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Potassium concentrations and annual effective dose of the most customary-consumed foodstuffs in Mexico as a cultural heritage

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Measurement of radionuclides concentration in foodstuffs allows to assessing the dose being caused by its intake. It means at least one-eight of the mean annual effective dose due to natural sources. Additionally, among the trace elements in foodstuff, K is one of the most important, it is a well-known essential element and it occurs all over the earth. Three of the most customary-consumed foodstuffs in Mexico as a cultural heritage since pre-Hispanic time to the present (in all economic classes): bean, chili and corn mel (to cook "tortillas") were analyzed by γ spectrometry in order to determine ^{40}K activity, the derived annual effective dose, and the potassium concentration. Results show that mean activity of ^{40}K , annual effective dose and % of potassium concentration are as follow: for chili $901 \pm 86 \text{ Bq kg}^{-1}$, 37.2 micro-Sievert per year and $2.84 \pm 0.27\%$; for beans, $510 \pm 10 \text{ Bq kg}^{-1}$, 27.5 micro-Sievert per year and $1.60 \pm 0.04\%$; for corn meal, "masa", 90 Bq kg^{-1} , 58.1 micro-Sievert per year and $0.27 \pm 0.089\%$. The total effective dose intake from these typical foodstuffs is about 0.122 mili-Sievert per year in Mexico's urban zones.

Author: Prof. MARTINEZ, Trinidad (National University of Mexico)

Co-authors: Mr FERNÁNDEZ, Alberto (National University of Mexico); Prof. RAMÍREZ, Alejandro (National University of Mexico); Ms VARGAS, Guadalupe J (National University of Mexico); Dr NAVARRETE, Manuel (National University of Mexico); Ms PORTILLA, Victoria (National University of Mexico)

Presenter: Prof. RAMÍREZ, Alejandro (National University of Mexico)

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