

## **Fact Sheet Topic: Acrylamide**

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#### **Introduction**

I choose to do my fact sheet on acrylamide because I wanted to learn why it's a health issue and what is being done to prevent the health issues caused by it.

#### **Section 1: Background and Problem Statement**

Acrylamide is a chemical found in foods such as potato products, coffee, grain products. It can also be found in plastic, cigarettes and cosmetics. Acrylamide in food forms exposed to high heat such as baking, frying and roasting. Acrylamide forms from the sugar found in the food and an amino acid called asparagine

#### **Section 2: Research**

Research conducted on rodents who were feed acrylamide, has shown that when exposed to high levels of acrylamide there are higher risk of developing different ovary, stomach and lung cancer. In a second experiment conducted on rodents to test the neurotoxicity effect of acrylamide in the development of the brain researchers found once again that when exposed to high levels the rodents started to develop health issues such as an abnormal way of walking.

#### **Section 3: Statistics**

Surveys conducted on the amount of acrylamide have shown that although most foods contain acrylamide different brands of the product contain different amounts of acrylamide. It is also recommended to consume 0.4 micrograms of acrylamide daily to avoid severe problems.

#### **Section 4: Consumer Information**

There are many options to help reduce the amount of acrylamide that is consumed. Some of this methods included reducing the amount of fried food consumed. Another suggested option is to opt for food that contain lower levels of acrylamide.

#### **Section 5: Solutions to the Problem (or Issue)**

There really isn't a way to completely avoid acrylamide as it's not only found in plastic, cosmetics and cigarettes but also in food. However, many Health organizations recommend to maintain a healthy lifestyle, avoid smoking and secondhand smoking, along with avoiding food products with high levels of acrylamide such as potatoes and coffee and also avoiding cooking at high temperatures.

#### **Conclusions**

Overall this fact sheet assignment has helped me get a better understanding of what acrylamide is and how it is a health issue. What I found to most surprising is that it can potentially cause cancer and neurotoxicity. I do think however that the issue of acrylamide needs to be brought to people's attention.