



# DID YOU KNOW? WHITE AND BROWN EGGS HAVE THE SAME NUTRIENTS

Many people assume brown eggs are healthier than white eggs. **But this is not true.**

Their rich, brown color does not mean brown eggs are better in quality or nutrients than white eggs.

## THE TRUTH ABOUT EGG COLOR

- There is no nutritional difference between white eggs and brown eggs. Regardless of color, all large eggs contain 6 grams of protein for only 70 calories.
- All eggs start out white. Brown eggs simply receive an additional pigment at the end of the shell-making process.
- Egg color depends on the breed of the hen.
- Breeds that lay brown eggs require more feed to lay eggs, therefore their eggs can be more expensive.



\*1 large egg



For the latest egg nutrition information, visit [eggnutritioncenter.org](http://eggnutritioncenter.org)



American Egg Board  
AEB.org