowing them to 'breathe' properly.
Iron	Carries oxygen to your cells and keeps the blood healthy.
Niacin	Helps release energy and promote healthy nerve function.
Choline	Plays an important role in brain development and memory.
Lutein, Zeaxanthin	Helps maintain good vision (decreases the risk of cataracts and age related eye degeneration).
Protein	Essential for building and repairing muscles, organs, skin, hair and other body tissues; needed to produce hormones, enzymes and antibodies; the protein in eggs is easily absorbed by the body.
Selenium	Works with vitamin E to act as an antioxidant to help prevent the breakdown of body tissues.

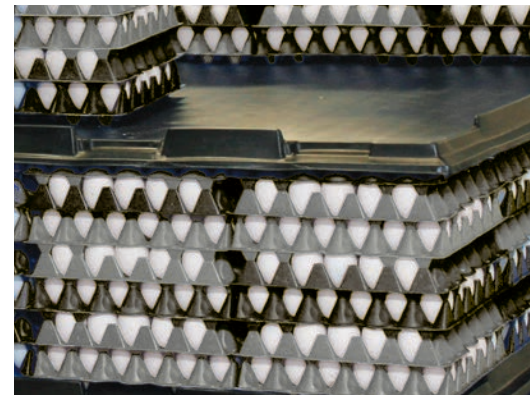
did you know... Two eggs are considered one serving according to Canada's Food Guide to Healthy Eating.

 **get cracking**
Egg Farmers of Ontario

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Mississauga, ON L5N 4H1
www.getcracking.ca



The Egg "Eggs-perience"



Ontario eggs.
From our farms to your table in 4 to 7 days.



From Our Farms to Your Table



1

There are a variety of housing options used in Ontario. Most hens are housed in well-lit and well-ventilated barns where they can be closely monitored.

did you know...

The average hen will naturally lay approximately 320 eggs in one year – that is almost one egg a day!



PEEWEE
Less Than 42 Grams



SMALL
At Least 42 Grams



MEDIUM
At Least 49 Grams



LARGE
At Least 56 Grams



EXTRA LARGE
At Least 63 Grams



DOUBLE YOLK
OVER 63 Grams



JUMBO
At Least 70 Grams

8



9

Once in cartons, the eggs are delivered to your grocery store shelves by refrigerated truck.

Farm



2

Egg farmers feed their hens a balanced diet of grains, vitamins, minerals and plenty of water. Some farmers will even grow their own crops to feed their hens.



3

Ensuring their hens are well cared for is a top priority for Ontario farmers. Farmers work with feed nutritionists and veterinarians to ensure that the best care possible is provided for their hens. They also adhere to a national Animal Care Program.



4

The eggs are collected every day. They are packed right on the farm, loaded onto flats and stored in the cooling room until the grading station truck arrives to pick them up.



5

The eggs are picked up at the farm and delivered to a grading station. Here, they are washed and cleaned.

did you know...

Eggs in Ontario are produced according to the same Canada Grade A standard for quality, freshness and cleanliness.



6

The eggs are passed over a strong light during what is called the candling process. Candling makes sure the shell is clean, without cracks, the egg white is thick and the yolk is well-centred.

did you know...

Eggs are graded according to weight not circumference.



7

Next, the eggs are weighed and separated before moving on to the carton station.

Table