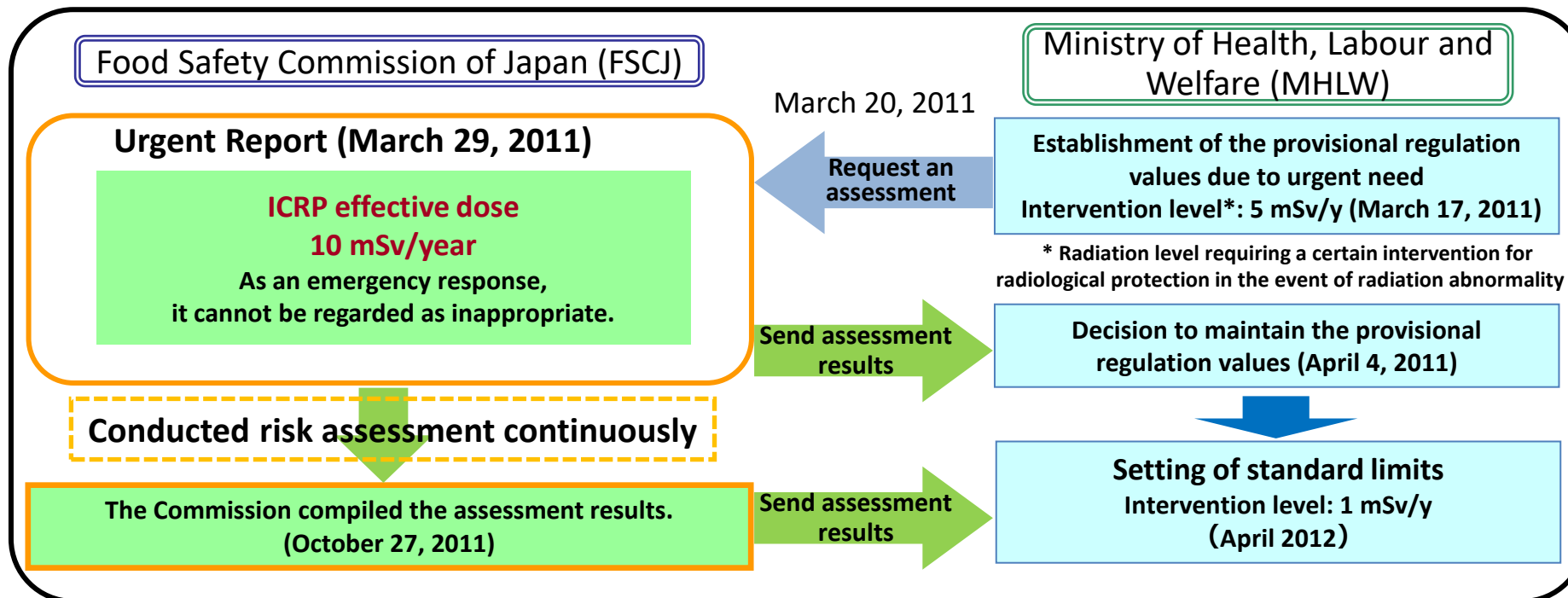
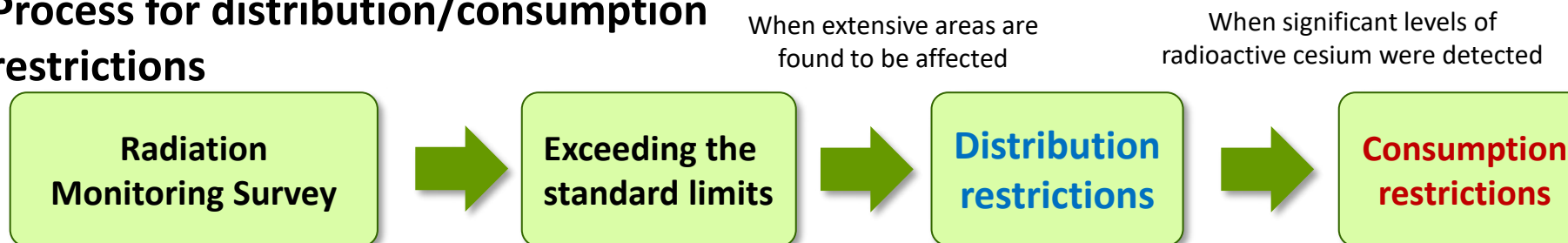


Setting of Standard Limits for Radioactive Materials in Foods and Distribution/Consumption Restrictions

Setting of standard limits



Process for distribution/consumption restrictions



The national government proposes food items to be inspected and inspection frequencies, and respective prefectural governments formulate their inspection plans and carry out inspections accordingly. Inspection results are publicized by the Ministry of Health, Labour and Welfare and respective local governments.

The screenshot shows the official website of the Ministry of Health, Labour and Welfare (MHLW) of Japan. The page is titled "東日本大震災関連情報" (Information related to the Great East Japan Earthquake) and specifically focuses on "食品中の放射性物質" (Radioactive substances in food). The page includes a navigation menu, a search bar, and a main content area with three PDF documents for download. The documents are titled "「食べもの」と放射性物質のはなし その1" (The story of food and radioactive substances Part 1), "その2" (Part 2), and "その3" (Part 3). The page also features a sidebar with "関連リンク" (Related links) and "携帯ホームページ" (Mobile home page).

