

Mr. Steinman, we watched your story on the Listowel, Ontario egg farm. The story you presented has another side to it we hope you'll consider.

We challenge the Haverkamp's claim that they "look after their hens". What one believes they do and what the actual consequences are, are two very different things.

Commercial laying hens lay approx. 340 eggs per year. Egg laying, outside of the purposes of procreation, is not a natural phenomenon in birds. In nature, birds lay seasonally and a few eggs at a time. Commercial layers have been selectively bred and genetically modified for high egg output. This has many health consequences for the birds. One-third of layers sent to slaughter have either healed breaks or broken bones due to osteoporosis from calcium depletion and rough handling during transport. Due to their manipulated reproductive systems, hens have the highest rates of spontaneously occurring ovarian cancer of almost any species in the world. Prolonged confinement in cages in which hens live on wire floors with the equivalent 'floor' space of an 8.5" x 11" piece of paper, can hardly be described as humane. This is done to minimize the square footage required per egg output/per day for purely economic reasons.

One to two-day old male chicks are routinely shredded alive in a macerator at commercial hatcheries. We have video of this on the homepage of our website www.egg-truth.com. Why? Because male chicks don't lay eggs, thus they have no monetary value to the egg industry and are killed en masse soon after they hatch. This is a heinous practice that would never be tolerated by society if these were 'kittens' or 'puppies'.

As it relates to the health benefits of eggs, Ms. Haverkamp describes "feeding Canadian families" as a virtue. Eggs are qualitatively, and quantitatively, unhealthy for human consumption. As J. David Spence Director, Stroke Prevention & Atherosclerosis Research Centre, Robarts Research Institute, Western University, London, has pointed out, the egg industry claims cholesterol does not have an adverse effect on our cardio health. This is patently false as the industry points to "fasting cholesterol" as their preferred form of measurement. Post-prandial (or post-meal) cholesterol levels are the relevant metric as we spend our lives in a fed-state not a fasting-state. Four hours after we eat is when damage to our endothelium occurs not 18-24 hours after we last consumed dietary cholesterol. Furthermore, Ms. Haverkamp's claim that eggs are needed in the treatment of diabetes is ironic given that diabetics, people with CVD, hypertension and high-blood pressure are routinely advised not to consume eggs due to their cholesterol and saturated fat content. More information here: www.egg-truth.com/eggs-and-our-health

Egg production represents the cruelest form of animal agriculture on the planet that produces one of the unhealthiest forms of food we can consume. In fact, the egg industry in the United States has been prohibited to claim that eggs are "healthy". Instead, they now use words like "nutrient dense" and engage in nutritionism or unique-positioning to promote their product to an unwitting public.

We sincerely hope the next time your news channel does a story on eggs or the egg industry, you provide a more balanced perspective and allow your viewers to make up their own mind.

Respectfully yours,
Nigel Osborne, Executive Director
t. 416-910-6122
e. noeggs@egg-truth.com

