

[Are Air Fryers Bad for You? Benefits and Risks of Cancer \(verywellhealth.com\)](https://www.verywellhealth.com/are-air-fryers-bad-for-you-benefits-and-risks-of-cancer/)

[How An Air Fryer Can Be Harmful To Your Health? \(fryerly.com\)](https://www.fryerly.com/how-an-air-fryer-can-be-harmful-to-your-health/)

[Microwave cooking and nutrition - Harvard Health](#)

[Chemicals in Meat Cooked at High Temperatures and Cancer Risk - NCI](#)

[The Inhibitory Effects of Heterotrigena Itama Honey Marinades on the Formation of Carcinogenic Heterocyclic Amines in Grilled Beef Satay - PMC \(nih.gov\)](#)

[It won't kill you to grill. Grilling the safest, most delicious food \(without the health risks\). \(precisionnutrition.com\)](#)

[Effect of marinades on the formation of heterocyclic amines in grilled beef steaks - PubMed \(nih.gov\)](#)

[Effects of Cooking Methods and Tea Marinades on the Formation of Heterocyclic Amines and Benzo\[a\]pyrene in Grilled Drumsticks - ScienceDirect](#)

[Effect of different types of sugars in a marinating formulation on the formation of heterocyclic amines in grilled chicken - ScienceDirect](#)

[Effects of seasoning on the formation of heterocyclic amines and polycyclic aromatic hydrocarbons in meats: A meta-analysis - Neves - 2021 - Comprehensive Reviews in Food Science and Food Safety - Wiley Online Library](#)

Sauteing vs Frying

High heat + low amount of fat = sauteing – food needs to be moved around a lot

Medium-high heat + more fat = frying – does not need to be moved around and can develop a crispier texture.

High- heat and a lot of fat = deep frying

[Protective effect of rosemary on acrylamide motor neurotoxicity in spinal cord of rat offspring: postnatal follow-up study - PMC \(nih.gov\)](#)

[A Little Rosemary Can Go A Long Way In Reducing Acrylamide In Food | ScienceDaily](#)

[REDUCTION OF ACRYLAMIDE FORMATION IN BAKERY PRODUCTS BY APPLICATION OF ASPERGILLUS NIGER ASPARAGINASE - ScienceDirect](#)

[A strategy for reducing acrylamide content in wheat bread by combining acidification rate and prerequisite substance content of Lactobacillus and Saccharomyces cerevisiae - PMC \(nih.gov\)](#)

[Tailor-made fermentation of sourdough reduces the acrylamide content in rye crispbread and improves its sensory and nutritional characteristics - ScienceDirect](#)

[Protective Effects of Wine Polyphenols on Oxidative Stress and Hepatotoxicity Induced by Acrylamide in Rats - PMC \(nih.gov\)](#)