

HEALTH TIP

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EAT MORE
FRESH WHOLE
FOODS AND
LESS PROCESSED
FOODS

OVERCOOKED **FOOD** AND CANCER

In a recent study conducted in Holland by Maastricht University, researchers found that women who consumed food that contained high amounts of acrylamide (produced when starch is cooked at high temperatures) were at greater risk of endometrial and ovarian cancer. The study adds to a growing body of knowledge about this chemical. However, there were some limitations to the study design and more research is needed in this area.

Foods high in acrylamide are crisps, bread, coffee, chips, cakes, cookies, pastry, peanut butter, breakfast cereals, pastry etc. Importantly, the study estimates that the amount of acrylamide obtained from home cooked food is relatively small when compared with industrially or restaurant-prepared foods.

As noted by NHS Choices "Research of this type can warn that particular chemicals need further investigation, but there are so many thousands of chemicals in the diet, that it is difficult to untangle direct associations between individual chemicals in food, and the observation of an increase in a condition such as cancer. This is especially true when the intake of acrylamide may be a more general marker of an unhealthy diet".

These findings simply support the recommendation to eat more fresh whole foods and less processed foods.