

EGG Safety

Egg-citing Facts About **Buying Eggs**



Q. If there is a small blood spot in an egg, should I throw it out?

A. Small blood or meat spots are rare, yet normal occurrences in eggs and pose no impact on egg safety or quality.

Q. Is there a nutritional difference between white and brown eggs?

A. Brown and white shell eggs are nutritionally the same.

Q. If an egg is cracked in the carton, is it safe to eat?

A. If an egg is cracked but not leaking contents it should be thoroughly cooked if consumed. Any egg that is leaking contents should be thrown out.

Q. Are eggs already washed when you buy them at the store?

A. Eggs packaged for commercial retail sale have been washed under controlled conditions.

Q. What should I look for when buying eggs to make sure they're safe?

A. Refrigeration has the greatest impact on egg safety and quality; purchase eggs that have been stored under refrigeration since lay.

