How to reduce acrylamide formation at home (Infographic)

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Acrylamide is a chemical naturally formed when starchy foods (e.g. bread, potatoes, biscuits, coffee) are baked, fried or roasted at high temperatures. Prolonged exposure to high levels of acrylamide has been shown to cause cancers in animals. However, the evidence in humans is not as clear. Although humans are usually exposed to doses lower than those used in animal research, the general advice is to keep exposure low by taking care when cooking starchy foods, limiting acrylamide formation. This infographic highlights how acrylamide is formed and how you can reduce its formation in foods.

Download the printable version here.

ACRYLAMIDE

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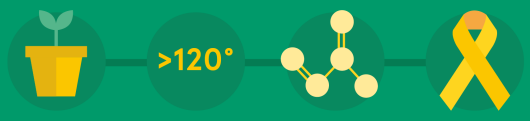
WHAT IS ACRYLAMIDE?



plant-based, mostly **starchy foods**

cooked at **high temperature**

chemical formed during frying, baking, roasting, grilling

may **increase the risk of cancer**

usually more browning, more acrylamide!

WHAT ARE THE COMMON SOURCES OF ACRYLAMIDE?

BISCUITS

BREADS

FRIED POTATOES

CRACKERS

COFFEE

WHAT CAN I DO AT HOME TO REDUCE MY ACRYLAMIDE INTAKE?

avoid over-browning

while toasting

while baking

while frying

vary cooking techniques

why not try steaming or boiling?

www.eufic.org

For more information, please view these associated materials:

EUFIC Review (2010). Why do we cook our food and what happens when we do?
EUFIC Food Today (2014). What happens when we cook food - understanding acrylamide formation.
EUFIC Q&A (2015). Acrylamide.
EUFIC Science Brief (2015). EFSA opinion on Acrylamide.