

... Acrylamide infographic: How to reduce acrylamide formation at home ...

# 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!

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## What are the common sources of acrylamide?

biscuits

coffee

bread

fried potatoes

crackers

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## 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?

Download the printable version [here](#).

**For more information, please view these associated materials:**

**EUFIC Review (2010). The Why, How and Consequences of cooking our food.**

**EUFIC Food Today (2014). What happens when we cook food - understanding acrylamide formation.**

**EUFIC Food Today (2011). Cooking with a grill, over and open flame, frying or smoking your food: Tips to help you enjoy your food safely.**

**EUFIC Q&A (2015). Acrylamide.**

**EUFIC Science Brief (2015). EFSA opinion on Acrylamide.**



Source: European Food Information Council