

Is your car killing you?

Research shows young people are driving the wrong cars - and it's killing them.

A new study of vehicle safety and young drivers conducted by the Monash University Accident Research Centre (MUARC) has found the types of cars young people aged 17 to 25 drive is a major contributing factor to high road fatalities in that age group.

Research team member Dr Stuart Newstead said data analysis showed that if all young drivers involved in crashes were driving the safest car available, rather than the cars they usually drove, the road fatality and serious injury rate could be reduced by more than 80 per cent.

"The cars are usually older, particularly for young males. Young women tend to drive cars that are both older and smaller than average - placing them at particularly high risk."

"Even if we just look at cars of a particular age, young people are still choosing the vehicles with worse injury protection performance."

The healthy burger


"Finally a burger you can eat without having a hangover first"

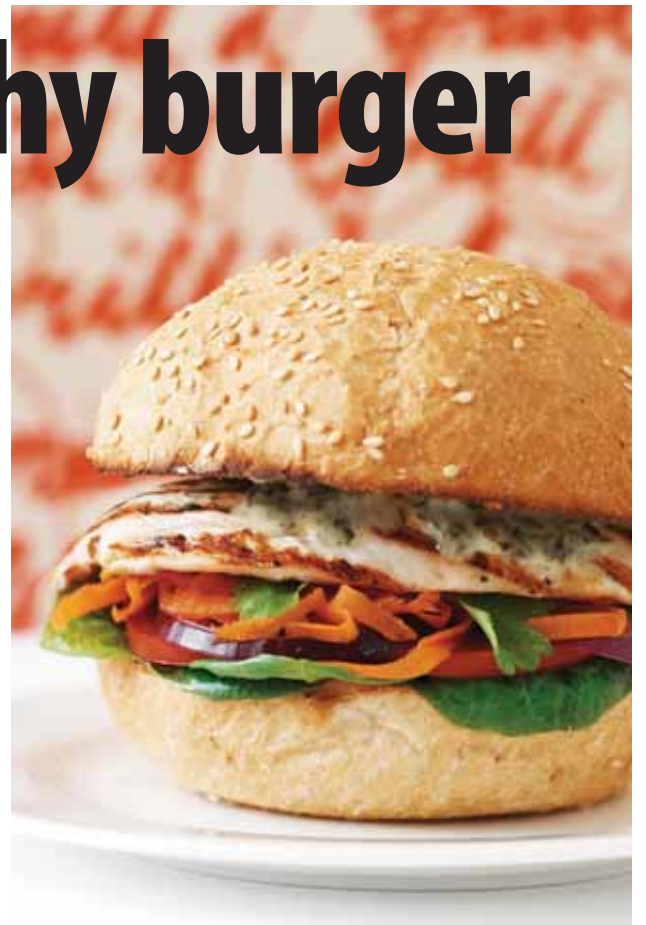
Grill'd offers a healthy burger experience unlike any other - burgers that taste great and are actually good for you. The wide range of beef, chicken breast, lamb and veggie burgers on offer cater to all tastes and are all made with love from the highest quality, freshest ingredients so you can appreciate the difference.

Unlike other convenience food restaurants, Grill'd takes a holistic approach to nutrition, saying their burgers perform well against the most important criteria of protein, fat, energy, vitamins and minerals.

Grill'd says they use only lean patties and really fresh ingredients; which challenges and debunks the idea of burgers being low in nutritional value and high in fat. They also offer a gluten-free bun option so those with specific allergies can still enjoy the Grill'd experience.

Most Grill'd stores are even licensed so you can enjoy a cold beer with your burger! Grill'd is open seven days for lunch and dinner. Check out full locations and menu details at grilld.com.au

Also check out the buy one, get one free offer from Grill'd in this issue of *Utimes* on page 15. 



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