

The instructions associated with food by Director-General of the Nuclear Emergency Response Headquarters
(Restriction of distribution in Fukushima Prefecture)

As of 5 March 2013

Fukushima Prefecture		Restriction of distribution
Raw milk	2011/3/21~: (excluding areas listed on the cells below)	
	2011/3/21~4/8 Kitakata-shi, Bandai-machi, Inawashiro-machi, Mishima-machi, Aizumisato-machi, Shimogo-machi, Minamiaizu-machi	
	2011/3/21~4/16 Fukushima-shi, Nihonmatsu-shi, Date-shi, Motomiya-shi, Kunimi-machi, Otama-mura, Koriyama-shi, Sukagawa-shi, Tamura-shi (excluding Miyakoji area), Miharu-machi, Ono-machi, Kagamiishi-machi, Ishikawa-machi, Asakawa-machi, Hirata-mura, Furudono-machi, Shirakawa-shi, Yabuki-machi, Izumizaki-mura, Nakajima-mura, Nishigo-mura, Samegawa-mura, Hanawa-machi, Yamatsuri-machi, Iwaki-shi	
	2011/3/21~4/21 Soma-shi, Shinchi-machi	
	2011/3/21~5/1 Minamisoma-shi (limited to Kashima-ku excluding Karasuzaki, Ouchi, Kawago and Shionosaki area), Kawamata-machi (excluding Yamakiya area)	
	2011/3/21~6/8 Tamura-shi (excluding area within 20 km radius from the TEPCO's Fukushima Daiichi Nuclear Power Plant), Minamisoma-shi (excluding area within 20 km radius from the TEPCO's Fukushima Daiichi Nuclear Power Plant and Planned Evacuation Zones), Kawauchi-mura (excluding area within 20 km radius from the TEPCO's Fukushima Daiichi Nuclear Power Plant)	
	2011/3/21~10/7 Aizuwakamatsu-shi, Kori-machi, Tenei-mura, Hinoemata-mura, Tadami-machi, Kitashiobara-mura, Nishiaizu-machi, Aizubange-machi, Yugawa-mura, Yanaizu-machi, Kanayama-machi, Showa-mura, Tanagura-machi, Tamakawa-mura, Hirono-machi, Naraha-machi (excluding area within 20 km radius from the TEPCO's Fukushima Daiichi Nuclear Power Plant)	
Non-head type leafy Vegetables, e.g. Spinach, Komatsuna	Spinach, Kakina	2011/3/21~: (excluding areas listed on the cells below)
		2011/3/21~5/4 Shirakawa-shi, Iwaki-shi, Yabuki-machi, Tanagura-machi, Yamatsuri-machi, Hanawa-machi, Nishigo-mura, Izumizaki-mura, Nakajima-mura, Samegawa-mura
		2011/3/21~5/11 Aizuwakamatsu-shi, Bandai-machi, Inawashiro-machi, Kitakata-shi, Kitashiobara-mura, Nishiaizu-machi, Aizumisato-machi, Aizubange-machi, Yugawa-mura, Yanaizu-machi, Mishima-machi, Kanayama-machi, Showa-mura, Minamiaizu-machi, Shimogo-machi, Hinoemata-mura, Tadami-machi
		2011/3/21~5/25 Shinchi-machi, Soma-shi, Minamisoma-shi (excluding area within 20 km radius from the TEPCO's Fukushima Daiichi Nuclear Power Plant and Planned Evacuation Zones)
		2011/3/21~6/1 Koriyama-shi, Sukagawa-shi, Tamura-shi (excluding area within 20 km radius from the TEPCO's Fukushima Daiichi Nuclear Power Plant), Kagamiishi-machi, Ishikawa-machi, Asakawa-machi, Furudono-machi, Miharu-machi, Ono-machi, Tenei-mura, Tamakawa-mura, Hirata-mura
		2011/3/21~6/23 Fukushima-shi, Nihonmatsu-shi, Date-shi, Motomiya-shi, Kori-machi, Kunimi-machi, Kawamata-machi (excluding Yamakiya area), Otama-mura
		2011/3/21~11/4 Hirono-machi, Kawauchi-mura (excluding area within 20 km radius from the TEPCO's Fukushima Daiichi Nuclear Power Plant)
	All the other	2011/3/23~: (excluding areas listed on the cells below)
		2011/3/23~5/4 Shirakawa-shi, Iwaki-shi, Yabuki-machi, Tanagura-machi, Yamatsuri-machi, Hanawa-machi, Nishigo-mura, Izumizaki-mura, Nakajima-mura, Samegawa-mura
		2011/3/23~5/11 Aizuwakamatsu-shi, Bandai-machi, Inawashiro-machi, Kitakata-shi, Kitashiobara-mura, Nishiaizu-machi, Aizumisato-machi, Aizubange-machi, Yugawa-mura, Yanaizu-machi, Mishima-machi, Kanayama-machi, Showa-mura, Minamiaizu-machi, Shimogo-machi, Hinoemata-mura, Tadami-machi
		2011/3/23~5/25 Shinchi-machi, Soma-shi, Minamisoma-shi (excluding area within 20 km radius from the TEPCO's Fukushima Daiichi Nuclear Power Plant and Planned Evacuation Zones)
		2011/3/23~6/1 Koriyama-shi, Sukagawa-shi, Tamura-shi (excluding area within 20 km radius from the TEPCO's Fukushima Daiichi Nuclear Power Plant), Kagamiishi-machi, Ishikawa-machi, Asakawa-machi, Furudono-machi, Miharu-machi, Ono-machi, Tenei-mura, Tamakawa-mura, Hirata-mura
		2011/3/23~6/23 Fukushima-shi, Nihonmatsu-shi, Date-shi, Motomiya-shi, Kori-machi, Kunimi-machi, Kawamata-machi (excluding Yamakiya area), Otama-mura
		2011/3/23~11/4 Hirono-machi, Kawauchi-mura (excluding area within 20 km radius from the TEPCO's Fukushima Daiichi Nuclear Power Plant)
Head type leafy vegetables, e.g. Cabbage	2011/3/23~: (excluding areas listed on the cells below)	
	2011/3/23~4/27 Aizuwakamatsu-shi, Bandai-machi, Inawashiro-machi, Kitakata-shi, Kitashiobara-mura, Nishiaizu-machi, Aizumisato-machi, Aizubange-machi, Yugawa-mura, Yanaizu-machi, Mishima-machi, Kanayama-machi, Syowa-mura, Minamiaizu-machi, Shimogo-machi, Hinoemata-mura, Tadami-machi	
	2011/3/23~5/4 Koriyama-shi, Sukagawa-shi, Tamura-shi (excluding area within 20 km radius from the TEPCO's Fukushima Daiichi Nuclear Power Plant), Iwaki-shi, Kagamiishi-machi, Ishikawa-machi, Asakawa-machi, Furudono-machi, Miharu-machi, Ono-machi, Tenei-mura, Tamakawa-mura, Hirata-mura	
	2011/3/23~5/11 Fukushima-shi, Nihonmatsu-shi, Date-shi, Motomiya-shi, Kori-machi, Kunimi-machi, Kawamata-machi (excluding Yamakiya area), Otama-mura, Shirakawa-shi, Yabuki-machi, Tanagura-machi, Yamatsuri-machi, Hanawa-machi, Nishigo-mura, Izumizaki-mura, Nakajima-mura, Samegawa-mura	
	2011/3/23~5/25 Shinchi-machi, Soma-shi, Minamisoma-shi (excluding area within 20 km radius from the TEPCO's Fukushima Daiichi Nuclear Power Plant and Planned Evacuation Zones)	
	2011/3/23~10/28 Hirono-machi, Kawauchi-mura (excluding area within 20 km radius from the TEPCO's Fukushima Daiichi Nuclear Power Plant and Planned Evacuation Zones)	
Flowerhead brassicas, e.g. Broccoli, Cauliflower	2011/3/23~: (excluding areas listed on the cells below)	
	2011/3/23~4/27 Shirakawa-shi, Yabuki-machi, Nishigo-mura, Izumizaki-mura, Nakajima-mura, Tanagura-machi, Yamatsuri-machi, Hanawa-machi, Samegawa-mura	
	2011/3/23~5/11 Koriyama-shi, Sukagawa-shi, Tamura-shi (excluding area within 20 km radius from the TEPCO's Fukushima Daiichi Nuclear Power Plant), Kagamiishi-machi, Tenei-mura, Ishikawa-machi, Tamakawa-mura, Hirata-mura, Asakawa-machi, Furudono-machi, Miharu-machi, Ono-machi	
	2011/3/23~5/18 Aizuwakamatsu-shi, Bandai-machi, Inawashiro-machi, Kitakata-shi, Kitashiobara-mura, Nishiaizu-machi, Aizumisato-machi, Aizubange-machi, Yukawa-mura, Yanaizu-machi, Mishima-machi, Kanayama-machi, Syowa-mura, Minamiaizu-machi, Shimogo-machi, Hinoemata-mura, Tadami-machi	
	2011/3/23~6/15 Shinchi-machi, Soma-shi, Minamisoma-shi (excluding area within 20 km radius from the TEPCO's Fukushima Daiichi Nuclear Power Plant and Planned Evacuation Zones), Fukushima-shi, Nihonmatsu-shi, Date-shi, Motomiya-shi, Kori-machi, Kunimi-machi, Kawamata-mura (excluding Yamakiya area), Otama-mura	
	2011/3/23~10/28 Hirono-machi, Kawauchi-mura (excluding area within 20 km radius from the TEPCO's Fukushima Daiichi Nuclear Power Plant and Planned Evacuation Zones)	
Turnip	2011/3/23~: (excluding areas listed on the cells below)	
	2011/3/23~5/4 Fukushima-shi, Nihonmatsu-shi, Date-shi, Motomiya-shi, Koriyama-shi, Sukagawa-shi, Tamura-shi (excluding area within 20 km radius from the TEPCO's Fukushima Daiichi Nuclear Power Plant), Iwaki-shi, Kori-machi, Kunimi-machi, Kawamata-machi (excluding Yamakiya area), Kagamiishi-machi, Ishikawa-machi, Asakawa-machi, Furudono-machi, Miharu-machi, Ono-machi, Otama-mura, Tenei-mura, Tamakawa-mura, Hirata-mura	
	2011/3/23~5/18 Shirakawa-shi, Yabuki-machi, Tanagura-machi, Yamatsuri-machi, Hanawa-machi, Nishigo-machi, Izumizaki-mura, Nakajima-mura, Samegawa-mura, Aizuwakamatsu-shi, Bandai-machi, Inawashiro-machi, Kitakata-shi, Kitashiobara-mura, Nishiaizu-machi, Aizumisato-machi, Aizubange-machi, Yukawa-mura, Yanaizu-machi, Mishima-machi, Kanayama-machi, Syowa-mura, Minamiaizu-machi, Shimogo-machi, Hinoemata-mura, Tadami-machi	
	2011/3/23~6/23 Shinchi-machi, Soma-shi, Minamisoma-shi (excluding area within 20 km radius from the TEPCO's Fukushima Daiichi Nuclear Power Plant and Planned Evacuation Zones)	
2011/3/23~11/4 Hirono-machi, Kawauchi-mura (excluding area within 20 km radius from the TEPCO's Fukushima Daiichi Nuclear Power Plant)		

