

# MINIMISING THE PRESENCE OF ACRYLAMIDES IN FOOD AND DRINKS

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*Code of Practice for the eating out sector*

April 2016

# Minimising the presence of acrylamides in food and drinks

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### An issue due to cooking, anywhere

Acrylamide has almost certainly been a part of our diet since humankind started cooking. It is as much a feature of home cooking as in restaurants. It is important, therefore, to take a careful yet balanced approach to ensuring that acrylamide levels are kept at acceptable levels.

### Who we are

Autogrill  
Burger King  
Costa Coffee  
Domino's Pizza  
Grupo Zena  
Haagen-Dazs Shops  
McDonald's  
Quick Group  
Starbucks  
YUM! Brands



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## Introduction

The branded food and beverage service chains have already been adopting for long time mitigation measures recommended at European or national level to minimise the presence of acrylamide in food and drinks. In many cases, they followed applicable recommendations included in the FoodDrinkEurope Acrylamide Toolbox.

In light of the conclusions of the 2015 European Food Safety Authority's "Scientific Opinion on Acrylamide in Food", the food industry should continue to adopt measures to minimise acrylamide in food products. However, the complete elimination of acrylamide from foods is not possible. Therefore the principle objective shall be to reduce levels in foods to As Low As is Reasonably Achievable (ALARA).

The food and beverage service chains will rely on their suppliers to follow the FoodDrinkEurope Code of Practice for Managing Acrylamide Formation in Foods, which helps all food business operators minimise acrylamide formation in the products they prepare. This is based on current scientific knowledge and includes best practice to reduce the acrylamide in relevant foods and drinks.

When it comes to monitoring the effectiveness of mitigation measures in reducing acrylamide in final food products to ALARA, the indicative values of acceptable level of acrylamide in food and drinks included in Annex 1 of the Commission Recommendation 2013/647/EU will be used purely as a reference to help food business operators assess the effectiveness of the mitigation measures they adopt.

## 2. MINIMISING THE PRESENCE OF ACRYLAMIDES IN FOOD AND DRINKS

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### General recommendations for food and beverage service chains

All food business operators (FBOs) shall take every reasonable measure to reduce the presence of acrylamide in final food products to ALARA.

Food and beverage service chains shall source all products from manufacturers that have implemented all mitigation measures outlined in the FoodDrinkEurope Code of Practice for Managing Acrylamide Formation in Foods that are rendered mandatory by European legislation.

Food and beverage service chains are required to:

- integrate the principles of this Code of Practice into their Food Safety Management Systems;
- assess the suitability of mitigation measures for application;
- apply those measures that are effective and reasonable at appropriate stages of production;
- document the outcome of the assessment of relevant measures per product respectively per product group including the justification of the decisions taken under ALARA considerations. The assessment form in Appendix 1 of the FoodDrinkEurope Code of Practice for Managing Acrylamide Formation in Foods or an alternative approach should be used for this purpose;
- repeat the assessment at least annually or when raw materials, recipes and/or process conditions change substantially, or when new mitigation measures have been identified for the sector.

All mitigation measures and principles shall be amended to include new tools that are proven to be effective in commercial applications as and when they become available.

### 3. MINIMISING THE PRESENCE OF ACRYLAMIDES IN FOOD AND DRINKS

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## Mitigation Measures for Mandatory Assessment by food service chains specifically for french fries and other cut (DEEPFRIED) potato products

All food service chains are required to:

- Follow the instructions on storage provided by the manufacturers or the suppliers or laid down in the FoodDrinkEurope Code of Practice for Managing Acrylamide Formation in Foods;
- Where possible, it is highly recommended to work with Standard Operational Procedures and calibrated fryers equipped with computerised timers and programmed to standard settings (time-temperature);
- cook frozen potato products as close to frozen as possible;
- keep the temperature between 160 and 175°C when frying; if cooked in the oven, keep the temperature between 190 and 220°C (reduce time or temperature when fan is switched on)
- cook potato until a golden yellow colour:
  - do not overcook (always avoid frying until colour gets brown / too dark);
  - do not overfill the frying basket;
  - Refer to the frying colour guidance for end users developed by the European Potato Processors Association (EUPPA) and in Annex 1 of this Code of Practice. Make this guidance available and visible to the staff in cooking premises;
- strictly follow the recommended cooking instructions provided by the manufacturers or the suppliers;
- train staff on proper cooking procedures and on the importance of strictly following these procedures;
- maintain good frying oil quality:
  - Skim frequently to remove fines and crumb.
- Monitor the level of acrylamide in finished products to verify that the mitigation measures are effective in keeping acrylamide levels to ALARA.

#### 4. MINIMISING THE PRESENCE OF ACRYLAMIDES IN FOOD AND DRINKS

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### Mitigation Measures for Mandatory Assessment by food and beverage service chains specifically for bakery products

All food and beverage service chains are required to:

- Bake or toast to a specified colour endpoint in the final product if feasible with required quality, shelf life and food safety standards
    - Do not over cook or toast to dark brown colour;
  - Train staff on proper cooking procedures and on the importance of strictly following these procedures;
  - For buns, refer to the colour guidance for toasting buns in Annex 2. Make this guidance available and visible to the staff in cooking premises;
  - monitor the level of acrylamide in finished products to verify that the mitigation measures are effective in keeping acrylamide levels to ALARA.
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- request data on acrylamide in coffee to manufacturers or suppliers, to have the guarantee that their product does not exceed the indicative values of acceptable levels of acrylamide.

# Annex 1

## EUPPA FRYING COLOUR GUIDANCE FOR END USERS / JAN. 2016



Frying colour  
Agtron = 65  
USDA = 0  
*Light Golden*



Frying colour  
Agtron = 55  
USDA = 1  
*Golden Yellow*



Frying colour  
Agtron = 40  
USDA = 2  
*Golden Brown*



## Annex 2

### COLOUR GUIDANCE FOR TOASTING BUNS

**Toasting too dark  
Not acceptable**

**Toasting dark  
Acceptable**

**Target**

**Toasting light  
Acceptable**

**Toasting too light  
Not acceptable**





## About Serving Europe

Serving Europe represents the branded food and beverage service chains at European level. Our members provide innovative and valued opportunities to enjoy meals, refreshment or a moment of indulgence, in tune with the needs and expectations of the customers they serve. At the same time we guarantee the quality, choice, style and convenience that match the varied and active lives that people lead today. In greater Europe, current members account for approximately **20,000 outlets**, over **700,000 employees** and over **20 million customers** served daily.

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