



NATURAL RADIOACTIVITY IN FOOD

Natural radioactivity can be found in the food we eat and the water we drink.

The act of emitting radiation spontaneously is referred to as radioactivity. This is accomplished by an atomic nucleus that is unstable and "wants" to give up some energy in order to shift to a more stable configuration.

- **The levels of natural radionuclides in food and drinking water are generally very low, making them safe for human consumption.**
- **They can, however, vary greatly depending on local geology, climate, and agricultural practises.**

- Some foods contain naturally occurring radionuclides such as potassium, carbon, and radium, as well as their decay products. These foods do not pose a radiation risk because the amount of radiation is so small.

- **Food can acquire radioactivity in several ways:**

1. **Uptake:** Plant roots absorb radionuclides from the soil.
2. **Deposition:** Airborne radioactive particles settle on crops.
3. **Bioaccumulation:** Radionuclides accumulate in animals that consume radioactive plants, feed, or water.

- The content of naturally radioactive substances in food is useful to estimate man's radiation exposure from food consumption.



Common Naturally Radioactive Foods



Brazil Nut



Banana



Lima Beans



Red Meat



Potato



Low Sodium Salt



Carrot



Beer

- Most Radioactive Food: Brazil nuts.
- Each banana has the ability to emit.01 millirem of radiation.

THIS IS A VERY LOW LEVEL OF RADIATION.

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