

Publication of the Inspection Results Concerning Radioactive Materials in Foods

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 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 "食品中の放射性物質" (Radioactive substances in food). It features several news items with images of informational brochures. A search bar and navigation menu are visible at the top. The page is in Japanese, with an "English" button for language switching.

"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
<http://www.radioactivity-db.info/> (in Japanese)

In response to the accident at Tokyo Electric Power Company (TEPCO)’s Fukushima Daiichi NPS on March 11, 2011, the provisional regulation values concerning radioactive materials were established on March 17, 2011, based on the Food Sanitation Act (Act No. 233 of 1947). Then, 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” was compiled on April 4.

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” has been revised in light of the inspection results and accumulated knowledge on countermeasures to reduce radioactive materials (the latest revision was made on March 22, 2019).

Inspection results and information on distribution restrictions and consumption restrictions are positively publicized through websites of the national government and local governments.

Included in this reference material on February 28, 2018
 Updated on March 31, 2020

- 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.

Prepared based on the Ministry of Health, Labour and Welfare's website, "Measures for Radioactive Materials in Foods"  厚生労働省

Even based on the provisional regulation values applied up to March 2012, safety of foods in conformity thereto was guaranteed in terms of the effects on human health. However, from the perspective of further ensuring the security and safety of foods, the current standard limits were established and have been applied since April 1, 2012.

First of all, the provisional regulation values for radioactive cesium and strontium were based on the premise that the annual radiation dose from foods does not exceed 5 mSv.

The present standard limits are set so that the annual radiation dose from foods should not exceed 1 mSv (p.57 of Vol. 2, "Approach for the Establishment of the Standard Limits ◆ Grounds for the Standard Limits"). Additionally, foods were classified into five categories for the provisional regulation values, but were newly classified into four for the present standard limits (for details, see p.54 of Vol. 2, "Food Categories [Reference]").

(Related to p.172 of Vol. 1, "Indices Concerning Radioactive Materials in Foods," p.59 of Vol. 2, "Approach for the Calculation of the Standard Limits (1/2)," and p.60 of Vol. 2, "Approach for the Calculation of the Standard Limits (2/2)")

Included in this reference material on March 31, 2013


Updated on March 31, 2019

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. 	<input type="checkbox"/> Drinking water, water used for cooking and tea drinks, which is a substitute for water
Infant foods	<input type="checkbox"/> The Food Safety Commission pointed out that "the susceptibility to radiation may be higher in childhood than in adulthood."	<input type="checkbox"/> 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) <input type="checkbox"/> 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." 	<input type="checkbox"/> 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	For the following grounds, foods other than given above are categorized as "general foods." <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 	<input type="checkbox"/> Foods other than given above

Prepared based on the Ministry of Health, Labour and Welfare's website, "Measures for Radioactive Materials in Foods"  厚生労働省

Standard limits concerning radioactive materials in foods are established respectively for the four food categories.

For "drinking water," the standard limit was set at 10 Bq/kg due to the following three grounds: (i) Water is essential for human life and there is no substitution for water, and its consumption is large; (ii) WHO's guidance level for radioactive cesium in drinking water is 10Bq/kg; and (iii) Strict management is possible for radioactive materials in tap water (p.40 of Vol. 2, "Waterworks System").

For "milk," the standard limit was set at 50 Bq/kg because (i) children consume a lot and (ii) the Food Safety Commission pointed out that "the susceptibility to radiation may be higher in childhood than in adulthood."

For "infant foods," the standard limit is the same as that for milk at 50 Bq/kg as the Food Safety Commission pointed out that "the susceptibility to radiation may be higher in childhood than in adulthood."

As reasons to set the limit at 100 Bq/kg for "general foods," the following three points are cited: Setting the value in this manner (i) can minimize the influence of individual differences in eating habits (deviation of the foods to be consumed), and is (ii) easy to understand for the general public and (iii) consistent with international views, such as those of the Codex Alimentarius Commission (an intergovernmental body created for the purpose of protecting consumers' health and ensuring fair-trade practices in the food trade, etc. that establishes international standards for foods).

