

Concentrations (Bq/Kg) of radionuclides in foods from Total Diet Study in Ottawa, 2000

Code	Description	Concentration (Bq/Kg)		
		Cs-137 activity	Cs-137 uncertainty	I-131 activity
AA01	Milk, whole	<MDC		<MDC
AA02	Milk, 2%	<MDC		<MDC
AA03	Milk, 1%	<MDC		<MDC
AA04	Milk, skim	<MDC		<MDC
AA05	Evaporated milk, canned	<MDC		<MDC
AA06	Cream	<MDC		<MDC
AA07	Ice cream	<MDC		<MDC
AA08	Yogurt	<MDC		<MDC
AA09	Cheese	<MDC		<MDC
AA10	Cheese, cottage	<MDC		<MDC
AA11	Cheese, processed	<MDC		<MDC
AA12	Butter	<MDC		<MDC
BB01	Beef, steak	<MDC		<MDC
BB02	Beef, roast	<MDC		<MDC
BB03	Beef, ground	<MDC		<MDC
BB04	Pork, fresh	<MDC		<MDC
BB05	Pork, cured	<MDC		<MDC
BB06	Veal, cutlets	<MDC		<MDC
BB07	Lamb	<MDC		<MDC
BB08	Luncheon meats, cold cuts	<MDC		<MDC
BB09	Luncheon meats, canned	<MDC		<MDC
BB10	Organ meats	<MDC		<MDC
BB11	Wieners and sausages	<MDC		<MDC
CC01	Eggs	<MDC		<MDC
CC02	Poultry, chicken and turkey	<MDC		<MDC
CC03	Poultry, liver pate	<MDC		<MDC
DD01	Fish, marine	<MDC		<MDC
DD02	Fish, fresh water	4.2	0.6	<MDC
DD03	Fish, canned	<MDC		<MDC
DD04	Shellfish	<MDC		<MDC
EE01	Soups, meat, canned	<MDC		<MDC
EE02	Soups, creamed, canned	<MDC		<MDC
EE03	Soups, broth, canned	<MDC		<MDC
EE04	Soups, dehydrated	<MDC		<MDC
FF01	Bread, white	<MDC		<MDC
FF02	Bread, whole wheat	<MDC		<MDC
FF03	Bread, rye	<MDC		<MDC
FF04	Cake	<MDC		<MDC
FF05	Cereal, cooked wheat	<MDC		<MDC
FF06	Cereal, corn	<MDC		<MDC
FF07	Cereal, oatmeal	<MDC		<MDC
FF08	Cereals, rice and bran	<MDC		<MDC
FF09	Cookies	<MDC		<MDC
FF10	Crackers	<MDC		<MDC
FF11	Danish, donuts and croissants	<MDC		<MDC
FF12	Flour, white (wheat)	<MDC		<MDC
FF14	Muffins	<MDC		<MDC
FF15	Pancakes and waffles	<MDC		<MDC

