

סוף-סוף אפשר להגיד: ביצי חופש בריאות יותר מביצים מכלובים!

The Community Chickens Project

The [Community Chickens](#) project is a joint effort of *Mother Earth News* and our sister publication, *Grit*. We're working to test and tell you about all sorts of things related to poultry: incubators, a brooder, feeders and waterers, fencing and feed. Share our experiences as we hatch chickens, ducks and other baby poultry. Plus, we'll take you through the life cycle of the birds, letting you know all about the options for raising poultry and why we're making the choices we do.

Please help us spread the word — eggs from hens raised on pasture are far more nutritious than eggs from confined hens in factory farms.

LATEST RESULTS: New test results show that pastured egg producers are kicking the commercial industry's derriere when it comes to vitamin D! Eggs from hens raised on pasture show **4 to 6 times as much vitamin D** as typical supermarket eggs. Learn more: [Eggciting News!!!](#)

RESULTS FROM OUR PREVIOUS STUDY: Eggs from hens allowed to peck on pasture are a heck of a lot better than those from chickens raised in cages! Most of the eggs currently sold in supermarkets are nutritionally inferior to eggs produced by hens raised on pasture. That's the conclusion we have reached following completion of the 2007 *Mother Earth News* egg testing project. Our testing has found that, compared to official U.S. Department of Agriculture (USDA) nutrient data for commercial eggs, eggs from hens raised on pasture may contain:

- **1/3 less cholesterol**
- **1/4 less saturated fat**
- **2/3 more vitamin A**
- **2 times more omega-3 fatty acids**

- **3 times more vitamin E**
- **7 times more beta carotene**

These amazing results come from 14 flocks around the country that range freely on pasture or are housed in moveable pens that are rotated frequently to maximize access to fresh pasture and protect the birds from predators. We had six eggs from each of the 14 pastured flocks tested by an accredited laboratory in Portland, Ore. The chart in [Meet the Real Free-range Eggs](#) (October/November 2007) shows the average nutrient content of the samples, compared with the official egg nutrient data from the USDA for “conventional” (i.e. from confined hens) eggs. The chart lists the individual results from each flock.

קישור למאמר:

<http://www.motherearthnews.com/eggs.aspx>

רשימת המקורות, מתוך המאמר:

- In 1974, the British Journal of Nutrition found that pastured eggs had 50 percent more folic acid and 70 percent more vitamin B12 than eggs from factory farm hens.
- In 1988, Artemis Simopoulos, co-author of The Omega Diet, found pastured eggs in Greece contained 13 times more omega-3 polyunsaturated fatty acids than U.S. commercial eggs.
- A 1998 study in Animal Feed Science and Technology found that pastured eggs had higher omega-3s and vitamin E than eggs from caged hens.
- A 1999 study by Barb Gorski at Pennsylvania State University found that eggs from pastured birds had 10 percent less fat, 34 percent less cholesterol, 40 percent more vitamin A, and four times the omega-3s compared to the standard USDA data. Her study also tested pastured chicken meat, and found it to have 21 percent less fat, 30 percent less saturated fat and 50 percent more vitamin A than the USDA standard.

- In 2003, Heather Karsten at Pennsylvania State University compared eggs from two groups of Hy-Line variety hens, with one kept in standard crowded factory farm conditions and the other on mixed grass and legume pasture. The eggs had similar levels of fat and cholesterol, but the pastured eggs had three times more omega-3s, 220 percent more vitamin E and 62 percent more vitamin A than eggs from caged hens.
- The 2005 study Mother Earth News conducted of four heritage-breed pastured flocks in Kansas found that pastured eggs had roughly half the cholesterol, 50 percent more vitamin E, and three times more beta carotene.
- The 2007 results from 14 producers are shown [here](#).