Vegetable	Log-grown shiitake (grown outdoor)	2011/4/13~: Date-shi, Iitate-mura, Soma-shi, Minamisoma-shi, Namie-machi, Futaba-machi, Okuma-machi, Tomioka-machi, Naraha-machi, Hirono-machi, Kawamata-machi, Katsurao-mura, Tamura-shi (limiting area within 20 km radius from the TEPCO's Fukushima Daiichi Nuclear Power Plant), Kawauchi-mura (limiting area within 20 km radius from the TEPCO's Fukushima Daiichi Nuclear Power Plant) 2011/4/18~: Fukushima-shi 2011/4/13~4/25 Iwaki-shi 2011/4/26~: Motomiya-shi 2011/4/13~5/16 Shingchi-machi, Tamura-shi (excluding area within 20 km radius from the TEPCO's Fukushima Daiichi Nuclear Power Plant) 2011/4/13~5/23 Kawauchi-mura (excluding area within 20 km radius from the TEPCO's Fukushima Daiichi Nuclear Power Plant) 2011/10/18~: Nihonmatsu-shi		
	Log-grown shiitake (hothouse cultivation)	2011/7/19~: Date-shi 2011/7/22~: Shingchi-machi 2011/7/19~9/7 Motomiya-shi 2011/11/14~: Kawamata-machi		
	Log-grown pholiota nameko	2011/10/31~: Soma-shi, Iwaki-shi		
	Wild mushroom	2011/9/8~: Tanagura-machi, Furudono-machi (limited to wild mushroom belonging to mycorrhizal fungi) 2011/9/15~: Fukushima-shi, Nihonmatsu-shi, Date-shi, Motomiya-shi, Koriyama-shi, Sukagawa-shi, Tamura-shi, Shirakawa-shi, Soma-shi, Minamisoma-shi, Iwaki-shi, Kori-machi, Kunimi-machi, Kawamata-machi, Kagamiishi-machi, Ishikawa-machi, Asakawa-machi, Furudono-machi, Miharu-machi, Ono-machi, Yabuki-machi, Tanagura-machi, Yamatsuri-machi, Hanawa-machi, Inawashiro-machi, Hirono-machi, Naraha-machi, Tomioka-machi, Okuma-machi, Futaba-machi, Namie-machi, Shingchi-machi, Otama-mura, Tenei-mura, Tamakawa-mura, Hirata-mura, Nishigo-mura, Izumizaki-mura, Nakajima-mura, Samekawa-mura, Kawauchi-mura, Katsurao-mura, Iitate-mura 2011/10/18~: Kitakata-shi 2012/8/15~: Showa-mura 2012/10/11~: Bandai-machi 2012/10/18~: Aizubango-machi, Kitashiobara-mura		
		Bamboo shoot	2011/5/9~: Date-shi, Soma-shi, Miharu-machi 2011/5/13~: Minamisoma-shi, Motomiya-shi, Kori-machi, Kawamata-machi, Nishigo-mura 2011/5/9~5/30 Hirata-mura 2011/5/9~6/8 Iwaki-shi 2011/5/9~6/21 Tenei-mura 2011/5/13~6/21 Kunimi-machi 2012/4/9~: Iwaki-shi 2012/4/16~: Fukushima-shi, Shingchi-machi 2012/4/23~: Hirono-machi 2012/5/2~: Nihonmatsu-shi, Otama-mura 2012/6/7~: Sukagawa-shi 2012/6/25~: Koriyama-shi	
			Hatakewasabi	2012/4/16~: Date-shi, Kawamata-machi
			Ostrich fern	2011/5/9~: Fukushima-shi, Kori-machi 2012/5/1~: Soma-shi, Date-shi, Kunimi-machi, Miharu-machi 2012/5/2~: Kawamata-machi 2012/5/7~: Tamura-shi, Furudono-machi 2012/5/10~: Nihonmatsu-shi, Otama-mura
				Wild Aralia sprout
	Wild Japanese butterbur scape			
		Koshiabura	2012/5/2~: Fukushima-shi, Nihonmatsu-shi 2012/5/7~: Koriyama-shi, Shirakawa-shi, Kitakata-shi, Aizumisato-machi, Tanagura-machi, Hanawa-machi 2012/5/10~: Date-shi, Kunimi-machi, Yamatsuri-machi, Bandai-machi, Otama-mura, Nishigo-mura, Samegawa-mura 2012/5/14~: Sukagawa-shi, Iwaki-shi, Kawamata-machi, Ishikawa-machi, Tenei-mura 2012/5/17~: Kori-machi, Inawashiro-machi	
	Japanese royal fern		2012/5/2~: Iwaki-shi, Nihonmatsu-shi 2012/5/10~: Soma-shi 2012/5/24~: Kawamata-machi	
			Pteridium aquilinum	2012/5/10~: Iwaki-shi, Date-shi 2012/5/17~: Fukushima-shi, Kitakata-shi, Kawamata-machi
	Ume		2011/6/2~: Fukushima-shi, Date-shi, Kori-machi 2011/6/6~: Minamisoma-shi 2011/6/6~2012/7/12 Soma-shi 2012/6/6~: Kunimi-machi	
Yuzu	2011/8/29~: Fukushima-shi, Minamisoma-shi 2011/10/14~: Date-shi, Kori-machi 2012/1/10~: Iwaki-shi			
Chestnut	2011/9/20~: Date-shi, Minamisoma-shi 2012/9/26~: Nihonmatsu-shi 2012/10/12~: Iwaki-shi			
Kiwi fruit	2011/12/9~: Soma-shi, Minamisoma-shi			