(Related to p.172 of Vol. 1, "Indices Concerning Radioactive Materials in Foods")

Included in this reference material on March 31, 2013

Updated on March 31, 2019

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 Chernobyl)
 - 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 Chernobyl)
- << 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.

食品安全委員会

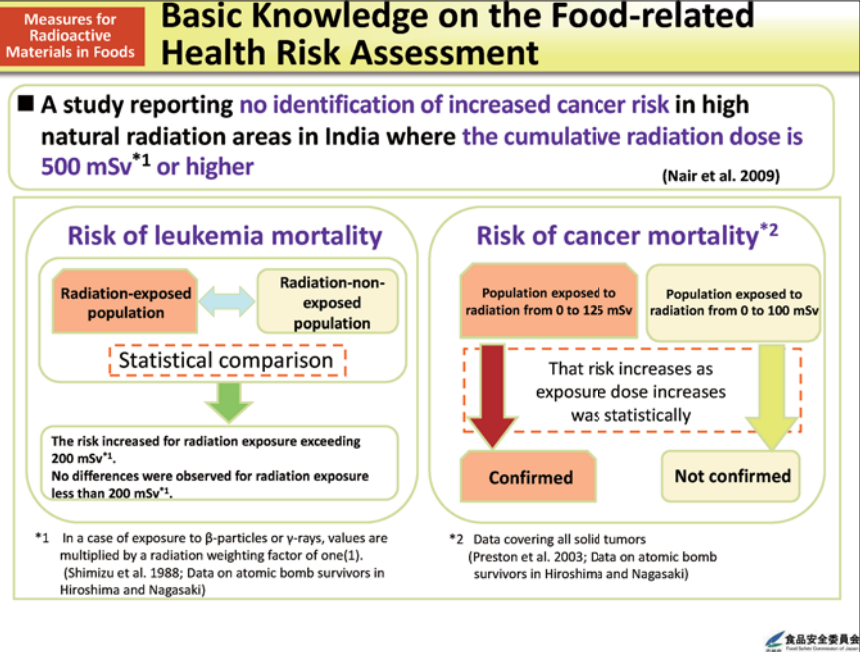
Based on currently available scientific knowledge, the FSCJ discussed additional radiation exposure through contaminated food consumption, and concluded that health effects could be found when the lifetime additional effective dose exceeds around 100 mSv, excluding radiation exposure from everyday life.

Although there are some unclear points in the estimation of radiation doses, etc., on the basis of findings of health effects after the Chernobyl NPS Accident concerning risks of thyroid gland cancer and leukemia, it is likely that the susceptibility to radiation is higher in childhood than in adulthood (p.115 of Vol. 1, "Difference in Radiosensitivity by Age").

On the other hand, if any health effects may occur by exposure to radiation below 100 mSv, it would be very small. As effects of radiation and effects caused by other factors are unlikely to be clearly distinguished and the epidemiological data, due to the small study population, is insufficient to prove the health effects of additional exposure, such as a causal association with cancer, the FSCJ has concluded that it is difficult to identify health effects from the extra cumulative exposure to radiation doses below 100 mSv.

The lifetime additional effective cumulative dose of "around 100 mSv" is not a threshold meaning that radiation exposure below this level causes no health effects nor that radiation exposure above this level surely causes health effects. This is the dose value which risk management organizations should consider for appropriate management of foods. (Related to p.100 of Vol. 1, "Risks of Cancer Death from Low-Dose Exposure")

Included in this reference material on March 31, 2013



This figure shows epidemiological data on which the Food-related Health Risk Assessment was based.

There was a study report that the increased cancer risk by radiation was not observed among persons exposed to radiation exceeding 500 mSv in total in areas in India where natural radiation doses are high (p.124 of Vol. 1, “Effects of Long-Term Low-Dose Exposure”).

The data on atomic bomb survivors in Hiroshima and Nagasaki shows that the risk of leukemia mortality increased for the population exposed to radiation exceeding 200 mSv but that there was no statistically significant difference in the mortality risk between the populations exposed to radiation less than 200 mSv and not exposed to radiation (p.119 of Vol. 1, “Risks of Developing Leukemia”).

