

# SHELL to LIQUID EGGS

conversion worksheet

## Whole Shell Eggs to Liquid Whole Eggs

Liquid whole eggs can be easily used in place of whole shell eggs in your formulations. For each formulation, simply calculate the **average weight** of the whole shell eggs used to determine how much liquid whole eggs are needed.

### Steps to determine the **average weight** of the whole shell eggs in your formulation:

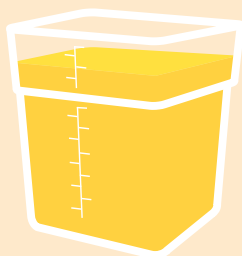
1. Put empty container on scale and tare to zero.
2. Crack required number of whole shell eggs into container.
3. Enter weight of the whole shell eggs on line below.
4. Repeat steps (1 to 3) four more times.
5. Compute the average of the five weights.

### Conversion Tips:

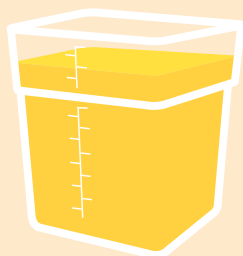
- Calculations are the same whether ounces or grams are used as the unit of measure.
- Shell eggs used in measurement calculations may be used within a day or two if kept refrigerated.

## Find the Replacement Liquid Whole Eggs Weight

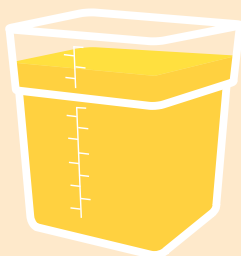
Record the number of whole shell eggs in your formulation



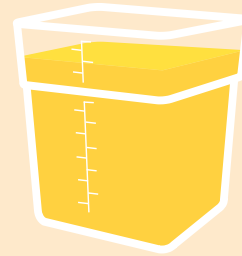
Weight 1



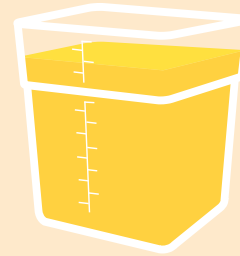
Weight 2



Weight 3



Weight 4



Weight 5

Total Weight\*

÷ 5 =

Replacement liquid whole eggs weight

(average weight)

\* ADD TOGETHER THE FIVE SAMPLE WEIGHTS

For more assistance in making the conversion, please contact:  
American Egg Board at 847.296.7043 or visit [AEB.org/Conversion](http://AEB.org/Conversion)  
AIB International at 800.633.5137 or visit [AIBonline.org](http://AIBonline.org)

To locate a quality supplier of liquid egg products, visit [AEB.org/BuyersGuide](http://AEB.org/BuyersGuide)