Cereal	Azuki bean	2013/1/4~: Fukushima-shi (limiting to former Oozasou-mura) and Minamisoma-shi (limiting to former Ishigami-mura)
	Soybean	2012/11/15~: Minamisoma-shi (limiting to former Ishigami-mura) 2012/12/25~: Sukagawa-shi (limiting to former Naganuma-machi) 2013/1/4~: Fukushima-shi (limiting to former Noda-mura and Hirano-mura), Nihonmatsu-shi (limiting to former Obama-machi and Shibukawa-mura), Date-shi (limiting to former Tomino-mura and Sekimoto mura), Motomiya-shi (limiting to former Wagisawa-mura (Shirasawa-mura)), Koriyama-shi (limiting to former Takano-mura), Kori-machi (limiting to former Danzaki-mura) and Otama-mura (limiting to former Tamanoi-mura) 2013/2/18~: Fukushima-shi (limiting to former Tatsugoyama-mura) 2013/3/5~: Fukushima-shi (limiting to former Sakura-mura, Mizuho-mura)
Grain	Rice (produced in 2011)	2011/11/17~: Fukushima-shi (limiting to former Oguni-mura area) 2011/11/29~: Date-shi (limiting to former Oguni-mura and former Tsukidate-machi area) 2011/12/5~: Fukushima-shi (limiting to former Fukushima-shi area) 2011/12/8~: Nihonmatsu-shi (limiting to former Shibukawa-mura area) 2011/12/9~: Date-shi (limiting to former Hashirazawa-mura and former Tominari-mura area) 2011/12/19~: Date-shi (limiting to former Kakeda-machi area) 2012/1/4~: Date-shi (limiting to former Sekimoto-mura area)
	Rice (produced in 2012)	2012/4/5~: Areas subjected to restriction of distribution in advance 2012/4/5~7/26 excluding rice controlled under the concept of management of Fukushima prefecture. 2012/10/25~10/29 excluding rice controlled under the concept of management of Fukushima prefecture. 2012/11/5~: Otama-mura (limiting to former Tamanoi-mura) 2012/11/5~11/6 excluding rice controlled under the concept of management of Fukushima prefecture. 2012/11/5~: Koriyama-shi (limiting to former Fukuyama-machi) 2012/11/5~11/8 excluding rice controlled under the concept of management of Fukushima prefecture. 2012/11/7~: Fukushima-shi (limiting to former Mizuhara-mura) 2012/11/7~11/12 excluding rice controlled under the concept of management of Fukushima prefecture. 2012/11/15~: Miharu-machi (limiting to former Sawaishi-mura) 2012/11/15~11/19 excluding rice controlled under the concept of management of Fukushima prefecture. 2012/11/26~: Fukushima-shi (limiting to former Tatsugoyama-mura), Kawamata-machi (limiting to former Iizaka-mura) 2012/11/26~11/29 excluding rice controlled under the concept of management of Fukushima prefecture. 2012/11/28~: Iwaki-shi (limiting to former Yamada-mura) 2012/11/28~12/4 excluding rice controlled under the concept of management of Fukushima prefecture.
Land-locked salmon (excluding farmed fish)	Japanese sand lance (juvenile)	2011/4/20~2012/6/22 whole area
	Land-locked salmon (excluding farmed fish)	2011/6/6~: Akimoto Lake, Hibara Lake, Onogawa Lake and rivers flowing into these Lakes, Nagase River (limiting upper reaches from the junction with Sukawa River), Abukuma River (including its branches), 2011/6/17~: Mano River (including its branches) 2012/3/29~: Niida River (including its branches) and Ota River (including its branches) 2012/4/5~: Sukawa River (limiting its branches) 2012/4/24~: Inawashiro lake, rivers flowing into Inawashiro lake (including its branches, but excluding Sukawa river) and Nippashi river (limiting upper reaches from Tokyo electric power company's 2012/6/7~: Kuiji river in Fukushima prefecture (including its branches)
		Japanese dace
	Japanese eel	2012/8/2~: Abukuma River in Fukushima prefecture (including its branches)
	Ayu sweetfish (excluding farmed fish)	2011/6/27~: Abukuma River (limiting lower reaches from Shinobu Dam but including its branches), Mano River (including its branches), Niida River (including its branches)
	Whitespotted char (excluding farmed fish)	2012/4/5~: Abukuma River (including its branches) 2012/4/12~: Sukawa River (limiting its branches) 2012/4/24~: Akimoto Lake, Onogawa Lake, Hibara Lake and rivers flowing into these Lakes (including its branches), Tadami river (limiting lower reaches from Honna dam, but including its branches), Nagase River (limiting upper reaches from the junction with Sukawa River), Nippashi river (limiting lower reaches from Tokyo electric power company's Kanagawa power plant, but including its branches and excluding upper reaches from Higashiyama dam) 2012/5/31~9/19 Tateiwa river (including its branches)
		Common carp (excluding farmed fish)
	Any crucian carp (excluding farmed fish)	2012/4/27~: Akimoto lake, Onogawa lake, and Hibara lake and rivers flowing into these lakes (including its branches), Aga river (limiting lower reaches from Okawa dam, but including its branches and excluding upper reaches from TEPCO's Kanakawa power plant and Katakado dam), Nagase river (limiting upper reaches from junction with Sukawa river) and Mano river (including its branches) 2012/5/10~: Abukuma river in Fukushima prefecture (limiting lower reaches from Shinobu dam and including its branches)