Another report which analyzed the same data of atomic bomb survivors shows that for the population exposed to radiation from 0 to 125 mSv, it was statistically confirmed that the risk of cancer mortality increases as the exposure dose increases. However, for the population exposed to radiation from 0 to 100 mSv, no statistically significant difference was observed between radiation doses and the mortality risk. Based on these data, the result of the Food-related Health Risk Assessment was derived.

Included in this reference material on March 31, 2013

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.

Prepared based on the Ministry of Health, Labour and Welfare's website, "Measures for Radioactive Materials in Foods"  厚生労働省

The standard limits concerning radioactive materials in foods were set based on the annual permissible dose of 1 mSv, which is adopted as an indicator by the Codex Alimentarius Commission, which establishes international specifications for foods. Originally, the International Commission on Radiological Protection (ICRP) publicized the idea that stricter requirements below 1 mSv/year would not achieve any significant additional dose reduction. Based on this idea, the Codex Alimentarius Commission specifies indicators.

Additionally, the standard limits are based on the principle of ALARA (As Low As Reasonably Achievable) (p.167 of Vol. 1, "Optimization of Radiological Protection"). Radiation monitoring surveys have shown considerable decreases in radioactivity concentrations measured in many of the food samples. Therefore, it was found that the reduction of the standard limit for radioactive cesium concentrations in general foods to 100 Bq/kg would not cause any problem for the dietary patterns of the Japanese people. (Related to p.59 of Vol. 2, "Approach for the Calculation of the Standard Limits (1/2)")

Included in this reference material on March 31, 2013

Updated on March 31, 2019

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.

Prepared based on the Ministry of Health, Labour and Welfare's website, "Measures for Radioactive Materials in Foods" 

This figure shows the grounds why the standard limits are set only for radioactive cesium out of diverse radioactive materials.

All radionuclides whose half-life is one year or longer are taken into consideration, out of the radionuclides that are supposed to have been released due to the accident at TEPCO's Fukushima Daiichi NPS. Radionuclides shown in the table above, such as strontium 90, plutonium, and ruthenium 106, are taken into account in calculation, in addition to radioactive cesium. However, as the standard limits are intended for long-term regulations of radioactive materials in foods, only radionuclides with a relatively long half-life whose long-term influence needs to be taken into account are covered. For example, the standard limits are not set for radioactive iodine. Even if measurements are conducted for these other radionuclides by setting specific standard limits for each of them, it takes time to obtain measurement results. On the other hand, it is easy to measure radioactive cesium. Therefore, the standard limits 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.

Specifically, effects of the radionuclides shown in the table above, such as radioactive cesium, strontium 90 and plutonium, were ascertained through surveys of soil, etc. For example, assuming the entirety of the effects caused by the consumption of foods containing radioactive materials released from TEPCO's Fukushima Daiichi NPS as 100, the effects of radioactive cesium account for around 88 in the case of people aged 19 years or over. On the other hand, the effects of the other radionuclides were found to account for around 12. In this manner, the standard limits were established also taking into consideration the effects of radionuclides other than radioactive cesium.

Included in this reference material on March 31, 2013
Updated on March 31, 2019

Measures for Radioactive Materials in Foods

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 mSv = X (Bq/kg) × 374 kg (50% of the annual consumption of foods) ×

X = 120 (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.

Prepared based on the Ministry of Health, Labour and Welfare's website, "Measures for Radioactive Materials in Foods"

This figure shows the approach for the calculation of the standard limits, explaining the relation between the annual dose limit (1 mSv) and the standard limit for radioactive cesium concentration in general foods (100 Bq/kg).

First, the annual permissible dose of 0.88 to 0.92 mSv is allocated to general foods by subtracting approx. 0.1 mSv permitted for drinking water from the total annual permissible dose of 1 mSv. Next, in consideration of the status of food self-sufficiency in Japan, it is assumed that 50% of all distributed foods (all of the domestically-produced foods) contains radioactive materials. Based on that assumption, in the case of males aged between 13 and 18, 374 kg of foods or 50% of the total annual consumption per person (approx. 748 kg) is supposed to be domestically produced. Additionally, the effective dose coefficient in consideration of the effects of all covered radionuclides (0.0000181 mSv/Bq) is to be used for calculation.

