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

U.S. shell egg sizes are determined by average weight of 12 eggs.

- **JUMBO**
  - 850 g
  - 30 oz.

- **EXTRA LARGE**
  - 765 g
  - 27 oz.

- **LARGE**
  - 680 g
  - 24 oz.

- **MEDIUM**
  - 595 g
  - 21 oz.

- **SMALL**
  - 510 g
  - 18 oz.

To learn more about high-quality U.S. shell eggs, visit AEB.org