Fishery product	Fat greenling	
	Flathead flounder	
	Red tongue sole	
	Japanese sandlance (excluding juvenile)	
	Stone flounder	
	Goldeve rockfish	
	Surfperch	
	Brown hakeling	
	Fox jacopever	
	Black cow-tongue	
	Black rockfish	
	Japanese black porgy	
	Sea raven	
	Ocellate spot skate	
	Cherry salmon	
	Poacher	
	Rockfish (Sebastes cheni)	
	Alaska Pollack	<i>2012/6/22~: Fukushima offshore</i>
	Japanese seabass	
	Nibe croaker	
	Starry flounder	
	Slime flounder	
	Panther puffer	
	Olive flounder	
	Gurnard	
	Spotted halibut	
	Conger eel	
	Littlemouth flounder	
	Marbled flounder	
	Flathead	
	Pacific cod	
	Shotted halibut	
Brassblotched rockfish		
Ridged-eye flounder		
Venus clam		
Northern sea urchin		
Long shanny		
Barfin flounder	<i>2012/7/12~: Fukushima offshore</i>	
Starspotted smooth-hound	<i>2012/7/26~: Fukushima offshore</i>	
Vermiculated puffer	<i>2012/8/23~: Fukushima offshore</i>	
Halfbeak	<i>2013/2/14~: Fukushima offshore</i>	
Meat-Egg	Beef	<i>2011/7/19~: Whole area (2011/8/25~: Excluding cattle which are managed based on shipment and inspection policy set by Fukushima prefecture)</i>
		<i>2011/11/9~: Soma-shi, Minamisoma-shi, Hirono-machi, Naraha-machi, Tomioka-machi, Okuma-machi, Futaba-machi, Namie-machi, Shinchi-machi, Kawauchi-mura, Katsurao-mura, Iitate-mura</i>
	Boar meat	<i>2011/11/25~: Fukushima-shi, Nihonmatsu-shi, Date-shi, Motomiya-shi, Kori-machi, Kunimi-machi, Kawamata-machi, Otama-mura</i>
		<i>2011/12/2~: Koriyama-shi, Sukagawa-shi, Tamura-shi, Shirakawa-shi, Iwaki-shi, Kagamiishi-machi, Ishikawa-machi, Asakawa-machi, Furudono-machi, Miharu-machi, Ono-machi, Yabuki-machi, Tanagura-machi, Yamatsuri-machi, Hanawa-machi, Tenei-mura, Tamagawa-mura, Hirata-mura, Nishigo-mura, Izumizaki-mura, Nakajima-mura, Samegawa-mura</i>
	Spot-billed duck meat	<i>2013/1/30~: Whole area</i>
	Green pheasant meat	<i>2013/1/30~: Whole area</i>
		<i>2011/12/2~: Fukushima-shi, Nihonmatsu-shi, Date-shi, Motomiya-shi, Koriyama-shi, Sukagawa-shi, Tamura-shi, Shirakawa-shi, Kori-machi, Kunimi-machi, Kawamata-machi, Miharu-machi, Ono-machi, Kagamiishi-machi, Ishikawa-machi, Asakawa-machi, Furudono-machi, Yabuki-machi, Tanagura-machi, Yamatsuri-machi, Hanawa-machi, Otama-mura, Tenei-mura, Tamagawa-mura, Hirata-mura, Nishigo-mura, Izumizaki-mura, Nakajima-mura, Samegawa-mura</i>
	Bear meat	<i>2012/7/27~: Aizuwakamatsu-shi, Kitakata-shi, Nishiaizu-machi, Bandai-machi, Inawashiro-machi, Aizubango-machi, Yanaizu-machi, Mishima-machi, Kaneyama-machi, Aizumisato-machi, Shimogo-machi, Tadami-machi, Minamiaizu-machi, Kitashiobara-mura, Yugawa-mura, Showa-mura, Hinoemata-mura</i>
Hare meat	<i>2013/1/30~: Whole area</i>	
Copper pheasant meat	<i>2012/11/13~: Whole area</i>	

