

All About Eggs

Healthy vs. Unhealthy - Everything You Need To Know



A Basic Guide by Rand Eastwood

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About The Author:

Rand Eastwood is an author, artist, & craftsman living in Las Vegas, NV. Certified in both [nutrition](#) & [ancestral health](#), he is a healthy nutrition & lifestyle advocate. Under [Eastwood Innovations, LLC](#) he operates his [Author Website](#), [Lifeology Store](#), [Rand's Bookshop](#), & [Woodlands Press](#). His books are available on [Amazon](#), and much of his fiction is published on his [Author Website](#) under [My Fiction](#). His much-anticipated epic novel [PRIMEVAL](#) was released on Amazon in September of 2025, and is currently available in trade paperback. [Subscribe to his website](#) and/or [follow his Amazon author page](#) for updates.

A Note From The Author:

Some time ago I published two articles about eggs on [Lifeology Blog](#), the first entitled [A Word About Eggs & Inflammation](#), then the follow-up entitled [I've Finally Found Healthy Eggs!](#), and they were both very popular, so I combined them into one comprehensive article: [All About Eggs: Healthy vs. Unhealthy | Everything You Need To Know](#), which has proven to be even more popular!

So I decided to turn that comprehensive article into this downloadable & printable ebook, in the hope that readers find it useful.

Enjoy!



Rand Eastwood
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All About Eggs

Healthy vs. Unhealthy - Everything You Need To Know

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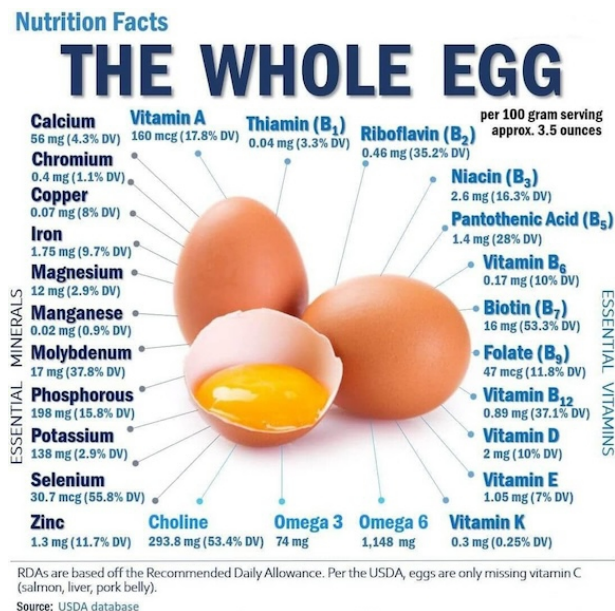
Eggs: A Natural Superfood

Eggs are one of nature's true superfoods, with each little self-contained package containing healthy fats, protein, vitamins, and minerals.

To name just a few benefits:

- Eggs contain all 9 essential amino acids (including the amino acids tryptophan and tyrosine, which contain strong antioxidant properties)
- Eggs contain vitamin D and choline (or vitamin B6), of which many people are deficient.
- Eggs have also been shown to increase the absorption of vitamin E from vegetables.
- And regardless of past misguided fears, studies have shown no correlation between consuming the cholesterol in eggs and coronary heart disease.

And here's a nutritional graphic I stumbled across online showing the array of nutritional benefits of eggs, courtesy of the USDA (I know, I know, but grain of salt, okay?):



Problem is, all of the above is true of *healthy, pasture-raised* eggs. But what about the more common factory-farmed eggs?

