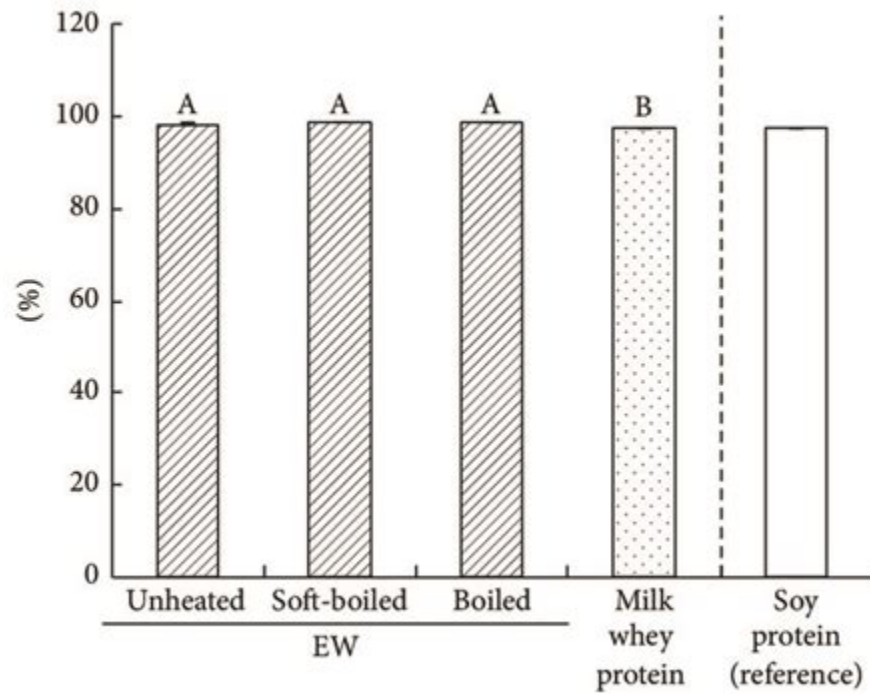


The most popular bodybuilding message boards! I heard/read that as long as its pasteurized it is ok to drink it raw since all the bacteria have been removed through the pasteurization process. Is this true?



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## Heating Has No Effect on the Net Protein Utilisation from Egg Whites in .




Abstract. Egg whites (EW) are a good source of protein; however, they are typically heated prior to consumption. Therefore, we investigated the effects of different heating conditions on the protein utilisation rate of EW. Male Sprague-Dawley rats (n = 36, 198 ± 1 g) were divided into six groups and fed American Institute of Nutrition-76 chow .

# Egg whites: can I just drink them uncooked? : r/bodybuilding - Reddit

## DON'T EGG-NORE THE YOLK

EGG YOLK	EGG WHITE
	
<i>Per 100g serve (raw weight)</i> Calories: 313kcal Protein: 15.6g Total Fat: 28.2g Saturated Fat: 8.6g Cholesterol: 1050mg Selenium: 56ug Folate: 120ug Vitamin B12: 4ug	<i>Per 100g serve (raw weight)</i> Calories: 47kcal Protein: 11.2g Total Fat: 0g Saturated Fat: 0g Cholesterol: 0mg Selenium: 11ug Folate: 7ug Vitamin B12: 0ug



I know some of you do this, some of you may not, but I think it is a great way to knock out 50grams of great protein in 2 minutes. I buy the costco brand eggwhites (6 cartons for \$7). I take either crystal light or powerade zero and pour just a little inside the eggwhites. Shake real good and.

## When is the Best Time to Drink Egg White Protein? | livestrong



Egg white protein ranks as the top whole-food source of protein available and has been called the gold standard, according to the "Muscle & Fitness" article, "Supplements 101: Protein," by Jim Stoppani, Ph. D. Albumen, the protein found in eggs whites, was formerly a bodybuilding staple before whey protein exploded onto the scene.