* Instructions still imposed are expressed in *italic type*.

Vegetable	Large green brick cap (cabbage)	-	2018/1/2~ Johanniskraut- Gemeinlich								2011/1/7~ Kraut- Gemeinlich									
											2011/1/8~ Kraut- Gemeinlich									
											2011/1/14~ Akkermans- kool, Bok- kool, Broccoli- kool, Brussel- spruyteling, High- march, Italiaans kool, Tubbekool									
											2012/1/18~ Kraut- Gemeinlich									
											2012/1/19~ Blauw- kool									
Large green phloxina nankeo (cabbage)	-	-	2018/10/18~ Chinakool- Gemeinlich	-	-						2011/1/14~ Kraut- Gemeinlich									
											2012/10/22~ Broccoli- kool									
											2018/11/7~ Johanniskraut- Gemeinlich									
																				2011/1/14~ Kraut- Gemeinlich
																				2012/10/16~ Kraut- Gemeinlich
																				2012/10/28~ Gemeinlich
																				2012/11/7~ Kraut- Gemeinlich
											2012/11/9~ Blauw- kool									
											2012/11/18~ Bokkool- kool									
2012/11/18~ Broccoli- kool																				
2012/12/11~ Chinakool- Gemeinlich																				
Czech fern	-	-	2018/4/27~ Chinakool- Gemeinlich	-	-						2012/6/1~ Chinakool- Gemeinlich									
											2012/6/7~ Kraut- Gemeinlich									
											2012/6/9~ Kraut- Gemeinlich									
Kohlbutter	-	-	2018/6/18~ Chinakool- Gemeinlich	-	-						2012/6/1~ Chinakool- Gemeinlich									
			2018/6/14~ Broccoli- kool																	
			2018/6/18~ Kraut- Gemeinlich																	
			2018/6/18~ Chinakool- Gemeinlich																	
Japanese pepper (bunching wild plant)	-	-									2012/6/1~ Chinakool- Gemeinlich									
											2012/6/14~ Kraut- Gemeinlich									
Japanese salary (bunching wild plant)	-	-	2018/6/28~ Johanniskraut- Gemeinlich	-	-						2012/6/1~ Chinakool- Gemeinlich									
			2018/6/18~ Kraut- Gemeinlich																	
Japanese royal fern	-	-	2018/6/18~ Johanniskraut- Gemeinlich	-	-						2012/6/7~ Kraut- Gemeinlich									
			2018/6/18~ Chinakool- Gemeinlich																	
Wella cornel (bunching wild plant)	-	-									2012/4/27~ Kraut- Gemeinlich									
											2012/6/1~ Kraut- Gemeinlich									
											2012/6/2~ Kraut- Gemeinlich									
Peridium aquilinum (bunching wild plant)	-	-	2018/6/18~ Chinakool- Gemeinlich	-	-						2012/6/1~ Chinakool- Gemeinlich									
Cheesnut	-	-									2012/6/14~ Kraut- Gemeinlich									
											2012/6/18~ Chinakool- Gemeinlich									
Cornal	Drybean	-	2018/1/4~ Johanniskraut- Gemeinlich	-	-						2012/1/4~ Kraut- Gemeinlich									
			2012/1/4~2013/2/4 excluding soybean controlled under the concept of management of waste production.																	
Grain	Buckwheat	-	2018/1/13~ Broccoli- kool	-	-						2012/1/14~ Kraut- Gemeinlich									
			2012/1/13~2012/12/12 excluding buckwheat controlled under the concept of management of waste production.																	
			2012/11/14~2013/1/11 excluding buckwheat controlled under the concept of management of waste production.																	
			2018/1/20~ Chinakool- Gemeinlich								2012/1/4~ Kraut- Gemeinlich									

