

## Healthier Fries in 10 Seconds

### Nuking fries before cooking slashes the amount of potential cancer causing acrylamide

by The Editors of *Prevention*

Good news for french fry lovers: Microwaving before frying slashes levels of the probable carcinogen acrylamide by up to 60%, according to a recent study in the *Journal of the Science of Food and Agriculture*.

Acrylamide forms from a naturally occurring amino acid called asparagine when grains and vegetables--especially potatoes--are cooked at very high temperatures. (Potato chips are another major acrylamide source.) Intended to help restaurants reduce acrylamide levels, the "microwave miracle" can work at home just as well. The table below shows just how much.

Nuke'em for	Drop in acrylamide
10 seconds	36%
20 seconds	41%
30 seconds	60%

(Posted February 2007)