



May 3 • Written By Anthony Quebedeaux

Review — The Bacon Debate: Science, Hype, and What Actually Matters

A lot of things to go over here, hopefully I can keep this concise. Lol

I was sent this article (<https://health.clevelandclinic.org/uncured-bacon-healthier-or-hype>) and thought I would review it. My ultimate goal is to help people connect the complexity of science to an easy to understand way. And to learn what is health, so here we go.

What's True (Supported evidence based on current data I looked though)

- **"Uncured" bacon is still cured**
It uses natural nitrate sources like celery or beet. Still convert to nitrite.
- **Natural ≠ Safer**
Studies show both synthetic and natural nitrites can form **nitrosamines** when cooked at high heat ([MDPI, 2020, 2022](#)).
- **High heat and stomach acid increases carcinogens**
Digesting, frying or grilling meat creates HCAs and PAHs. Burning or charring bacon makes this worse. Flipping frequently reduces these compounds ([NCI](#)).
- **Vitamin C may protect**
Pairing bacon with vitamin C-rich foods (like fruit, carrots, bell peppers, etc.) may reduce nitrosamine formation ([NCBI](#)).
- **Moderation matters**
Food should not be consumed in isolation — bacon included.