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How to Buy EGGS

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How to Buy EGGS

LOOK FOR THE USDA GRADE SHIELD

It tells you:

- The quality of the eggs.
- That the eggs have been certified for quality under USDA supervision.
- That the eggs were packed in a plant which meets USDA's rigid sanitary requirements.



Check for size:

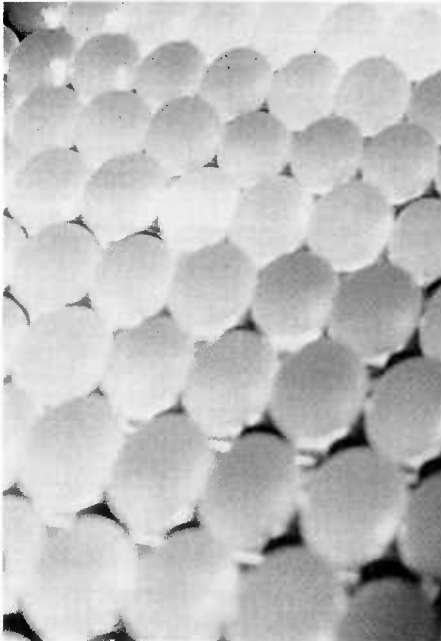
Eggs that are officially graded are also checked for size.

The size must be shown on the main panel of the egg carton. Occasionally the size is shown within the grade shield.



Eggs packed according to U.S. grade are checked for quality and weight. Grading service is provided by

USDA and cooperating State agencies on a voluntary basis to those who request and pay a fee for it.



Mass candling for quality check.



Checking quality by instrument.



Weighing for size.

SELECT BY U.S. GRADE (QUALITY)

There are three consumer grades for eggs: U.S. Grade AA (Fresh Fancy), A, and B. The grade is determined by the interior quality of the egg and the appearance and condition of the egg shell.

U.S. Grade AA eggs have whites that are thick, yolks that are firm and practically free from defects, and clean, unbroken shells.

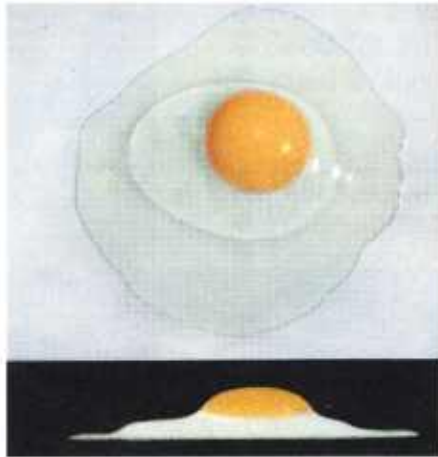
Sometimes you will see eggs marked U.S. Grade AA, Fresh Fancy Quality, or simply Fresh Fancy Quality. This means that the eggs meet standards for U.S. Grade AA eggs and, in addition, were produced and marketed under USDA's quality control program.

U.S. Grade A eggs are the quality most often sold in stores. They have whites that are reason-

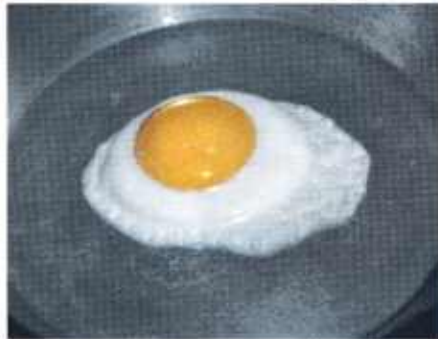
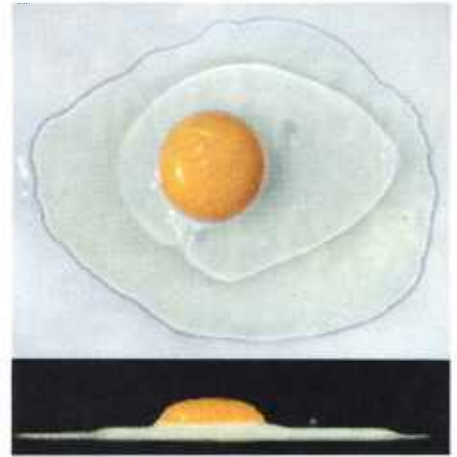
ably thick, yolks that are firm, high, and practically free from defects, and clean, unbroken shells.

U.S. Grade B eggs are seldom found in retail stores. The white of these eggs may be thinner and the yolks may be enlarged and flatter than eggs of the higher grades. The shells must be unbroken but may show slight stains.

