

Brown Eggs Are Not Better

The truth about egg shell colour, and why price does not equal quality.

The Myth Brown Means Better

Many shoppers pick brown eggs assuming they are richer or more natural. It is one of the most common beliefs in the egg aisle, and it is not true.

Source: [Michigan State University Extension](#)

Shell Colour Comes From Breed

Shell colour is set by the hen's genetics, not diet or sun exposure. White-eared hens like Leghorns lay white eggs, red-eared hens lay brown.

Source: [Texas A&M AgriLife Extension](#)

Same Egg Inside Every Shell

Kansas State University research compared cholesterol across shell colours and found no meaningful difference. An egg is an egg no matter the shell.

Source: [Michigan State University Extension](#)

Why Brown Eggs Cost More

Brown-egg hens tend to be larger breeds that eat more feed, so farmers charge more to cover it. The price gap is about farming cost, not quality.

Source: [10News \(Scripps\)](#)

What Actually Changes Nutrition

Diet and how a hen is raised matter far more than shell colour. Pasture-raised or omega-3-enriched feed can shift a hen's nutrient profile.

Source: [Texas A&M AgriLife Extension](#)

IN SHORT

Whatever the shell colour, we test every batch so your family's morning eggs are exactly as good as they look.

References

1. [Michigan State University Extension](https://www.canr.msu.edu/news/whats_the_difference_between_brown_and_white_eggs_your_egg_questions_answer) https://www.canr.msu.edu/news/whats_the_difference_between_brown_and_white_eggs_your_egg_questions_answer
2. [Texas A&M AgriLife Extension](https://agrilifetoday.tamu.edu/2025/04/01/why-are-eggs-different-colors/) <https://agrilifetoday.tamu.edu/2025/04/01/why-are-eggs-different-colors/>
3. [Michigan State University Extension](https://www.canr.msu.edu/news/whats_the_difference_between_brown_and_white_eggs_your_egg_questions_answer) https://www.canr.msu.edu/news/whats_the_difference_between_brown_and_white_eggs_your_egg_questions_answer
4. [10News \(Scripps\)](https://www.10news.com/news/why-do-brown-eggs-cost-more-than-white-eggs-blame-the-bird) <https://www.10news.com/news/why-do-brown-eggs-cost-more-than-white-eggs-blame-the-bird>
5. [Texas A&M AgriLife Extension](https://agrilifetoday.tamu.edu/2025/04/01/why-are-eggs-different-colors/) <https://agrilifetoday.tamu.edu/2025/04/01/why-are-eggs-different-colors/>



ORDER ON WHATSAPP

0312 4444925

freshyolk.com