

GRILLING + YOUR HEALTH

Did you know

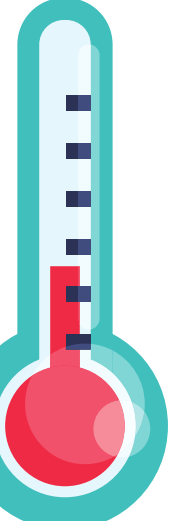
that exactly how you prepare and grill your food makes a huge difference when it comes to your general health and cancer prevention in particular?

Charred food is linked to the formation of carcinogens. Two compounds, Heterocyclic amines (HCAs) and Polycyclic Aromatic Hydrocarbons (PAHs), arise when meat is cooked at a very high temperature or comes into contact with flames. The Environmental Protection Agency says both are linked to tumours, birth defects and damage to the immune system.

This doesn't mean you can never chargrill again, but given how much we grill in Bermuda, it's a really important factor to consider.


Good news! Marinating meat is an effective way of mitigating HCA and PAH formation. Keep these tips in mind and you can make sure your BBQ season is a healthy one!

Your Summer Grill Guidelines



1 Cook over a lower heat for longer (but make sure food is cooked to the proper internal temperature.)

2 Flames flare up when fat drips down onto the coals. Choose lean cuts of meat and trim visible fat. Cook marbled cuts of meat on a shelf away from direct heat.

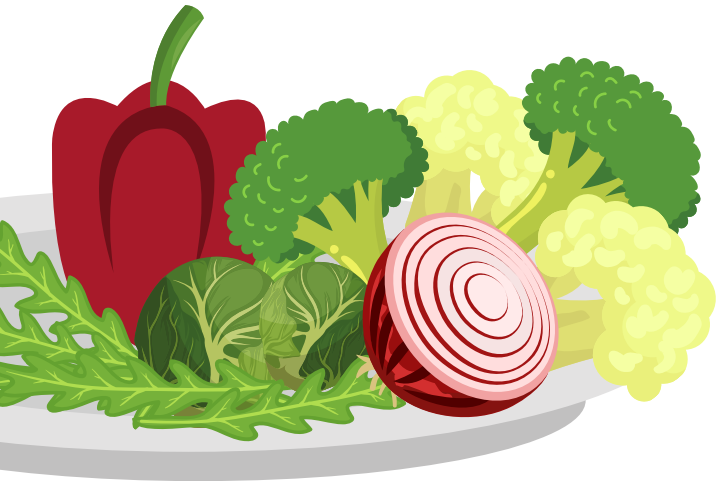


3 Marinate meat for at least 30 minutes. Beer marinades can slow down carcinogen formation by up to 53% (the darker the ale, the better.) Olive oil and lemon juice marinades are most effective, reducing cancer causing compounds by 99%.

4 Add fresh herbs to your marinade as these may reduce carcinogen formation too. Tear the herbs to allow their oils to infuse the marinade and consider adding extra fresh herbs to salads on the side too.



5 Make half your plate vegetables. Vegetables are full of the nutrients and fibre that help to reduce cancer risk.



6 Choose cruciferous vegetables (e.g. broccoli, cauliflower, cabbage and Brussels.) They contain glucosinolates which are protective against both HCAs and PAHs.

7 Clean that grill! This reduces the amount of burned char you eat. Char intake is linked to premature aging as well as carcinogen formation.

Scientific sources for this information are included in the expanded version on our website: www.pwmarine.bm/wellness

