

AVAILABLE/IN-SEASON
YEAR-ROUND

Updated 11/2024

Michigan Eggs

Michigan eggs: Farm-fresh and packed with protein.

Michigan Egg Facts:

- Michigan ranks seventh in the nation in the production of eggs
- There are eight family-owned laying farms producing eggs in the state of Michigan
- Michigan's egg farmers serve your local grocer, large restaurants, the local diner and the food service industry (liquid eggs).
- Michigan egg farmers supply eggs to all McDonald's restaurants east of the Mississippi River
- There are 15.4 million laying hens in Michigan today
- These hens produce 4,548 million dozen eggs per year.
- The production of eggs contributes \$655 million to Michigan's economy annually

Nutrition

- Eggs pack plenty of vitamins and minerals for only 70 calories per egg
- Eggs contain six grams of protein and all nine essential amino acids
- Eggs contain lutein and zeaxanthin, two antioxidants that help prevent macular degeneration
- Egg yolks are an excellent source of choline, an essential nutrient that contributes to fetal brain development and adult brain functioning

Michigan eggs can be found at local diners, large restaurant chains, grocery stores and food service entities. Michigan eggs are produced by laying hens in 17 farms across the state who are cared for at all times to provide the most nutritious product for you.



**MICHIGAN ALLIED
POULTRY INDUSTRIES**