The silly season for summer scares is upon us, it seems. A group of self-styled cancer experts issued a press release warning of the dangers of cancer-causing substances in grilled meat of just about any type. The group, the American Institute for Cancer Research, warns of the increased risk of colon cancer from meat, especially processed meat. They advise creative recipes utilizing spices and herbs on fish and chicken to avoid grilling-produced cancer-causing substances.

Instead of recoiling in terror from your summer BBQ plans, have no fear. The ostensible increase in cancer risk from grilled or processed meat is somewhere between minuscule and hypothetical. One real concern would be to avoid packing on the pounds that come with too many hot dogs and ribs slathered in (delicious, but calorie-laden) sauces. Or check out our revised version of ACSH’s Summer Health and Safety Tips, which will be available sometime before Memorial Day just in time to provide grillers (among others) with science-based advice for enjoying healthy summertime activities.