

The **NUTRITIONAL DIFFERENCE** in Eggs from Pastured Hens

Perhaps the most extensive study on eggs from pastured hens was conducted by Mother Earth News. In their study, eggs from 14 different farms were analyzed.

On average, eggs from pastured hens were found to have:

1/3 less cholesterol

1/4 less saturated fat

2/3 more vitamin A

2 times more Omega-3 fatty acids

3 times more vitamin E

7 times more beta carotene

For the complete article and test results, go to:

<http://www.motherearthnews.com/Real-Food/2007-10-01/Tests-Reveal-Healthier-Eggs.aspx>

(If the above link does not work, search "Mother Earth News- Eggs from Pastured Chickens")

Other studies mentioned by Mother Earth News

In 1974, the British Journal of Nutrition found that pastured eggs had 50 percent more folic acid and 70 percent more vitamin B12 than eggs from factory farm hens.

In 1988, Artemis Simopoulos, co-author of The Omega Diet, found pastured eggs in Greece contained 13 times more omega-3 polyunsaturated fatty acids than U.S. commercial eggs.

A 1998 study in Animal Feed Science and Technology found that pastured eggs had higher omega-3s and vitamin E than eggs from caged hens.

A 1999 study by Barb Gorski at Pennsylvania State University found that eggs from pastured birds had 10 percent less fat, 34 percent less cholesterol, 40 percent more vitamin A, and four times the omega-3s compared to the standard USDA data. Her study also tested pastured chicken meat, and found it to have 21 percent less fat, 30 percent less saturated fat and 50 percent more vitamin A than the USDA standard.

In 2003, Heather Karsten at Pennsylvania State University compared eggs from two groups of Hy-Line variety hens, with one kept in standard crowded factory farm

conditions and the other on mixed grass and legume pasture. The eggs had similar levels of fat and cholesterol, but the pastured eggs had three times more omega-3s, 220 percent more vitamin E and 62 percent more vitamin A than eggs from caged hens.

The 2005 study Mother Earth News conducted of four heritage-breed pastured flocks in Kansas found that pastured eggs had roughly half the cholesterol, 50 percent more vitamin E, and three times more beta carotene.

Our Opinion

We're happy the evidence is there to verify the nutritional benefits of eggs from pastured hens. But, if it wasn't, we'd still prefer a pastured egg because the flavor's better. Not to mention, the hens have fresh air, can see the sky and can engage in natural behaviors like hunting, pecking and the much loved dust bath.

On a philosophical note, it seems there is a strong misconception within our society. We keep looking for a super food that will solve our nagging health problems. One week there's a spectacular report on the health benefits of cranberry juice and the next week grapefruit seed extract takes the spotlight. That's all well and good, but we really need an entire diet of healthy foods. We're convinced that eggs from pastured hens can be an important part of that healthy diet.

Prairie Bluff Farm

Home of [Pasture Patterns Eggs](#)