



September 10, 2015 – Grand Rapids, MI

## Bacon, Bacon, Bacon, Bacon, Bacon

Bacon and eggs. Bacon on cheeseburgers. Bacon martinis. Bacon-caramel cupcakes. Bacon all by itself. If ever a food craze is in full swing, it's the obsession we have with bacon. It satisfies the taste buds for salty and umami with a fatty texture. The primary concern from a health perspective is the amount of fat in the bacon.



The typical recipe for collard greens begins with bacon. The amounts vary but in order to add flavor to the greens, the smokiness of the bacon is one of the keys. It can't be duplicated by simply adding salt. Is it so bad? It depends on the amount you use and how you prepare it. Most recipes sauté the bacon for awhile and then add onions and greens as well as other ingredients. The typical slice of bacon has about 40 calories with most coming from fat. Using six slices of bacon would be 250 total calories. The onions, greens, and stock add up to less than 100 calories depending on the amount of each you used. With a total of less than 400 calories for probably four or more servings, the calories from bacon are insignificant.

If you want to reduce the fat content, cook the bacon until it's crispy, then pour out the fat. The amount of fat left in the pan will satisfy the fatty texture our mouths desire, and the bacon flavor will still be there. The question is will the nutrients in the greens and onions outweigh the negative effects of the bacon? I'll let you know on Saturday.

What are you prepared to do today?

**Dr. Chet**

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