Then, the calculation formula is as follows.

$$0.88 \text{ mSv} = (\text{Radioactivity concentration: Bq/kg}) \times 374 \text{ kg} \times 0.0000181 \text{ (mSv/Bq)}$$

$$(\text{Radioactivity concentration: Bq/kg}) = 120 \text{ Bq/kg}$$

If concentrations of radioactive materials in general foods do not exceed 120 Bq/kg, the annual dose will remain within 0.88 mSv.

Therefore, the standard limit for general foods (100 Bq/kg), which is lower than 120 Bq/kg, is the value set on the safe side to guarantee safety.

(Related to p.53 of Vol. 2, "Standard Limits Applied from April 2012," and p.60 of Vol. 2, "Approach for the Calculation of the Standard Limits (2/2)")

Included in this reference material on March 31, 2013

Updated on March 31, 2019

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.



Prepared based on the Ministry of Health, Labour and Welfare's website, "Measures for Radioactive Materials in Foods" 厚生労働省

The basic approach to set the standard limits is to figure out dose limits for each age group.

The annual permissible dose allocated to general foods is approx. 0.9 mSv/year, subtracting that for drinking water from the total.

The table above shows the upper limits for radioactive cesium concentrations (Bq/kg) by age group, which were derived based on the annual consumption and the committed effective dose coefficients for each age group. These limits also take into consideration the influence of radionuclides other than radioactive cesium (p.58 of Vol. 2, "Radionuclides Taken into Consideration").

As a result, the upper limit set for males aged between 13 and 18, 120 Bq/kg, was the strictest of all age groups.

To further ensure safety for all age groups, the standard limit was set at 100 Bq/kg, below the highest upper limit of 120 Bq/kg.

To further ensure the safety of children, the standard limit for milk and infant foods was set to be 50 Bq/kg, which is half of that for general foods. This limit was set so that no negative influence appears, even assuming that milk and all infant foods contain radionuclides up to the maximum permissible limit.

(Related to p.53 of Vol. 2, "Standard Limits Applied from April 2012," and p.59 of Vol. 2, "Approach for the Calculation of the Standard Limits (1/2)")

Included in this reference material on March 31, 2013

Updated on March 31, 2019

Measures for Radioactive Materials in 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, <i>du zhong</i> tea, and <i>houuttunya cordata</i> 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.	

Prepared based on the Ministry of Health, Labour and Welfare's website, "Measures for Radioactive Materials in Foods" (in Japanese)



The table shows part of the standard limits for radioactive materials applied to drinks, condensed foods, and dried foods such as powdered soups that are served by dissolving them in cold or hot water. The details of each category are as follows.

