Free booklet tells how to barbecue without cancer risk

The smell of hot dogs, hamburgers or steaks grilling over a charcoal fire is an essential part of summer time for many Americans. To help keep outdoor cooking enjoyable while reducing cancer risk, the American Institute for Cancer Research has published a booklet it believes should be part of everyone's summer reading list.

"Facts You Should Know About Outdoor Cooking" outlines many of the problems that recent research has been suggestions on ways to enjoy outdoor grilling while minimizing the health risks that may be associated with it.

The American Institute for Cancer Research, a national cancer organization that sponsors research and education programs on the relationship between diet and cancer risk reduction, has long advocated a set of four 'Dietary Guidelines to Lower Cancer Risk.'

Guidelines to Lower Cancer Risk.'

Guidelines to Lower Cancer Risk.'

Guidelines on the resuggests on the relationship between diet and cancer risk reduction, and charcoal-boid only in moderation.' The booklet explains this guideline and offers consumers practical suggestions so that no one should have to give up the enjoyment of outdoor cooking in order to lower his cancer risk.

"THE PROBLEM is cancer-causing

"THE PROBLEM is cancer-causing compounds seem to form when food is cooked on a grill," said Dr. T. Colin Campbell, AICR senior science adviser and professor of nutritional biochemistry at Cornell University. Charring the

meat's surface forms one such com-pound, and another possible carcinogen forms in the smoke from fat dripping onto the hot coals of a barbecue, he

forms in the smoke from an argpung onto the hot coals of a barbecue, he said.

"The AICR Dietary Guidelines, based on the interim dietary recommendations of the National Academy of Sciences, do not say that occasional barbecuing will cause cancer," Campbell said. "But research has indicated that grilling over a fire does lead to the formation of carchogenic compounds, which can only mean a higher cancer risk."

risk."

Charcoal itself is not the problem, he said. Even gas and electric grills can cause charring of the meat and smoke from dripping fat, which forms cancercausing compounds.

THE BOOKLET offers a number of THE BOOKLET offers a number of tips on how to reduce these health risks. Suggestions include using cooler fires for fewer flare-ups from dripping fat, cooking meat without charring it, and covering grill surfaces with aluminum foll with holes punched to let fat drip out, in order to protect the meats from flare ups and smoke.

Also included in the booklet are some menu suggestions and recipes that fit the dietary guidelines for lower cancer risk.

risk.
Single copies of the booklet, "Facts
You Should Know About Outdoor Cooking," may be obtained by sending a
stamped, self-addressed, business-sized
envelope to American Institute for
Cancer Research, Dept. OC, P.O. Box
76218, Washington, D.C. 20013.



Newlyweds Donna Marie Summers and Michael Hall Jones





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Summers, Jones wed

Doma Marie Summers of Farmington and Michael Hall Jones of South Haven were married June 15 in Mercy Chapel.

The bride is the daughter of Mr. and Mrs. Donald Summers of Farmington. She is a Michigan State University graduate and is employed as a purchasing agent the Quante Corp., San Jose, Calif.

The bridegroom, the son of David and Carol Jones of San Diego, Calif., is a Michigan State University graduate and is employed as a packaging representation of the Couple honorymoned in Jamater and is employed as a packaging representation of the Couple honorymoned in Jamater and have made their home in San Jose.

Nursery openings

Sunshine Nursery School, located in Palth Covenant Church on the corner of 14 Mile Road and Drake, has openings for children 3-5 years of age.

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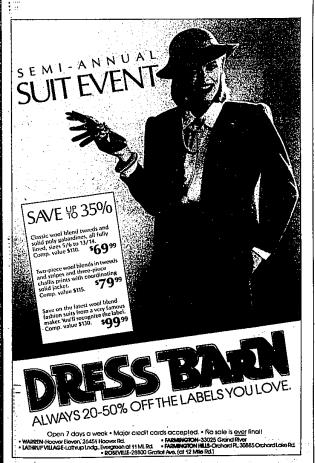
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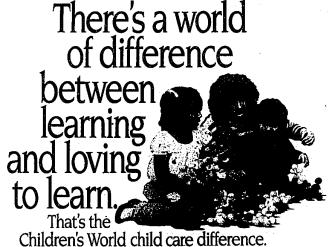
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new voices

MR. AND MRS. DENIS NICOLE of Farmington Hills announce the birth of their bird child, a gir. Anne Elizabeth their bird child, a gir. Anne Elizabeth born July 22 in Sinat Hospital. She has a routher, Matthew, and a sister, Kristen. The infanis grandparents are Mr. and Mrs. John P. McKinnon of Little and Mrs. John Young of Farmington Compton, R.I., and Mrs. and Mrs. Leo P. Hills and Mrs. and Mrs. Norbert List of Nicole of Pawtucket, R.I.

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