

## Self-Protection against Internal Exposure

- General protection against radioactive cesium  
It is very effective to
  - Have knowledge on foods that contain a high level of radioactive cesium
  - Avoid eating the same food continuously
  - Try to eat a variety of foods produced in diverse areas.
- State of Fukushima after the accident at Tokyo Electric Power Company (TEPCO)'s Fukushima Daiichi NPS
  - There is no significant difference whether one selects foods and water produced locally or selects those produced in other areas.
- Obtaining accurate information is extremely important.

Prepared based on the material released by the 9th Opinion Exchanges, Foodservice Industry Research Institute (September 3, 2012)

In order to avoid further internal exposure, it is effective to have knowledge on foods that contain a high level of radioactive cesium, avoid eating same food continuously, and try to eat a variety of foods produced in diverse areas. Obtaining accurate information is extremely important.

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