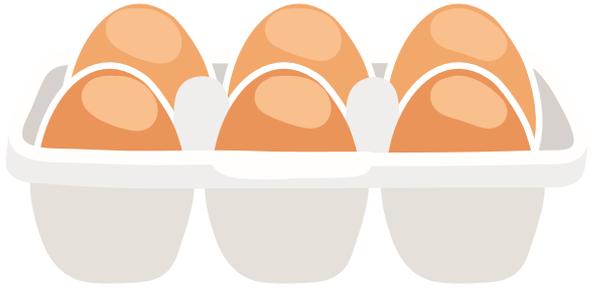


How to Select the Best EGGS



HOW TO SELECT:

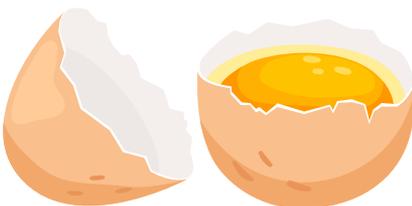
- Open the carton of eggs when at the grocery store to inspect them for breakage or cracks.
- Check the dates on the packaging to ensure you buy fresh products.
- The Julian date is the “pack date,” when the eggs were washed, graded and placed in the carton. This three-digit code represents the consecutive day of the year, with January 1 as 001 and December 31 being 365. It is found on the side of the carton.
- Eggs are commonly washed during processing in the U.S. and must be refrigerated to preserve quality. Always buy your eggs from a refrigerated case at the grocery store in the U.S.
- Eggshell color may vary based on the breed of the chicken that produced the egg. There is no nutritional difference between eggs with white, brown, or other colors of shells.

NUTRITION:

- Eggs contain high-quality protein, riboflavin, selenium, vitamin D, choline, lutein, and antioxidants.
- One serving is equivalent to one egg.¹

STORAGE:

- Eggs sold in grocery stores in the U.S. are washed during processing. Eggs that have been washed must be refrigerated to preserve quality. Eggs obtained from places other than the grocery store may not have been washed and may not need to be refrigerated – be sure to ask the seller. Unwashed eggs can be left at room temperature.
- Refrigerated eggs will last about 5 weeks after the pack date (Julian date) or about 3 weeks after purchase.¹
- Liquid egg products should be used within 7 days of purchase or, if unopened, frozen for up to one year.



LABELS YOU MIGHT NOTICE:

- **Grade:** Eggs are graded based on their shell, white, yolk, and air cell. Grade AA is highest followed by A, then B. Grade A is what most stores carry.
- **Size:** Eggs are classified by size. Pee wee eggs weigh about 1.25 ounces, small are about 1.5 ounces, medium are about 1.75 ounces, large are about 2 ounces, extra large are about 2.25 ounces, and jumbo are about 2.5 ounces. Most recipes call for large eggs, which are the most common size available in grocery stores.
- **Natural:** Generally recognized as a product containing no artificial ingredients, added color, or chemical preservatives, and is only minimally processed (processed so the product is not fundamentally changed).¹
- **Organic:** Identifies practices employed while raising or growing the product. In organic production, animals are raised in living conditions freely accommodating their natural behaviors (like the ability to graze on pasture), fed 100% organic feed and forage, and not administered antibiotics or hormones at any point during the animal's lifetime. The organic label does not indicate that the product has safety, quality, or nutritional attributes that are any higher than conventionally raised products.¹
- **Free-range:** The term "free-range" generally means the chickens for at least some part of their lives have some outdoor access.
- **Cage-free:** Chickens were not raised cage confinement. Cage-free is not synonymous with free-range as chickens are often raised indoors for protection from predators and to closely monitor flock health.



¹ Source: United States Department of Agriculture