

Egg Labeling: What It Really Means Cheat Sheet by [deleted] via cheatography.com/2754/cs/12177/

Introduction

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

Credit: Alison Ashston

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

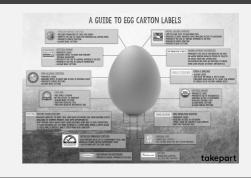
Organic: USDA-certified organic eggs must come from cage-free, free-range hens fed an organic diet produced without conventional pesticides or fertilizers.

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 Chart Nutrient Content





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