



## INTERNATIONAL GUIDE TO BUYING U.S. SHELL EGGS

The U.S. egg industry maintains strict quality control and sanitation protocols, which are more stringent than U.S. law requires. U.S. eggs are washed, sanitized, packed, and shipped within hours of laying. For safety and quality assurance, refrigeration is maintained throughout the supply chain and transportation process.

### EGG PURCHASING BEST PRACTICES

- Maintain cold storage throughout entire purchase supply chain.
- Select USDA Grade A or AA shell eggs. Graded eggs must meet quality and size standards.
- Select egg size best suited for use or application.

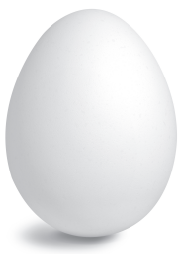




### U.S. SHELL EGG SIZES

Eggs are a product of nature and vary in size. U.S. shell eggs are weighed to determine their size.

Egg weighing equipment in the U.S. is programmed to fill cartons with eggs of similar weight.

A carton of eggs must meet the minimum average weight of their size classification.

#### SIZE CLASSIFICATIONS BY MINIMUM AVERAGE WEIGHT PER 12 EGGS (GRAMS/OUNCES)

JUMBO	EXTRA LARGE	LARGE	MEDIUM	SMALL
850 g 30 oz.	765 g 27 oz.	680 g 24 oz.	595 g 21 oz.	510 g 18 oz.
				

STANDARD SIZE FOR  
RECIPES AND COOKING



To learn more about high-quality U.S. shell eggs, visit [AEB.org](https://aeb.org)

**incredible!**