	Stone flounder	-	-	-	-	2015/5/9 Bank off-shore	-	-	-	-	-	-	-	-	-
	Japanese black porgy	-	2015/1/8 Miyagi off-shore	-	-	2015/9/28 Onago Bay	-	-	-	-	-	-	-	-	-
	Japanese seabass	-	2015/10/29 Miyagi off-shore	-	-	2015/4/12 Bank Bay 2015/10/28 Miyagi off-shore	-	2015/4/17 Bank off-shore	-	-	-	-	-	-	-
	Rock fish (delaware charr)	-	-	-	-	-	-	2015/4/12 Bank off-shore	-	-	-	-	-	-	-
	Waka croaker	-	-	-	-	-	-	2015/4/17 Bank off-shore	-	-	-	-	-	-	-
	Olive flounder	-	-	-	-	2015/9/29 Bank Bay	-	2015/4/17 Bank off-shore Diving to southern area from latitude N26 20'	-	-	-	-	-	-	-
		-	-	-	-	-	-	2012/4/13-2012/8/20 Bank off-shore (limiting to southern area from latitude N26 20')	-	-	-	-	-	-	-
	Pacific cod	2012/8/27-2012/10/31 Pacific Ocean, Asomori off-shore	2012/5/2-2012/1/17 Miyagi off-shore	2012/3/2-2012/8/30 Miyagi off-shore (limiting to fish whose weight is less than 1kg)	2012/3/2-2012/1/17 Miyagi off-shore (excluding fish whose weight is less than 1kg)	-	-	2015/1/9 Bank off-shore	-	-	-	-	-	-	-
	Portular puffer	-	-	-	-	2015/8/9 Bank Bay	-	-	-	-	-	-	-	-	-
	Chirashi spot skate	-	-	-	-	-	-	2012/8/11 Bank off-shore	-	-	-	-	-	-	-
	Charrat cutfish (excluding farmed fish)	-	-	-	-	-	-	2015/4/17 Kurogane Ina, Shiwa Ina, Satakegawa Ina and other fishing Ina from Ina and Mikawa Ina	-	-	-	-	-	-	-
	Other croaker carp	-	-	-	-	-	-	2012/4/11 Kurogane Ina, Shiwa Ina, Satakegawa Ina and other fishing Ina from Ina and Mikawa Ina (excluding farmed fish)	-	-	-	2013/3/18 Tsuji pond, Akasa Bay and Tami Bay and other fishing Ina	-	-	-
	Japanese eel	-	-	-	-	-	-	2012/8/7 Shiwa Ina, Satakegawa Ina and other fishing Ina from Ina, Hizen Ina and Aka Ina (including Ina from Ina Bank off-shore)	-	-	-	-	-	-	-
Fishery product	Land-locked salmon (excluding farmed fish)	-	-	-	-	2015/4/28 Akai Ina (excluding Ina from Ina Bank off-shore but excluding upper reaches from Shikagawa Ina)	-	2012/8/18-2013/1/23 Wakana river in area of Akai mouth, Akai Ina (including Ina branches and limiting lower reaches from junction with Kawata river)	2015/4/27 Akai Ina (excluding Ina from Ina Bank off-shore but excluding upper reaches from Shikagawa Ina)	2012/4/27-2012/11/8 Usura river (including Ina branches)	-	-	-	-	-
		-	-	-	-	-	-	-	2012/4/27-2012/11/8 Usura river (including Ina branches)	-	-	-	-	-	
	White-spotted charr (excluding farmed fish)	-	2012/9/9 Aki Ina (excluding Ina branches) Shimizu Ina (excluding Ina branches)	2012/5/16 Ochi Ina (excluding upper reaches from Ochi Ina and including Ina branches) and Miyagi Ina (excluding upper reaches from Miyagi Ina and including Ina branches)	2012/4/28 Satakegawa Ina (excluding upper reaches from Miyagi Ina and including Ina branches) and Ochi Ina (excluding upper reaches from Miyagi Ina and including Ina branches)	2012/4/28 Satakegawa Ina (excluding upper reaches from Miyagi Ina and including Ina branches)	2012/5/7-2013/1/23 Muro river in Tohoku prefecture (excluding river with Ashikawa, Akai Ina and including Ina branches)	2015/4/27 Akai Ina (excluding Ina from Ina Bank off-shore but excluding upper reaches from Shikagawa Ina)	2012/8/18-2013/1/8 Kawata river (limiting upper reaches from Kawata bridge and including Ina branches)	-	-	-	-	-	
	Japanese dace	-	2015/6/11 Ochi Ina (excluding Ina from Ina Bank off-shore but excluding upper reaches from Miyagi Ina and including Ina branches) and Miyagi Ina (excluding upper reaches from Miyagi Ina and including Ina branches)	2015/4/28 Akai Ina (excluding Ina from Ina Bank off-shore but excluding upper reaches from Shikagawa Ina) and including Ina branches	2012/5/16 Ochi Ina (excluding upper reaches from Ochi Ina and including Ina branches)	2015/4/28 Satakegawa Ina (excluding upper reaches from Miyagi Ina and including Ina branches)	2012/5/7-2013/1/23 Muro river (including Ina branches) and Kama river limiting to Tohoku prefecture and limiting to upper reaches from junction with Muro river (including Ina branches but excluding upper reaches from Shobara Ina and Ina branches)	-	-	-	-	-	-	-	
		-	2015/6/11 Ochi Ina (excluding Ina from Ina Bank off-shore but excluding upper reaches from Miyagi Ina and including Ina branches)	2015/4/28 Akai Ina (excluding Ina from Ina Bank off-shore but excluding upper reaches from Shikagawa Ina) and including Ina branches	-	-	2012/5/7-8/28 Ochi Ina (including Ina branches but excluding Akai river and Ina branches)	-	-	-	-	-	-	-	
		-	2015/6/11 Ochi Ina (excluding Ina from Ina Bank off-shore but excluding upper reaches from Miyagi Ina and including Ina branches)	2015/4/28 Akai Ina (excluding Ina from Ina Bank off-shore but excluding upper reaches from Shikagawa Ina) and including Ina branches	-	-	2012/5/30-8/28 Aki river (including Ina branches)	-	-	-	-	-	-	-	