言語切替 日本語 ? ▶ 点字ダウンロード ▶ サイト閲覧支援ツール起動 (ヘルプ) | 文字サイズの変更 標準 大 特大 ▶ English site

ひと、暮らし、みらいのために
厚生労働省 Ministry of Health, Labour and Welfare

ホーム

Google カスタム検索 検索

テーマ別に探す 報道・広報 政策について 厚生労働省について 統計情報・白書 所管の法令等 申請・募集・情報公開

ホーム > 東日本大震災関連情報 > 東日本大震災関連情報

東日本大震災関連情報

食品中の放射性物質

English

食品の安全・安心を確保するため、放射性物質について基準値を設定し、安全な食品が流通するよう、検査を続けています。

「食べもの」と放射性物質のはなし その1 (印刷用) [PDF形式: 1,329KB]

「食べもの」と放射性物質のはなし その2 (印刷用) [PDF形式: 840KB]

「食べもの」と放射性物質のはなし その3 (印刷用) [PDF形式: 743KB]

「食べもの」と「放射性物質」に関する情報を、消費者庁、食品安全委員会、農林水産省とともに、お知らせしています。

東日本大震災関連情報

関連リンク

- News ▶ 新着情報配信サービス
- 緊急情報配信サービス
- 厚生労働省のtwitter
- twitterガイドライン

携帯ホームページ

携帯版ホームページでは、緊急情報や厚生労働省のご案内などを掲載しています。

"Measures for Radioactive Materials in Foods," Ministry of Health, Labour and Welfare
https://www.mhlw.go.jp/shinsai_jouhou/shokuhin.html (in Japanese)
Database of radioactive substances in food
<https://www.radioactivity-db.niph.go.jp/> (in Japanese)

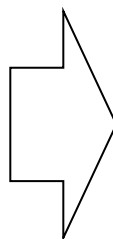
Standard Limits Applied from April 2012

- Immediately after the accident, foods in conformity to the provisional regulation values were generally assessed to have no ill effects and their safety was guaranteed. However, the annual dose limit was reduced to 1 mSv from 5 mSv, which had been permitted under the provisional regulation values, and current standard limits were set based thereon from the perspective of further ensuring security and safety of foods.

- **Provisional regulation values for radioactive cesium^{*1}**

Category	Regulation value
Drinking water	200
Milk and dairy products	200
Vegetables	500
Cereals	
Meat, eggs, fish and others	

*1 The regulation values were set also taking into consideration radioactive strontium.



- **Present standard limits concerning radioactive cesium^{*2}**

Category	Standard limit
Drinking water	10
Milk	50
General foods	100
Infant foods	50

(Unit: Bq/kg)

*2 The standard limits were set also taking into consideration Sr-90 and radioactive plutonium, etc.

Food Categories [Reference]

● Basic idea

Drinking water, infant foods and milk, for which special consideration is required, are separately classified into three different categories, while the others are all classified into a single category as general foods. In this manner, all foods and drinks are classified into four categories.

Food category	Reasons to establish the limits	Range of foods
Drinking water	<ol style="list-style-type: none"> 1. Water is essential for human life and there is no substitution for water, and its consumption is large. 2. WHO's guidance level for radioactive cesium in drinking water is 10Bq/kg. 3. Strict management is possible for radioactive materials in tap water. 	<ul style="list-style-type: none"> ○ Drinking water, water used for cooking and tea drinks, which is a substitute for water
Infant foods	<ul style="list-style-type: none"> ○ The Food Safety Commission pointed out that "the susceptibility to radiation may be higher in childhood than in adulthood." 	<ul style="list-style-type: none"> ○ Foods approved to be labeled as "fit for infants" based on Article 26, paragraph (1) of the Health Promotion Act (Act No. 103 of 2002) ○ Foods and drinks sold as intended for infants
Milk	<ol style="list-style-type: none"> 1. Children consume a lot. 2. The Food Safety Commission pointed out that "the susceptibility to radiation may be higher in childhood than in adulthood." 	<ul style="list-style-type: none"> ○ Milk (cow milk, low-fat milk, processed milk, etc.) and milk drinks specified in the Ministerial Order concerning the Ingredient Standards for Milk and Dairy Products (Order of the Ministry of Health and Welfare No. 52 of 1951)
General foods	<p>For the following grounds, foods other than given above are categorized as "general foods."</p> <ol style="list-style-type: none"> 1. Can minimize the influence of individual differences in eating habits (deviation of the foods to be consumed) 2. Easy to understand for the general public 3. Consistent with international views, such as those of the Codex Alimentarius Commission 	<ul style="list-style-type: none"> ○ Foods other than given above

Outline of the Results of the Food-related Health Risk Assessment

(Food Safety Commission of Japan (FSCJ), on October 27, 2011)

- Potential effects of radiation are found **when the lifetime additional effective cumulative dose exceeds around 100 mSv**. However, radiation dose accumulated in ordinary daily life such as from natural radiation and X-ray exams, etc. is excluded.

- In one's lifetime, **the susceptibility to radiation may be higher in childhood than in adulthood.**(thyroid gland cancer and leukemia)



- Risks of leukemia increased in children under the age of five at the time of the accident. (Noshchenko et al. 2010; Data relating to the nuclear accident at Chornobyl)
 - Risks of thyroid gland cancer are higher for children younger at the time of radiation exposure. (Zablotska et al. 2011; Data relating to the nuclear accident at Chornobyl)
- << However, both data contain uncertain points in the estimation of radiation doses, etc. >>

- **It is difficult to identify health effects concerning radiation exposure below 100 mSv.**

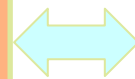


- Inaccuracy in estimation of the amount of exposure
- Effects of radiation and effects caused by other factors are unlikely to be distinguished.
- Study population for epidemiological data serving as grounds is not large enough.

