



## How people are fooled by the colour of the eggs!



For years, a persistent myth has surrounded the humble egg:

Brown eggs are superior to white ones. And people end up paying a premium price for brown eggs, assuming they offer enhanced nutritional value.



However, the truth is far simpler :

The color of an egg shell has absolutely no impact on its nutritional content.

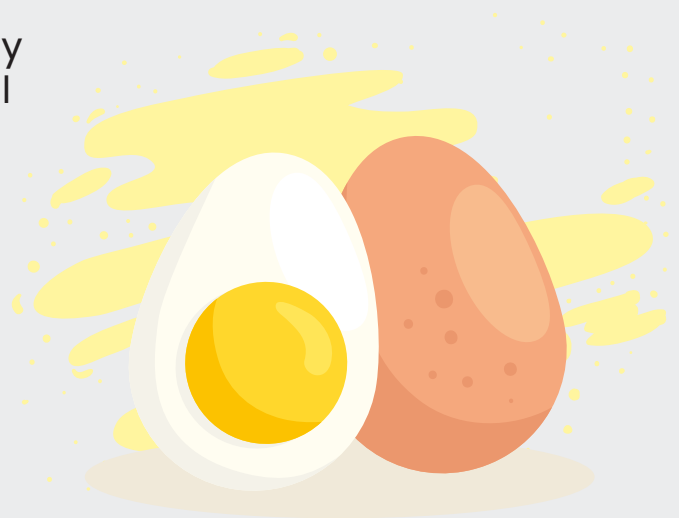


**Both brown and white eggs are nutritional powerhouses, packed with protein, vitamins, and minerals essential for human health. They are an excellent source of:**

**Protein:** A large egg contains approximately **6-7 grams of high-quality** protein, essential for building and repairing tissues.

**Vitamins:** Eggs provide a range of vitamins, including **vitamin A** for eye health, **vitamin D** for bone health, and **B vitamins** for energy metabolism.

**Minerals:** Eggs are a good source of minerals like **iron** for oxygen transport and **selenium** for antioxidant protection.





The color of an egg shell is merely a genetic trait determined by the breed of chicken. Hens with red earlobes typically lay brown eggs, while those with white earlobes produce white eggs. This has no bearing on the egg's interior composition.

**Numerous scientific studies have consistently shown that brown and white eggs are identical in terms of:**

**Protein content:** Both offer the same amount of high-quality protein.

**Vitamin and mineral content:** No difference in the levels of essential vitamins and minerals.

**Fat content:** The fat content is the same, regardless of shell color. A large egg typically contains around **5 grams** of fat, with about **1.5 grams** being saturated fat.

## So, why does this myth persist?

Marketing strategies often position brown eggs as premium products, and consumers tend to associate brown with natural and wholesome. However, it's crucial to remember that the true value of an egg lies in its nutritional content, not its appearance. Same with broiler eggs. The breeder chickens are raised in controlled environments, but this does not affect the quality of their eggs. Factors like nutrition, lighting, and health management are more critical in ensuring egg quality.

The next time you're at the grocery store, focus on factors like freshness, egg size, and the sourcing of the eggs rather than the color of the shell. Both brown and white eggs offer the same nutritional benefits and can be enjoyed as part of a healthy diet.

**For doubts and queries, please reach out  
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