

# Egg consumption/person/year: Worldwide Overview

Peter van Horne

WEO Economic Analyst

Cartagena, September 2025

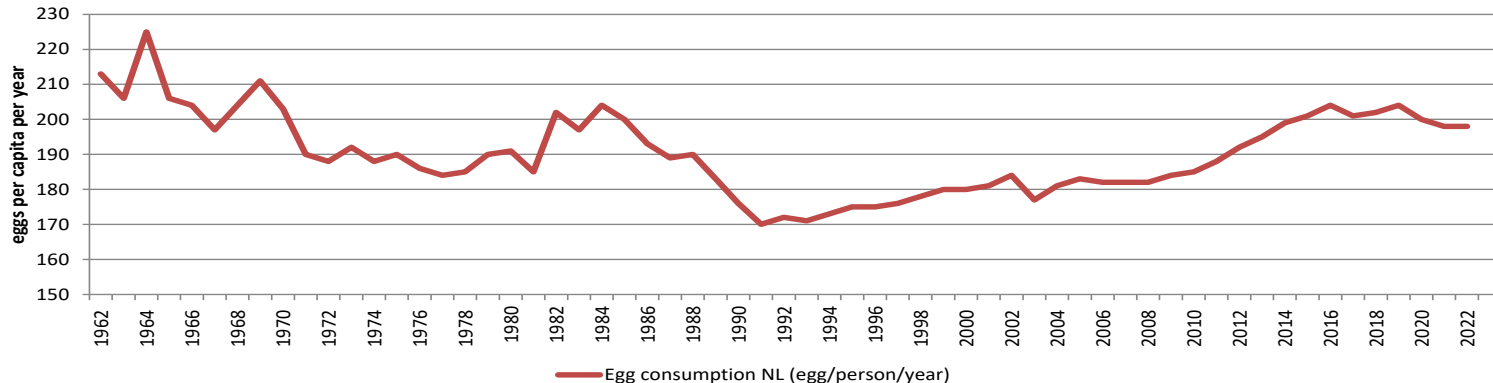
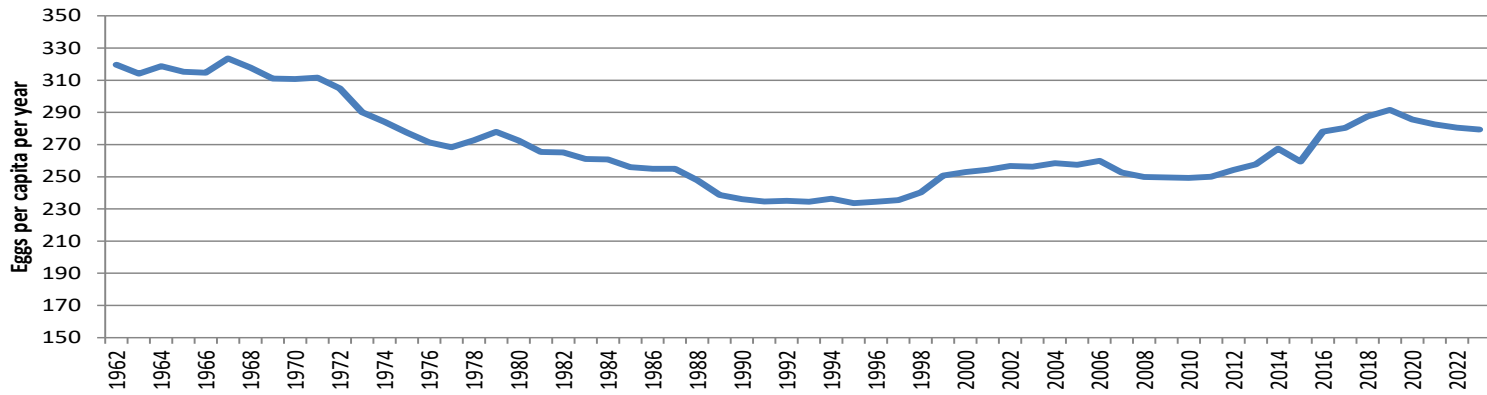