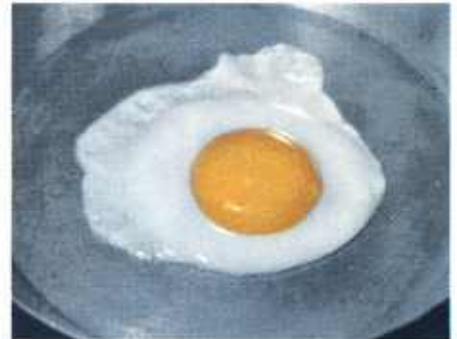
U.S. Grade AA and A eggs are good for all purposes, but are ideal for frying and poaching where appearance is important. U.S. Grade B eggs, if available, are satisfactory for general cooking and baking where appearance is not important. The quality of eggs does not affect their nutritive value.



UNCOOKED



FRIED



Grade AA (Fresh Fancy) egg covers small area; white is thick, stands high; yolk is firm and high.

Grade A egg covers moderate area; white is reasonably thick, stands fairly high; yolk is firm and high.

SELECT BY SIZE (U.S. Weight Classes)

Size tells you the minimum required weight per dozen, not the actual size of each egg.

If the eggs are officially graded, the size or U.S. weight class must be shown either on the carton or within the grade shield. Net weight per dozen may also be shown on the carton.

Size and quality are not related—they are entirely different. Large eggs may be high or low quality; high quality eggs may be any size.

The sizes most often sold are:

	<i>Minimum Weight per Dozen</i>
Extra Large	27 oz.
Large	24 oz.
Medium	21 oz.

Other sizes sometimes available are:

	<i>Minimum Weight per Dozen</i>
Jumbo	30 oz.
Small	18 oz.
Peewee	15 oz.

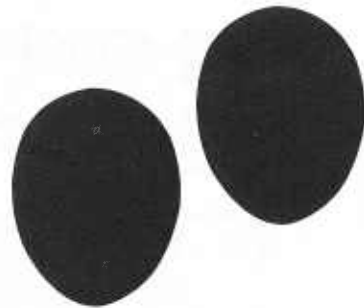


SIZE AND PRICE

There is usually a price spread between grades of eggs. But egg prices also vary by size for the same grade. The amount of price variation depends on the supply and demand of various sizes.

Since the price you pay relates to the size of eggs, you can find the best value by calculating the cost of eggs per pound. One dozen large eggs, for example, weighs 1½ pounds. Remember, accurate comparisons can be made only between eggs of the same grade.

EGG FACTS



- Eggs are nutritious. They are valued as a source of high quality protein, iron, vitamin A, and riboflavin (vitamin B₂), and are one of the few foods that contain natural vitamin D.

- A Large egg has about 80 calories, 60 of which come from the yolk.

- Eggs should be bought only from refrigerated display cases.

- To help maintain quality, eggs should be refrigerated promptly at home, large end up.

- Temperature variations cause rapid quality decline and the egg whites to become thin. Take only the number of eggs needed from the refrigerator at one time.

- Only fresh, clean, unbroken eggs should be used when making milk shakes and other uncooked or lightly cooked dishes. Eggs that are cracked should be thoroughly cooked.

- The thick, rope-like strands of white on opposite sides of the yolk are called the chalazae and are normal parts of an egg. They anchor the yolk in place.

- To insure best eating quality, eggs should be cooked with low to moderate heat. High temperatures and overcooking toughen eggs.

- For hardcooked eggs, use your oldest eggs. Very fresh eggs when hardcooked may be harder to peel.

AND FICTION...

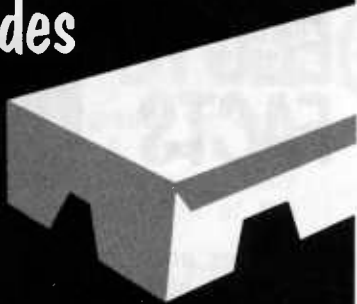
- Contrary to popular opinion, shell color does not affect egg quality or nutritive value. Shell color is determined by the breed of the laying hen. Brown and white eggs are equally good.

☆ GPO : 1975 O-590-670

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Catalog Number A1.77:144/2

(25% discount allowed on orders of 100 or more to one address)

USDA Grades Help You Choose EGGS



LOOK FOR THE GRADE



U.S. Grade AA (Fresh Fancy) and U.S. Grade A

- White and yolk stand high
- Good for all purposes
- Ideal for frying and poaching



U.S. Grade B

- White spreads out more
- Satisfactory for general cooking and baking

LOOK FOR THE SIZE

Size is minimum weight per dozen; for example:

- **Extra Large**—27 oz. per dozen
- **Large**—24 oz. per dozen
- **Medium**—21 oz. per dozen