



**EGG PRODUCERS
FEDERATION**
OF NEW ZEALAND

Egg producers in New Zealand are represented by the Egg Producers Federation.

They are proud to supply a low carbon, incredibly healthy source of protein to Kiwis and to be a key part of our food security.

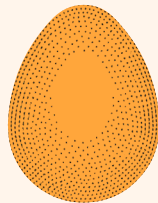
There are around 145 egg farms in NZ and EPF has 169 members.

Fast Facts

About New Zealand Eggs

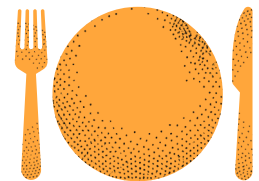
NZ Egg industry produces 103 million dozen eggs annually*

103m



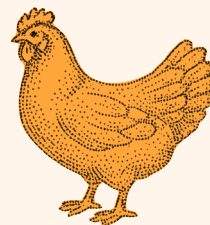
New Zealanders eat an average of 232 eggs annually 4.5 eggs a week ***

232



Eggs are purchased by 70% of kiwi households fortnightly or more frequently****

70%



The New Zealand layer bird population is around 4 million birds**

4m

The carbon footprint of eggs is low - lower than that of beef, lamb, cheese and some kinds of fish.*****

CO²



Eggs contain 13 essential nutrients including high quality protein, vitamins, minerals and antioxidants.*****

13



EPF eggfarmers.org.nz

References

* EPFNZ industry production statistics ex NZ Hatcheries Reported Chick Placements, year ended 31.12.25

** EPFNZ industry production statistics

*** EPFNZ industry production statistics year ended 31.12.25 and NZ govt estimate annual population Sept 2025

**** Kudos quantitative consumer research, February 2025

***** New Zealand Food Composition Database, FOOD- files / Concise Tables, foodcomposition.co.nz, Ministry of Health.

***** www.mpi.govt.nz/dmsdocument/57172-Life-Cycle-Assessment-of-King-salmon-from-New-Zealand-Summary

The Mighty Egg



A naturally nutritious whole food for everybody.

Whole body health

Eggs deliver 13 essential nutrients including all B vitamins, iron, selenium and iodine which help to maintain energy, metabolism and immune function



Brain food

Eggs are a rich source of choline, an essential nutrient that supports brain development and cognitive function



Built to last

Eggs are a natural source of phosphorus and vitamin D, which help maintain strong bones and teeth



Protein power

Each egg provides 6.7g of high-quality protein with all 9 essential amino acids, supporting strength, growth and repair



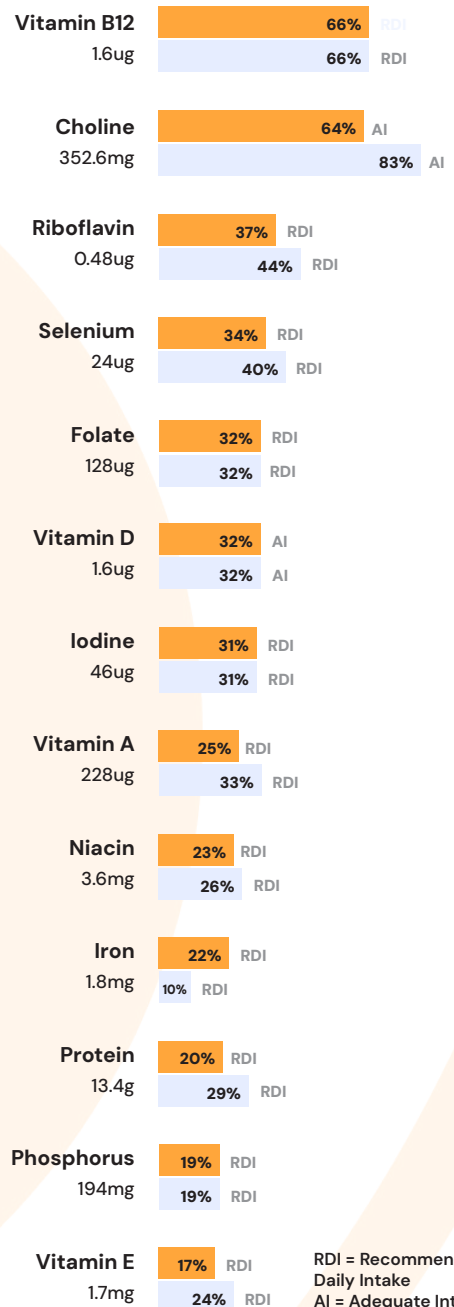
Healthy vision

Lutein, zeaxanthin and vitamin A help support healthy vision and eye function



Egg nutrition

Percentage of nutrients in two medium eggs (120g)



RDI = Recommended Daily Intake
AI = Adequate Intake

Resources for health professionals:

