

# Before eating eggs, pay attention to the color of the egg yolk

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In daily life, eggs are a very familiar food and used by consumers regularly. But have you ever noticed the color of egg yolk? This is really very important. Egg yolk is divided into dominant colors including yellow, orange or dark orange. On the **Bright Side** page shared with us a very important information, revealed by a " *conscientious* " farmer.

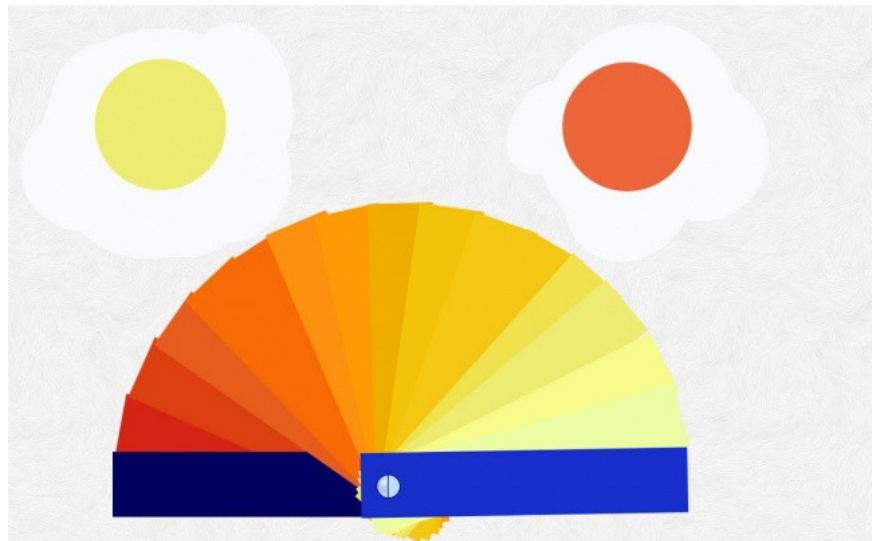


About 100 years ago, scientists discovered that egg yolk color could determine the amount of carotenoids (*natural organic pigments found in plants and organisms*) contained within. This is an antioxidant that helps form vitamin A, improving bone condition. Therefore, the **thicker the color of egg yolk will provide more nutrients to the body.**



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The color of egg yolk depends directly on the hen's diet and how to care. If the hen has a completely grain diet, the egg yolk will be light yellow. If they are fed corn, plants, insects, the egg yolk will be a little darker. Even some large egg farms **use a palette of 15 colors from light yellow to dark yellow to determine the quality of their egg products** .



Color palette determines egg product quality.(Source photo:© modernfarmer.com)

In general, we should eat eggs with bright orange yolks because it contains the maximum number of substances our bodies need.



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However, sometimes dark - pale colors of eggs also change with the season. In winter, egg yolk often becomes lighter because the amount of chicken food consumed at this time is less. In most cases, though, **light colors are considered to be low quality eggs** . Therefore, this egg does not provide us with the necessary amount of vitamins and proteins.

You can also check egg quality by observing the outer shell. Be careful with checking egg quality as well as their origin to be able to experience the best quality of chicken eggs. Only buy eggs from reliable suppliers or where chickens are raised in the best conditions.

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