Mayo Clinic Minute

Do French Fries Cause Cancer?

Video	Audio
Vivien Williams **VO: fries**	Do french fries cause cancer?
Vivien Williams	In early 2016, the FDA published information to help the food industry voluntarily lower amounts of a substance called acrylamide in foods.
Donald Hensrud, M.D. **Director** **Mayo Clinic Healthy Living Program**	"The most common source of acrylamide in the food supply is french fries and potato chips."
Vivien Williams **VO: People eating fries**	Mayo Clinic nutrition expert Dr. Donald Hensrud says acrylamide is formed when certain foods are cooked at super-high temperatures. The FDA has classified it as a substance that might cause cancer.
Donald Hensrud, M.D.	"Not a definite carcinogen like tobacco smoke or asbestos, but it does cause cancer in laboratory animals, and it probably does in humans."
Vivien Williams	And, they haven't figured out how much is safe to eat. So, does this mean people should stop eating fries and chips?
Donald Hensrud, M.D.	"An occasional french fry or potato chip probably isn't going to hurt anybody."
Vivien Williams **VO: French fries**	Dr. Hensrud says, if you deep fry foods at home, try to cook at lower temperatures.
	For the Mayo Clinic News Network, I'm Vivien Williams.