



The Brown Egg Myth Busted

Why shell colour tells you nothing about what is inside

The Belief: Brown Means Better

Many shoppers choose brown eggs expecting richer nutrition or better taste. Science says the shell colour is just packaging. What is inside is identical.

Source: [MSU Extension](#)

It Is Just Hen Genetics

Shell colour is determined by the hen's breed. A pigment called protoporphyrin is applied to the shell just before laying. It changes nothing about what is inside.

Source: [Healthline](#)

Same Protein, Fat, Vitamins Inside

NC State poultry scientist Ken Anderson confirmed: a generic brown egg and a generic white egg are nutritionally identical. Protein, fat, and vitamins all match.

Source: [Inverse / NC State University](#)

Feed Moves the Nutrition, Not Shell

What the hen eats is what actually changes the egg. Omega-3-enriched feed raises omega-3 levels. Outdoor hens can produce eggs with up to 4 times as much vitamin D.

Source: [Healthline](#)

Why Brown Eggs Cost More

Brown-laying hens are larger birds that eat 5 to 10 percent more feed. That extra cost reaches the checkout. The shell colour adds nothing nutritional in return.

Source: [Inverse / NC State University](#)

Judge By Feed, Not Shell Colour

Look at what the hens ate, not the colour of the shell. A clean, verified feed is the real marker of egg quality. Shell colour is just genetics.

Source: [Healthline](#)

IN SHORT

In Multan or anywhere else, the egg that feeds your family well is the one from hens eating clean.

References

1. [MSU Extension](#) https://www.canr.msu.edu/news/whats_the_difference_between_brown_and_white_eggs_your_egg_questions_answer
2. [Healthline](#) <https://www.healthline.com/nutrition/white-vs-brown-eggs>
3. [Inverse / NC State University](#) <https://www.inverse.com/science/brown-eggs-versus-white-eggs>
4. [Healthline](#) <https://www.healthline.com/nutrition/white-vs-brown-eggs>
5. [Inverse / NC State University](#) <https://www.inverse.com/science/brown-eggs-versus-white-eggs>
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