

Acrylamide in foods

Acrylamide is a chemical that can form when certain starchy foods are fried, baked, roasted or browned.

Acrylamide is mostly found in...



Hot potato chips
& hash browns



Roast
potatoes



Potato crisps



Toast

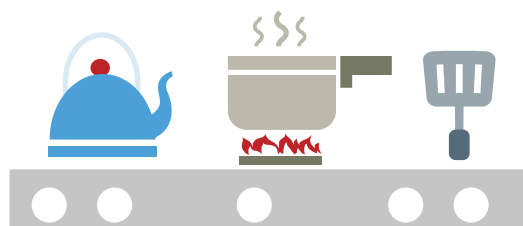
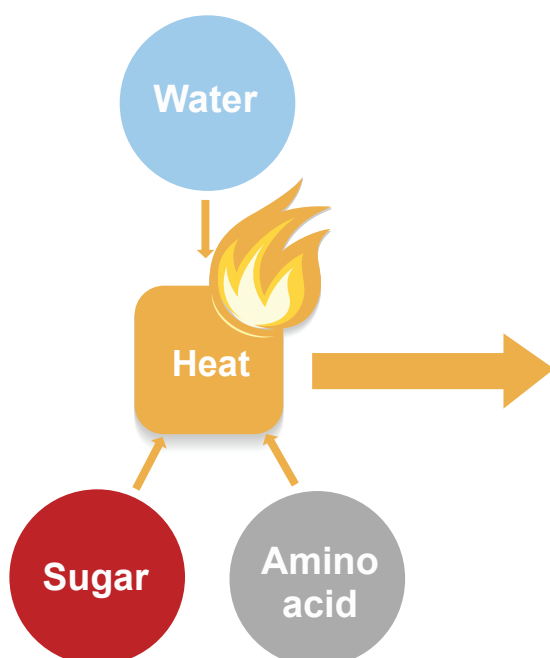


Cakes



Biscuits

How acrylamide forms...



Maillard reaction

The sugar and the amino acid, asparagine, naturally present in certain starchy foods combine when they are heated and produce new flavours and aromas. This also causes browning and produces acrylamide.

While there's no direct evidence that acrylamide can cause cancer in humans, there is evidence it can cause cancer in laboratory animals.

Therefore, we should take steps to reduce our exposure.



Tips to reduce exposure...



Don't store potatoes in the refrigerator or where exposed to light because this can increase the components that promote acrylamide formation.



Soak potatoes in water for 15-30 minutes, or blanch in boiling water before frying or roasting because this reduces the components that promote acrylamide formation.



Follow manufacturer's cooking instructions – many of them have adjusted their instructions to reduce acrylamide levels in their foods.



Cook potato products such as oven fries, hash browns and roast potatoes in a moderate oven (180-190°C) to a light golden colour only. Deep fried chips should be cooked at a maximum of 175°C. Chunkier style chips are preferable.



Toast bread or other foods to the lightest colour acceptable to your taste, noting that the crust will have higher levels of acrylamide.

There are a number of ways you can eat less acrylamide such as following a balanced diet and varying how your food is cooked, for example boiling, steaming or microwaving.

Find out more:
www.foodstandards.gov.au/acrylamide