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Why Potato Chips, French Fries and Powdered Coffee Are the Most Unhealthy Foods

By **Jillita Horton**

Acrylamide is caused by heat in the making of certain foods. Acrylamide is a carcinogen. See if your favorite foods made this list of highest acrylamide levels. Acrylamide was deemed a cancer causing agent (carcinogen) in 2005. It is extremely prevalent in foods because it's caused by the heating process. This includes the heating process involved in the manufacture of foods that are eaten cold, such as cereal and bread.

The following acrylamide level data was compiled by the FDA in 2004. Foods you thought were good for you may contain ridiculously high levels of acrylamide. Maybe acrylamide explains why cancer is so prevalent among humans, the only animals that willfully eat heat-treated foods. The acrylamide value for the following foods is in parts per billion. All of these acrylamide values are very high, but they are listed here from highest to lowest. But remember, the lower end of this list is still very high!

PPB FOOD

5399 Postum Original Caffeine Free Instant Hot Beverage (powdered)

2510 Pringles Sweet Mesquite BBQ Flavored Potato Chips

1363 Olives: Safeway Chopped Ripe

1286 Pringles Ridges Potato Chips

1184 Lipton Recipe Secrets Onion Soup & Dip Mix

1098 Ore Ida Golden Fries (baked)

1096 Lay's Original Naturally Baked Potato Chips

909 Hershey's Cocoa

693 Pringles Original Potato Chips

620 Fat Free Natural Ry-Krisps

500 Olives: Safeway Sliced Ripe

471 Nescafe Classic Instant Coffe (powdered)

458 Folders Roasted Instant Coffee (powdered)

457 Almonds: Blue Diamond Smokehouse

441 Ore Ida Golden Crinkles (baked)

364 Pepperige Farm Dark Pumpernickel Bread (toasted)

343 Sara Lee Plain Mini Bagels

Though there are 17 food items listed here with a range of 343 to 5399, this does NOT mean that there are not any other foods that have a ppm in between these values. **There are LOTS of them.** Acrylamide is a chemical that's created when starchy foods are heat treated, and you'll note that in general, these foods have starch in common.

French fries, in general, have a high acrylamide content. So do any kind of potato chips, graham crackers and butter-type

crackers. Though powdered coffee is high, brewed coffee is very, very low.

Foods with zero ppm acrylamide include: yellow cake with icing; oatmeal cereal (ready to eat);

Foods with non-detectable acrylamide include: cream of wheat farina cooked; plain oatmeal cooked; boiled egg noodles; deli macaroni salad; boiled enriched spaghetti; boiled cruciferous vegetables; boiled eggplant; boiled green beans and other boiled vegetables; raw vegetables; boiled potatoes without the peel; mashed potatoes prepared from fresh; canned and bottled vegetables; bottled tomato juice; Planters lightly salted cashews; boiled dry pinto beans; canned refried beans; canned or bottled fruit drinks; colas; tea from teabag; beer and wine; fruit (fresh and canned) fruit juice (fresh, frozen, canned and bottled) -- with exception of bottled prune juice, with a ppb range of 53-202; cooked beef; over roasted chicken breast; baked ham; boiled hotdogs; luncheon meats; pork; fish; dairy; eggs; soup; infant formulas; some baby foods; gravies and salad dressings.

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