- A study reporting **no identification of increased cancer risk in high natural radiation areas in India where the cumulative radiation dose is 500 mSv^{*1} or higher** (Nair et al. 2009)

Risk of leukemia mortality

Radiation-exposed population



Radiation-non-exposed population

Statistical comparison

The risk increased for radiation exposure exceeding 200 mSv^{*1}.
No differences were observed for radiation exposure less than 200 mSv^{*1}.

*1 In a case of exposure to β -particles or γ -rays, values are multiplied by a radiation weighting factor of one(1).
(Shimizu et al. 1988; Data on atomic bomb survivors in Hiroshima and Nagasaki)

Risk of cancer mortality^{*2}

Population exposed to radiation from 0 to 125 mSv

Population exposed to radiation from 0 to 100 mSv

That risk increases as exposure dose increases was statistically

Confirmed

Not confirmed

*2 Data covering all solid tumors (Preston et al. 2003; Data on atomic bomb survivors in Hiroshima and Nagasaki)

Approach for the Establishment of the Standard Limits ◆ Grounds for the Standard Limits

Q. Why were the standard limits set based on the annual permissible dose of 1 mSv?

A. (i) They are in line with the international indicator based on scientific knowledge.

The Codex Alimentarius Commission, which establishes international specifications for foods, has set indicators so that the annual dose does not exceed 1 mSv.

Note) The International Commission on Radiological Protection (ICRP) considers that stricter requirements below 1 mSv/year would not achieve any significant additional dose reduction. Therefore, based on this, the Codex Alimentarius Commission specifies indicators.

(ii) They are intended to reduce radiation exposure as low as reasonably achievable.

Radiation monitoring surveys have shown considerable decreases over time in radioactivity concentrations measured in foods.

Radionuclides Taken into Consideration

Q. Why are the standard limits set only for radioactive cesium?

- The standard limits were set in consideration of all radionuclides whose half-life is one year or longer out of the radionuclides that are supposed to have been released due to the accident at Tokyo Electric Power Company (TEPCO)'s Fukushima Daiichi NPS based on the assessment by the Nuclear and Industrial Safety Agency.

Regulated radionuclides	(Physical) half-life
Cesium 134	2.1 years
Cesium 137	30 years

Strontium 90	29 years
Plutonium	14 years -
Ruthenium 106	374 days

* The standard limits are not set for radioactive iodine, which has a half-life as short as 8 days and is no longer detected, nor for uranium that exists within the premises of TEPCO's Fukushima Daiichi NPS at the same level as naturally occurring uranium.

- However, as measurements of radionuclides other than radioactive cesium take time, the standard limits are not set for each of them but are calculated and set so that the total dose from other radionuclides does not exceed 1 mSv if only the standard limits for radioactive cesium are met.

* The maximum doses from radionuclides other than radioactive cesium that people may receive from foods can be calculated by age group based on such data as radioactivity concentrations in soil and easiness of transition of radioactive materials from soil to agricultural products. For example, for people aged 19 years or over, doses from radionuclides other than radioactive cesium account for approx. 12% of the total.

A. While also taking into consideration effects of other radionuclides in calculation, cesium that accounts for the largest percentage and is most easily measured is used as the indicator.

Approach for the Calculation of the Standard Limits (1/2)

How was the standard limit for radioactive cesium concentration in general foods figured out to be 100 Bq/kg based on the annual permissible dose of 1 mSv?

1. Preconditions for calculation

- For **drinking water**, the standard limit is set to be **10 Bq/kg** in line with the WHO's guidance level.
 - The annual permissible dose allocated to general foods is **approx. 0.9 mSv (0.88 to 0.92 mSv/y)**, which is obtained by subtracting that for drinking water (approx. 0.1 mSv/y) from the total annual permissible dose of 1 mSv.
- **Domestically-produced foods are assumed to account for 50% of all distributed foods.**
 - * The standard limits are calculated on the assumption that domestically-produced foods contain radioactive materials at levels close to the maximum permissible limit.

2. Conversion from radioactivity concentrations (Bq) to radiation doses (mSv)

Radiation dose
(mSv)

=

Radioactivity
concentration
(Bq/kg)

×

Amount of
consumption
(kg)

×

Effective dose
coefficient
(mSv/Bq)

Under the preconditions mentioned in 1. above, the maximum limit for radioactive materials in 1 kg of general foods is calculated so that doses from general foods do not exceed the annual permissible dose for general foods.

(e.g.) < In the case of males aged between 13 and 18 >

$$0.88 \text{ mSv} = X \text{ (Bq/kg)} \times 374 \text{ kg (50\% of the annual consumption of foods)} \times$$

$$X = \underline{120 \text{ (Bq/kg) (rounded off to three digits)}}$$

0.0000181 (mSv/Bq)
(effective dose coefficient in consideration of the effects of all covered radionuclides)

- * For adults, the effective dose coefficient for Cs-134 is 0.000019 and that for Cs-137 is 0.000013. The effective dose coefficient thus differs by radionuclide. Therefore, based on respective radionuclides' concentration ratios in foods, the effective dose coefficient in consideration of the effects of all covered radionuclides was used for the calculation of the maximum limits.
- * Concentration ratios change over time as each radionuclide has a different half-life. Therefore, the coefficient on the safest side over the coming 100 years was adopted.
- * The above explanation is just the outline. For more detailed calculation methods, refer to the reference material of the Pharmaceutical Affairs and Food Sanitation Council.

