



GRILL SMART

A GUIDE

Grilling meat, meat products and fish can lead to the formation of cancer-causing chemicals formed from smoke, burnt meat and fat and food additives such as nitrites and nitrates.

WATCH THE HEAT

control the **grilling temperature and time**, flip food frequently, use a grill with indirect heat



WATCH THE COLOUR

do not eat black or charred parts and grill food with less fat and no skin

WATCH YOUR DIET

eat more fresh vegetables, fruits and herbs and less grilled meat and meat products



REDUCE THE RISK TO YOUR HEALTH
AND GRILL SMART