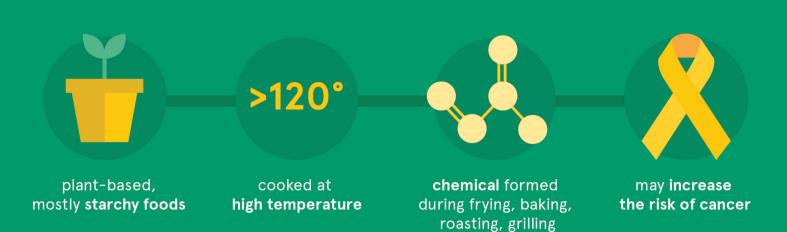
# **ACRYLAMIDE**

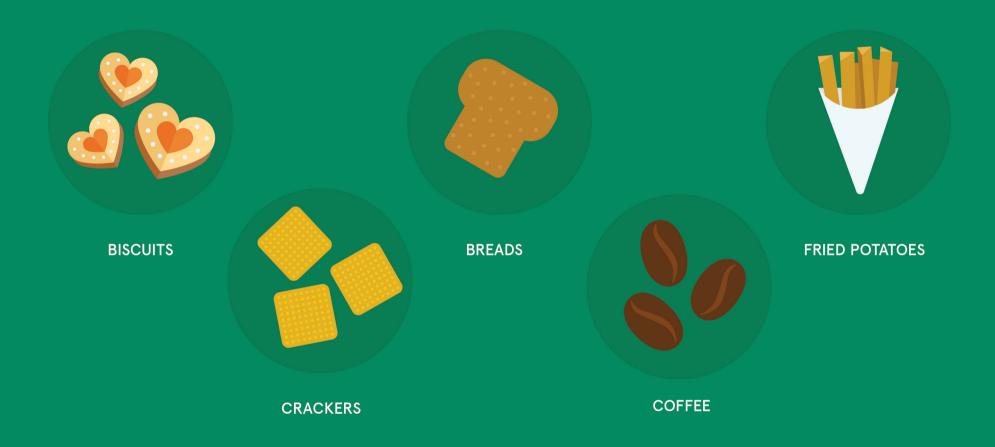


### WHAT IS ACRYLAMIDE?





### WHAT ARE THE COMMON SOURCES OF ACRYLAMIDE?



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





toasting



while baking



while frying

## vary cooking techniques



why not try steaming or boiling?