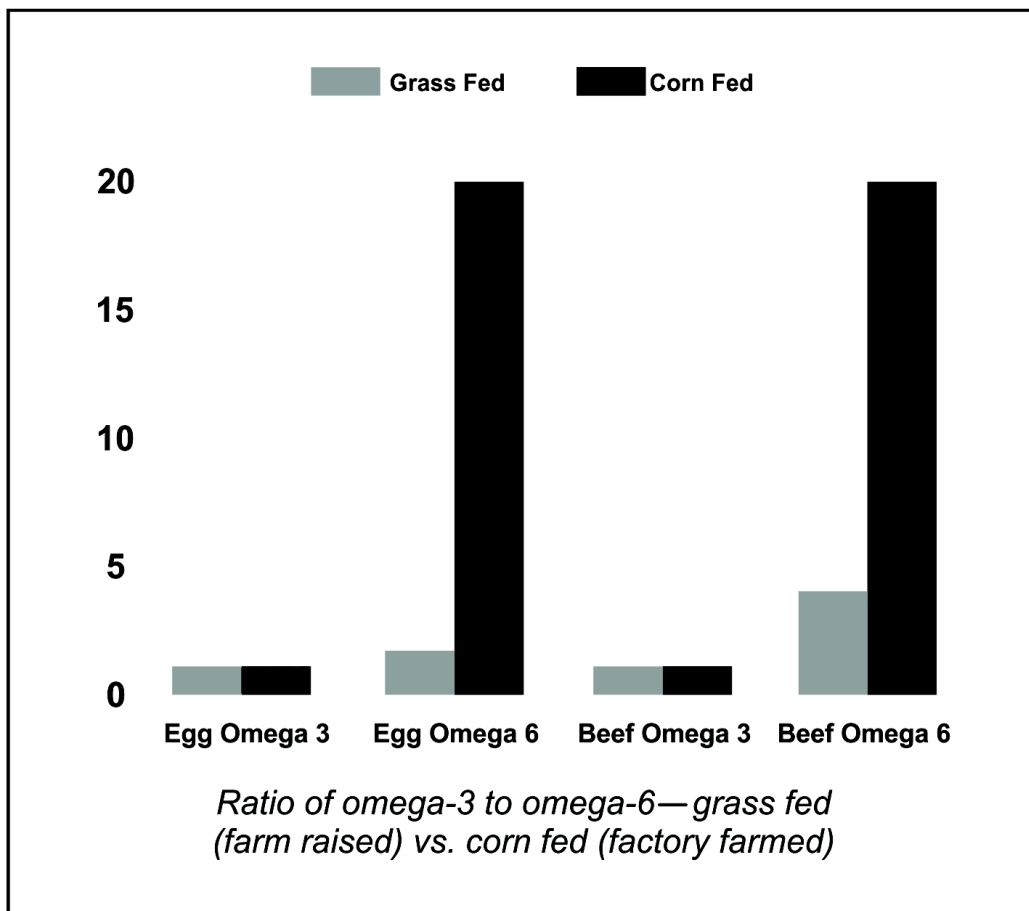
Omega 3 vs. Omega 6

Eggs contain both Omega-3 and Omega-6 fatty acids. Omega-6 fatty acids are pro-inflammatory, whereas omega-3 fatty acids are anti-inflammatory, therefore counteracting the inflammatory effects of omega-6. So whenever possible, we want to reduce our intake of omega-6, and increase our intake of omega-3.

In his book *An Inflammation Nation*, Dr. Sunil Pai writes that true pasture-raised chickens eat vegetables, insects, and fresh green grass, which is high in omega-3 fatty acids, whereas factory-farmed chickens are fed mostly corn. As a result, pasture-raised chicken eggs have an omega-3 to omega-6 ratio of 1:1.5, whereas factory-farmed eggs have an omega-3 to omega-6 ratio as high as 1:20!

So every time you eat a factory-farmed egg, you're getting as much as *14 times* the inflammatory omega-6 that you would have gotten by eating a free-range egg!

He also offers the following chart, which depicts the omega-3 to omega-6 ratios of not only farm-raised eggs vs. factory-farmed eggs, but also includes the same for beef. As you can see, farm-raised (pasture-raised) is the way to go, hands down:



Source: *An Inflammation Nation*, by Dr. Sunil Pai

Industry Labeling Is Meaningless

But it's not enough to simply shop for eggs labeled free-range, as the label definitions are vague to meaningless. Like the simple misconception that cage-free is equivalent to free-range, an industry labeling practice used deceptively to imply that the chickens are pasture-raised, but the reality is, they're nothing of the kind.

In fact, none of the labels used on eggs means much of anything. According to my research, this is what some of the common egg labels actually mean:

Organic: *These eggs are certified to have been laid by cage-free or free-range hens raised on organic feed and with access to the outdoors. However, a recent report by the Cornucopia Institute indicates that many larger producers don't always comply with these requirements (especially the outdoor access). Most small-scale farmers were found to be in compliance.*

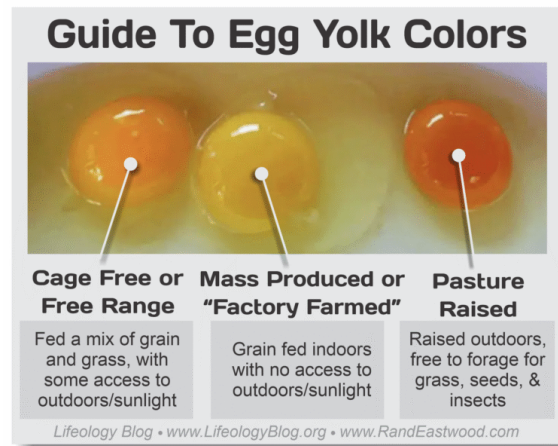
Cage-free: *Means the hens can roam in a building, room or open area instead of a battery cage, a 16×20-inch cage that houses up to 11 birds. It does not necessarily mean that hens have access to the outdoors. Nor does it indicate how much room they have to move around.*

