

Pick Your Protein

- Choose firmer fish (salmon, tuna, mahi), skinless chicken breast, and leaner cuts of meat.
- Reduce the amount of red and process meats like beef, hot dogs, brats, and sausage. These meats have been shown to increase the risk of certain cancers.
- The recommended serving size of animal protein is about 6 ounces. To speed up cooking, divide or cut your proteins into serving sizes before placing them on the grill.
- For grilling larger cuts of animal proteins you can pre-cook them by gently baking them in the oven to reduce the time the meat is exposed to the direct heat of grill.
- Plant proteins, like firm tofu and plant-based burger replacements, tend to be lower in fat than animal proteins so make sure you grill them on a well-greased grate.



Simple Proteins to Grill

- *Chicken breasts or thighs*
- *Chicken or beef & Veggie kabobs*
- *>90% lean beef, turkey burgers, or veggie burgers*
- *Salmon, tuna, mahi*
- *Leaner cuts of beef (loin, round)*
- *Marinated tofu or tempeh*

Minimize Smoke & Fire

- Exposing animal proteins to high heat and open flames can create chemical compounds that have been linked to an increased risk of certain cancers
- To reduce the development of these compounds:
- Trim away visible fat on meat or buy skinless proteins to reduce the flare-ups and charring
- Cook meat at a lower temperature for a longer time (“slow and low”)
- Cook meat over indirect heat to the side of open flame and flip frequently
- Grill meat gently then finish in the oven to reach safe internal temperature or start meat in the oven and finish it on the grill.
- Serve your grilled items with plenty of vegetables to provide antioxidants that help counteract carcinogens.

Use Marinades or Rubs

- Besides adding delicious flavor, studies suggest that using low-sugar marinades, especially citrus-based, on meat prior to grilling can limit the formation of potential cancer-causing compounds due to the presence of antioxidants that help to counteract the carcinogens.
- Use low-sugar spice rubs to add flavor without adding too much sodium often found in store-bought products. Dried spices found in rubs are also a great source of antioxidants.
- Try to keep it simple by not drowning your grilled meats and veggies in salty sauces, sugary condiments, or fatty dressings.



Don't Forget the Fruits & Veggies

Nearly all veggies and fruits can be easily grilled and only take 4-10 minutes to grill. In fact, grilling tends to intensify the flavor of fruits and veggies and is a great way to add color and antioxidants to any backyard BBQ party!



Here are some great ways to incorporate fruit and veggies:

- Trim and cut vegetables and fruits, but be sure not to cut into pieces that are too small or they may fall between the grates. Brush them with a little olive oil so they do not stick to the grill. If you have smaller pieces, you can place veggies in tinfoil with olive oil and seasonings of your choice.
- Make kebobs with peppers, mushrooms, pineapple, and/or onion by alternating with a protein like chicken, beef, or marinated tofu. Avoid cutting kebob pieces too small and keep uniform in size.
- Swap the meat altogether by using eggplant cutlets, portabella mushrooms, or veggies burgers.
- Grill fruits for your dessert such as peaches, pears, apples, and pineapple. Fruits tend to caramelize well in high heat which makes them taste extra sweet, perfect for an easy dessert.

Practice Safety

- Keep raw meat, poultry, and seafood separate from vegetables and other foods.
- Remember to never reuse a marinade or rub after raw meat has already touched it.
- Place grilled foods on clean plates rather than on the ones that held them when they were raw.
- Use a food thermometer to check the internal temperature of grilled meat, seafood, and poultry.

- Ground beef, pork, veal, lamb = 160° F
- Steak, chops, roasts = 145° F - Let rest for at least 3 minutes
- Chicken & Turkey = 165° F
- Fish & Shellfish = 145° F
- Leftovers = 165° F

Keep it Clean

- Remove leftover burnt pieces of food on the grill to prevent any burning or smoking.
- Use a wire brush to give your grill a nice clean and wipe it down with a cloth to avoid grill-cleaning brissels.
- Scrub down the rack or grill pan after each use.