# Content

- Egg consumption: 60 years trend
- Definition of egg consumption/person/year
- Calculation method
- WEO data: EU / rest of world
- Other sources / FAO data
- Relation with income in a country
- Mexico / Argentina / Colombia
- Conclusions



# Egg consumption in the Netherlands and USA (eggs per person per year)



NL and USA: decline till 1990 and increase afterwards  
Influenced by Cholesterol, Salmonella, Promotion

Source: Product Board PPE/WUR (NL) and EIC (USA)

# Egg consumption, total of:

- Shell eggs (60-65%)\*
  - Retail/market
- Egg products (20-25%)\*
  - In food products
- Food service (15-20%)\*
  - Restaurants/catering

\* Estimated share in EU/UK/USA



# Calculation method on eggs consumption

## Remarks

- No country measures egg consumption directly
- Published data are derived from calculations
- Consumption data are a guide / indicate a trend

## Calculation method

- Eggs EQUIVALENT balance

$$\begin{aligned} & \text{Production of eggs} \\ & + \text{Import egg/egg products} \\ & - \text{Export egg/egg products} \\ & = \text{consumption (country)} \\ & / \text{Inhabitants} \\ & = \text{consumption/person/year} \end{aligned}$$

Actual measurements of eggs sales in supermarket (scan data) or via household panel. Companies: Yougov (GfK), Circana (IRI), Kantar and others. Part of the consumption.

# Germany, balance 2021-2024

	2021	2022	2023	2024
Production (mln eggs)	14627	14762	14687	15163
Losses (1%)	146	148	147	152
Production (mln eggs)	14480	14615	14540	15011
Import:				
- Shell eggs	5216	5035	5488	5870
- Egg products (equivalent)	2143	2165	2148	2300
Export:				
-Export shell eggs	1558	1463	1413	1450
- Egg products (equivalent)	899	1010	834	930
Total use	19382	19342	19930	20801
Consumption per capita	233	234	239	249

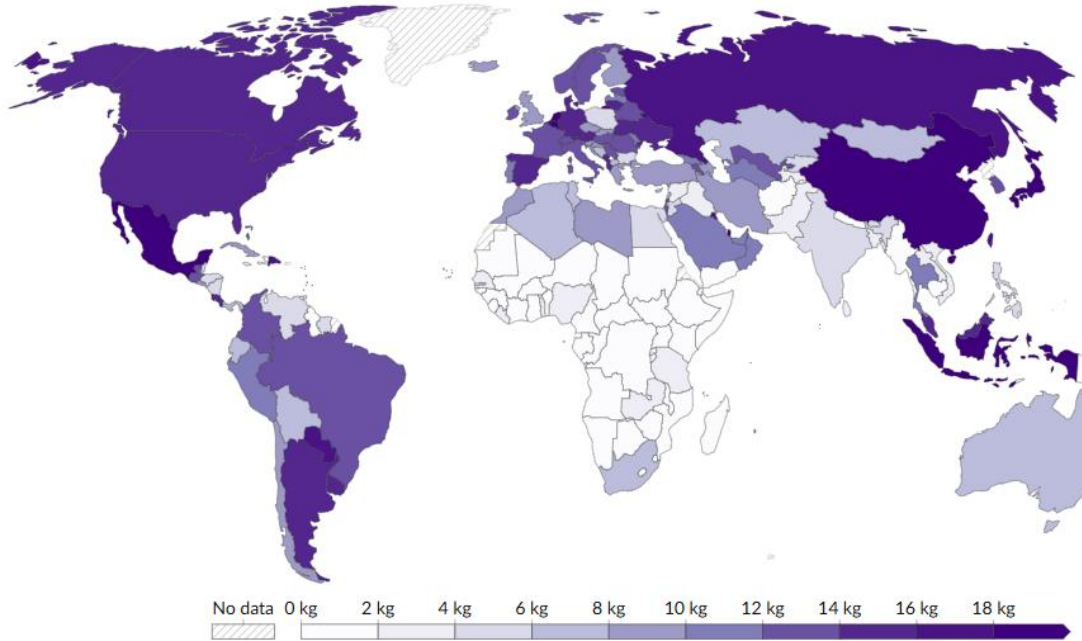
## Method:

- Production
- Import
- Export

## Remarks:

- Production  
(hens\*standard)
- Losses
- Egg products  
(egg equivalent)
- Hatching eggs
- Back yard flocks

# Wrong / misleading information (ourworldindata.org)



Eggs(kg)/person/year (2022)

**Netherlands 33.1 (530 eggs)**

China 21.8 (363 eggs)

Mexico 21.5 (344 eggs)

Quatar 20.4

Japan 19.9 (331 eggs)

Indonesia 19.5 (325 eggs)

Belgium 19.3

Kuwait 18.1

Paraguay 17.7

This source is using FAO Food Balance data  
doesn't correct properly for import and exports

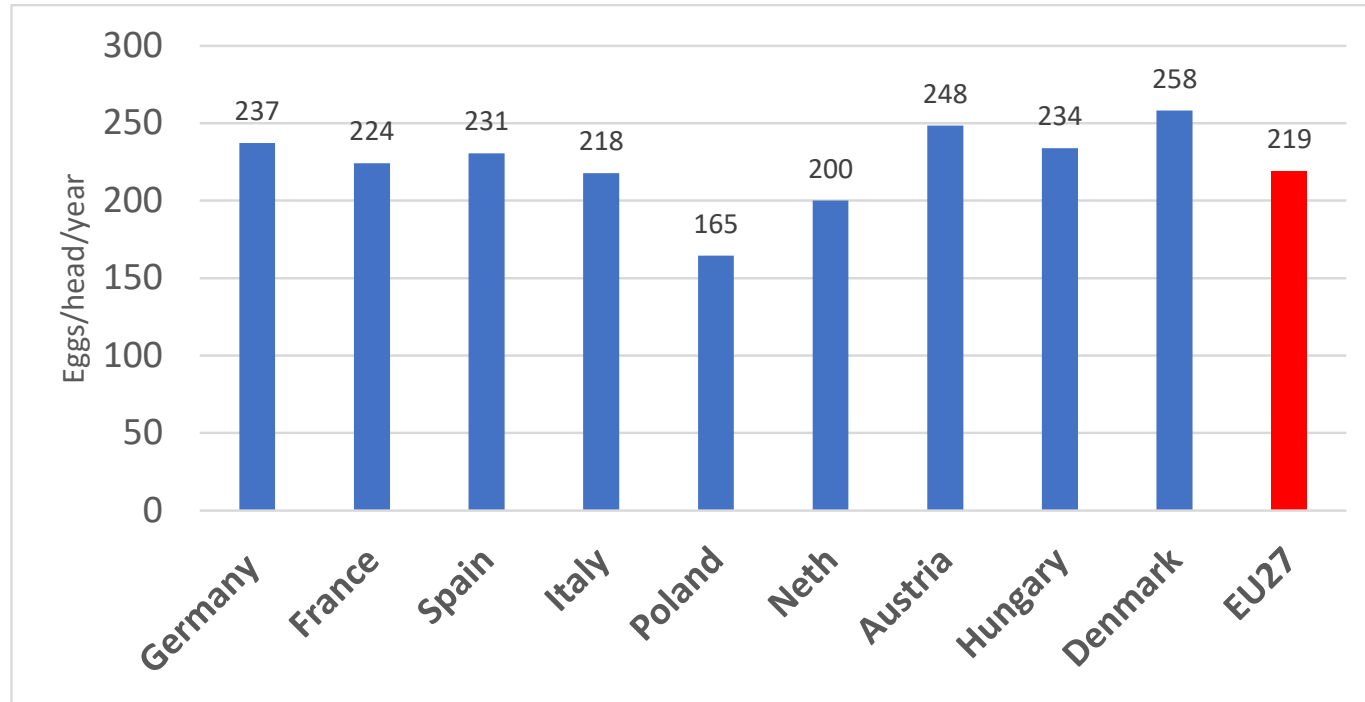
# Calculation method on egg consumption

## Worldwide average (2022)

- Production 91.1 ton eggs
- Population 8 billion people
- Average 182 eggs per person per year



