

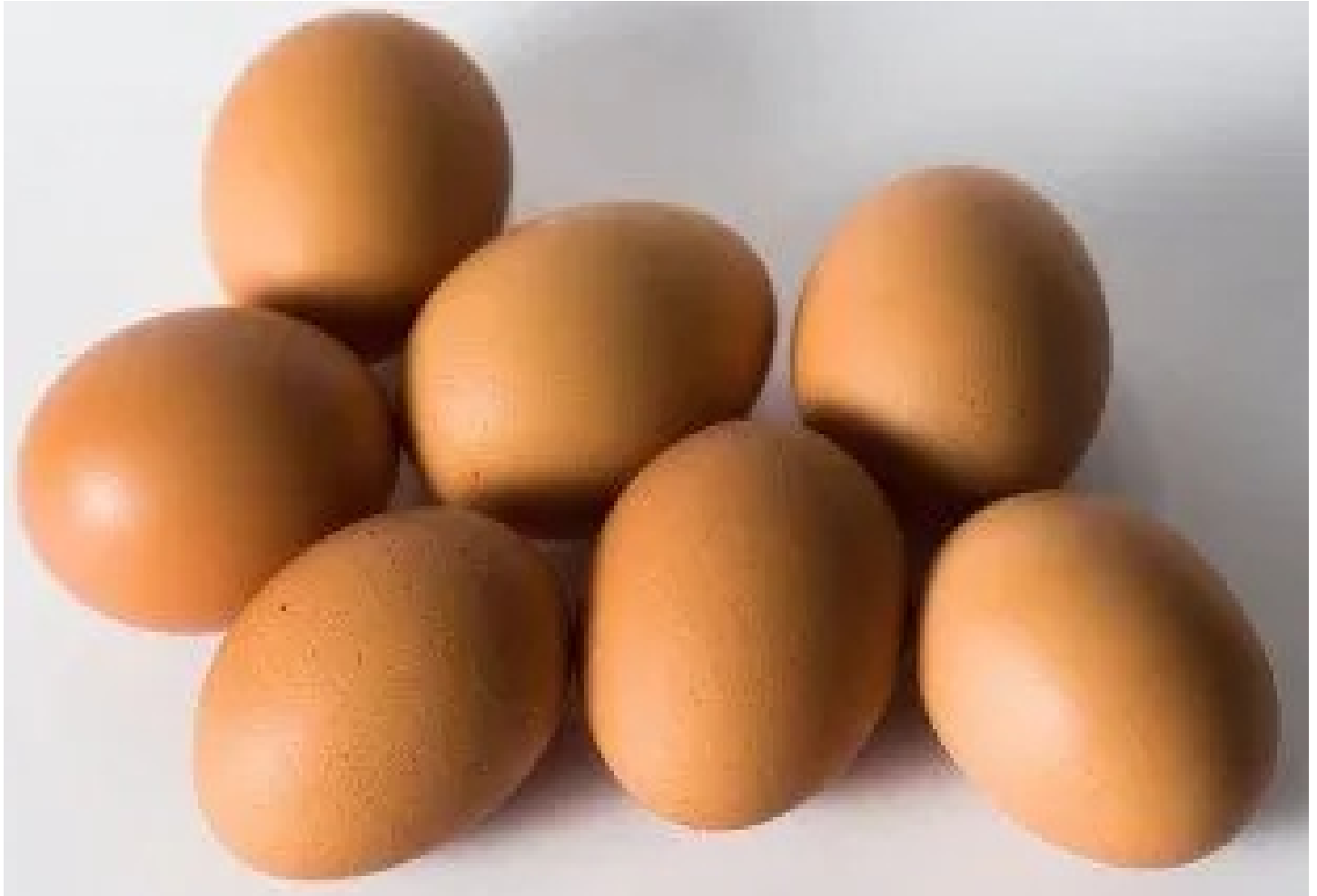
Are cage eggs less nutritious?



Categories:

Health & Nutrition

Eggs have one of the highest nutrient-to-kilojoule ratios of any food source, containing a high percentage of vitamins and minerals. Importantly, the nutritional value of eggs remains consistent, regardless of whether they are cage, barn-laid, or free range as all hens are fed a grain-based diet.



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