

Re: free range eggs – more nutritious

Source: <http://sci.tech–archive.net/Archive/sci.agriculture.poultry/2005–10/msg00126.html>

- *From:* " Jill." <news@xxxxxxxxxxxxxxxxxxxxxxxxxxxxxxx>
 - *Date:* Wed, 19 Oct 2005 16:39:34 +0100
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donberry wrote:

- > in a different topic, I stated as I had acres of land, I free ranged
- > my chickens because they then had half the cholesterol and were much
- > more nutritious then caged chickens. I was then told I was wrong and
- > knew not what I talked about and also compared to someone passing on
- > old wive's tales.
- > I have researched this considerably before getting my chickens. I
- > google "free range chickens cholesterol" and time and time again come
- > up with results linking to research data showing free range eggs are
- > more nutritious, have half the cholesterol.

I would be seriously interested in the links to the research data
I am pretty certain that what has happened is a fallacy has simply been repeated

- > Now on the American Egg Board, they say there is no difference. Mother
- > Earth News asked them where they got their data and they said they
- > knew of no research on free range eggs. This is wrong of course as
- > there is lots of research on free range eggs. But in America, like
- > everything else, just follow the money. I am sure the large egg
- > producing farms would rather people not know their eggs are less
- > nutritious, full of antibiotics and hormones.....may dampen their
- > profits.

All food stuffs are tested by the appropriate national governments – have you a link to the US one that shows eggs for sale have significant residues of antibiotics and hormones?

Which hormones are used in egg production?

- > Surely the American Egg Board would not succumb to money
- > would it..(I say that in jest, just look at the FDA)
- > Anyway, the research I have seen shows free range eggs are better
- > eggs.

I would be very interested to see this research
I have never seen anything that scientifically proves they have less cholesterol

Re: free range eggs – more nutritious

- > I just find it hard to believe the actual research is skewed which
- > leads me to they are a more nutritious egg.

How can they be?

I am certain that if there was a grain of truth then the pastured poultry / free range boys would have been milking this worth — and it would be worth lots and lots of \$\$\$\$\$\$\$\$ / ££££££££££ – pick your currency

- >
- > A note – often companies say their chickens are free range, yet really
- > are not. The chickens are still in cages and spend most of their time
- > indoors.

While that may be true in the US it is certainly not true in the UK where "free range" is a "specific marketing term" which is governed by a great deal of rules and inspections — cages do not come into it. They may not be perfect but you have to be very careful about generalising on a global group like this when in fact you are talking about one place only

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regards
Jill Bowis

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- **Follow-Ups:**
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◇ From: donberry
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◇ From: donberry
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