# Egg consumption in selected EU countries (egg/person/year, data 2023)



EU-27 average is 219 eggs

Range general:  
200-250 eggs

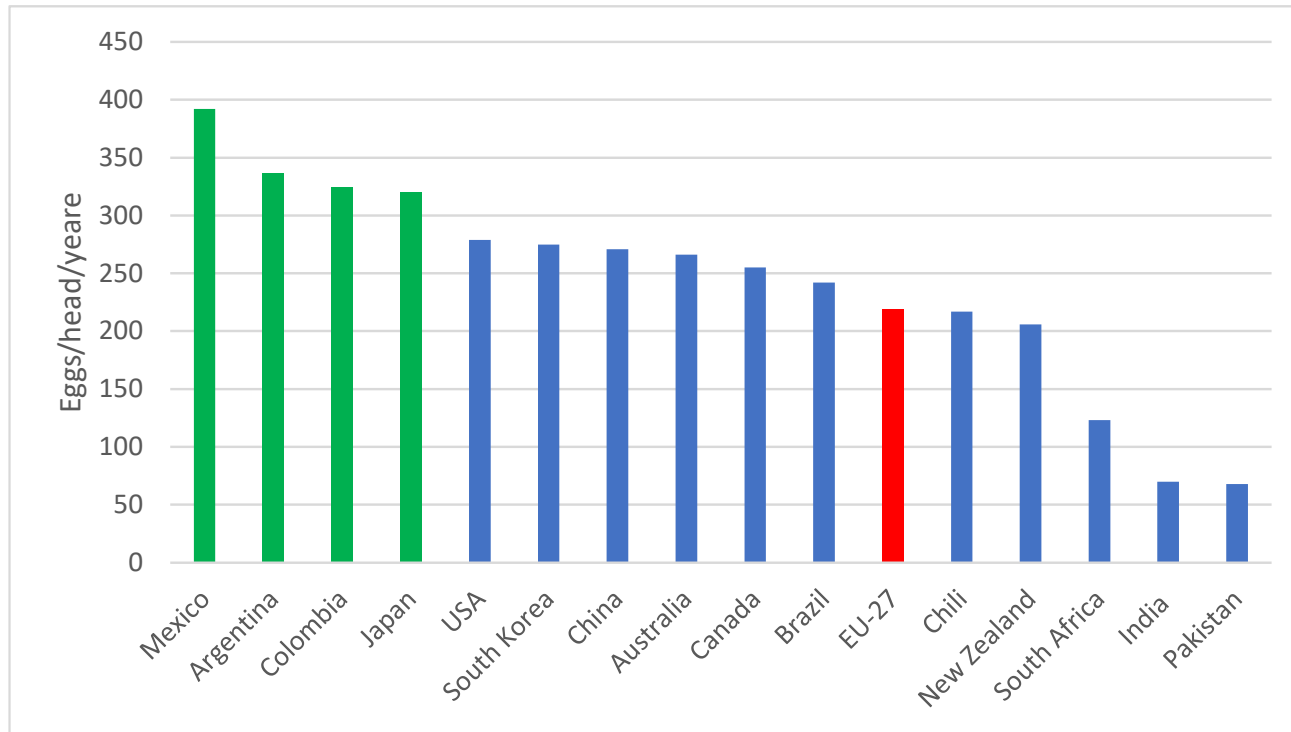
Lowest:

Poland 165

Highest:

Denmark 258

# Egg consumption in selected countries (egg/head/year, WEO data 2023)



More than 300

eggs/year in

- Mexico (392)
- Argentina (336)
- Colombia (324)
- Japan (320)

EU-27 average is  
219 eggs

South Africa:

