

ADVICE FOR FOOD BUSINESSES ON REDUCING ACRYLAMIDE

Acrylamide is a chemical that can form in some starchy foods during high temperature cooking such as frying, roasting and baking.

As a food business it's important that you take steps to reduce the level of acrylamide in these foods to as low as reasonably possible.

How can I reduce acrylamide?

FSANZ, international food regulators and the food industry are working together to look at ways to reduce consumer exposure to acrylamide. If you manufacture food in Australia or New Zealand we recommend you use the acrylamide toolbox developed by Food and Drink Europe to evaluate your current production methods and identify techniques to help lower exposure for consumers.



Raw materials

Things like crop selection, farming techniques, harvesting and storage methods can all affect the amount of acrylamide that may form in cooked or processed foods.

Recipe Design

Using alternative or new ingredients can also help reduce acrylamide.

Look for ingredients with lower levels of asparagine or reducing sugars.

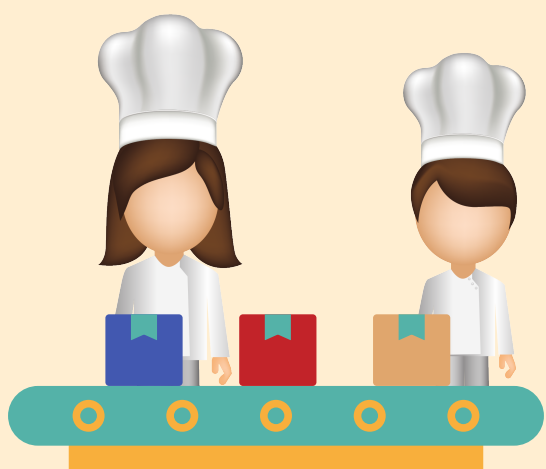
Approved processing aids like enzymes can also be used to reduce asparagine levels.



Processing

Processing can also affect the amount of acrylamide in the final product. Think about:

- cutting fries into shapes with less surface area and cooling quickly after processing
- blanching or soaking potatoes in water before frying
- processing equipment that can minimise levels of asparagine and reducing sugars in potatoes
- lowering cooking temperatures and keeping foods to a light golden colour.



Labelling

Include cooking instructions that help food handlers minimise the level of acrylamide formed. Things like cooking at or below 175 degrees Celsius and to a light or golden colour.