

KFC Grilled Chicken Products Contain Carcinogenic Chemicals

A Report from the Physicians Committee for Responsible Medicine

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Scientists from the Physicians Committee for Responsible Medicine recently investigated KFC's new grilled chicken products for the presence of mutagenic chemicals called Heterocyclic Amines (HCAs), which are recognized by the United States and the State of California as carcinogenic. For this study, PCRM purchased entrees from six different KFC stores in five California cities: Oakland, Emeryville, San Leandro, Castro Valley, and El Cerrito. Two pieces were sampled from each store, distributed evenly among the four available chicken parts—"breast," "wing," "drumstick," and "thigh"—for a total of 12 samples.

The samples were collected, packaged, and sent frozen overnight to Columbia Analytical Services (CAS), a certified, independent environmental testing laboratory in Kelso, Wash. CAS personnel were blinded to the sample and store identity. Using validated detection methods, CAS verified the presence of four HCAs: PhIP, IQ, MeIQ, and MeIQx. The results of this study are shown in the table on page 2.

Testing revealed that every piece of the new grilled chicken products from KFC contained substantial amounts of PhIP, a chemical formed in meats that are grilled, pan-fried, barbecued or otherwise heated to a sufficient degree. PhIP is linked to numerous cancers in humans, including breast, colon, and prostate. Smaller amounts of MeIQx, which has been linked to cancers of the colon and lung, were also found in every piece. Some pieces of chicken also contained smaller amounts of MeIQ and IQ.

KFC LOCATION	PART OF CHICKEN	PhIP	IQ	MeIQ	MeIQx
Telegraph Ave, Oakland	Breast	✓		✓	✓
Telegraph Ave, Oakland	Wing	✓			✓
Castro Valley Blvd, Castro Valley	Breast	✓	✓	✓	✓
Castro Valley Blvd, Castro Valley	Wing	✓		✓	✓
Hesperian Blvd, San Leandro	Drumstick	✓		✓	✓
Hesperian Blvd, San Leandro	Thigh	✓		✓	✓
MacArthur Blvd, Oakland	Breast	✓			✓
MacArthur Blvd, Oakland	Wing	✓			✓
San Pablo Ave, El Cerrito	Drumstick	✓		✓	✓
San Pablo Ave, El Cerrito	Thigh	✓			✓
San Pablo Ave, Emeryville	Drumstick	✓			✓
San Pablo Ave, Emeryville	Thigh	✓			✓