

# What is acrylamide?



plant-based,  
mostly  
starchy  
foods

>120°

cooked  
at high  
temperature

chemical  
formed during  
frying, baking,  
roasting, grilling

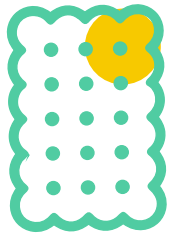


may  
increase  
the risk  
of cancer



usually more  
browning,  
more  
acrylamide!

# What are the common sources of acrylamide?



biscuits



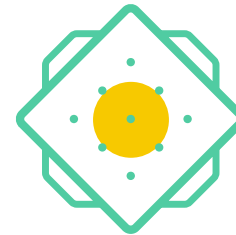
coffee



bread



fried  
potatoes



crackers

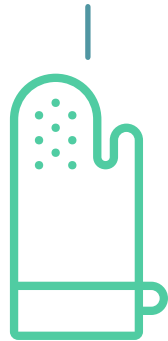
# What can I do at home to reduce my acrylamide intake?

Avoid

## over-browning



while  
toasting

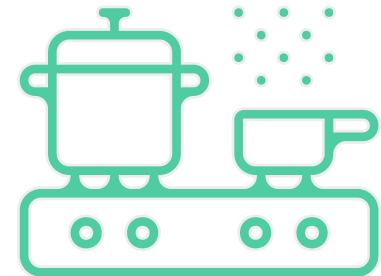


while  
baking



while  
frying

Vary cooking  
techniques,



why not try steaming  
or boiling?