Approach for the Calculation of the Standard Limits (2/2)

3. Calculation of the upper limits by age group

Intervention level: 1 mSv/y

Subtract permissible dose for drinking water (approx. 0.1 mSv)

Permissible dose to be allocated to general foods (approx. 0.9 mSv) determined

Age groups are divided more finely than for the provisional regulation values

The upper limit is calculated in consideration of **the amount of consumption** and **the conversion factor (effective dose coefficient)** by age group.

* **Effects of radionuclides other than cesium** are also taken into account.

Age group	Gender	Upper limit (Bq/kg)
Under 1 year old	Total average	460
1 to 6 years old	Male	310
	Female	320
7 to 12 years old	Male	190
	Female	210
13 to 18 years old	Male	120
	Female	150
19 years old or older	Male	130
	Female	160
Pregnant women	Female	160
Minimum value		120

Standard limit
100 Bq/kg

The standard limit is set based on the strictest upper limit (the minimum value) out of those for all age groups.

- The standard limit results in reflecting requirements for all age groups.
- The standard limit secures an extra margin of safety from the upper limit especially for infants.

4. Standard limits for milk and infant foods

These categories are established in consideration of young children. Therefore, the standard limits should be stricter so that consumption of these foods would not cause any harmful effects even if all of them contain radioactive materials up to the upper limits.

→ **The standard limits for milk and infant foods are both set to be 50 Bq/kg, namely half of the 100 Bq/kg for general foods.**



Approach for Applying Standard Limits for Drinks and Dried Foods [Reference]

Food category	Standard limits for radioactive materials
Drinks	
Green tea and blend tea partially containing green tea	10 Bq/kg
Green tea, etc. with sugar, <i>matcha</i> tea, flavoring, vitamin C, etc.	The standard limit for drinking water is applied.
Barley tea	100 Bq/kg The standard limit for general foods is applied to barley as ingredient.
Tea other than green tea and barley tea, such as black tea, oolong tea, herbal tea, du zhong tea, and houttuynia cordata tea; and coffee.	100 Bq/kg The standard limit for general foods is applied to the products in drinkable form.
Products falling under milk (cow milk, low-fat milk, processed milk, etc.) and milk drinks specified in the Ministerial Order on Milk and Milk Products Concerning Compositional Standards, etc.(Order of the Ministry of Health and Welfare No. 52 of 1951)	50 Bq/kg The standard limit for milk is applied.
<i>Matcha</i> tea and other powdered tea (tea made by grinding tea leaves)	100 Bq/kg The standard limit for general foods is applied to the products in powder form.
Powdered drinks that are served in diluted form	100 Bq/kg
Bottled drinks containing <i>matcha</i> tea but not containing green tea extract	The standard limit for general foods is applied to the final products.
Dried foods	
Concentrated foods, including condensed soups, sauces, and dips	100 Bq/kg
Dried foods including freeze-dried foods, powdered soups, and instant miso soups	The standard limit for general foods is applied to the final products.

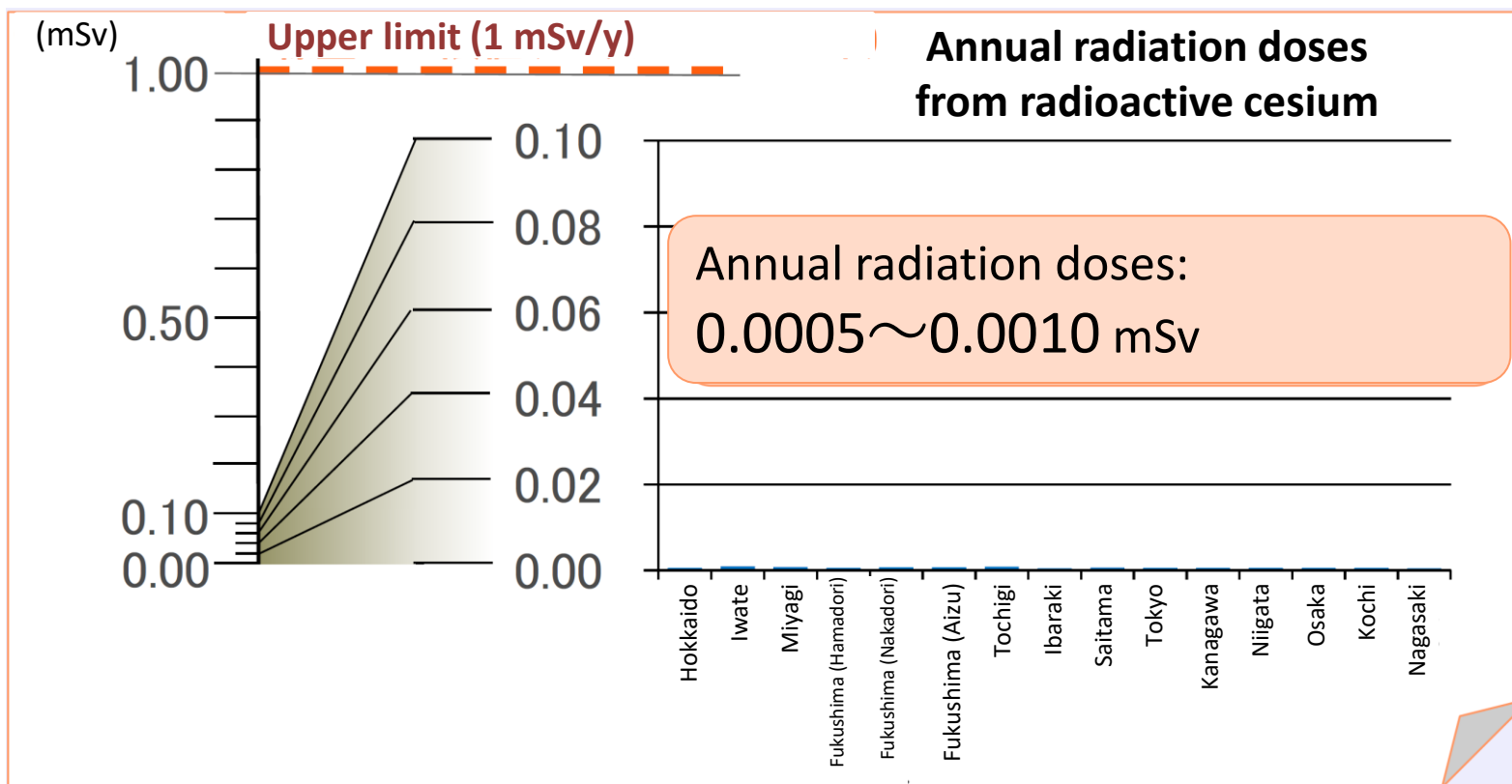
Survey of Distributed Foods (Market Basket Survey)

