

Your Favorite Breakfast Might Be Giving You Cancer

DETAILS

Details

Samuel Blackstone11/16/2015

SHARE

TWEET

SHARE

EMAIL



4 Foods That Will Make Your Cold or Flu Worse in an Hour



How to Go Vegetarian in 21 Days



© Boston Globe via Getty Images If you like your toast crunchy, or your home fries crispy, your favorite breakfast might be coming at a cost. In [a study by the Food Standards Agency \(FSA\) in Britain](#), researchers found high levels of the cancer causing toxin acrylamide in bread and potatoes that were cooked at high temperatures for an extended period of time.

The levels of acrylamide, a known carcinogen formed when amino acids, sugars, and water in potatoes and bread are exposed to temperatures above 120°C (248°F), were highly variable. In the study, researchers found 490 micrograms of acrylamide per kilogram in one batch of heavily roasted potatoes, a figure 80 times higher than the levels in lightly cooked potatoes. The same thing happened with toast, which contained only 9 micrograms of acrylamide per kilogram for lightly toasted bread, but 167 micrograms for browned, crunchy toast. Professor Guy Poppy, Chief Scientific Adviser of the FSA, commented on the study.

"The risk assessment indicates that, at the levels we are exposed to from food, acrylamide could be increasing the risk of cancer. We do not advise people to stop eating particular foods but, when making chips at home, they are cooked to a light golden color."

Considering how [common it is in everyday foods](#), and the confirmed carcinogenic effect of acrylamide, the FSA recommends storing potatoes and bread in cupboards instead of fridges, refraining from fluffing up potatoes before roasting, and not boiling the potatoes before roasting them, as those practices increase acrylamide levels further. A little less crisp and crunch in your breakfast may be hard to accept, [especially without the bacon \(!!!\)](#), but if you compliment it with a Bloody Mary, everything tastes a little better.