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Thread: [Eating raw eggs](#)

Geass - January 25, 2018, 5:47 am

What you guys think of eating raw eggs?

I have seen a guy who eats raw eggs without problems but I believe it is very risky since eggs and chicken contain salmonella and it's very dangerous bacterium, I wonder why some people risk eating them raw.

Tat Tvam Asi - January 25, 2018, 6:10 am

Egg consumption has been linked to cancer progression. Part of the reason for this, is due to it triggering IGF-1 production. The large quantities of saturated fat and cholesterol are contributing factors to developing diabetes, heart/cardiovascular disease, alzheimer's etc.

As a matter of fact, it is illegal for the egg industry to label their products healthy, safe or nutritious. They've been corrected many times in the past, because it's considered false and misleading advertising.

So obviously, eating eggs in any form seems to be quite the perplexing choice.

flavoral - January 25, 2018, 6:13 am

(Jan 25, 2018 07:10 AM)Tat Tvam Asi Wrote: [\[CITE\]](#) Egg consumption has been linked to cancer progression. Part of the reason for this, is due to it triggering IGF-1 production. The large quantities of saturated fat and cholesterol are contributing factors to developing diabetes, heart/cardiovascular disease, alzheimer's etc.

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Well fuck, I eat like 4 eggs a day most of the times...

frostbite - January 25, 2018, 8:46 am

Make sure they have been pasteurized before so.

Jakuzure - January 25, 2018, 4:21 pm

I dont recommend eating raw eggs, because yes its true they can be contaminated (even if the chance is rather low).

And dont listen to the soyboy cunts that say its unhealthy. Eating 6-12 eggs per weak is totally fine, very nutriotious and good complete protein source. Of course the older you get the more you should watch your cholesterol levels but when ur young its all good, maybe just ditch the yolks if you eat loads of eggs.

MediocreMop - January 25, 2018, 6:03 pm

Cholesterol in food does not translate to cholesterol in your blood. The risk of salmonella is mainly on the shells of the eggs; you should be fine, unless you gag on your own vomit while throwing up.

Timotei - January 27, 2018, 5:52 am

It's nasty and boiled eggs have better assimilability so it makes no sense to eat raw eggs unless it

makes you feel cool.

EngineerMe - *January 27, 2018, 6:33 pm*

Yeah raw eggs will eventually make you sick. be careful