- A survey was conducted by purchasing foods distributed nationwide and precisely measuring radioactive cesium contained therein.

Foods were purchased based on average food consumption by region (based on the National Health and Nutrition Survey) and purchased foods were mixed for measurement.

- ◆ Purchased foods were simply cooked in line with ordinary dietary circumstances and measurement was conducted.
- ◆ Regarding fresh foods, those produced in the relevant region or the neighboring areas were chosen if possible.

- Based on the measurement results, radiation doses that people would intake from foods in a year were calculated (surveyed in February and March 2023).



Measured effective doses were around 0.1% of 1 mSv/y, based on which the standard limits were established.

Prefectures and Food Items to be Inspected (Items for which Cultivation/Feeding Management is Difficult and Log-grown Mushrooms)

Food items for which cultivation/feeding management is difficult and relevant prefectures to be inspected

		Aomori	Iwate	Akita	Miyagi	Yamagata	Fukushima	Ibaraki	Tochigi	Gunma	Chiba	Saitama	Tokyo	Kanagawa	Niigata	Yamanashi	Nagano	Shizuoka
Items with radioactivity concentrations exceeding the standard limits	Wild mushrooms and wild plants	□	⊙	⊙	⊙	⊙	⊙	□	□	●	□	□	□	□	⊙	⊙	⊙	⊙
	Wild bird and animal meat	□	⊙	□	⊙	●	⊙	●	□	⊙	□	□	□	□	●	□	□	□
Items with radioactivity concentrations between half of the standard limits and the standard limits	Wild mushrooms and wild plants	□	□	□	□	□	□	□	●	●	□	□	□	□	□	□	□	□
	Wild bird and animal meat	□	●	□	●	□	□	□	□	●	□	□	□	□	□	□	●	□
Marine fish		-	-	-	-	-	□	-	×	×	-	×	-	-	-	×	×	-
Inland water fish		-	-	-	□	-	⊙	-	-	⊙	□	-	-	-	-	-	-	-

Log-grown mushrooms to be inspected and relevant prefectures to be inspected

	Aomori	Iwate	Akita	Miyagi	Yamagata	Fukushima	Ibaraki	Tochigi	Gunma	Chiba	Saitama	Tokyo	Kanagawa	Niigata	Yamanashi	Nagano	Shizuoka
Log-grown mushrooms	▲	●	▲	▲	▲	▲	▲	●	●	▲	▲	▲	▲	▲	▲	▲	▲

Classification based on inspection results for the latest one year (from April 1, 2022, to February 28, 2023)

- ⊙: Items wherein radioactivity concentrations exceeding the standard limits were detected (for fishery products, those wherein radioactivity concentrations exceeding half of the standard limits were detected)
- : Items wherein radioactivity concentrations exceeding half of the standard limits were detected (excluding those wherein radioactivity concentrations exceeding the standard limits were detected)
- : Items requiring inspections in consideration of the difficulties in management (wild mushrooms and wild plants), the mobility (wild bird and animal meat), or the status of distribution restrictions (marine fish)
- ▲: Items requiring cultivation management and monitoring based on the influence of radioactive materials on materials used for production
- : Items that are not classified by relevant prefectures as those requiring inspections based on inspection results for the latest one year
- ×: Nothing applicable

Food items whose cultivation/feeding is manageable (excl. log-grown mushrooms) and relevant prefectures to be inspected





		Fukushima
Items with radioactivity concentrations between half of the standard limits and the standard limits	Vegetables, etc.	●
	Rice	■

* Out of items requiring continued monitoring as being significantly affected by feeding management, milk is inspected in Fukushima Prefecture and beef is inspected in Iwate, Miyagi, Fukushima and Tochigi Prefectures.

Classification based on inspection results for the latest one year (from April 1, 2022, to February 28, 2023)

- ◎ : Items wherein radioactivity concentrations exceeding the standard limits were detected
- : Items wherein radioactivity concentrations exceeding half of the standard limits were detected (excluding those wherein radioactivity concentrations exceeding the standard limits were detected)
- : Food items designated as inspection targets in the "Concepts of Inspection Planning and Establishment and Cancellation of Items and Areas to which Restriction of Distribution and/or Consumption of Foods Concerned Applies (March 30, 2023)" (Nuclear Emergency Response Headquarters)
- : Items that are not classified by relevant prefectures as those requiring inspections based on inspection results for the latest one year

Concepts of Inspection Planning and Establishment and Cancellation of Items and Areas to which Restriction of Distribution and/or Consumption of Foods Concerned Applies





	Local governments marked with  and  (those marked with  and  should conduct inspections correspondingly)	
	Municipalities (exceeding half of the standard limits)	Other municipalities
Exceeding half of the standard limits	3 or more samples ^{*1}	1 or more samples
Beef meat	Once every three months for each farm household ^{*2}	
Milk	Periodically for each cooler station ^{*3}	
Inland water fish Marine fish	Periodically	

*1: It is permissible to divide a prefecture into multiple zones across municipalities and conduct inspections for three or more samples in each of those zones.