			2011/6/1~ Wash area Excluding areas which are managed based on abatement and inspection policy set by health prefecture)	2011/7/26~ Wash area (2011/5/18~: Excluding areas which are managed based on abatement and inspection policy set by health prefecture)			2011/8/2~ Wash area (2011/5/25~: Excluding areas which are managed based on abatement and inspection policy set by health prefecture)												
Meat	Beef	-																	
	Deer meat	-		2011/6/28~ Wash area (2011/5/25~: Excluding areas which are managed based on abatement and inspection policy set by health prefecture)	2011/7/26~ Wash area (2011/5/25~: Excluding areas which are managed based on abatement and inspection policy set by health prefecture)	2011/8/2~ Wash area (2011/5/25~: Excluding areas which are managed based on abatement and inspection policy set by health prefecture)	2011/10/10~ Wash area		2011/11/8~ Wash area (2011/5/25~: Excluding areas which are managed based on abatement and inspection policy set by health prefecture)										
	Deer meat	-	2012/6/19~ Wash area	2012/6/25~ Wash area	2012/3/19~ Wash area			2012/9/10~ Wash area					2012/11/2~ Wash area (Excluding areas which are managed based on abatement and inspection policy set by health prefecture)						
	Deer meat	-	2016/7/28~ Wash area				2011/12/2~ Wash area	2012/11/14~ Wash area											
	Copper pheasant meat	-	2012/10/23~ Wash area					2012/1/23~ Wash area											
Others	Tea leaf	-				2011/6/2~ Excluding areas listed on the table below	2011/6/2~ Excluding areas listed on the table below	2011/6/28~ Shikama-cho		2011/6/2~ Hakaru-cho	2011/6/2~2/28 Minamigata-cho	2011/6/22~1/12 Matsuda-machi, Yamakita-machi							
					2012/6/2~10/18 Kaga-cho, Joze-cho, Bando-cho, Tachiyama-cho, Sakamachi					2011/6/2~2/7 Oomibara-machi	2011/6/22~1/12 Matsuda-machi, Yamakita-machi								
					2011/6/2~2012/4/9 Daigo-machi					2011/1/4~2012/5/21 Katsura-cho	2011/6/2~10/14 Akane-machi, Kyokawa-machi								
					2011/6/2~2012/5/23 Hakama-cho, Higashimura-cho					2011/6/2~2012/5/29 Yakushiji-cho	2011/6/23~10/28 Sagamura-cho								
					2011/6/2~2012/5/30 Sakurai-cho, Naka-cho, Shimojima-machi, Katsuragi-machi, Katsuragi-cho	2011/7/8~2012/6/1 Tachiyama-cho	2011/6/20~2012/5/28 Kaga-cho				2011/6/27~10/28 Naka-machi								
					2011/6/2~2012/1/24 Mito-cho						2011/6/2~11/3 Katsuragi-cho								
					2011/6/2~2012/5/30 Yakushiji-cho						2011/6/2~2012/5/28 Haga-cho, Fumoto-cho, Sanmura-cho	2011/6/2~2012/10/18 Yakusara-machi							
					2011/6/2~2012/10/5 Bando-machi														
					2011/6/2~2012/10/11 Sakurai-cho														

* Instructions still imposed are expressed in bold type.

The instructions associated with food by Director-General of the Nuclear Emergency Response Headquarters
(Restriction of consumption in Fukushima Prefecture)

