Most popular grilling holidays:
1. Fourth of July 77%
2. Memorial Day 62%
3. Labor Day 60%

Don't let your health go up in flames

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

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BBQ Do's:
BBQ Don't's:

The lifetime risk of developing colorectal cancer is 1 in 20.¹

Men: 500 calories per meal
Women: 400 calories per meal

Pick items on this list that fit your target calorie range:

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

Sources:

86% of U.S. households own an outdoor barbecue grill or smoker.²

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