*2: For farm households whose feeding management has been recognized as appropriate by the relevant local government, it would suffice to conduct inspections once every 12 months or so. However, inspections may be omitted for cattle (i) being fed by farm households where radioactive cesium has not been detected at levels exceeding half of the standard limits for the last three years, (ii) being fed only with imported feed or feed produced in fields other than those subject to voluntary suspension of distribution and use of feed, and (iii) for which the relevant prefectural government confirms that measures are being taken to prevent use of any feed produced in fields subject to voluntary suspension of distribution and use of feed and finds that inspections are not necessary.

*3: This does not apply to cooler stations, etc. (i) where the relevant local government recognizes appropriate feeding management, (ii) where what is handled is only raw milk produced in areas whose distribution restrictions were lifted more than three years ago, and (iii) where inspection results for the latest three years are all below half of the standard limits.

Classification based on the inspection results for the last one year (from April 1, 2022 to February 28, 2023)

-  : Local governments whose inspections detected radioactive cesium concentrations exceeding the standard limits (exceeding half of the standard limits for fishery products)
-  : Local governments whose inspections detected radioactive cesium concentrations exceeding half of the standard limits (excluding those categorized above)
-  : Local governments requiring cultivation management and monitoring based on the status of the influence of radioactive materials on materials used for production
-  : Local governments designated as inspection targets in the Attachment to the "Concepts of Inspection Planning and Establishment and Cancellation of Items and Areas to which Restriction of Distribution and/or Consumption of Foods Concerned Applies" (March 30, 2023, Nuclear Emergency Response Headquarters)

Procedures for Inspections of Radioactive Materials in Foods

Inspections are to be conducted combining a rigorous inspection (i) and an efficient screening test (ii).

- (i) Radionuclide analysis using germanium semiconductor detectors
- (ii) • Screening by measurement of radioactive cesium using NaI scintillation spectrometers
← Introduced to inspect a larger number of samples in a short time
 - Screening by measurement of radioactive cesium using non-destructive inspection techniques

< Procedures >

Shredding

Weighing

Measurement

Analysis

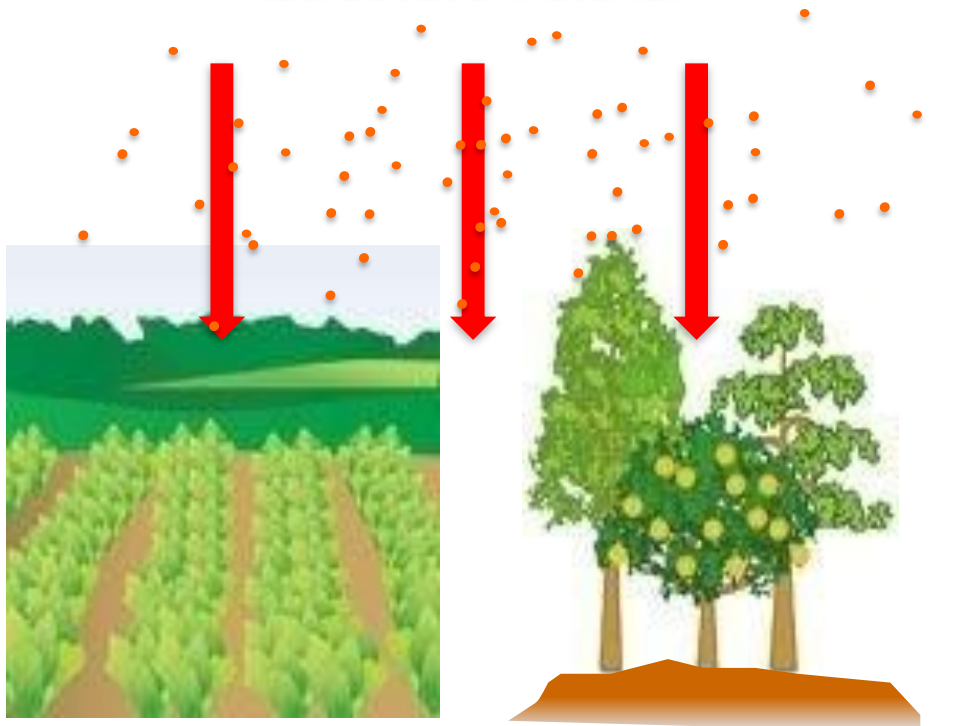


* Non-destructive inspection techniques enable measurement without the process of shredding

Contamination Routes for Agricultural Products

Direct contamination due to radionuclide fallout (immediately after the accident)

