

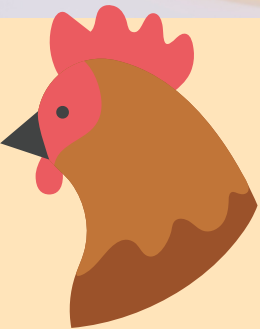


香港紅十字會  
HONG KONG RED CROSS

# Which is better, white or brown egg?



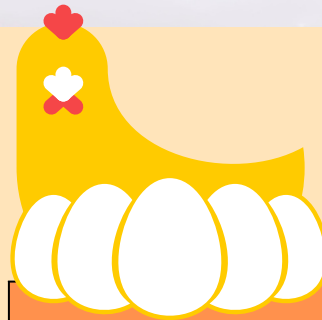
Chicken eggs can come in different colors, and it's common to find both brown and white eggs at the supermarket. Some people believe brown eggs are healthier or more natural, while others feel that white eggs are cleaner or simply taste better. However, many people don't know what causes eggs to have different colors. So is the nutritional value different too?



## Breed and age affects eggshell color

According to the result from the research by United States Department of Agriculture, there is no difference in the nutritional content of white and brown eggs, even their taste. The colour of an eggshell is mainly determined by the breed of chicken. Apart from genetic factors, the eggshell color is also affected by the age of a hen. For example, hens lay brown eggs when they are young, they will lay larger eggs whose the eggshell colour are lighter as the hens grow up.

Some people may think that brown eggs are more natural and nutritious than white eggs. Actually, their size, grade, colour and nutritional value are very close. In fact, the nutrition of eggs will be influenced mainly by the diets and the habitats of hens.

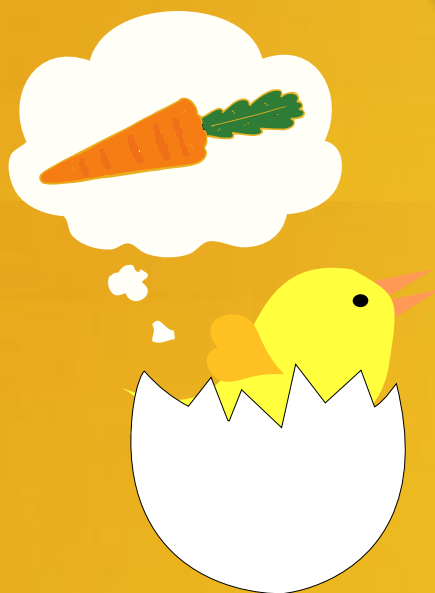


## Nutritional Value

Nutrient	white eggs	brown eggs
Energy (Calorie)	138	156
Protein(g)	12.7	12.8
Carbohydrate (g)	1.5	1.3
Fat(g)	9	11.1
Cholesterol (mg)	585	585
Calcium(mg)	48	44
Sodium(mg)	94.7	125.7

(Per 100g)

# Why are egg yolks in different colours then?



The colour of an egg yolk is affected by different factors, such as the pigments in chicken feeds. If hens are given feeds rich in carotenoids, like corns or carrots, they will lay eggs with yolks of a dark orange colour due to the pigments naturally present in these plants.



## Storing and handling of raw eggs



## Health Benefits of Eating Eggs

1. **Help Losing Weight:** they are a high-protein food, will feel full after eating eggs, this helps reducing following calorie intake.
2. **May help reducing the risk of getting Heart Diseases**
3. **Good for Eyes:** Egg yolks contain lots of both lutein and zeaxanthin, can help reducing the risk of getting cataracts and macular degeneration
4. **Contains lots of High quality protein:** Eating enough protein is important for different tissues and muscles
5. **Raise HDL (The "Good") Cholesterol:** People who have higher levels of HDL usually have a lower risk of getting heart diseases, stroke and other health problems
6. **Lower Triglycerides:** The nutrition of an egg will be affected by different feeding methods. E.g. the eggs laid by pastured chicken or those fed by feeds containing Omega-3 will contain more Omega 3 fatty acids.

1. Shell eggs should be stored in a cool, dry place, ideally in the refrigerator, and used on a first-in-first-out basis.
2. Wash hands thoroughly before and after using eggs. All utensils and other food contact surfaces such as whisks, bowls and benches should be cleaned and sanitised every time before handling eggs and egg products.
3. Washing shell eggs is unnecessary because this facilitates the entry of bacteria from the outside of the shell to inside the egg through the pores in the shell.
4. When separating the yolk from the white, it is better to use a clean egg separator instead of the egg shell which may contain traces of Salmonella on the surface.



The best way of eliminating harmful bacteria is to cook the eggs thoroughly until the core temperature reaches 75°C or the yolks are firm.

### References :

Centre for Food Safety  
Healthline

The above information  
is for reference only.

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