



## About Eggs History

Eggs have been eaten by humans throughout history and probably since the beginning of time. Individual cultures have different viewpoints on the consumption of eggs and the type of egg eaten (if any). Chicken and ostrich are the two most common eggs eaten today.

Some cultures revere eggs for reasons other than food. They are often seen as a symbol of life. In the United States, it has become popular to hard boil eggs and then dye or paint them at Eastertime. They are then used for decoration or hidden for an Easter egg hunt.

## The Food

Eggs contain high amounts of protein and choline, thus putting them in the Meat and Alternatives section of USDA's My Plate. They are also a good source of vitamins A, B-6, B-12, D, and E as well as riboflavin, folic acid, iron, and calcium. They are one of the few foods that naturally contain vitamin D. Eggs are composed of a shell, a white, and a yolk. A large egg white contains about 15 calories and the yolk contains about 60 calories and almost all of the fat. Egg yolks have also been associated with high cholesterol intake although some studies indicate that little of that cholesterol is absorbed into the body.

## How to Buy

Eggs are fragile, and buying good-quality eggs can sometimes mean sorting through many cartons. They are typically sold by the dozen. The most recently laid eggs are the freshest. They should be refrigerated immediately, and consumed within about a month. Look for cracks in the shell. Cracked eggs may contain Salmonella and should be discarded.

## How to Prepare

Eggs are extremely versatile in how they can be prepared. You can boil, poach, scramble, fry, bake, and coddle them for use in a wide range of dishes. The best part is that eggs are so flavorful, it's not necessary to use a lot of other ingredients to spice them up. They taste great plain.

## Safety

Salmonella is a particular issue with eggs. Follow these guidelines:

- **Scrambled eggs:** Cook until firm, not runny.
- **Fried, poached, boiled, or baked:** Cook until both the white and the yolk are firm.
- **Egg mixtures, such as casseroles:** Cook until the center of the mixture reaches **160 degrees Fahrenheit**.

## How to Store

Store eggs in the refrigerator at 33 to 40 degrees Fahrenheit. Discard them after about a month. Eggs can be frozen using the guidelines found at the National Center for Home Food Preservation [www.uga.edu/nchfp/how/freeze/eggs.html](http://www.uga.edu/nchfp/how/freeze/eggs.html).

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