

World Egg Day

Friday, October 9, 2015

World Egg Day is celebrated every year on the second Friday in October and was first celebrated in 1996. Since then, people around the world have continued to celebrate eggs as an excellent, affordable source of high-quality protein and their vital role in feeding people around the world.

Celebrate World Egg Day by brushing up on incredible edible egg trivia:

- The **U.S. ranks as one of the top countries in egg consumption** per capita at 263 eggs in 2014. Mexico leads the way at a whopping 352, followed by Malaysia (343).^{1,2}
- **Thirty-two countries** across the world celebrate World Egg Day each year.
- Hens lay approximately **286 eggs per year** (about an egg every 1.5 days) - even hens need a day off, every now and then!
- Most eggs are laid between 8-11 a.m.
- Shell color has no effect on nutrient content as nutrient content is determined by the hen's feed. The only difference is white-feathered chickens lay white eggs and red-feathered ones lay brown eggs.
- At an average of just **20 cents per piece**, eggs are one of the most affordable source of high-quality protein.³
- Eggs are a **nutritional powerhouse**, with one egg containing six grams of high-quality protein and all 9 essential amino acids, for 70 calories
- In 1978, Howard Helmer, the Omelet King, successfully broke the Guinness Book of World Records for omelet making. Helmer gained his new world title by cooking 217 omelets in 30 minutes.
- The hundred folds in a Chef's toque (hat) represent the hundred ways to cook an egg.

Visit IncredibleEgg.org for a variety of recipes, nutrition information and more.

*Be sure to follow The Incredible Egg on [Twitter](#), [Instagram](#), [Pinterest](#) and [Facebook](#) to see how (and where) we're celebrating World Egg Day with **#MyWorldEggDay**.*

¹ Global Egg Market Data. International Egg Commission. Last Updated 2014. Accessed September 17, 2015. <http://marketdata.internationalegg.com/2013/>.

² [The World Agricultural Supply and Demand Estimates Report \(WASDE\)](#), WADSE – 529 – 33, produced by USDA.

³ United States Department of Agriculture. Economic Research Service. Retail data for beef, pork, poultry cuts, eggs, and dairy products (October 2013). Retrieved on September 16, 2015 from <http://www.ers.usda.gov/Data/MeatPriceSpreads/>