

### Introduction

Egg cartons are covered with claims. Some are regulated by the government; others are not. Here's what the labels mean:

Credit: Alison Ashton

<https://parade.com/562220/alison-ashton/egg-label-lingo-what-it-all-really-means/>

### Glossary: Egg Labels

**Cage-free:** Chickens must have room to roam (not necessarily outdoors) and have unlimited access to food and water.

**Free-range:** Birds are cage-free with continuous outdoor access during their laying cycle.

**No added hormones:** This label is meaningless, since all eggs in the U.S. must be hormone-free.

**No added antibiotics:** No hens receive antibiotics unless they're sick, and their eggs are diverted from the human food supply.

**Vegetarian-fed:** This may be important to vegetarians who eat eggs, since chickens are omnivores that naturally nibble grubs, worms and such.

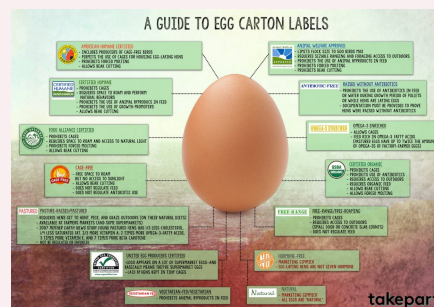
**Organic:** USDA-certified organic eggs must come from cage-free, free-range hens fed an organic diet produced without conventional pesticides or fertilizers.

**Omega-3 enriched:** Hens' diet includes seeds, fish oil and/or algae to ensure they lay eggs three to five times richer in heart-healthy omega-3 fatty acids than conventional eggs.

**Pasteurized:** Eggs are heated to destroy pathogens—a smart choice when a recipe calls for uncooked eggs.

**Pasture-raised:** This is an unregulated term but indicates hens are free to graze in a pasture.

### Egg Label



### Egg Chart

	EGG	CHICKEN	DUCK	GOOSE	CONVENTIONAL
Label	Pasture Raised	Certified Organic	Free Range	100% Free Range	Conventional
Label	100% Free Range	100% Organic	100% Free Range	100% Free Range	Conventional
Label	100% Free Range	100% Organic	100% Free Range	100% Free Range	Conventional
Label	100% Free Range	100% Organic	100% Free Range	100% Free Range	Conventional
Label	100% Free Range	100% Organic	100% Free Range	100% Free Range	Conventional
Label	100% Free Range	100% Organic	100% Free Range	100% Free Range	Conventional
Label	100% Free Range	100% Organic	100% Free Range	100% Free Range	Conventional
Label	100% Free Range	100% Organic	100% Free Range	100% Free Range	Conventional
Label	100% Free Range	100% Organic	100% Free Range	100% Free Range	Conventional
Label	100% Free Range	100% Organic	100% Free Range	100% Free Range	Conventional

### Egg Chart Nutrient Content

	EGG	CHICKEN	DUCK	GOOSE	CONVENTIONAL
Label	Pasture Raised	Certified Organic	Free Range	100% Free Range	Conventional
Label	100% Free Range	100% Organic	100% Free Range	100% Free Range	Conventional
Label	100% Free Range	100% Organic	100% Free Range	100% Free Range	Conventional
Label	100% Free Range	100% Organic	100% Free Range	100% Free Range	Conventional
Label	100% Free Range	100% Organic	100% Free Range	100% Free Range	Conventional
Label	100% Free Range	100% Organic	100% Free Range	100% Free Range	Conventional
Label	100% Free Range	100% Organic	100% Free Range	100% Free Range	Conventional
Label	100% Free Range	100% Organic	100% Free Range	100% Free Range	Conventional
Label	100% Free Range	100% Organic	100% Free Range	100% Free Range	Conventional
Label	100% Free Range	100% Organic	100% Free Range	100% Free Range	Conventional