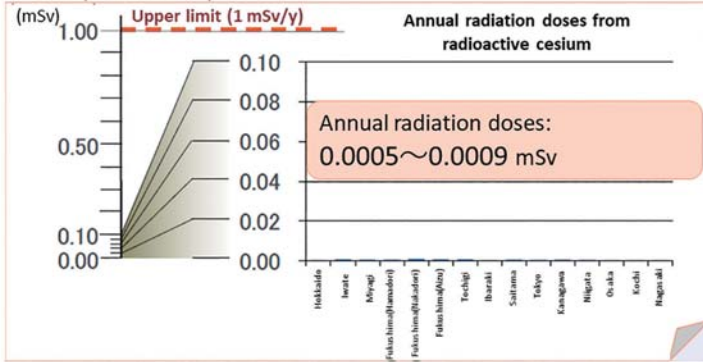
- Green tea: Non-fermented tea that is made from leaves of tea plants, including *sencha* (ordinary green tea) and its equivalents—*gyokuro* (refined green tea), roasted green tea, brown rice tea (green tea with roasted brown rice)
- *Matcha* tea and other powdered tea (tea made by grinding tea leaves): This type of tea is ingested in powder form, not as liquid tea obtained by brewing tea leaves and is used as an ingredient for foods like ice cream. Therefore, the standard limit for general foods is applied to this type of tea in powder form.
- Dried foods: For some dried foods, the standard limit for general foods is applied to foods both in dried form and in edible form (reconstituted form). "Dried foods" refers to dried mushrooms, vegetables, and seafood, including sea weeds.
- Dried mushrooms: Dried mushrooms listed in the Japan Standard Commodity Classification (JSCC), including *shitake* mushrooms (*Lentinula edodes*), and *kikurage* mushrooms (*Auricularia polytricha*).
- Dried vegetables: Dried vegetables listed in the JSCC, including gourd shavings, Japanese radish, fiddleheads (*Osmunda japonica*), brackens (*Pteridium aquilinum*), and taro stems. Products in flake form and in powder form are excluded.
- Dried seaweeds: Processed seaweeds listed in the JSCC, including dried kelp, dried *wakame* (*Undaria pinnatifida*) products, dried *hijiki* (*Sargassum fusiforme*), dried *arame* (*Eisenia bicyclis*), agar.
- Dried seafoods: Open-air dried seafoods listed in the JSCC, including fully dried herring fillets, cod fillets, and shark fins; as well as dried boiled-seafoods listed in the JSCC, including abalone and sea cucumbers.
- Dried *shitake* mushrooms: Basically, tests are conducted using ground samples to which an adequate amount of water is added. The amount of added water is based on the data (weight change rate)— made public in the Standard Tables of Food Composition in Japan—of the water taken into dried mushrooms as the result of reconstitution. As water used for reconstitution is often used as soup stock in Japan, the amount of radioactive materials migrating from dried mushrooms into the water needs to be determined. This method is equivalent to the testing being conducted by considering the amount of radioactive materials migrating from the samples into the water.
- Concentrated fruit juice: For fruit juice that is distributed in concentrated form for the purpose of transportation and that is surely reprocessed into diluted form at processing facilities before being sold for unspecified persons, the standard limit is basically applied to the products obtained by being diluted to the state of original fruit juice, based on the concentration factor. This is because such concentrated fruit juice is unlikely to be served for human consumption as is.

These standard limits are compiled in the "Q&As on the Setting of Standard Limits for Radioactive Materials in Foods" by the Ministry of Health, Labour and Welfare. (in Japanese)

Included in this reference material on March 31, 2019

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 2021).



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

Prepared based on the Ministry of Health, Labour and Welfare's website, "Measures for Radioactive Materials in Foods" 厚生労働省

Since FY2011, the amount of radioactive materials contained in the average diet has been surveyed using the market basket method.

From February to March 2021, the Ministry of Health, Labour and Welfare conducted a survey by purchasing distributed foods in 15 areas across Japan and measuring radioactive cesium contained therein to estimate annual radiation doses received from radioactive cesium in foods.

Annual radiation doses received from radioactive cesium in foods were estimated to be 0.0005 to 0.0009 mSv, being around 0.1% of the annual permissible dose of 1 mSv/y, based on which the current standard limits were established. Thus, annual radiation doses received from foods were confirmed to be extremely small.

Market basket survey:

One of the survey methods for estimating daily consumption of various chemical substances

Source

- Ministry of Health, Labour and Welfare's website
(https://www.mhlw.go.jp/shinsai_jouhou/market_basket.html, in Japanese)

Included in this reference material on March 31, 2013

Updated on March 31, 2022

Measures for Radioactive Materials in Foods		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	Fuku-shima	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 exceeding half of the standard limits but not exceeding the standard limits	Wild mushrooms and wild plants	☐	☐	☐	●	☐	☐	☐	☐	☐	●	☐	☐	☐	☐	☐	☐	☐
	Marine fish	-	-	-	-	-	☐	-	×	×	-	×	-	-	-	×	×	-
	Inland water fish	-	-	-	☐	-	☐	-	☐	☐	☐	-	-	-	-	-	-	-
Log-grown mushrooms to be inspected and relevant prefectures to be inspected																		
		Aomori	Iwate	Akita	Miyagi	Yamagata	Fuku-shima	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, 2020 to February 28, 2021)

- ☐: 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

Prepared based on the "Measures for Radionuclides in Foods and the Current Status" (updated in November 2021) by the Pharmaceutical Safety and Environmental Health Bureau, Ministry of Health, Labour and Welfare

In FY2016, more than five years after the accident at Tokyo Electric Power Company (TEPCO)'s Fukushima Daiichi NPS, radioactivity concentrations had decreased as a whole and food items with radioactivity concentrations exceeding the standard limits had become limited. Therefore, the national government reviewed and made inspection methods more reasonable and efficient, centered on items whose cultivation/feeding is manageable.

