

Distinguish, differentiate, compare and explain what is the difference between RAM and ROM Memory. Comparison and Differences.

We have heard from many sources that brown eggs are more natural and far healthier than regular white eggs. But is this true or is this simply a myth that people keep passing around? It's true that most brown things are better than their white counterparts. Take brown bread for instance. Or whole wheat pasta, or brown rice, or brown sugar. We know they are healthier options than white bread, white sugar, and the like. But when it comes to eggs, the colour of the eggshell has nothing to do with the nutritional value of what's inside.

Egg substitutes are made from egg whites which probably come from white eggs. So a question comes in mind 'Is there any difference between white and brown egg?' Research tells us there's no nutritional difference. They all have 70 calories and 6 grams of protein. Both have the same shell thickness. The only difference: The brown egg's yolk is darker. Younger chickens lay eggs with harder shells.

The difference between white and brown eggs is all in your head. In fact, an egg from 3,000 miles away can be brown, and an egg from five miles away can be white. Just proves that marketing and public relations are powerful forces.

Differences between White and Brown Eggs

First, why are the white eggs considered regular eggs? Why are brown eggs not so commonly found? Why are the latter more expensive? The answer to all these questions lies in one simple fact: different breeds of chicken produce eggs of different colours.

The chickens that have light coloured feathers and white earlobes produce white eggs. The chickens that have reddish feathers and red earlobes produce brown eggs and these eggs have darker yolk. In fact, the pigment that gives brown eggs that brown hue - protoporphyrin IX - comes from the compound that makes blood red.

Chickens of some breeds (sort of rare breeds) produce blue eggs or blue-green eggs. Some even produce speckled eggs. Basically, eggs come in many colours and sizes. It all depends on the hen and what breed she is. As hens that lay brown eggs age, they tend to lay larger and lighter-brown eggs

Hens that are light coloured and small-sized ones eat less food compared to the reddish hens, who tend to be larger. Larger hens obviously have more appetite. Besides needing more food, reddish hens lay less eggs at a time. And because the hen is larger, each egg is large-sized. So, each egg has to be sold at a higher price. Most poultry farmers prefer breeding (and feeding) the smaller and lighter coloured hens.



This is why white eggs are found everywhere and brown eggs are sometimes difficult to locate. Because brown eggs

are not plentiful, we tend to attach the tags exclusive, natural and healthy to them. That's the bottom-line: The quality of eggs is directly dependent on the quality of life of the hens. The quality has nothing to do with eggshell or egg yolk colour. Several scientific studies have found that the colour of the eggshell has no significant effect on quality and composition of the egg white and egg yolk. All eggs are nutritionally very similar, regardless of size or colour. Eggs of all shades are healthy foods.

Are white eggs better for the environment?

As per the researches, it's true that white eggs are more sustainable. White hens eat less and lay more eggs per year than brown hens. So less feed and transport are required, which is better for the environment.

Why do people prefer brown eggs?

In the old days, eggs from battery hens were white, so that colour is still associated with them, even though we no longer have battery hens now a days.

The first free-range eggs that came on the market were brown, which was a way for the producers to distinguish themselves. And people associate brown eggs with farm chickens that run around the farmyard. So it's a pure marketing. The image is slowly changing now.

Does the color of chicken relates eggs?

The colour of the chicken doesn't always tell you much about the eggs. For that you have to look at their earlobes. Chickens with white earlobes lay white eggs, and chickens with earlobes of other colours lay brown eggs. Most white chickens do in fact have white earlobes, but there are white chickens that lay brown eggs, and the other way round.

Importance of Eggs as a Nutrition Food

Eggs are considered among the most widespread, popular and nutritious food and are less expensive than other equivalent animal protein sources. They play a vital role in many diets and are considered as a major source of essential nutrients. Specifically, they are an excellent source of high-quality and well balanced proteins as they contain all of the essential amino acids.

Eggs are one of the few foods used throughout the world and this character makes the egg industry an important section of the food industry that is primarily based on chicken 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.

Many people assume brown eggs are healthier than white eggs. But this is not true. White and Brown Eggs have same nutrients. Their rich, brown color does not mean brown eggs are better in quality or nutrients than white eggs.