FF16	Pasta, mixed dishes	<MDC	<MDC
FF17	Pasta, plain	<MDC	<MDC
FF18	Pie, apple	<MDC	<MDC
FF19	Pie, other	<MDC	<MDC
FF20	Rice	<MDC	<MDC
FF21	Buns and rolls	<MDC	<MDC
FF22	Breads, other	<MDC	<MDC
GG01	Baked beans, canned	<MDC	<MDC
GG02	Beans, string	<MDC	<MDC
GG03	Beets	<MDC	<MDC
GG04	Broccoli	<MDC	<MDC
GG05	Cabbage	<MDC	<MDC
GG06	Carrots	<MDC	<MDC
GG07	Cauliflower	<MDC	<MDC
GG08	Celery	<MDC	<MDC
GG09	Corn	<MDC	<MDC
GG10	Cucumbers	<MDC	<MDC
GG11	Lettuce	<MDC	<MDC
GG12	Mushrooms	<MDC	<MDC
GG13	Onions	<MDC	<MDC
GG14	Peas	<MDC	<MDC
GG15	Peppers	<MDC	<MDC
GG16	Potatoes	<MDC	<MDC
GG17	Potatoes, chips	<MDC	<MDC
GG18	Rutabagas	<MDC	<MDC
GG19	Vegetable juice, canned	<MDC	<MDC
GG20	Tomatoes	<MDC	<MDC
GG21	Tomatoes, canned and tomato sauce, canned	<MDC	<MDC
HH01	Apple juice, canned	<MDC	<MDC
HH02	Applesauce, canned	<MDC	<MDC
HH03	Apples, raw	<MDC	<MDC
HH04	Bananas	<MDC	<MDC
HH05	Blueberries	<MDC	<MDC
HH06	Cherries	<MDC	<MDC
HH07	Citrus fruit, raw	<MDC	<MDC
HH08	Citrus juice, frozen	<MDC	<MDC
HH09	Citrus juice, canned	<MDC	<MDC
HH10	Grape juice, bottled	<MDC	<MDC
HH11	Grapes	<MDC	<MDC
HH12	Melons	<MDC	<MDC
HH13	Peaches	<MDC	<MDC
HH14	Pears	<MDC	<MDC
HH15	Pineapple, canned	<MDC	<MDC
HH16	Plums and prunes	<MDC	<MDC
HH17	Raisins	<MDC	<MDC
HH18	Raspberries	<MDC	<MDC
HH19	Strawberries	<MDC	<MDC
HH20	Kiwi fruit	<MDC	<MDC
II01	Cooking fats and salad oils	<MDC	<MDC
II02	Margarine	<MDC	<MDC
II04	Mayonnaise	<MDC	<MDC
JJ01	Chocolate bars	<MDC	<MDC
JJ02	Candy	<MDC	<MDC

JJ03	Gelatin dessert	<MDC	<MDC
JJ04	Honey, bottled	<MDC	<MDC
JJ05	Jams	<MDC	<MDC
JJ07	Peanut butter	<MDC	<MDC
JJ08	Puddings	<MDC	<MDC
JJ09	Sugar, white	<MDC	<MDC
JJ10	Syrup	<MDC	<MDC
JJ11	Seeds, shelled	<MDC	<MDC
JJ12	Nuts	<MDC	<MDC
JJ13	Chewing gum	<MDC	<MDC
KK01	Alcoholic drinks, beer	<MDC	<MDC
KK02	Alcoholic drinks, wine	<MDC	<MDC
KK04	Coffee	<MDC	<MDC
KK05	Soft drinks, canned	<MDC	<MDC
KK06	Tea	<MDC	<MDC
LL01	Cereals, mixed	<MDC	<MDC
LL02	Desserts	<MDC	<MDC
LL03	Dinners, cereal + vegetable + meat	<MDC	<MDC
LL04	Dinners, meat or poultry + vegetable	<MDC	<MDC
LL05	Formulae, milk base	<MDC	<MDC
LL06	Formulae, soya base	<MDC	<MDC
LL07	Fruit, apple or peach	<MDC	<MDC
LL08	Meat, poultry or eggs	<MDC	<MDC
LL09	Vegetables, peas	<MDC	<MDC
MM01	Popcorn, microwave	<MDC	<MDC
MM02	Frozen entrees	<MDC	<MDC
NN01	Pizza	<MDC	<MDC
NN02	French fries	<MDC	<MDC
NN03	Hamburger	<MDC	<MDC
NN04	Chicken burger	<MDC	<MDC
NN05	Hot dog	<MDC	<MDC
NN06	Chicken, nuggets	<MDC	<MDC
PP01	Condiments	<MDC	<MDC
PP02	Salt	<MDC	<MDC
PP03	Baking powder	<MDC	<MDC
PP04	Yeast	<MDC	<MDC
PP05	Vanilla extract	<MDC	<MDC
PP06	Herbs and spices	<MDC	<MDC
PP07	Soya sauce	<MDC	<MDC
PP08	Tap water, kitchen	<MDC	<MDC

Samples analyzed by non-destructive high resolution gamma spectroscopy

MDC = Minimum Detectable Concentration

Typical MDC is 2 Bq/Kg for a 120 g sample at time of count

CODEX Limits for Cs-137 and I-131 are 1000 Bq/Kg for general consumption