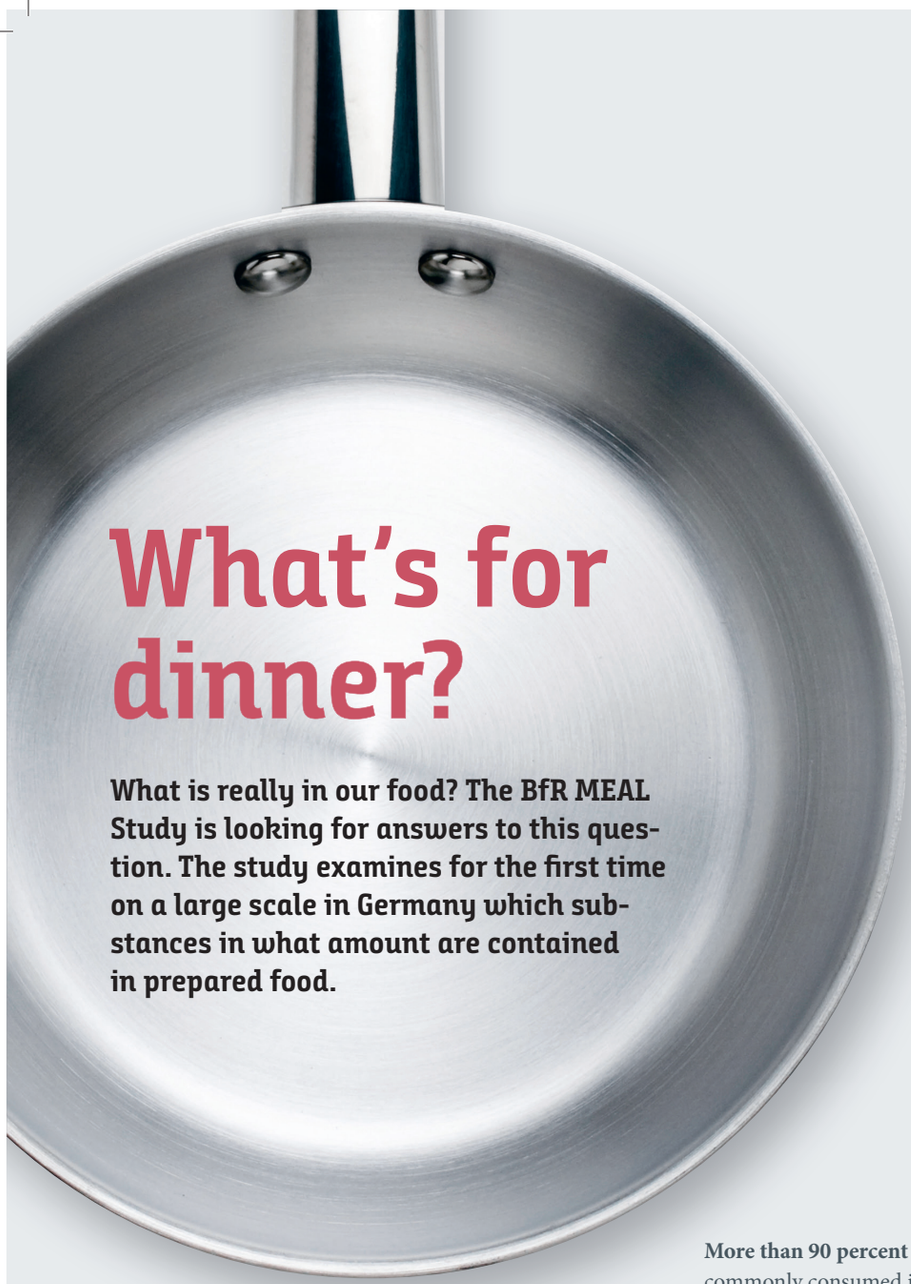

What's for dinner?

What is really in our food? The BfR MEAL Study is looking for answers to this question. The study examines for the first time on a large scale in Germany which substances in what amount are contained in prepared food.

60.000

Around 60,000 foods are being processed into meals in the study kitchen in the manner they are typically put onto the plate in Germany – potatoes as mash, chips or fried potatoes, for example. The reason for this is that the levels of substances can change during preparation. Vitamins get lost when cooked and certain potentially health-damaging substances such as acrylamide only occur when preparing food, through intense heating, for instance.

90 %

More than 90 percent of the foods most commonly consumed in Germany are being examined in the study. Add to this some rarely eaten foods, such as squid and porcini mushrooms, which can have particularly high levels of undesired substances.

300

The BfR is examining the prepared foods for **300 substances**, including desired substances like nutrients, as well as undesired substances like dioxin.

Methylmercury levels more than four times higher were discovered in smoked tuna as opposed to canned tuna. This is one of the first results of the BfR MEAL study. Smoked tuna is eaten far less often in Germany than the canned variety, however.

The study provides answers to the following questions:
Which substances in what amount are contained in our food?
Do contamination levels in food vary by region, season or cultivation method?
How can consumers minimise health risks by themselves through their choice of foods and their preparation?

More information:
www.bfr-meal-studie.de