

EGGANATOMY

A STUDY IN GOODNESS



SHELL

- Nature's perfect package.
- The egg's first line of defense against the entry of bacteria.
- Can be brown or white, depending on the breed of hen; nutritional value is the same.
- Approximately 10,000 tiny pores allow moisture and gases in and out.
- Odors can be absorbed through the shell, so eggs should be stored in their carton and always in the refrigerator.

SHELL MEMBRANE

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

ALBUMEN

- Albumen is the egg white.
- There are two layers: thick and thin albumen.
- Mostly made of water, high quality protein and some minerals.
- Represents 2/3 of the egg's weight.
- When a fresh egg is broken, the thick albumen stands up firmly around the yolk.

AIR CELL

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

GERMINAL DISC

- Appears on a slight depression of the yolk's surface.
- The entry for the fertilization of the egg.

YOLK MEMBRANE (Viteline Membrane)

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

YOLK

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

CHALAZA

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

