

<b>Size Equivalents, for baking or cooking</b>				
<b>LARGE</b>	<b>JUMBO</b>	<b>X-LARGE</b>	<b>MEDIUM</b>	<b>SMALL</b>
1	1	1	1	1
2	2	2	2	3
3	2	3	3	4
4	3	4	5	5
5	4	4	6	7
6	5	5	7	8

<b>Amount of eggs needed To Make 1 Cup</b>			
<b>EGG SIZE</b>	<b>WHOLE</b>	<b>WHITES</b>	<b>YOLKS</b>
Jumbo	4	5	11
X-Large	4	6	12
Large	5	7	14
Medium	5	8	16
Small	6	9	18

This information is from the American Egg Board