

How to reduce acrylamide formation at home (Infographic)

31 March 2019

[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](#).



For more information, please view these associated materials:

[EUFIC Review \(2010\). The Why, How and Consequences of cooking our food.](#)

[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.](#)