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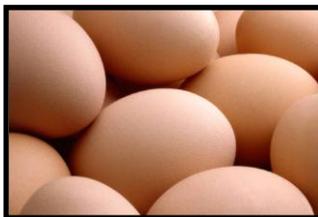
Eggs are an Abundant, Affordable Food



Today's consumer has become thrifty and many households are looking for ways to stretch their food budget. Eggs are a great source of high-quality nutrition that is available for less than a quarter per serving. An average egg contains only 75 calories but supplies all the amino acids a human body needs. They can be used in every meal of the day providing 13 vitamins and minerals, 0 carbohydrates, and still give you a heaping helping of protein at over 6 grams each. Eggs are also an excellent source for iron and vitamin B12, a major component in some 'energy' drinks.

The small, misunderstood egg yolk is one of the few foods that contain natural Vitamin D, the sunshine vitamin. Its Omega-3 content provides important antioxidant action. Yolks have a reputation for too much cholesterol, yet they contain mostly unsaturated fat, the type of fat that does not raise the blood's cholesterol level. If you want to support your eye health as you age, lutein and zeaxanthin found in the egg yolk have been shown to help prevent age-related macular degeneration.

The egg white contains most of the protein in the egg which also helps you stay full and feel energized. One egg's 250 milligrams of choline is very important for pregnant and breastfeeding women. Some of the naturally occurring proteins in the eggshell membrane have been shown to have healing properties for joint pain. You can go to the [Egg Nutrition Center](#) for more details on the nutritional value of eggs. Eggs are one of the most versatile and easy foods to enjoy, either in a recipe or alone. You can add an egg to your salad at lunchtime to slip some extra protein into your diet. A hard-cooked egg is the perfect portable snack for a busy person because it can be kept at room-temperature for up to 2 hours until an afternoon energy-boost is needed. For recipes, try the [American Egg Board](#).



There is a variety of eggs available in your grocer's cooler, from the familiar large white egg, to the local light pink or blue cage-free egg, to the organic brown egg. But no matter the different colors of eggshell, which are just from different breeds of hens, the basic nutrients in the egg will be the same.

A hen can lay 5 eggs a week, and Colorado is home to almost 4 million layers. There is about one chicken for each person in the state producing about 1,066,000,000 eggs per year. It is important to take good care of the chickens and feed them well so they continue to be comfortable and productive.

There are requirements that all commercial egg producers and dealers must abide by to ensure egg safety and quality. Eggs must be sanitized before they are packed and ready for sale. Each label has to tell you who the packer was, the packing date, and the grade and size of the eggs. [The Egg Safety page](#) from USDA will provide more details.

Inspectors from the Colorado Department of Agriculture inspect licensed egg producers and dealers. During an inspection, they verify wholesomeness and truth in labeling, and ensure that eggs are handled in a safe and sanitary environment. Click on the [Egg Program](#) website for more information.