Thereafter, as inspection results had been accumulated, the approach for deciding prefectures and items to be inspected and lifting distribution restrictions has been reviewed every year and inspection targets are as shown in the table above as of FY2021.

With regard to items for which cultivation/feeding management is difficult, prefectures where inspections need to be continued are specified for each item in consideration of the difficulties in management thereof.

With regard to log-grown mushrooms, prefectures where inspections need to be continued are also specified considering the influence of radionuclides on materials used for production.

Included in this reference material on February 28, 2018

Updated on March 31, 2022

Prefectures and Food Items to be Inspected (Items whose Cultivation/Feeding is Manageable (excl. Log-grown Mushrooms))

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

		Fukushima
Items with radioactivity concentrations exceeding half of the standard limits but not exceeding the standard limits	Fruits	●
	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, 2020, to February 28, 2021)

- : Items wherein radioactivity concentrations exceeding the standard limits (for fishery products, 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)
- : 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 26, 2021)" (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

Prepared based on the "Measures for Radionuclides in Foods and the Current Status" (updated in November 2021) by the Pharmaceutical Safety and Environmental Health Bureau, Ministry of Health, Labour and Welfare



With regard to items whose cultivation/feeding is manageable (excluding log-grown mushrooms), prefectures where inspections need to be continued are specified for each item based on inspection results for the latest three years, such as prefectures where items with radioactive cesium exceeding half of the standard limits were detected.

In other prefectures, inspections are to be conducted as needed.

Included in this reference material on February 28, 2018

Updated on March 31, 2022

Measures for Radioactive Materials in Foods		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 or more samples ^{*1}
Beef meat	Once every three months for each farm household ^{*2}		
Milk	Periodically for each cooler station ^{*3}		
Inland water fish Marine fish	Periodically ^{*4}		

^{*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, 2020 to February 28, 2021)

- ☉ : 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 26, 2021, Nuclear Emergency Response Headquarters)

Prepared based on 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 26, 2021) by the Nuclear Emergency Response Headquarters

This table shows the required number of samples and frequencies of inspections for local governments whose inspections detected radioactive cesium concentrations exceeding the standard limits (those marked with ☉) and local governments whose inspections detected radioactive cesium concentrations exceeding half of the standard limits (those marked with ●).

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 26, 2021) by the Nuclear Emergency Response Headquarters specifies as follows.

- Regarding local governments that have detected radioactive cesium concentrations exceeding half of the standard limits in any food under this food classification since April 2020, inspections should be conducted for three or more samples for each municipality in the areas where radioactive cesium concentrations exceeding half of the standard limits were detected, and for one or more samples for each municipality in other areas (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) (marked with ☉ and ○ in the table).

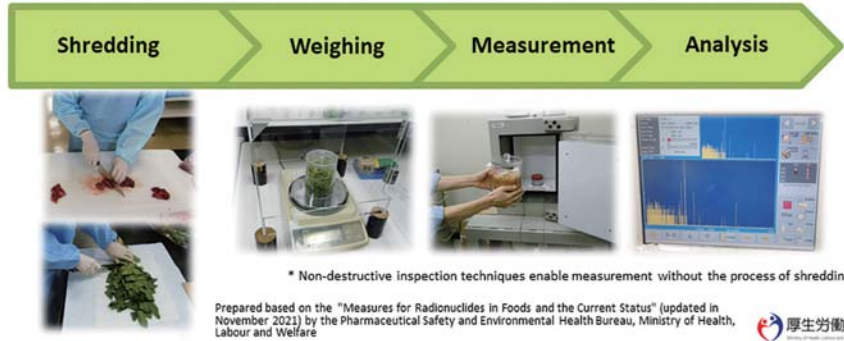
For the cancellation of items and areas to which restriction of distribution and/or consumption of foods concerned applies, the following conditions are presented: inspection results within the latest one month are all below the standard limits for at least three locations per municipality, in principle; and for crops such as log-cultured shiitake mushrooms, for which cultivation management is especially required to keep radioactive cesium concentrations below the standard limits, factors causing contamination exceeding the standard limits are surely removed through management, etc.