## Drinking pasteurized egg whites? (Srs) - Bodybuilding Forums



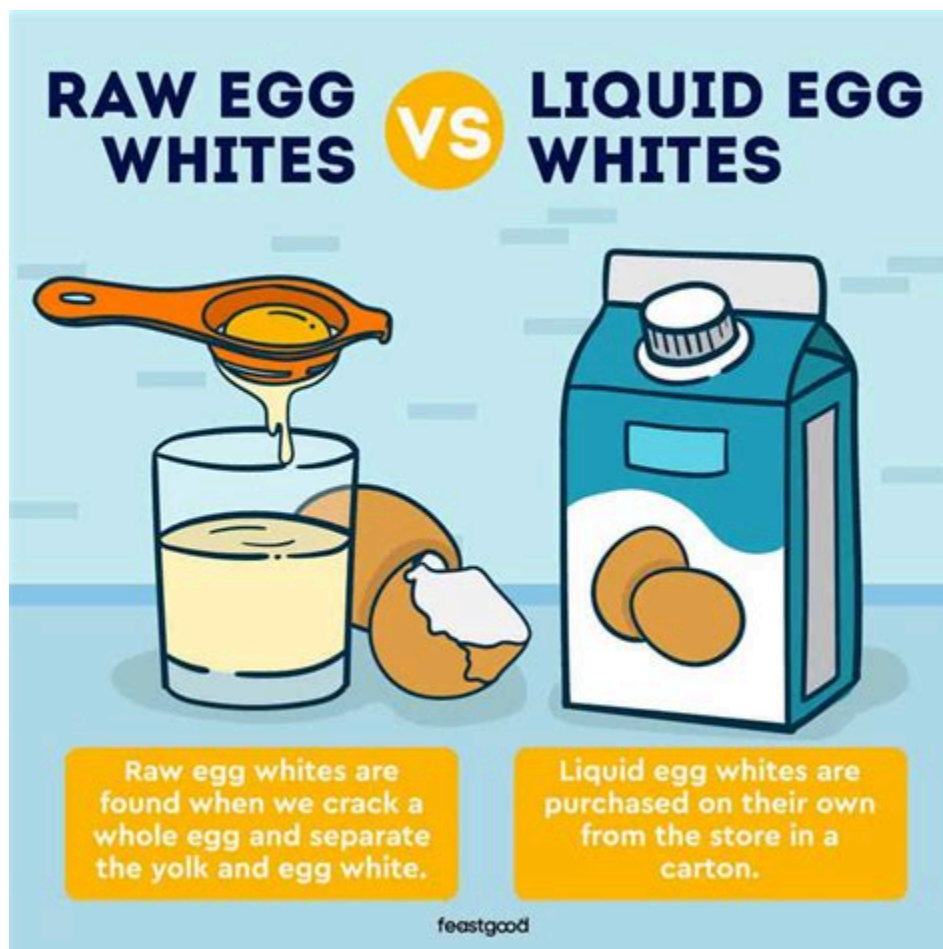
MuscleEgg is the World's First Flavored Liquid Egg Whites! Pasteurized to be safe, filtered to be smooth, flavored to taste great! Amazing flavors, like Cake Batter, Chocolate, Pumpkin Spice, Peach Cobbler, Mocha, and more! Also available as powder egg whites too! DRINK it. COOK it. LOVE it. Learn more here!

## Get Yolked Without The Yolk! - Bodybuilding



Is it safe to drink pasteurized egg whites or is there a chance of salmonella? Also is the protein absorption the same and are there any cons to drink uncooked, pasteurized egg whites? I really need an easy way to get drinkable protein without using a crap ton of whey. I drink milk but i want something else too. Thanks. 11-10-2013, 07:11 PM #2

### Drinking Egg Whites: Are There Benefits & Can You Drink Them





Carton egg whites are pasteurized, they are safe to eat raw. However, be aware that raw albumin (the protein in egg whites) is very hard to digest. You will only be absorbing about 50% of the protein listed on the label per serving.

### Can You Eat/Drink Pasteurized Egg Whites From a Tub?



The most popular bodybuilding message boards! . Basically did some rough math and here's what I got so far 1 cup of egg whites mixed with protein powder (50G protein) twice a day (100G total) 12oz of chicken broken into two 6 oz meals (92G protein) .

### Drinking Eggwhites - AnabolicMinds



56% white The egg white consists mainly of water and protein ( 1 ). Because egg whites are a trusted source of muscle-building protein, some people — especially athletes and bodybuilders.

# MuscleEgg Liquid Egg Whites | Powder Egg Whites | Flavored & Plain



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## Drinking Egg Whites: Benefits, Risks, And Can You Drink Them?



Yes! You can indeed eat raw whites, but the whole eggs or carton eggs must be pasteurized (it will say so on the tub). Pasteurization is when they heat egg product enough to kill all the bacteria (including salmonella) and the protein digestion inhibitors (usually 126-140 degrees).