Free-range: *Eggs labeled free-range were laid by hens that have access to the outdoors. This can simply mean the hens have an indoor space connected to an outdoor area—not that they are roaming around “free.” In addition to eating grain these hens may forage for wild plants and insects.*

And I recently came across this graphic online (H/T [Gubba Homestead](#)) which helps to clarify what these labels really mean:



And the following graphic shows the obvious health difference between the eggs, depending on how the chickens are raised:



And, even though it's cattle and not chickens, here's a video to help illustrate the point, showing cattle being "grass fed"...as you can see, it's easy to visualize happy cows living contented lives out on natural pastures, eating grass and foraging for other natural food—when the reality is, they're inside a factory farm having grass dumped on them from a machine, and it even appears that their heads are trapped between steel bars in the process, which is just cruel and abusive (though not unusual, [as detailed here](#)). And who's to say whether these particular cattle are simply grass-fed or grass-finished? There's a distinct difference there, too—[which you can read more about here](#). So the "grass-fed" label can be just as deceptive as the other mentioned above:



to watch the video: [click the picture](#), [scan the QR code](#), or [click here](#)

So given these facts, simply being careful as to how your eggs are labeled still doesn't guarantee that you're getting healthy, nutritious eggs from healthy, pasture-raised chickens; in fact, most likely they're not, regardless of how they're labeled.

On the other hand, one recommended way to ensure the quality of the eggs you buy is to source them from local farmers, and inquire with them as to how their chickens are raised. This is fine, but in my case this would be difficult if not impossible as I live in Las Vegas desert...

So instead, I began rigorously reading labels and researching in an attempt to find truly pasture-raised and healthy eggs.

And I'm now happy to report:

I've Finally Found Healthy Eggs!

[DISCLAIMER: I am not an affiliate of, or in any way being compensated by [Vital Farms](#); during my research I discovered the company, checked them out, and am now a loyal customer!]

I located healthy, pasture-raised eggs at Sprouts Farmers Market! (UPDATE: I've now located them at Smith's, Albertsons, and even Walmart! | UPDATE June 2024: Vital Farms just announced that their eggs are now available at Target!)

They're from [Vital Farms](#) and these eggs are truly pasture-raised. On the company website, [they describe their mission](#) thusly:

"We are on a mission to bring ethically produced food to the table, and our purpose as a business is to improve the lives of people, animals and the planet through food."

Also, their product packaging is unique: a black-colored degradable carton, displaying labels such as Ethical Eggs and Happy Hens, along with the most important for our purposes: Pasture-Raised:



They also include a “food traceability” feature which enables customers to input the farm information found on the packaging into the company’s website, which will then show the family farm where the specific carton of eggs was produced:



Another fun little thing they do is include a tiny newspaper-like insert *Vital Times* in each carton, with news, “bird of the month”, a cartoon, mission statement, and more!:



And I can attest to their quality: upon opening the carton, I immediately saw that these eggs were different...bigger, heavier shells...and upon cooking them, the yolks were bolder and darker...and the aroma: they smelled like healthy, farm-fresh eggs—and boy do they taste great!

Now granted, they're still under a buck each, and as healthy as they are, I think they're well worth it!

Also, I recently stumbled across this customer tour video describing [Vital Farms](#), and decided to include it here:



to watch the video: [click the picture](#), scan the QR code, or [click here](#)

So as you can see, it's not just me: they really are healthy, nutritious eggs and an awesome company!

[AGAIN, A DISCLAIMER: I am not an affiliate of, or in any way being compensated by [Vital Farms](#); during my research I discovered the company, checked them out, and am now a loyal customer!]

Happy & Healthy vs. Stressed & Unhealthy

And finally, I recently discovered the following video, showing how elated a herd of cows were when they were introduced to a grassy pasture—for the first time in their lives! I don't know all the details, so I'll just share the text from the video, from [Animal Heroes World](#), which they posted on both [Facebook](#) and [Instagram](#):

“These cows spent their entire lives in miserable conditions, with their babies taken from them, and when they were no longer ‘useful,’ they were sent for slaughter. But fate had other plans. Rescued just in time, watch their emotional first steps onto green grass at their new sanctuary. To all animal heroes out there, I’m forever grateful for people like you →:



to watch the video: [click the picture](#), [scan the QR code](#), or [click here](#)

And sure, again it's cattle and not chickens, but you can plainly see the point: happy animals raised in a natural, healthy environment, are obviously going to be healthier—and, in the case of chickens, lay healthier eggs—than stressed animals raised in an unnatural, unhealthy, or even toxic environment. And they certainly can tell the difference, and obviously prefer the former to the latter.

Summary

As you can see, it really does make a difference how the chickens are raised and fed, as to the quality, healthfulness, and nutritiousness of the eggs...so be sure to look for true pasture-raised eggs...and enjoy!

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