



LOWERING LEVELS OF ACRYLAMIDE IN COOKED FOODS

Whether it is a consumer cooking at home, a restaurant chef, or a food manufacturer, everyone who cooks food can play a role in keeping down levels of acrylamide in food.

Since acrylamide was discovered in food in 2002, the food industry and researchers around the world have been studying further and have discovered it is possible to lower levels of acrylamide in several foods by making changes to food preparation techniques and technologies.

There is not one single solution to lowering acrylamide that can be applied to all foods because the presence of acrylamide varies by the type of food, the levels of natural sugars and amino acids in the foods, as well as the time and temperature for cooking.

Canadian food manufacturers are committed to playing a significant role in improving the health of Canadians, and limiting Canadians' exposure to acrylamide in food. They are incorporating best practices identified by regulators, scientists and food experts around the world to reduce exposure to acrylamide in food, while maintaining the same quality and safety of their products and not negatively affecting taste, colour and texture of products. This includes:

- finding new varieties of agricultural products that have lower natural levels of sugars and asparagine
- storing agricultural products at lower temperatures to help lower the level of natural sugar content
- reformulating products to minimize the formation of acrylamide
- lowering cooking times and temperatures, and increasing moisture levels in cooking
- providing on-package instructions for consumers when they cook the products at home: for example "do not overcook" and "cook to a light golden colour"

Food manufacturers are committed to working with government, industry partners and non-government organizations around the world and continue to stay informed on the science related to the food supply, food components, nutrients and consumer health, and to developing a global approach to addressing acrylamide in food.

They continue to innovate and find new ways to improve the health and safety of products. For example, Canadian food manufacturers have reduced hydrogenated oils in the food supply to help consumers limit consumption of trans fats, and are increasing the range of products with reduced levels of calories, sugar, fat and salt in line with guidelines on healthy eating.

Consumers can play a role in reducing acrylamide at home

When cooking at home, consumers can lower the acrylamide formation in their food by:

- Avoiding overcooking or using extremely high temperatures in cooking food
- Frying foods to a light golden, rather than a dark
- brown

- Scraping the darker crumbs off toast and other baked items before consuming
- Enjoying a moderate amount and a wide variety of foods to stay healthy