## EGG-CELLENT FACTS



Grade is determined by quality factors: defects, freshness, and shell attributes

GRADE



100%

100% Natural does not refer to how a hen was raised. It means NATURAL nothing was added to the egg.



Shell color comes from pigments in the outer layer of the shell. The breed of the hen determines the color of the shell.

\*No nutritional differences.

**COLOR\*** 

SIZE

Range from Jumbo to Peewee: Extra large, large and medium are most common.

6g - Protein 0 - Carbs

30mg - Calcium 1mcg - Vitamin D NUTRITION



Source: USDA egg facts, incredibleegg.org