## Digesting liquid pasturized egg whites | Professional Muscle .



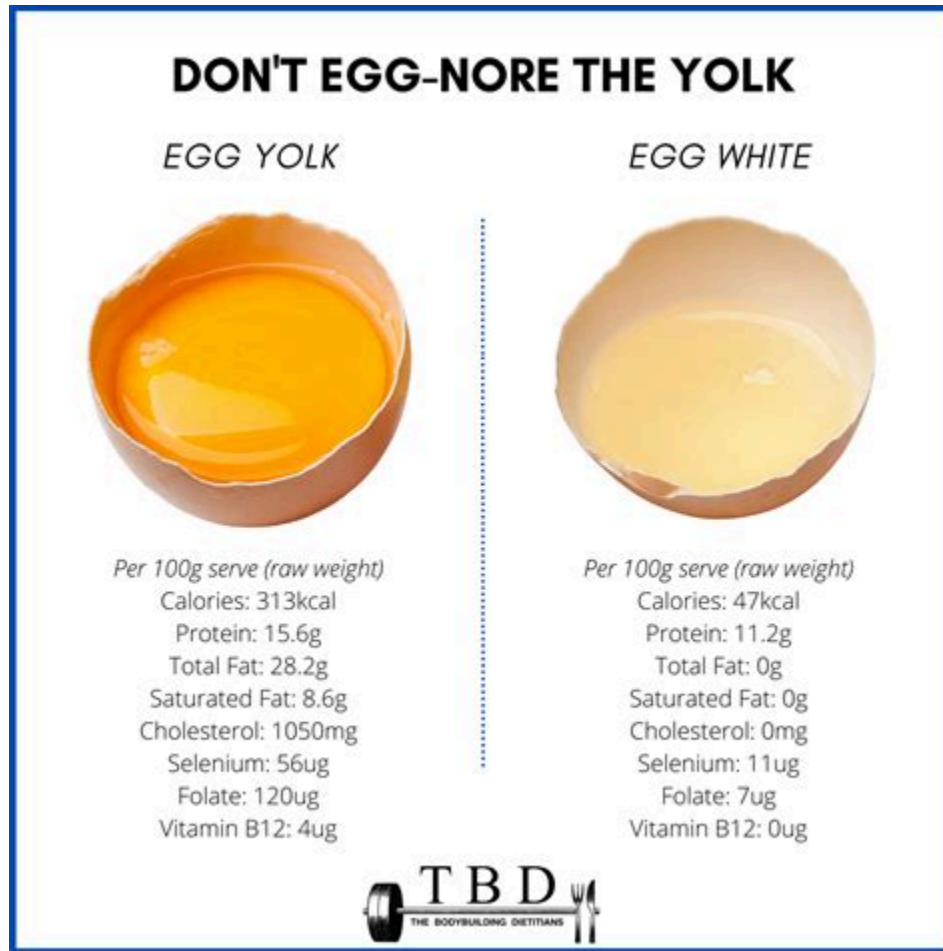
Here is my quick answer: Yes, it's safe to drink egg whites as long as they are pasteurized. Drinking egg whites is beneficial as a way to add variety into your meals and create a quick on-the-go way to consume protein. However, if you consume a large number of raw egg whites, you'll need to consider supplementing with biotin.

## Drinking pasteurized egg whites. - Bodybuilding Forums



The egg-white pasteurization process is a surgical strike. Like dairy, it's an ultra-high heat process of short duration that kills microbiological organisms. Yet it leaves the protein, your muscle-building ammunition, intact. Bodybuilders aren't the only ones with an eye for egg protein.

## Eating raw liquid egg whites from carton : r/bodybuilding - Reddit



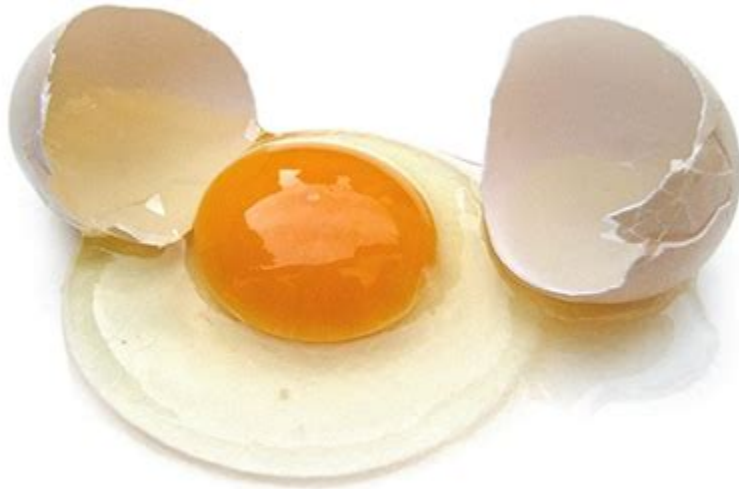
7. Egg Whites Are High In Choline: Choline is a B vitamin that plays many roles in the human body, including supporting brain health, promoting liver function, and keeping bones strong. Eggs have about 10 milligrams of choline per whole egg, making them a good source of this nutrient.

## Is it ok to drink pasturized raw egg whites? - Bodybuilding Forums



25 Sort by: Add a Comment troythetoyboy • 11 yr. ago Pasteurization makes them as safe as drinking milk or eating cheese. I've been drinking mine from the carton for over ten years. 19 [deleted] • 11 yr. ago [deleted] • 11 yr. ago Apart from the similar consistency to jizz, you should be fine. 30 denim-chicken • 11 yr. ago

## Egg Protein: Unscramble The Science With Our Expert Guide



They're pasteurized, so calling them raw isn't 100% accurate. Much easier to work with than real eggs because you don't have to separate the yolk from the egg white. And at this point, I am asking about pasteurized egg whites, not the goop with emulsifiers in them. The box of egg whites does have an egg protein shake recipe on the box.

### Is Drinking Egg Whites Safe? - Healthline



These processed egg whites go through a pasteurization process that leaves the egg whites bacteria free and ready to go straight into your glass or shaker bottle.

- <https://groups.google.com/g/17ironpumping15/c/EpV3dl0eJqk>



- <https://groups.google.com/g/95muscleman55/c/742g1owYp0w>
- <https://groups.google.com/g/89muscleman89/c/vVyZTX1M8fQ>