Included in this reference material on March 31, 2013
 Updated on March 31, 2022

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 >



This figure shows procedures for inspections of radionuclides in foods.

There are two ways to inspect foods, i.e., a rigorous inspection and an efficient screening test.

As a rigorous inspection, radionuclide analysis is conducted using a germanium semiconductor detector. After shredding a food sample, its weight is measured accurately. Then, the shredded sample is put in a prescribed container. The container is set in a detector, which is structured like a box covered with a thick layer of lead, and the amount of radioactive cesium is measured. Lastly, measurement results are analyzed.

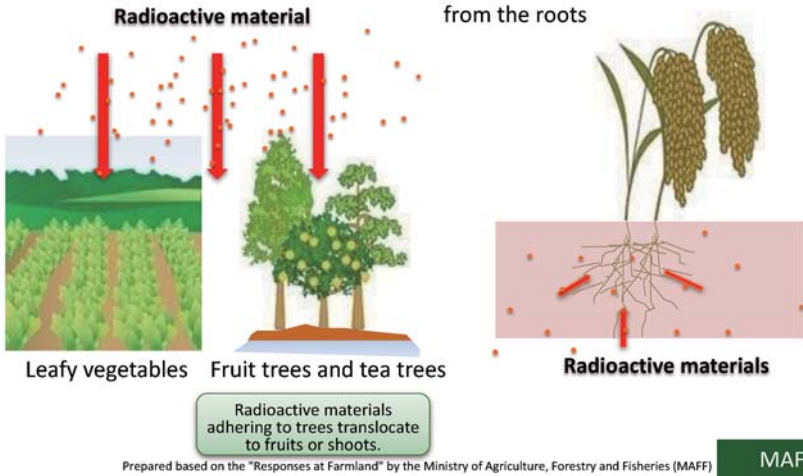
For an efficient screening test, a NaI (Tl) scintillation spectrometer is used. Screening using a NaI scintillation spectrometer is inferior to radionuclide analysis using a germanium semiconductor detector in terms of measurement accuracy, but can shorten the time required for inspections and is less expensive. Screening using non-destructive inspection techniques does not require shredding and mixing of samples. If the results of these screening tests suggests the existence of radioactive cesium exceeding the standard limits, an inspection is conducted again using a germanium semiconductor detector.

Included in this reference material on March 31, 2013

Updated on March 31, 2022

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

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



Contamination routes due to radioactive fallout are roughly divided into three.

- (i) The figure on the left shows the route of how radioactive fallout directly adheres to crops. High radioactivity concentrations were often detected in leafy vegetables that were grown in the fields at the time of the accident. This is considered to be due to direct contamination.
 - (ii) The figure in the center shows the route of how radioactive materials that adhered to fruit trees and tea trees immediately after the accident penetrate into trees and translocate*¹ to fruits and tea shoots.
 - (iii) The figure on the right shows the route of how radioactive materials that fell onto soil are absorbed into crops from the roots. Contamination of crops planted after the accident is considered to have followed this route.
- (Related to p.177 of Vol. 1, "Transfer to Plants")

*1: Phenomenon wherein nutrients absorbed in a plant or metabolites produced by photosynthesis are transported from one tissue to another tissue

Included in this reference material on March 31, 2013

Updated on March 31, 2019

**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



Prepared based on the "Responses at Farmland" by the Ministry of Agriculture, Forestry and Fisheries (MAFF)

MAFF

Radioactive materials that were released into the air and fell onto uncultivated farmland stay on topsoil.

Therefore, at farmland where high radioactivity concentrations are detected, the topsoil is scraped away to remove radioactive materials which remain in shallow depth.

In the meantime, at farmland where detected radioactivity concentrations are relatively low, topsoil is replaced with subsoil (inversion tillage) to reduce radioactivity concentrations in the soil layer where plants take root.

