BROWN VS WHITE EGGS
July 31,2017

Recently, during a visit to one of the areas farmers markets a discussion on brown vs white eggs occurred. Several American families when selecting eggs either at a farmers market or grocery store notice that brown eggs generally cost more. Judging by price -- some may think that one is better than the other. However, there is very little difference in nutritional value from either brown or white eggs.

The egg shells get their color from the type or breed of hen ( chicken ) from which they come. This is where I had to refere to an older poultry book, "The Standard of Prefection" which describes the characteristics of many breeds of poultry or chickens.

Generally the white feathered "Leghorn" hens lays white shelled eggs. The Leghorn breed is the most prominate for producing eggs for American families today. These chickens weigh about 5 to 6 pounds each and lay on the average about 280 to 300 eggs per year.

There are several larger breeds of chickens that lay brown eggs such as: Dominiker or Barred Rock; New Hampshire or Rhode Island Red; Plymouth Rock; Wyandotte or Rhode Island White: Delaware; Jersey Giant; Buckeye: Sex-Linked and several others. These chickens can range in colors: Red; Red and Black: White or Silver; Black; Buff; Blue; alternating Light Gray and Dark Gray stripes or barred. these chickens range in size from 6 to 10 pounds each and average laying around 200 eggs per year.

The brown eggs generally cost more because these larger hens do not lay or produce as many eggs per year and require more food ( feed ) , space and water throughout their productive life.

The size of eggs from the Leghorn hen and the larger breeds are all graded by size at your local grocery store -- small; medium; large; extra large. However, at the farmers market they are generally large to extra large from these larger breeds of chickens.

Some people tend to think the shell color represents difference in color of the egg yolk. The yolk color is more influenced by age of the hen and the kind or type of feed that was received.

So the next time you select eggs for your family, remember they are all egg-excellent sources of nutrition not influenced by shell color.

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