

Internal Exposure due to Foods

- Radioactive cesium is eliminated from the body over time.
- The internal exposure measurement using a whole-body counter being conducted at present examines the effects of radiation that is ingested orally on a daily basis.
- Measured values exceeding 1 mSv are considered to be mostly caused by radiation **derived from wild plants or animals**. Since March 2012, values exceeding 1 mSv have not been detected.

* Reference:p.73 of Vol. 2, "Mushrooms, Mountain Vegetables and Wild Bird and Animal Meat"

- Q. What if the measurement using a whole-body counter detected any value exceeding the detection limit?
- A. The relevant person may have eaten a lot of foods – not allowed in commercial markets – that contain radioactive cesium at high concentrations, e.g., wild mushrooms, wild plants, wild bird and animal meat (wild boars, bears, etc.).

Prepared based on the following:

Masaharu Tsubokura, et.al. "Reduction of High Levels of Internal Radio-Contamination by Dietary Intervention in Residents of Areas Affected by the Fukushima Daiichi Nuclear Plant Disaster: A Case Series," PLoS One. 2014; 9(6): e100302., US National Library of Medicine, National Institutes of Health, Published online 2014 Jun 16

As radioactive cesium is eliminated from the body over time, the radioactive cesium that people ingested immediately after the earthquake has mostly been eliminated.

The internal exposure measurement using a whole-body counter being conducted at present examines the effects of radiation that is ingested orally on a daily basis. Measured values exceeding 1 mSv per year are considered to be mostly caused by radiation derived from wild plants and animals. As long as people eat only foods distributed through regulated commercial marketplaces, their annual internal doses will not exceed 1 mSv. If the annual internal dose exceeds 1 mSv, the relevant person may have eaten a lot of foods – not allowed in commercial markets – that contain radioactive cesium at high concentrations. In particular, cases have been reported where wild mushrooms are suspected to cause high internal doses.

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