Radioactive material

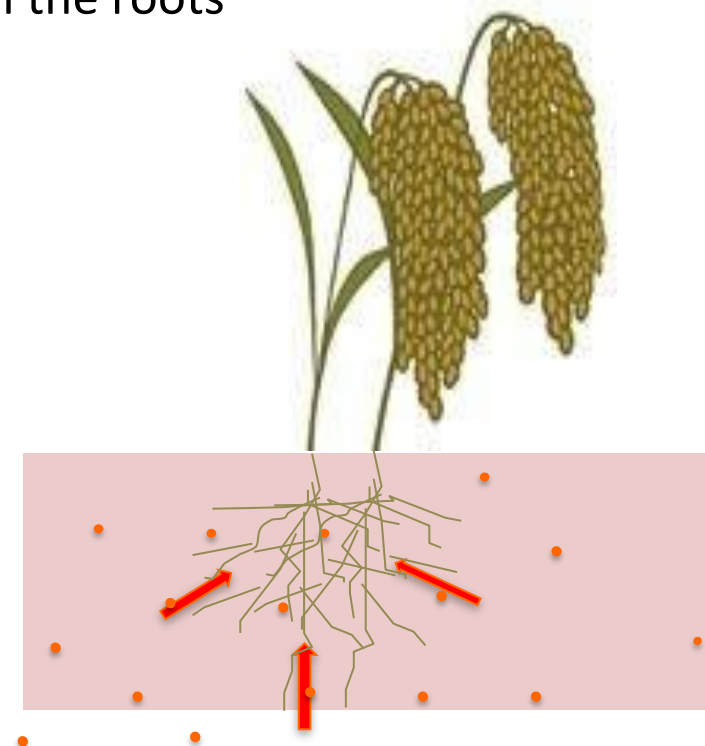


Leafy vegetables

Fruit trees and tea trees

Radioactive materials
adhering to trees translocate
to fruits or shoots.

Indirect contamination as a result of radioactive materials that fell onto farmland being absorbed into crops from the roots



Radioactive materials

Measures for Reducing Transfer of Radioactive Materials to Crops (1/5) - Decontamination of Farmland -

Stripping of topsoil (Topsoil removal)

Scrape away the topsoil to remove radioactive materials which remain in shallow depth



Inversion tillage

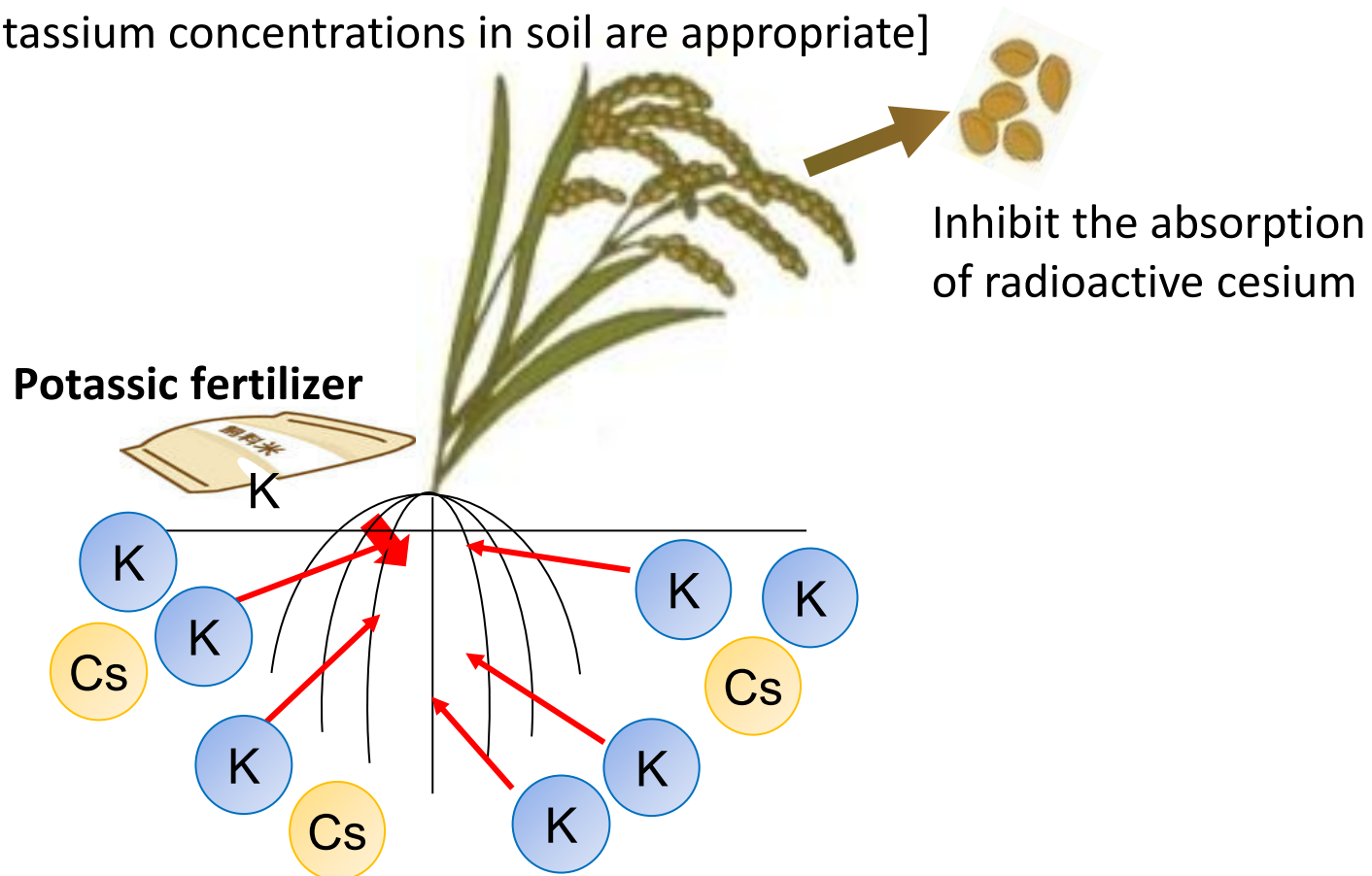
Replace topsoil with subsoil, thereby reducing radioactivity concentrations in the soil layer where plants take root



Measures for Reducing Transfer of Radioactive Materials to Crops (2/5) - Measures to Inhibit Radioactive Cesium Absorption through Potassic Fertilization -

- In paddy fields where detected radioactive cesium concentrations in brown rice are higher, potassium concentrations in soil tend to be lower.
- Potassium in soil has similar chemical characteristics as cesium and proper use of potassic fertilizer can inhibit growing crops from absorbing cesium.

