

I am excited to collaborate with my father, Brad Barrett founder and president of GrillGrate LLC. We both are passionate about healthy eating and the grilling lifestyle. I have read and reviewed the studies linked below and condensed their findings into healthy grilling tips. Food preparation (i.e. spices and marinades) along with diet and smart food choices are the keys to your best health. Grilling is a healthy way to cook food when you utilize healthy grilling and eating practices.

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