

# The BfR MEAL Study: What's in your food

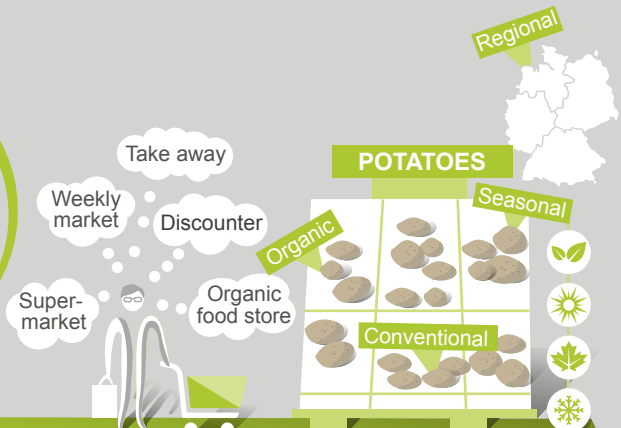
The BfR MEAL Study (meals for exposure assessment and analysis of foods) is the first Total Diet Study for Germany. It determines which substances and what concentration our foods have after processing and preparation.

Potatoes ✓  
French fries ✓  
frozen ✓  
Other ingredients

## Shopping list

To compile the BfR MEAL shopping list, it was determined which food products are eaten most frequently by consumers in Germany.

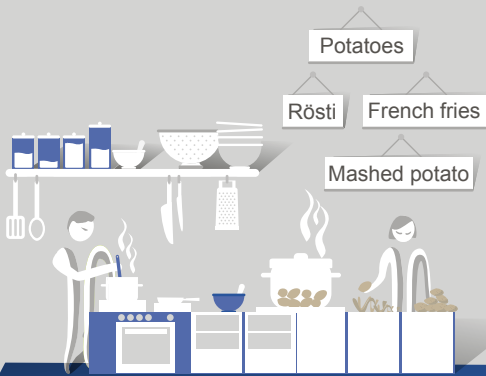
1



## Shopping

The BfR MEAL team takes varying shopping habits into account: Regional and seasonal food products are bought in supermarkets, at weekly markets or at a discounter.

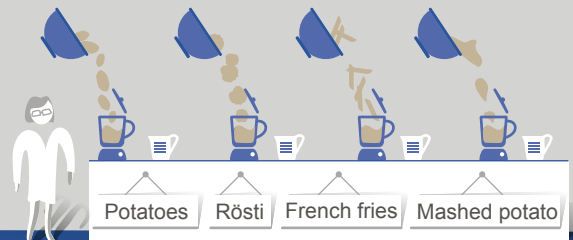
2



## Cooking like at home

In the BfR MEAL kitchen, meals are prepared by using typical kitchen utensils and recipes the same way German consumers do in their private households.

3



## Homogenisation / Pooling

The BfR MEAL team prepares common samples of similar foods for analysis in the lab. Those samples are homogenised – in other words, mixed as in a smoothie blender.

4



Potatoes	Rösti	French fries	Mashed potato
✓ Nutrients	✓ Nutrients	✓ Nutrients	✓ Nutrients
✓ Heavy metals	✓ Heavy metals	✓ Heavy metals	✓ Heavy metals
✓ Mycotoxins	✓ Acrylamide	✓ Acrylamide	✓ Additives



## Analysis in the laboratory

Couriers transport the samples to the lab, where they are analysed for nine substance groups – including nutrients, additives and substances migrating from food packaging.

5



6



## Evaluation

At the BfR, the BfR MEAL team assesses which concentrations of substances consumers take in daily. The findings are used to derive recommendations for consumers.

