

# Why are American eggs white?



Categories:

Farming

Different hen breeds produce different coloured eggs - from bluish tones to creamy pinks and even dark brown (and yes, green eggs are real, too). The main egg colour available in Australia is brown, although a small number of farms also sell white eggs. While many people assume brown eggs are more natural and therefore healthier, that's not the case. Brown hens lay brown eggs, white hens lay white eggs, and they both have the same nutritional profile.



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