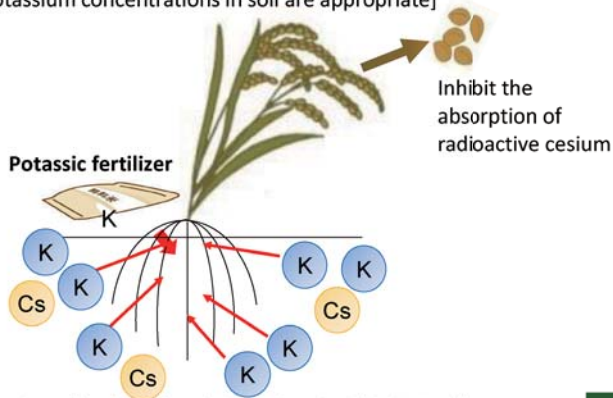
In this manner, efforts have been made to reduce radiation doses released from farmland and inhibit growing crops from absorbing radioactive materials. (Related to p.178 of Vol. 1, "Distribution of Radioactive Cesium in Soil")

Included in this reference material on March 31, 2013

Updated on March 31, 2017

- 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]



Prepared based on the "Inspection Results Concerning Radioactive Materials in Foods" by the Ministry of Agriculture, Forestry and Fisheries (MAFF)

MAFF

It is known that crops, such as rice, absorb more radioactive cesium when potassium concentrations in soil are lower.

Potassium and cesium have similar chemical characteristics, and when the soil contains sufficient potassium, less cesium is absorbed into crops. This is because a passage (transporter) on the root surface that lets some potassium through also lets cesium through. Recently, there is also a research report concerning rice plants that do not have such passage (unlikely to absorb cesium).

Therefore, at farmland where potassium concentrations in soil are low, a sufficient amount of potassic fertilizer is applied to increase potassium concentrations above a certain level to inhibit absorption of radioactive cesium into crops.

Included in this reference material on March 31, 2013

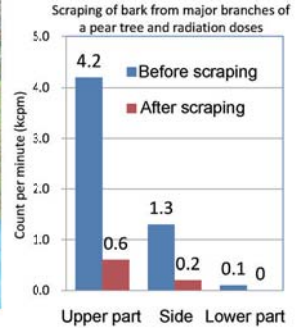
Updated on March 31, 2021

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



Prepared based on the "Inspection Results Concerning Radioactive Materials in Foods" by the Ministry of Agriculture, Forestry and Fisheries (MAFF)

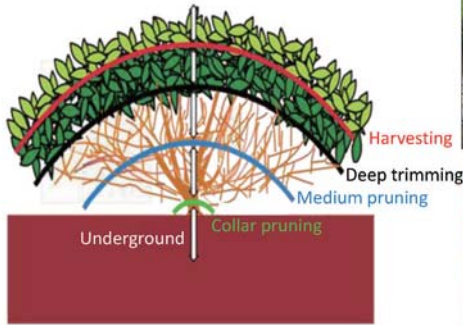
MAFF

In order to prevent translocation of radioactive materials from fruit trees to fruits, trees are washed with high-pressure water and bark is scraped off from trees to remove adhering radioactive materials.

In the case of pear trees, there is data that radiation doses from major branches are reduced by nearly 90% by scraping off the bark. (Related to p.177 of Vol. 1, "Transfer to Plants")

Included in this reference material on March 31, 2013
Updated on March 31, 2017

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



Prepared based on the "Inspection Results Concerning Radioactive Materials in Foods" by the Ministry of Agriculture, Forestry and Fisheries (MAFF)

MAFF

In the case of tea trees, in order to prevent transfer of radioactive materials from the surface of leaves to new leaves, leaves and branches are trimmed or pruned deeper than usual to remove contaminated parts.

(Related to p.177 of Vol. 1, "Transfer to Plants")

Included in this reference material on March 31, 2013

Updated on March 31, 2017

- 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.

Prepared based on the "Responses at Farmland" by the Ministry of Agriculture, Forestry and Fisheries (MAFF)

MAFF

Regarding materials used for agricultural production, such as fertilizers, soil amendments and soils for cultivation, the reference value for radioactive cesium of 400 Bq/kg was set in order to prevent expansion of contamination of farmland soil by the use of contaminated materials.

Several local governments and other organizations have monitored radioactive cesium concentration in these materials, and provide guidance to ensure that materials containing radioactive cesium exceeding the reference value should not be used at farmland.

Included in this reference material on March 31, 2013

Updated on March 31, 2019