Cancer Risk Could Leave Barbecuers in the Pits

By ACSH Staff — February 6, 2005

A February 06, 2005 article by Jennifer C. Smith in The Monitor about a report on barbecue-induced cancer quotes ACSH's Dr. Elizabeth Whelan counseling calm:

"The vague nature of the report upsets Dr. Elizabeth Whelan, president of the American Council on Science and Health, a consumer advocacy and education group in New York."

"The reality is that studies in Japan suggest people there eat many, many charred foods," she said. "It has no relevance to people using a barbecue to cook their foods. There's never been any evidence in the U.S. that eating barbecue food on a regular basis increases the risk of cancer."

"Dieticians and physicians suggest eating barbecued red meat in moderation. They also recommend a balanced diet, with fruits and vegetables supplementing meat-laden plates."