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The best
eggs

in the world are

CAGE-FREE!





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What are cage-free eggs?

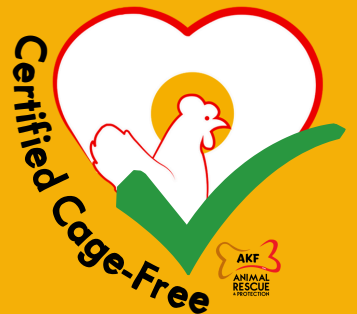
Cage-free eggs are from egg-laying hens raised in a cage-free environment. Here, hens are free to walk, stretch their wings, lay eggs on proper nests, and more.

Where do I buy cage-free eggs?



Cage-free eggs are available in supermarkets with the label “cage-free” and “free-range”.

Look for the **Certified Cage-Free** seal on the packaging to ensure that the eggs are from a farm inspected and certified by AKF.



How is it different from regular eggs?

Cage-free eggs are heart-healthy! According to tests, these eggs are **healthier with lower cholesterol, and richer in vitamins A, E, B1, phosphorus, and omega-3 fatty acids**. This may be traced to hens raised in cage-free environments having better welfare and living conditions.