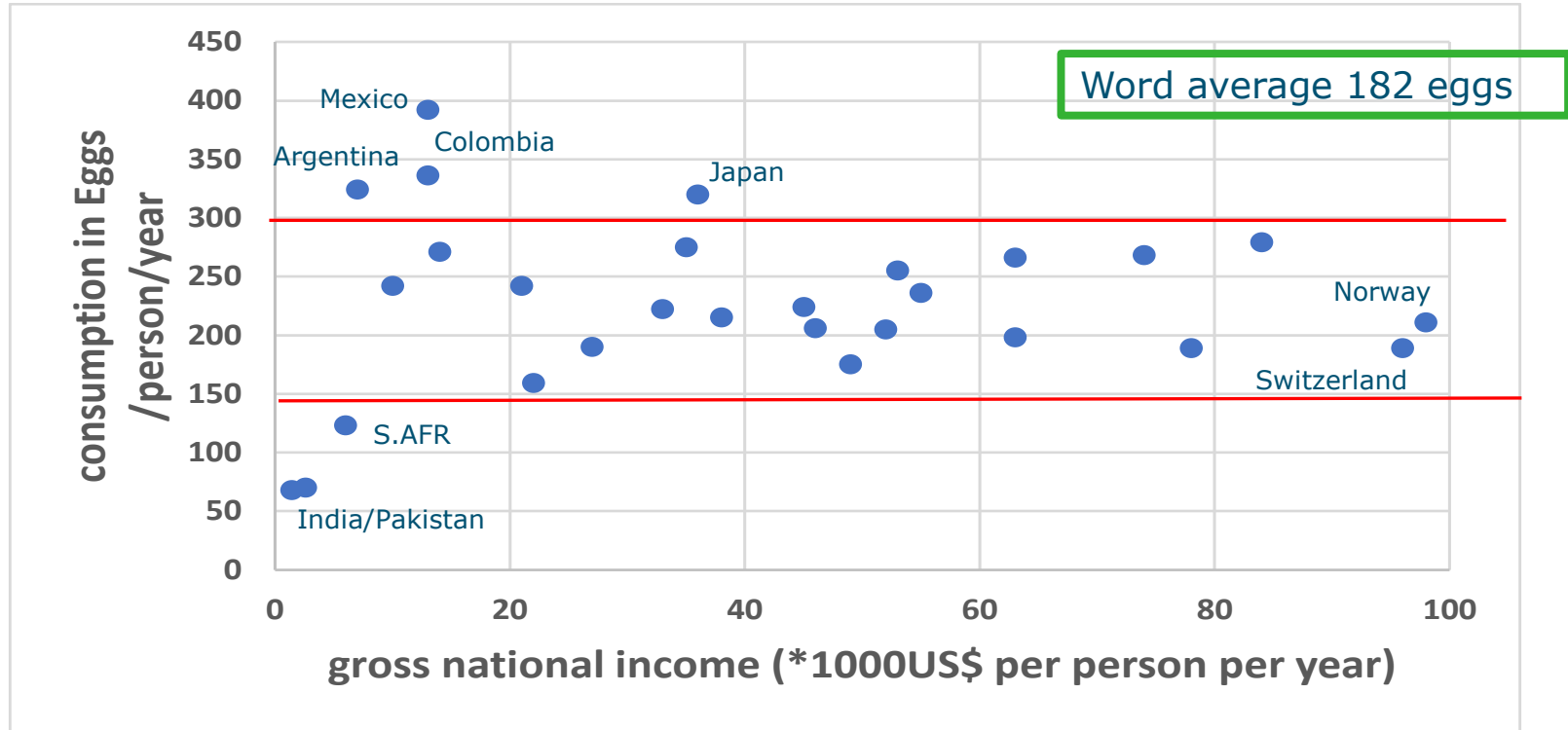
123 eggs

No more data from  
African countries

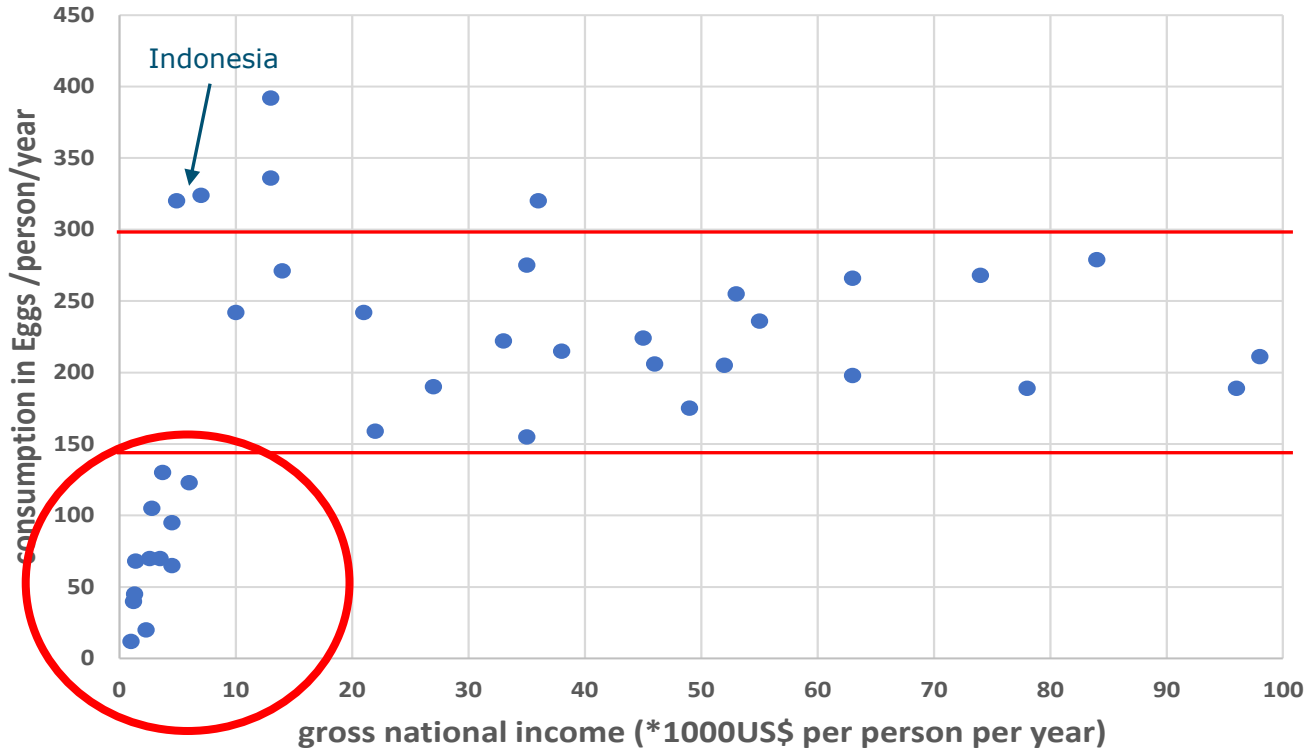
India/Pakistan:

70 eggs

# Consumption and Income (only data WEO)



# Consumption and Income / additional countries



Additional 9 countries in Africa and Asia:

- Morocco/Egypt**
- Nigeria/Tanzania**
- Ghana/Uganda**
- Bangladesh**
- Philippines**
- Vietnam**

Income below 5000 US\$  
Egg consumption 20 to 105 eggs

Source data:  
Rabobank / National Statistics

# Mexico: World Champion Egg Eaters



- Culture & culinary tradition

  - Eggs in all meals, embedded in cuisine

- Affordability & accessibility

  - Cheap source of protein, sold in many places

- Domestic production

  - Large local industry. Low prices

- Nutritional awareness

  - Government and public health message



# Conclusions

- World wide average **182** eggs/person/year
- Variation between countries: 150-300 eggs
- (WEO data of advanced economies)
- Consumption data are calculated  
(discussion om method: production, import, export, losses)
- Total of retail, food service and egg products
- Be careful with FAO data and web data
- No clear relation with income (from 15.000 US\$)
- Mexico world champion
- Focus on Argentina and Colombia



# Thanks for your attention

[peter.vanhorne@wur.nl](mailto:peter.vanhorne@wur.nl)

