

# How to fill a Healthy BBQ Plate!

**86%** of U.S. households own an outdoor barbecue grill or smoker.<sup>1</sup>

## Most popular grilling holidays:<sup>1</sup>

- 1. Fourth of July** 77%
- 2. Memorial Day** 62%
- 3. Labor Day** 60%

**Don't let your health go up in flames**

### BBQ Do's!

- ✓ Marinate meat for 30 min. to reduce heterocyclic amines (HCAs). It damages genes.
- ✓ Grill chicken, fish, fruits and veggies.
- ✓ Eat no more than 4-6 oz. of beef or pork per meal

### BBQ Don't's!

- ✗ Burn meat. Charred meat is covered in HCAs.
- ✗ Overeat hot dogs. It's processed meat and can damage DNA.

**No more than 18 oz. per week**

**Too much red meat can cause colorectal cancer.<sup>3</sup>**

**The lifetime risk of developing colorectal cancer is 1 in 20.<sup>4</sup>**



**Pick items on this list that fit your target calorie range:<sup>2</sup>**



Men:  
**500**  
calories  
per meal



Women:  
**400**  
calories  
per meal

• <b>BBQ pork spareribs, 3 ribs or ½ oz.</b> .....	<b>134 calories</b>
• <b>Grilled steak, 6 oz.</b> .....	<b>483 calories</b>
• <b>Hamburger, ¼ lb. or 4 oz.</b> .....	<b>294 calories</b>
• <b>Chicken breast, 3 oz.</b> .....	<b>251 calories</b>
• <b>Fresh green salad, 1 cup with 1 tbsp. light ranch dressing</b> .....	<b>48 calories</b>
• <b>Ambrosia fruit salad, 1 cup</b> .....	<b>135 calories</b>
• <b>German style potato salad, ½ cup</b> .....	<b>77 calories</b>
• <b>Coleslaw with raisins and low-calorie dressing, ½ cup</b> .....	<b>71 calories</b>
• <b>Baked beans, ½ cup</b> .....	<b>195 calories</b>

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**MD Anderson  
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Making Cancer History<sup>®</sup>

#### Sources:

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