



# *Incredible Egg* **Fun Facts**

**1** Most double yolk eggs come from younger hens, while older hens tend to lay larger eggs

Yolk color is determined by the plant pigments in chickens' feed, while the shell color is determined by the breed of chicken

**2**

**3** Chickens were one of the first domesticated animals, with records of laying hens dating back to 1400 B.C. Today, there are approximately 300 million laying hens in the US.

There are nearly 200 different breeds of chickens in the world, and one hen will lay between 250 and 300 eggs a year.

**4**

**5** One egg contains: 70 calories, 6 grams of protein, a varying amount of 13 essential vitamins and minerals include all 9 essential amino acids, and is high in choline