












ACRYLAMIDE | WHAT YOU NEED TO KNOW

1 Possible sources of exposure

-  French fries and chips
-  Crispy bread
-  Biscuits and baked products
-  Roasted coffee
-  Breakfast cereal
-  Baby food
-  Roasted nuts
-  Transplacental transfer
-  Cigarette smoking
-  Occupational exposure (contaminated dust and vapor)
-  Occupational exposure (dyed and pressed fabrics)

2 How can acrylamide enter your body?

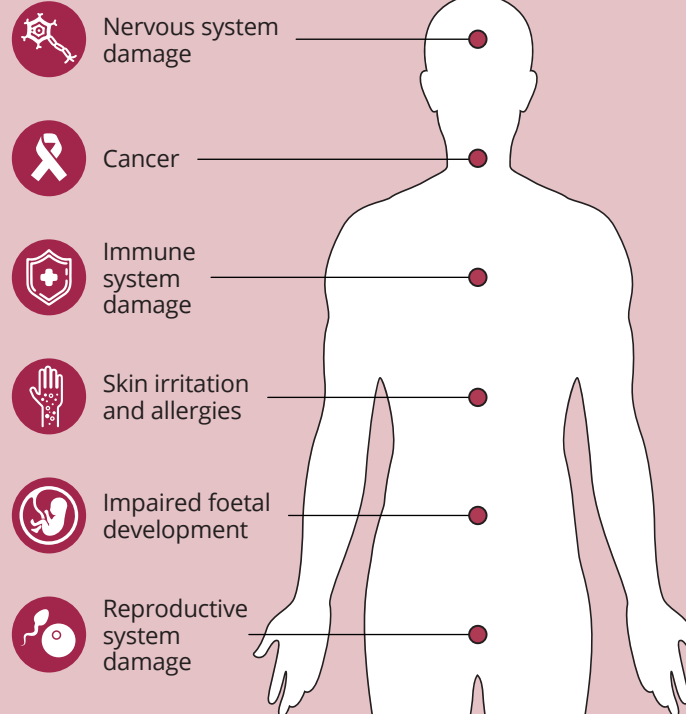
Via ingestion 

Via maternal ingestion 

Via inhalation 

Via dermal absorption 


3 How might acrylamide affect your health?





4 How can you reduce your exposure to acrylamide?

-  **✗ Avoid eating burnt foodstuffs**
-  **✗ Avoid frying temperatures of more than 120°C**
-  **✗ Avoid smoking or breathing in second-hand smoke**
-  **✓ Eat a healthy diet**
-  **✓ Limit frying, baking, toasting or roasting foodstuff, in particular, starchy foods**
-  **✓ Store raw potatoes in a dark, cool place at temperatures above 6°C**
-  **✓ Make sure you follow the instructions on the package when cooking pre-packaged foods**

It is not possible to eliminate acrylamide from foods, in particular homemade food, but actions can be taken to ensure that acrylamide levels are as low as reasonably achievable. The European Union has taken actions to protect citizens from exposure to acrylamide. For instance, the content of acrylamide is monitored in food industry and food businesses in the EU. Acrylamide is banned from plastic material and articles intended to come in contact with food and also in cosmetics. The levels of acrylamide in drinking water are limited. Protective and safety measures are also in place for those working in the occupational setting.

 For further information on how the European Union is protecting citizens read the **HBM4EU Acrylamide Factsheet**.

Where they can be possibly found?

-  Workers may use acrylamide as a precursor in the production of several polymers in industrial processes.
-  These can be recognized by the following pictograms:

