Nutrition Software

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Everyone is worried about grilling meat and cancer...but should they be?

Follow these surprising tips to enjoy your backyard barbecue while reducing

Grilling meat and cancer.

[Infographic]

Tips to enjoy your barbecue without the risks.

the health risks. ++ Ever heard that grilled meat is harmful to your health?

Carcinogens. Cancer. Scary stuff.

But don't put away your grill just yet. There are steps you can take to minimize your risk and still enjoy the thrill of the grill.

Here's what you need to know.

(Hint: drinking a beer with your burger can help.)

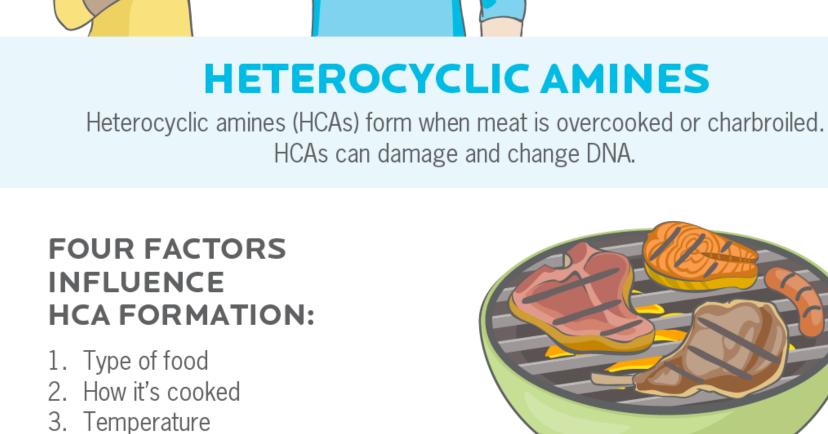
DOES GRILLING

HOW TO GRILL WITHOUT THE SCARY SIDE EFFECTS IS GRILLING HAZARDOUS



CAUSE CANCER?

HETEROCYCLIC AMINES



Temperature is the most important of these four. While HCAs begin to form at 212°F (100°C), the truly

POLYCYCLIC AROMATIC HYDROCARBONS

Polycyclic aromatic hydrocarbons (PAHs) form when meat is charred or blackened,

or when fat from the meat drips onto the hot surface of the grill.

INFLUENCED BY: 1. Temperature of cooking 2. How long food is cooked 3. Type of fuel used in heating 4. Distance from heat source 5. Fat content of the food

PAH CREATION IS

4. How long it's cooked

CHOOSE MEAT

WISELY

Highly-processed meats

have a much stronger

link to cancer than

minimally-processed meats.

The hotter and longer a meat is cooked, the more HCAs and PAHs. YOU CAN STILL GRILL! There are some great ways that can allow you to grill delicious food without the health risks.

nasty types start to be made in large

quantities at about 572°F (300°C).

If you like burgers, try

making your own with

ground beef, lamb,

pork, bison, chicken

or turkey.



Use whole,

minimally-processed

cuts of meat such

as steaks, chicken

thighs, ribs, fresh



can reduce one of the major types

of HCAs (PhIP) by up to 94%.

TURMERIC

can decrease HCA

FRESH GARLIC

can decrease HCA

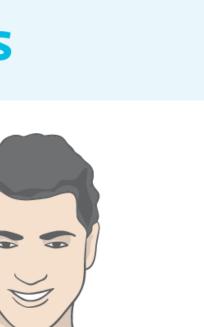
ROSEMARY

formation by up to 40%.

formation by up to 70%.

can lower HCA formation by

up to 90% in some cases.



If you like sausages,

look for fresh,

traditionally made

versions.

MARINATE

YOUR MEAT

Marinades can lower

HCA levels by as

much as 99%.



STRATEGIZE

WHILE COOKING

Cut your meat into

Cover the grill with foil

Cook meat on medium

to medium-high heat.

Flip meat frequently.

to reduce drips and

smaller pieces.

flare ups.

DON'T OVERCOOK

Go with medium-high temperatures,

about 375-450°F.

HCAs and PAHs depend

on temperature plus time.

WELL-DONE

activity of HCAs include: red grapes blueberries spinach kiwi apples parsley watermelon dried plums cherries

ACID-BASED MARINADES

BEER MARINADES

PAH by **13%**.

AVOID THE HONEY BBQ SAUCE MARINADE

On the other hand, a sweet BBQ sauce can increase

HCA formation 1.9 - 2.9 times. But if you are going

to use BBQ sauce, put it on at the end of cooking.

INCLUDE LOTS OF THESE

FRUITS & VEGGIES

Foods that inhibit the mutagenic

That way it's less likely to burn and char.

can dramatically reduce HCA formation.

marinating in dark beer can decrease

PAH levels by **53%**, whereas a light

Pilsner marinade can only reduce

Well-done meat contains 3.5 times as many HCAs as medium-rare meat.

For the full article explaining this infographic:

http://www.precisionnutrition.com/how-to-grill-healthy-food

Precision Nutrition

Blackened and charred meat have

the highest levels of HCAs and PAHs.

So cut blackened bits off when

they happen.

Eat, move, and live...better. The health and fitness world can sometimes be a confusing place. But it doesn't

the safest, most delicious food (without the health risks).

Click here for a fully printable version of this infographic. Hang it on your fridge

or keep it with your cookbooks, and try the tips next time you're grilling.

Want to know more about the science behind grilling, and its risks and

benefits? Check out the accompanying article: It won't kill you to grill. Grilling

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and fitness and get the body

you've always wanted.

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