



KEY MESSAGES ON ACRYLAMIDE

Acrylamide in food is not a new phenomenon.

- Acrylamide forms naturally during some cooking methods at high temperatures, such as grilling, baking and frying.
- Although scientists discovered the presence of acrylamide in food in 2002, it has probably been in food for thousands of years, as long as food has been cooked.
- Acrylamide forms in a wide variety of foods that are part of a daily diet.

Health authorities and scientists around the world are studying the risk to human health from acrylamide in food.

- Research conducted so far has found that exposure to acrylamide in food is a human health concern.
- Further studies are being undertaken to determine how much acrylamide consumed is of concern to human health.

The Canadian food industry is helping to reduce exposure to acrylamide in food.

- Food manufacturers are committed to the health and safety of Canadians and to helping reduce consumers' exposure to acrylamide in food.
- Food manufacturers are developing new and innovative techniques and introducing technologies aimed at lowering the levels of acrylamide in their products.
- Food manufacturers are working closely with Health Canada, and the food industry and health authorities around the world, to share information which will lead to a better understanding of and a global approach to reducing exposure to acrylamide in food.

There are many factors to consider in reducing exposure to acrylamide food.

- Everyone who cooks food – consumers in the home, food manufacturers and restaurant chefs – can use techniques that help to reduce exposure to acrylamide.
- There is no single solution to lowering acrylamide in all foods. Foods have different amounts of acrylamide, depending on the type of food as well as the time and temperature for cooking.
- Food manufacturers and restaurants must still ensure their products are cooked properly, keep their nutritional quality and continue to appeal to consumers.

Consumers can play a role in lowering their exposure to acrylamide in food.

- Canadians are advised to follow a healthy eating plan as is outlined in Canada's Food Guide, and eat in moderation.

- Acrylamide accumulates during home cooking so reducing cooking time and cooking to a golden rather than dark colour can help reduce acrylamide exposure.