



The Goodness of Grilling

Summer time is here. Let the grilling begin! Grilling is a wonderful way to enjoy foods. And this resource guide focuses on methods on how to grill in a healthy manner as improper grilling can cause potential health problems.

Let's take a look at why and what we can do to prevent these problems.

Grilling in an improper fashion can lead to the production of heterocyclic amines (HCAs), and polycyclic aromatic hydrocarbons (PAHs). Both are known to be cancer causing compounds.

HCAs

These are formed when meats, poultry, and fish are cooked at very high temperatures.

PAHs

- These are formed when animal tissue fat from meat, poultry and fish drip onto the hot coals.
 - The good news... They both can be minimized with proper grilling techniques.
- The American Institute for Cancer Research provides a list of tips to help limit the amount of HCAs and PAHs that are formed during grilling. The tips below will help reduce cancer forming compounds (PAHs and HCAs) from being formed.

Healthy Grilling Tips

1. Marinate meat before grilling.
2. Trim the fat. Lean and trimmed meat has less fat to drip on the hot coals.
3. Pre-cook meat and fish and then finish them on the grill.
4. Keep meat portions thin to reduce the time on the grill.
5. Avoid letting drips hit the hot coals. Cover the grill with punctured aluminum foil and keep a water bottle handy to control flare-ups.
6. Flip food frequently. Cooking at a lower temperature and turning often allows for faster cooking.
7. Remove charred and burnt portions of foods before eating.
8. Grill fruits and vegetables, they do not form PAHs on the barbeque.