

ACRYLAMIDE IN OUR FOOD

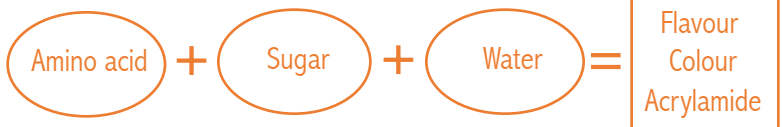
WHAT IS IT?

Acrylamide is a chemical compound that forms in starchy foods when they are cooked at high temperatures >120°C. Most of the cooking methods used by food industry (frying, baking) and also home made cooking produce acrylamide in food.

HOW ACRYLAMIDE FORMS?

The main chemical reaction is known as:

Maillard reaction or « browning »



When the sugar and amino acid naturally present in starchy food are heated, they combine to form substances giving natural flavours and aromas. This also causes the browning of the food and produces acrylamide.

HEALTH EFFECTS



Carcinogenic for consumers,



Especially for kids.

WHERE IS IT FOUND?



Fries



Chips



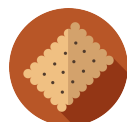
Coffee & Substitutes



Breakfast Cereals



Fresh & Toasted bread



Biscuits & Rusks



Cakes



Baby Food

TAKE ACTION TO PROTECT YOUR HEALTH

Advice when cooking*

1. During frying, follow recommended frying times and temperatures to avoid overcooking, excessive crisping and burning;
2. Toast bread to a golden yellow rather than brown colour;
3. Do not store potatoes in the refrigerator. Keep them in dark, cool place;
4. Cook potato products like French fries and croquettes golden yellow rather than brown.

* For more detailed advice tailored to your national eating habits and culinary traditions, please refer to your national food safety agency.

Reduce acrylamide in the food industry

In the following months, a draft legislation on the level of acrylamide in our food will be voted by EU representatives. It is urgent to take action for the adoption of strong legally binding level of acrylamide in food coming from the agro-food industry.



WATCH the video:
<http://bit.ly/2eqpN6f>



SIGN the petition:
<http://bit.ly/2eCQ7cn>



SHARE and spread the word!