

## Ingredient in Nutella May Cause Cancer, Study Finds

### PRODUCTS OF INTEREST, REPORTS

By LANA BECKETT, February 23, 2017

Potentially bad news for Nutella lovers, reports **Michelle Robertson**<sup>1)</sup> of the **San Francisco Chronicle**<sup>2)</sup>. The European Food Safety Authority (EFSA) has deemed palm oil a possible carcinogen.

**According to EFSA**<sup>3)</sup>, palm oil becomes potentially cancer-causing when it is processed at high temperatures (approx. 200°C). When refining certain vegetable oils, EFSA found that the following carcinogens formed: glycidyl fatty acid esters (GE), 3-monochloropropanediol (3-MCPD), and 2-monochloropropanediol (2-MCPD). The highest levels of these substances were discovered in palm oils and palm fats.

EFSA cites margarine and "pastries and cakes" as the main sources of exposure for consumers aged three and above. EFSA did not directly mention Nutella. Nonetheless, palm oil is a primary ingredient in the tasty spread, which is owned by Italian company Ferrero.

### Resources for this article

**1. Michelle Robertson**

<http://www.sfgate.com/author/michelle-robertson/>

**2. San Francisco Chronicle**

<http://www.sfgate.com/food/article/Nutella-ingredient-may-cause-cancer-study-finds-10851666.php>

**3. According to EFSA**

<https://www.efsa.europa.eu/en/press/news/160503a>