No, Grilling Your Burger Won't Give You High Blood Pressure, Despite New Study

By Ana-Marija Dolaskie — March 23, 2018

Just ahead of barbecue season, here's something to stress about: grilling and charring red meat, chicken, and fish at high temps could lead to high blood pressure, according to a recent study from the American Heart Association. But don't cancel your upcoming BBQ invites just yet — it's all in the way you cook your burger, and how often.