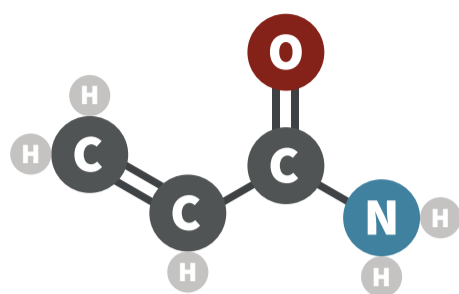
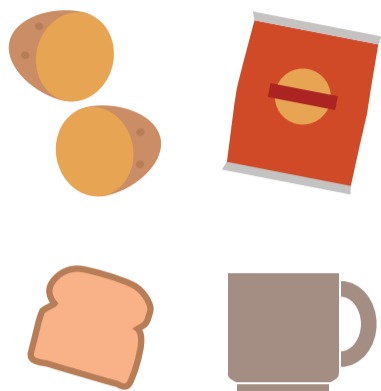


DOES ACRYLAMIDE CAUSE CANCER?



ACRYLAMIDE

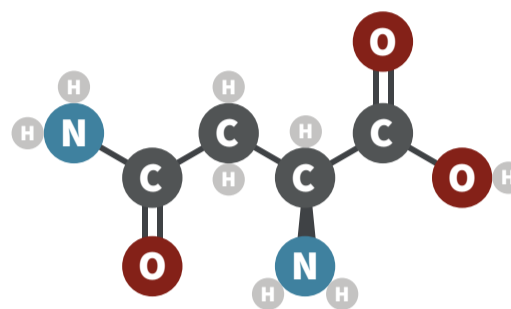


WHAT IS ACRYLAMIDE AND WHERE IS IT FOUND?

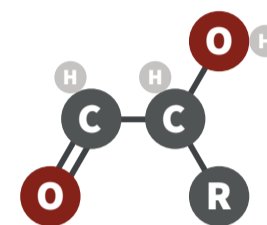
Acrylamide is a chemical formed by reactions that occur when carbohydrate-rich foods are cooked at high temperature. Low levels of it are found in foods including roast potatoes, toast, and potato chips. It's also found in roasted coffee beans and in cigarette smoke.

HOW DOES ACRYLAMIDE FORM IN FOODS?

When carbohydrate-rich foods are cooked at high temperature (above 120°C) amino acids can combine with reducing sugars (such as glucose) to form a range of products. The amino acid asparagine, combines with sugars to produce acrylamide. Higher temperatures and longer cooking times produce more acrylamide.



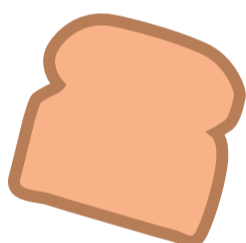
ASPARAGINE



REDUCING SUGAR

Acrylamide is classified as a probable human carcinogen; however, the amounts found in food are very low.

TOASTED BREAD



4.8 MICROGRAMS

(assumes 1 slice = 24 grams)

POTATO CRISPS



12.4 MICROGRAMS

(assumes packet = 32.5 grams)

AV. DAILY INTAKE



30 MICROGRAMS

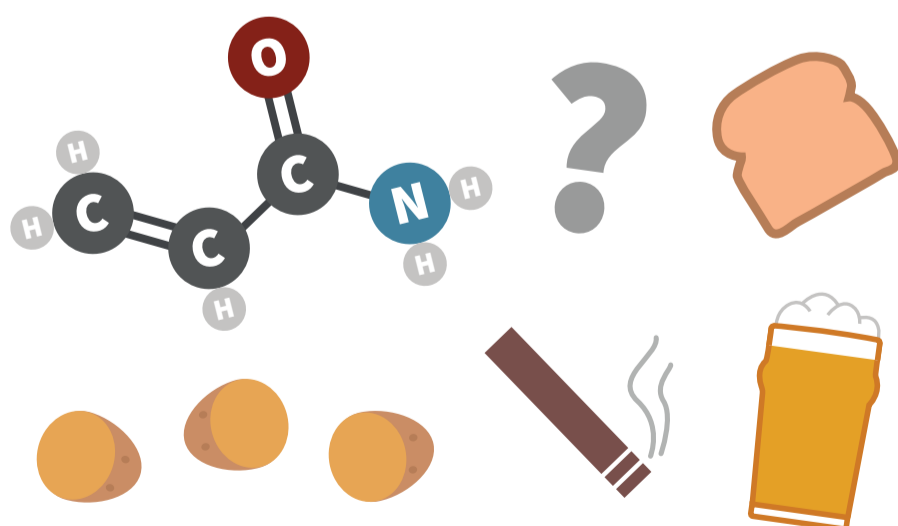
(assumes body weight = 75kg)

MAX. RECOMMENDED DAILY INTAKE



195 MICROGRAMS

(assumes body weight = 75kg)



SHOULD I BE WORRIED ABOUT ACRYLAMIDE?

Dietary levels of acrylamide are a minor concern for a small increased lifetime risk of cancer. This is based on animal studies – evidence for increased risk in humans is currently minimal. Increases in cancer risk associated with regularly drinking alcohol or smoking are much higher. The latest advice recommends cooking foods a little less brown to reduce acrylamide content.

IN SHORT: ACRYLAMIDE HASN'T BEEN DECISIVELY LINKED TO INCREASED CANCER RISK AT LEVELS FOUND IN COOKED FOODS

