

## Nutritive, Preservation, and Packaging of Eggs and Egg Products

Sanjana M. A<sup>1</sup>, Prasad M. G<sup>1</sup>, and Jagannatha Rao<sup>1</sup>

### Abstract

This article comprehensively explores the nutritive value, preservation techniques, and packaging methods of eggs and egg products. Eggs are renowned for their exceptional protein quality, balanced amino acid profile, and rich vitamin and mineral content, making them a vital component of a healthy diet. Preservation methods, including lime water treatment, shell-sealing techniques, and cold storage, are discussed in detail, highlighting their efficacy in extending the shelf life of eggs while maintaining their freshness and quality. Various packaging options, from grain by-products to retail packages, are examined, each offering unique advantages in protecting eggs during transportation and retail sale. Additionally, the importance of labeling in providing essential information to consumers is emphasized. By understanding and implementing these strategies, stakeholders in the egg industry can ensure the delivery of fresh, nutritious eggs to consumers while maximizing shelf life and minimizing waste.

### Nutritive Value of Eggs

Eggs stand as a nutritional powerhouse, offering an exceptional source of protein with a high biological value of 96, making them a benchmark for protein quality. They boast a well-balanced array of essential amino acids, with 16.5% protein content in the yolk and 10.5% in the albumen. From a standard egg, one can derive approximately 6.5g of protein from the albumen and 3.0g from the yolk. Moreover, egg fats are emulsified, facilitating easy digestion and absorption.

In addition to protein and fat, eggs are rich in essential vitamins and minerals.

They provide significant amounts of vitamins such as A, B1, B2, niacin, and pantothenic acid, making them a valuable component of a balanced diet.

**Vitamin A:** 200-1000 IU/egg

**Vitamin B1:** 50-70 µg/egg (present in yolk alone)

**Vitamin B2:** 200 µg/egg (found in both yolk and albumen)

**Niacin:** 40 µg/egg

**Pantothenic Acid:** 600 µg/egg

### Preservation of Eggs

Ensuring the preservation of eggs starts with the production of high-quality eggs on the

*Sanjana M. A<sup>1</sup>, Prasad M. G<sup>1</sup>, and Jagannatha Rao<sup>1</sup>*

*<sup>1</sup>Veterinary College, Gadag, Karnataka Veterinary Animal and Fisheries Science University, Bidar, Karnataka, India*

farm. Various practices are recommended, including frequent egg collection, careful handling, and rapid cooling to below 50°F at 75-85% relative humidity. Eggs should be marketed at least twice weekly to maintain freshness.

Several preservation methods have been employed historically to extend the shelf life of eggs:

- 1. Dry Packing:** Eggs are stored in earthen pots with dry packing material, buried in wet sand to maintain freshness.
- 2. Immersion in Liquids:** Older method aimed at preventing moisture evaporation, inhibiting bacterial decomposition through chemical or physical means.
- 3. Lime Water Treatment:** Eggs are immersed in lime water solution for 24 hours, providing preservation for 2-3 months, albeit with a slight taste alteration.
- 4. Water Glass Method:** Eggs are submerged in a sodium silicate solution, preserving them for an extended period with puncturing required before boiling.
- 5. Shell-Sealing Treatments:** Methods such as coating with oil or vacuum sealing are employed to prevent

moisture and gas escape, thus extending shelf life.

- 6. Thermostabilization:** Involves immersing eggs in hot water to coagulate albumin, extending edibility for 3-4 weeks but impacting foaming properties.
- 7. Cold Storage:** The most effective commercial method, storing eggs at 0° C with relative humidity of 85-90% for up to 8 months.
- 8. Dried and Frozen Eggs:** Processing eggs into powder or frozen forms for commercial use, offering long-term preservation options.

### Egg Packaging

Various packaging methods exist, each with unique designs and materials tailored for different purposes:

- 1. Grain By-Products:** Utilizing rice husks or wheat chaff in firm baskets reduces shell damage during transport.
- 2. Filler Trays:** Wood pulp trays allow for easy stacking and counting, while plastic alternatives offer reusability and transparency for inspection.
- 3. Retail Packages:** Specifically designed for retail sale, offering convenience and protection against damage.
- 4. Labelling:** Labels play a crucial role in conveying essential information to consumers, including egg size, grade,

producer details, storage instructions, and expiration dates.

## Conclusion

In conclusion, eggs represent a versatile and nutritionally dense food source with unparalleled protein quality and a plethora of essential vitamins and minerals. Their preservation and packaging are crucial steps in maintaining their quality and extending their shelf life. Through meticulous preservation methods such as lime water treatment, shell-sealing techniques, and cold storage, eggs can be safeguarded against spoilage while retaining their freshness and nutritional integrity. Moreover, thoughtful packaging options, ranging from grain by-products to retail packages, play a vital role in protecting eggs during transportation and ensuring their availability to consumers in optimal condition. Furthermore, labeling serves as a critical tool in informing consumers about the size, grade, producer details, storage instructions, and expiration dates of eggs, facilitating informed purchasing decisions and promoting food safety.

By integrating effective preservation methods and appropriate packaging techniques, stakeholders in the egg industry can uphold the quality and safety of eggs throughout the supply chain, thereby meeting consumer demand for fresh and nutritious products. This holistic approach not only

enhances consumer satisfaction but also contributes to the sustainability of the egg industry by minimizing waste and maximizing product longevity. As such, continued research and innovation in egg preservation and packaging are essential for ensuring the continued availability and quality of this essential dietary staple.