[When potassium concentrations in soil are appropriate]

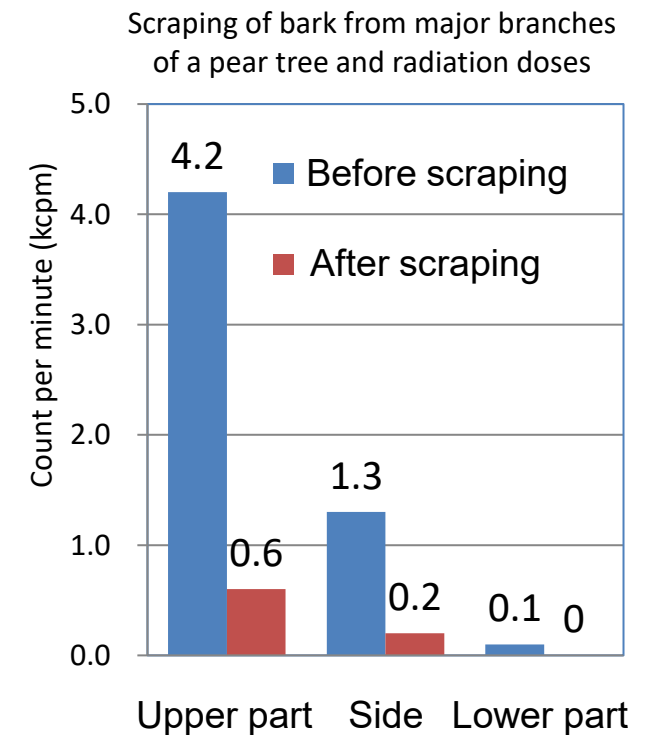


Wash off radioactive cesium adhering to trees with high-pressure water and scrape away bark to reduce radioactive cesium concentrations

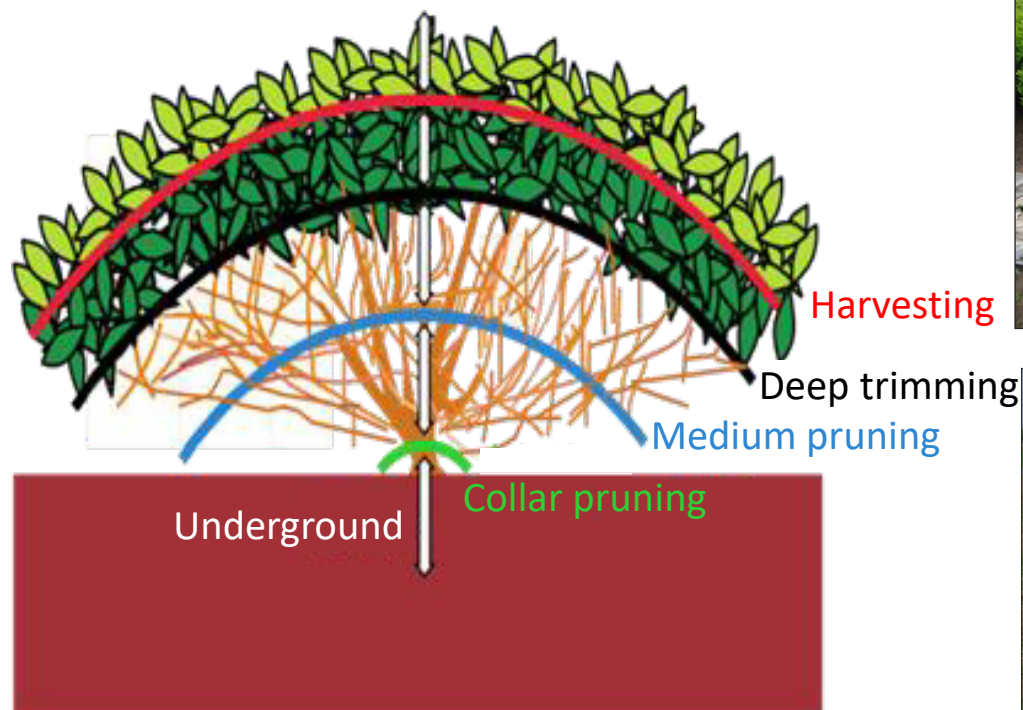
High-pressure washing
of a persimmon tree



Scraping of bark from a
pear tree



Reduce transfer of radioactive cesium from leaves and trees to new leaves by pruning and deep trimming



- In order to prevent farmland soil from being contaminated with radioactive cesium, the reference value of 400 Bq/kg in fertilizers, soil amendments and soils for cultivation was set.^(*)
- Several local governments and other organizations have conducted inspections and imposed a voluntary ban or other measures for reduction of radioactive cesium on fertilizers and materials in which radioactive cesium concentration exceeded the reference value.

* The reference value was set so as not to exceed the normal range of radioactive cesium concentration in soil before the accident at Tokyo Electric Power Company (TEPCO)'s Fukushima Daiichi NPS, even with continuous application of these agricultural materials for long periods.