



Your Floating Egg Might Be Fine

Why a floating egg is older, not automatically spoiled

The Myth Everyone Repeats

Kitchen lore says: if it floats, toss it. But food scientists say a floating egg is not automatically spoiled. Floating means older, not rotten.

Source: [Egg Safety Center](#)

Why Eggs Float With Age

Eggshells are porous. As an egg ages, CO2 and moisture escape and air enters, inflating the air cell inside. A bigger air cell means more buoyancy.

Source: [University of Nebraska-Lincoln Extension](#)

What the Carton Date Actually Tells You

Best-by dates mark peak quality, not a hard safety cutoff. The USDA says a refrigerated egg can remain safe for several weeks beyond that date. A floating egg may still fall well within that safe window.

Source: [Food Republic](#)

The Real Test: Crack and Smell

Crack a floating egg into a bowl. If it smells off or the white looks green or pink, discard it. A fresh smell and bright yolk means it is safe to cook.

Source: [Egg Safety Center](#)

What a Sinker Tells You

A fresh egg sinks flat on the bottom. A slightly older egg tilts upright. Both are fine to eat. A floater just needs a quick sniff test before use.

Source: [University of Nebraska-Lincoln Extension](#)

Cloudy White Means Ultra Fresh

A cloudy white means CO2 is still dissolved in the albumen: the egg is very fresh. As CO2 escapes through the shell over days, the white gradually clears. A flat, spread-out yolk just signals a slightly older egg.

Source: [Food Republic](#)

IN SHORT

On a Multan morning, trust your nose. A good-smelling egg is a good egg, float or no float.

References

1. [Egg Safety Center](#) <https://eggsafety.org/floating-eggs-a-bad-egg-or-just-buoyant/>
2. [University of Nebraska-Lincoln Extension](#) <https://extension.unl.edu/statewide/lincolnmcperson/egg-floats-still-fresh/>
3. [Food Republic](#) <https://www.foodrepublic.com/1553268/eggs-float-water-meaning/>
4. [Egg Safety Center](#) <https://eggsafety.org/floating-eggs-a-bad-egg-or-just-buoyant/>
5. [University of Nebraska-Lincoln Extension](#) <https://extension.unl.edu/statewide/lincolnmcperson/egg-floats-still-fresh/>
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