

# THE ACRYLAMIDE ALERTS IN EUROPE

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## OBJECTIVES

- Investigate if this food contaminant has or not an effect on our diet using the RASFF portal database.
- Find out if its exposition harms the European population.
- Identify the most vulnerable population groups to acrylamide exposition.
- Raise consumer awareness in regards with its inherent risk and dangers, and explain how can they reduce its consumption.

ACRYLAMIDE

REGULATIONS (EU)  
2017/2158

RASFF PORTAL  
(23 alerts)

## CONCLUSIONS

- Our population is exposed to food that contains Acrylamide, a dangerous contaminant present in our daily diet, which can harm our health raising the chances to develop cancer.

- Nowadays, it is legislated and it is controlled by all the countries in the EU. There is a public database, easily accessible, to rapidly inform about any potential health risk.

- Countries out of the EU are in a higher risk to its exposition in food in their daily lives.

- The most vulnerable population to its exposition are babies, children and those people that suffer from obesity on account of their diets.

## RECOMMENDATION FOR CONSUMERS

- Appropriate combination of time and temperature (<170°C) during the cooking, frying and toasting.
- Color is a good indicator. Always avoid a brownish colouring, but near golden.
- For families, adults and parents should change their consumption habits when cooking for their children, since they are usually in charge.
- Likewise, raise awareness for the restauration sector and the whole population, so that they bear in mind all this advice when cooking.

Cocoa and cocoa  
preparations, coffee and tea

Prepared dishes and  
snacks

Cereals and bakery products

