

## ALL EGGS

- All eggs naturally contain 14 essential nutrients, 6 grams of protein and only 70 calories.
- Eggs are a good source of choline, folate, iron, selenium, phosphorous, thiamin, zinc and vitamin A, B6, B12, D and E.
- Two eggs are considered one serving, according to Canada's Food Guide.
- All farmers work with feed nutritionists and veterinarians to ensure that the best care possible is provided for their hens.
- Hens are fed a balanced diet, consisting of grains, vitamins and minerals. In Ontario, the main ingredient is corn.
- Adding calcium to the feed ensures that the hen has enough calcium to produce the hard shell.

## WHO MADE YOUR EGGS TODAY?



*The Mullet Koop family, Jordan, Ontario*

# A GUIDE TO CHOOSING EGGS

*There are more varieties of eggs available in Ontario than ever before – all produced by local farm families.*

## WHITE OR BROWN

**Eggshell colour is determined by the type of hen that lays it.**

White eggs are laid by white-feathered hens. These are the most common laying hens in Canada.



Brown-feathered hens usually lay brown eggs. Brown eggs cost more because brown hens are larger than white ones and they eat more feed.

**There is no nutritional difference between white and brown eggs.**



**SCAN TO LEARN MORE ABOUT ONTARIO'S EGG FARM FAMILIES.**



EGG FARMERS  
**Ontario**  
www.getcracking.ca

EGG FARMERS  
**Ontario**

# SO WHAT IS THE DIFFERENCE?

## CLASSIC OR REGULAR EGGS

*Housing* – Hens are housed in cages with approximately three to seven birds depending on its design and size. In this environment, farmers can ensure each hen gets the right amount of feed, clean water and care. The gently sloped cage floors keep the birds and their eggs clean.

*Feed* – Hens are fed a traditional diet of grains, vitamins and minerals.

## FREE RUN EGGS

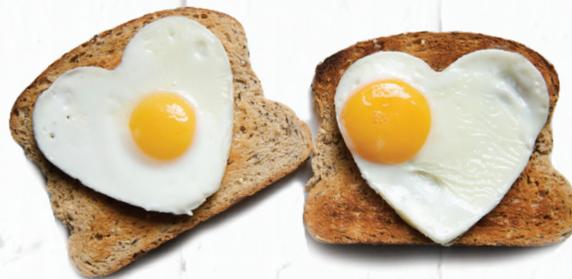
*Housing* – Hens are housed on the floor of the barn with no access to the outdoors. Feed and water are available throughout the barn for 10 to 20 hens at a time.

*Feed* – Along with traditional feed, hens may also eat what they find on the barn floor.

## VITAMIN-ENRICHED EGGS

*Nutrition* – These eggs have more Vitamin E, Vitamin B12 and folacin than regular eggs.

*Feed* – The hens are fed a traditional feed that contains higher levels of certain nutrients (i.e., folate, vitamins B6 and B12).



## FREE RANGE EGGS

*Housing* – Hens are housed together on barn floors, with food and water provided at stations throughout the barn. Hens also have daily access to an outdoor pen or pasture, as weather permits.

*Feed* – Along with traditional feed, hens may also eat what they find outside or on the barn floor.

## ORGANIC EGGS

*Housing* – These hens are raised in free run or free range barns and are required to have some access to the outdoors, weather permitting.

*Feed* – All ingredients in the feed are certified organic.

## OMEGA-3 OR OMEGA PRO EGGS

*Nutrition* – These eggs have more Omega-3 than regular eggs.

*Feed* – The feed contains ground flax seed, fish oil or other DHA sources, which results in the eggs having a higher Omega-3 and DHA content.

# DID YOU KNOW?

- Eggs are delivered to your grocery store shelves in 4 to 7 days.
- In order to feed the more than 13 million people in the province, Ontario's 350 egg farm families care for 8 million hens every day.
- For each family that uses a dozen eggs each week, a local Ontario farmer houses, feeds and cares for two hens all year long.
- The average hen will naturally lay approximately 320 eggs in one year. That is almost one egg a day!
- Eggs in Ontario are produced according to the same Canada Grade A standard for quality, freshness and cleanliness.
- Look for cartons with this symbol to ensure you are purchasing farm fresh, Canada Grade A eggs.



## SIZE

Eggs are sorted into sizes at grading stations based on weight, not circumference. Most recipes call for large eggs.

\* Grading stations label eggs over 63 grams as double yolk eggs. At least 50 per cent of the eggs in a double yolk carton will have two yolks. Usually it's more than 80 per cent.



**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

## Young hens lay peewee eggs and older hens lay jumbo eggs; so why are there always large eggs available?

Egg farmers in Ontario have flocks of various ages so you will always have a variety of choice available in stores. This also helps to ensure there are enough for Easter and other holidays. However, hens lay few Peewee, Small, Double Yolk and Jumbo eggs, so they are not as readily available.