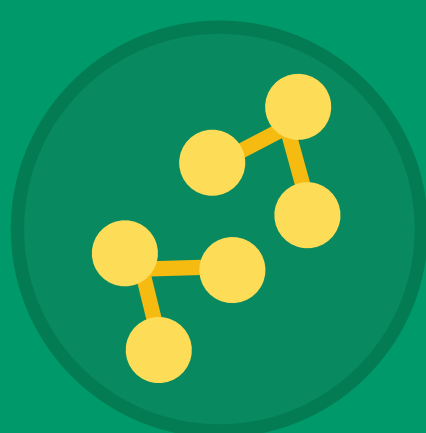


ACRYLAMIDE IN FOOD: WHAT IT IS & HOW TO REDUCE LEVELS



What is acrylamide?



a **chemical** formed during frying, baking, roasting, grilling



when plant-based, mostly **starchy foods**..



..are cooked at **high temperature** (over 120°C)



may **increase the risk of cancer**



Usually more browning, more acrylamide!

What are the common sources of acrylamide?



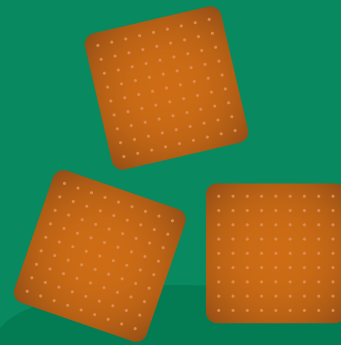
biscuits



bread



fried potatoes



crackers



coffee

How to reduce acrylamide levels at home?



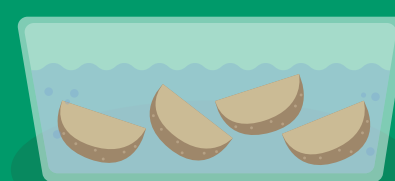
Go for golden: avoid deep browning or charring when frying, baking, or roasting



cook at **slightly lower temperatures** to minimise acrylamide formation



Steaming & boiling = NO acrylamide!



microwave, soak or blanch potatoes before frying or baking

