

The most popular bodybuilding message boards! Decent supply of protein if trying to gain size? Account. Cart. Today's Posts; FAQ; Community. BodySpace; BodyGroups; Pictures & Albums; Members List . Bacon - Good to have in any diet. 05-06-2014, 12:25 PM #22. Fismen. View Profile View Forum Posts Registered User Join Date: Jan 2011 Age: 34 .



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### **Morning Muscle Meal: Bacon and Egg Breakfast Sandwich**



Place bacon on a microwave-safe plate in a single layer, and cover with a sheet of paper towel.

Microwave on high 3 minutes. Rotate plate a half turn and cook 1 minute longer, or until the edges have browned and turned crispy. Set aside. Lightly grease a microwave-safe bowl. Add whole eggs, egg whites, and milk to bowl and lightly beat.

### **Is Bacon Good Or Bad For Bodybuilding? - Fitbod**



Bacon It doesn't take much knowledge about nutrition to realize that although bacon may taste absolutely fantastic, it's not really going to do a great deal for maintaining a healthy body.

## Is Bacon Good For You Bodybuilding? A Simple Guide - VeryMeaty



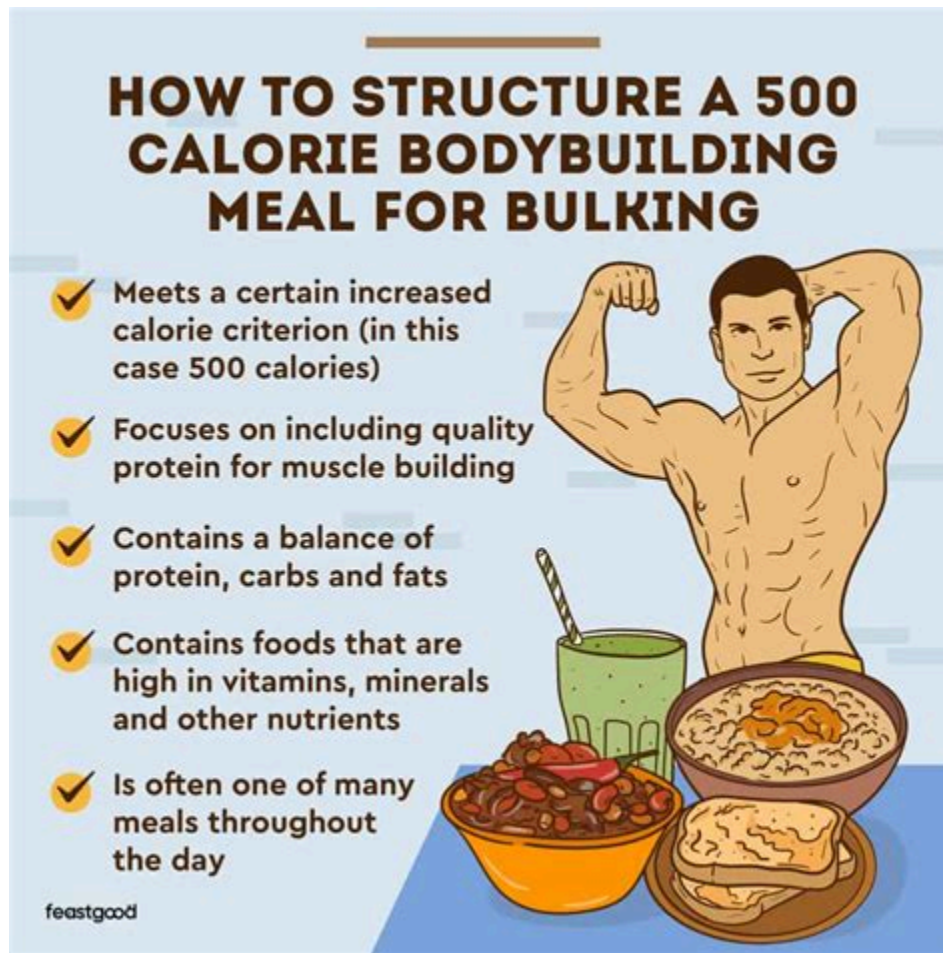
Evidence Based Is Bacon Bad for You, or Good? The Salty, Crunchy Truth Bacon is a pork or turkey product made by soaking the meat in a salty solution containing nitrates and sometimes sugar.

### 5 Ways to Eat Lower Fat, Turkey Bacon - Muscle & Fitness



As a result, while bacon may not be harmful to bodybuilding, it should only be consumed on a regular basis and in small amounts. Bacon has a high concentration of potassium, a mineral that is essential for bone health, heart health, muscle strength, and blood pressure protection.

## Bacon - Good to have in a bulking diet? - Bodybuilding Forums



One slice of cooked bacon contains 44 calories, 3.5 grams of fat, 0 grams of carbohydrates, and 2.9 grams of protein. There are approximately 30% protein and 70% fat calories in that amount. Meaty alternatives, such as peameal or back bacon, are preferable to regular bacon for a bodybuilder's diet.

