



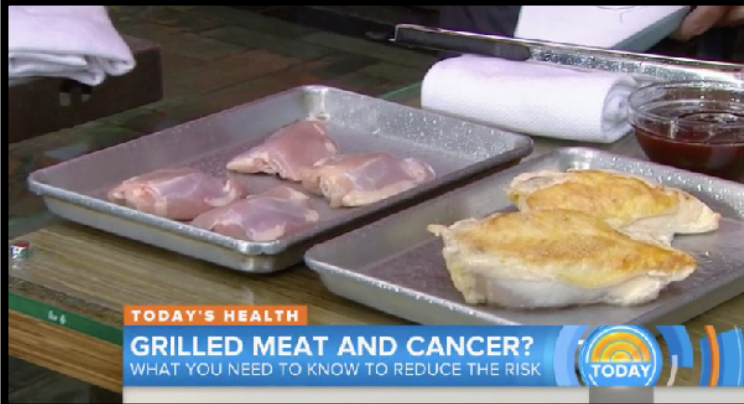
Grilled meats and cancer: What you need to know when you barbecue



TODAY'S HEALTH
GRILLED MEAT AND CANCER?
WHAT YOU NEED TO KNOW TO REDUCE THE RISK



ALEX GUARNASCHELLI
EXECUTIVE CHEF AT BUTTER RESTAURANT, NYC



TODAY'S HEALTH
GRILLED MEAT AND CANCER?
WHAT YOU NEED TO KNOW TO REDUCE THE RISK



TODAY'S HEALTH
GRILLED MEAT AND CANCER?
WHAT YOU NEED TO KNOW TO REDUCE THE RISK



GRILLED MEAT AND CANCER?
WHAT YOU NEED TO KNOW TO REDUCE THE RISK



GRILLING SAFETY
USE SHARP KNIFE TO TRIM CHARRED STEAK

When it comes to cooking meat, fish and poultry at high heat on a grill, studies indicate potentially cancer-causing chemicals can form. As summer barbecue season arrives, TODAY welcomes NBC medical contributor Dr. Natalie Azar to the plaza with important safety tips. Alex Guarnaschelli of New York City's Butter restaurant shows the right ways to grill steak, chicken and seafood for flavor as well as health.