As of 5 March 2013

Fukushima Prefecture		Restriction of consumption
Vegetable	Non-head type leafy vegetables, e.g. Spinach, Komatsuna	2011/3/23~ <i>(excluding areas listed on the cells below)</i>
		2011/3/23~5/4 Shirakawa-shi, Iwaki-shi, Yabuki-machi, Tanagura-machi, Yamatsuri-machi, Hanawa-machi, Nishigo-mura, Izumizaki-mura, Nakajima-mura, Samegawa-mura
		2011/3/23~5/11 Aizuwakamatsu-shi, Bandai-machi, Inawashiro-machi, Kitakata-shi, Kitashiobara-mura, Nishiaizu-machi, Aizumisato-machi, Aizubange-machi, Yugawa-mura, Yanaizu-machi, Mishima-machi, Kaneyama-machi, Showa-mura, Minamiaizu-machi, Shimogo-machi, Hinoemata-mura, Tadami-machi
		2011/3/23~5/25 Shinchi-machi, Soma-shi, Minamisoma-shi (excluding area within 20 km radius from the TEPCO's Fukushima Daiichi Nuclear Power Plant and Planned Evacuation Zones)
		2011/3/23~6/1 Koriyama-shi, Sukagawa-shi, Tamura-shi (excluding area within 20 km radius from the TEPCO's Fukushima Daiichi Nuclear Power Plant), Kagamiishi-machi, Ishikawa-machi, Asakawa-machi, Furudono-machi, Miharumachi, Ono-machi, Tenei-mura, Tamakawa-mura, Hirata-mura
		2011/3/23~6/23 Fukushima-shi, Nihonmatsu-shi, Date-shi, Motomiya-shi, Kori-machi, Kunimi-machi, Kawamata-machi (excluding Yamakiya area), Otama-mura
		2011/3/23~11/4 Hirono-machi, Kawauchi-mura (excluding area within 20 km radius from the TEPCO's Fukushima Daiichi Nuclear Power Plant)
	Head type leafy vegetables, e.g. Cabbage	2011/3/23~ <i>(excluding areas listed on the cells below)</i>
		2011/3/23~4/27 Aizuwakamatsu-shi, Bandai-machi, Inawashiro-machi, Kitakata-shi, Kitashiobara-mura, Nishiaizu-machi, Aizumisato-machi, Aizubange-machi, Yugawa-mura, Yanaizu-machi, Mishima-machi, Kaneyama-machi, Syouwa-mura, Minamiaizu-machi, Shimogou-machi, Hinoemata-mura, Tadami-machi
		2011/3/23~5/4 Koriyama-shi, Sukagawa-shi, Tamura-shi (excluding area within 20 km radius from the TEPCO's Fukushima Daiichi Nuclear Power Plant), Iwaki-shi, Kagamiishi-machi, Ishikawa-machi, Asakawa-machi, Furudono-machi, Miharumachi, Ono-machi, Tenei-mura, Tamagawa-mura, Hirata-mura
		2011/3/23~5/11 Fukushima-shi, Nihonmatsu-shi, Date-shi, Motomiya-shi, Kori-machi, Kunimi-machi, Kawamata-machi (excluding Yamakiya area), Otama-mura, Shirakawa-shi, Yabuki-machi, Tanagura-machi, Yamatsuri-machi, Hanawa-machi, Nishigo-mura, Izumizaki-mura, Nakajima-mura, Samegawa-mura
		2011/3/23~5/25 Shinchi-machi, Soma-shi, Minamisoma-shi (excluding area within 20 km radius from the TEPCO's Fukushima Daiichi Nuclear Power Plant and Planned Evacuation Zones)
		2011/3/23~10/28 Hirono-machi, Kawauchi-mura (excluding area within 20 km radius from the TEPCO's Fukushima Daiichi Nuclear Power Plant)
		Flowerhead brassicas, e.g. Broccoli, Cauliflower
	2011/3/23~4/27 Shirakawa-shi, Yabuki-machi, Nishigou-mura, Izumizaki-mura, Nakajima-mura, Tanagura-machi, Yamatsuri-machi, Hanawa-machi, Samegawa-mura	
	2011/3/23~5/4 Iwaki-shi	
	2011/3/23~5/11 Koriyama-shi, Sukagawa-shi, Tamura-shi (excluding area within 20 km radius from the TEPCO's Fukushima Daiichi Nuclear Power Plant), Kagamiishi-machi, Tenei-mura, Ishikawa-machi, Tamagawa-mura, Hirata-mura, Asakawa-machi, Furudono-machi, Miharumachi, Ono-machi	
	2011/3/23~5/18 Aizuwakamatsu-shi, Bandai-machi, Inawashiro-machi, Kitakata-shi, Kitashiobara-mura, Nishiaizu-machi, Aizumisato-machi, Aizubange-machi, Yugawa-mura, Yanaizu-machi, Mishima-machi, Kaneyama-machi, Syouwa-mura, Minamiaizu-machi, Shimogou-machi, Hinoemata-mura, Tadami-machi	
2011/3/23~6/15 Shinchi-machi, Soma-shi, Minamisoma-shi (excluding area within 20 km radius from the TEPCO's Fukushima Daiichi Nuclear Power Plant and Planned Evacuation Zones), Fukushima-shi, Nihonmatsu-shi, Date-shi, Motomiya-shi, Kori-machi, Kunimi-machi, Kawamata-mura (excluding Yamakiya area), Otama-mura		
2011/3/23~10/28 Hirono-machi, Kawauchi-mura (excluding area within 20 km radius from the TEPCO's Fukushima Daiichi Nuclear Power Plant)		
Log-grown shiitake (grown outdoor)	2011/4/13~ <i>Iitate-mura</i>	
Wild mushroom	2011/9/6~ <i>Tanagura-machi (limited to wild mushroom belonging to mycorrhizal fungi)</i>	
	2011/9/15~ <i>Iwaki-shi, Tanagura-machi</i>	
	2011/9/20~ <i>Minamisoma-shi</i>	
Fishery product	Japanese sand lance (juvenile)	2011/4/20~2012/6/22 Whole area
	Land-locked salmon (excluding farmed fish)	2012/3/29~ <i>Niida river (including its branches)</i>
Meat	Boar meat	2011/11/9~ <i>Soma-shi, Minamisoma-shi, Hirono-machi, Naraha-machi, Tomioka-machi, Okuma-machi, Futaba-machi, Namie-machi, Shinchi-machi, Kawauchi-mura, Katsurao-mura, Iitate-mura</i>
		2011/11/25~ <i>Fukushima-shi, Nihonmatsu-shi, Date-shi, Motomiya-shi, Kori-machi, Kunimi-machi, Kawamata-machi, Otama-mura</i>

* Instructions still imposed are expressed in italic type.