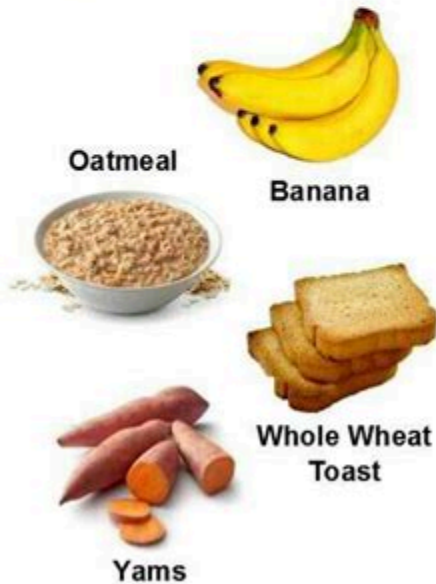
# Exploring The Pros And Cons Of Eating Bacon While Working Out



## What To Eat Before and After a Workout

### BEFORE

It's best to eat 1-2 hours before your workout and keep the meal to between 300- and 500 calories of healthy carbohydrates. Try not to eat meals right before you begin a workout:



### AFTER

The best time to eat post workout is 20-60 minutes after you've finished so that your body uses the nutrients for recovery. Mix proteins with healthy carbs and stick to around 400 calories:



If you are a bodybuilder, the best choice for you is back or peameal bacon. A 3.5-ounce (100-gram) serving of striploin steak contains 117 calories, 23 g of protein, and 2.5 g of fat. Individuals who consume a lot of processed meat have a higher risk of cancer, heart disease, and other health problems.

## The Benefits Of Bacon For Athletes: How To Incorporate It Into A .



Is Bacon Good For You Bodybuilding? When it comes to bodybuilding, protein is king. It's essential for building and repairing muscle tissue, and it's no secret that bacon is a good source of protein. In fact, a single slice of bacon contains around 3 grams of pure protein, making it a popular choice for many bodybuilders. .

## Bacon: A Delicious Way To Help Build Muscle - Fabi And Rosi



1. Eggs - 6 g per large egg. There's a reason that bodybuilder grocery shopping videos always seem to contain several dozen eggs. These muscle-building treasures contain branched-chain amino acids, omega-3s, and are notoriously low carb. Go ahead, make that ultimate omelet! 2. Greek yogurt - 23 g per 8 oz. 3.

## 24 Healthy Breakfasts Fit For Athletes - Bodybuilding



You can use bacon as a bodybuilding fuel source as long as you meet your daily macros and consume it in moderation. Despite the fact that fat accounts for 70% of the calories in bacon, you should ensure that your other meals contain a high protein content while also containing a low to moderate fat content.

## Meat Face-Off: Are You Making The Best Protein Choices? - Bodybuilding



If you want bacon that is good for you, it's a good idea to reach for bacon from organic, pastured pigs, which contains significantly more omega-3s and yields a healthier omega-6 to omega-3 ratio. 2. 3. Bacon is a good source of high-quality protein. With 30% of calories coming from protein, bacon isn't



the most protein-dense food.

## Top 40 High-Protein Foods For Bodybuilding



Bacon is high in fat and protein, which can be beneficial for bodybuilders. However, it is also high in sodium and cholesterol, which can be detrimental to your health. Too much bacon can lead to weight gain, so it is important to eat it in moderation.

## Is Bacon And Eggs Good For Muscle Building - Fabi And Rosi



In terms of bodybuilding, bacon is effective as long as you meet your daily macronutrient goal and consume it in moderation. Aside from fat, which accounts for 70% of the calories in bacon, the rest of your meals should also have a higher protein content but lower to moderate amounts of fat.

## Is bacon good or bad? - Bodybuilding Forums



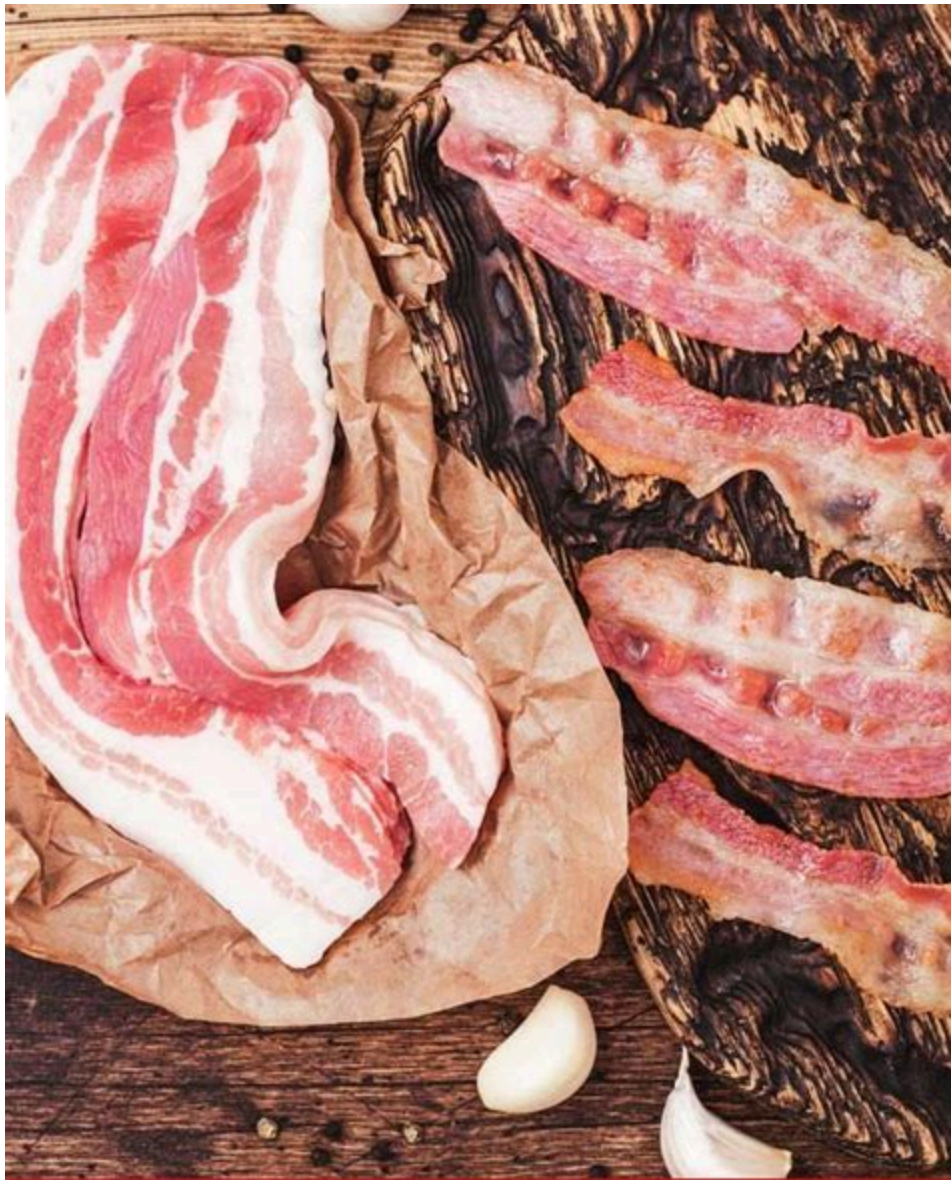
I was told to eat bacon while bodybuilding but then I come across an article on bodybuilding (can't post links) that basically says avoid bacon at all costs. I don't get it? I'm currently doing lean gains, if that makes a difference 07-16-2012, 05:22 PM #2 texicus Registered User Join Date: May 2011 Location: Texas, United States Posts: 2,275

## is bacon good? - Bodybuilding Forums



Bacon is good for bodybuilding as long as your overall macronutrient goal for the day is achieved and you eat bacon in moderation. For example, since 70% of the calories from bacon come from fat, you'll want to ensure that your other meals throughout the day have a higher protein intake, but lower to moderate amounts of fat.

**Is bacon really that bad for you : r/Fitness - Reddit**



IS  
**BACON**  
**HEALTHY**  
**OR NOT?**

by M&F Editors Chew on this! Turkey meat is a good source of all the B vitamins, including a high level of B3—aka niacin—which is important for synthesizing the starch stored in muscles and liver for energy. SEE ALSO: 5 Ways to Eat Eggs 1. PAN-FRY IT: UPGRADE YOUR VEG Place 2 chopped slices of bacon in a small cold skillet.

### **Fellow lifters: whats your opinion of having bacon (short cut . - Reddit**



Yes, bacon is high in salt, but the science on salt indicates that for most populations, people can eat much more salt than the FDA recommends. If you are a serious athlete, you probably need a lot more salt than you think. People who eat low salt diets were found to have a 37% higher rate of death from cardiovascular disease.

## 6 Reasons Why Bacon is GOOD For You (Myths Debunked)



Kizzito Ejam, Protein Oatmeal & Grapefruit. My breakfast is pretty much the same every morning. It's usually a 1/2 cup of oatmeal with 30 grams of whey protein—whatever flavor I feel like at the time—and some almond milk mixed together. This, coupled with half a grapefruit, gives me great energy in the morning.

### **Is Bacon Bad for You, or Good? The Salty, Crunchy Truth - Healthline**



Nutrition July 3, 2023 Bart Hanson You've probably heard conflicting opinions about certain foods and their impact on your gains. One food that often sparks debate is bacon. Ah, bacon - crispy, flavorful, and oh-so-satisfying. But is it bad for bodybuilders? Let's dive into the sizzling world of bacon and discover the truth.



## Bacon And Bodybuilding: The Pros And Cons - Fabi And Rosi



2. 9M subscribers in the bodybuilding community. News, articles, personal pictures, videos & advice on everything related to bodybuilding - nutrition...

## Is Bacon Bad for Bodybuilders? - Thomson Scientific



The most popular bodybuilding message boards! is bacon a good food to be eating. high fat with some protein. I eat it alot. . helps me meet my requirements. . around 190g of fat and 160 of protein is what i need a day. .

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