

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

As of 22 January 2015

Fukushima Prefecture		Restriction of distribution
Raw milk		<p>2011/3/21~: (excluding areas listed on the cells below)</p> <p>2011/3/21~4/8 Kitakata-shi, Bandai-machi, Inawashiro-machi, Mishima-machi, Aizumisato-machi, Shimogo-machi, Minamiaizu-machi</p> <p>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</p> <p>2011/3/21~4/21 Soma-shi, Shinchi-machi</p> <p>2011/3/21~5/1 Minamisoma-shi (limited to Kashima-ku excluding Karasuzaki, Ouchi, Kawago and Shionosaki area), Kawamata-machi (excluding Yamakiya area)</p> <p>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)</p> <p>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)</p>
	Spinach, Kakina	<p>2011/3/21~: (excluding areas listed on the cells below)</p> <p>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</p> <p>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</p> <p>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)</p> <p>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</p> <p>2011/3/21~6/23 Fukushima-shi, Nihonmatsu-shi, Date-shi, Motomiya-shi, Kori-machi, Kunimi-machi, Kawamata-machi (excluding Yamakiya area), Otama-mura</p> <p>2011/3/21~11/4 Hirono-machi, Kawauchi-mura (excluding area within 20 km radius from the TEPCO's Fukushima Daiichi Nuclear Power Plant)</p> <p>2011/3/21~2013/3/29 Tamura-shi (limiting area within 20 km radius from the TEPCO's Fukushima Daiichi Nuclear Power Plant)</p>
Non-head type leafy Vegetables, e.g. Spinach, Komatsuna	All the other	<p>2011/3/23~: (excluding areas listed on the cells below)</p> <p>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</p> <p>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</p> <p>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)</p> <p>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</p> <p>2011/3/23~6/23 Fukushima-shi, Nihonmatsu-shi, Date-shi, Motomiya-shi, Kori-machi, Kunimi-machi, Kawamata-machi (excluding Yamakiya area), Otama-mura</p> <p>2011/3/23~11/4 Hirono-machi, Kawauchi-mura (excluding area within 20 km radius from the TEPCO's Fukushima Daiichi Nuclear Power Plant)</p> <p>2011/3/23~2013/3/29 Tamura-shi (limiting area within 20 km radius from the TEPCO's Fukushima Daiichi Nuclear Power Plant)</p>
	Head type leafy vegetables, e.g. Cabbage	<p>2011/3/23~: (excluding areas listed on the cells below)</p> <p>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</p> <p>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</p> <p>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</p> <p>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)</p> <p>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)</p> <p>2011/3/23~2013/3/29 Tamura-shi (limiting area within 20 km radius from the TEPCO's Fukushima Daiichi Nuclear Power Plant)</p>
Flowerhead brassicas, e.g. Broccoli, Cauliflower		<p>2011/3/23~: (excluding areas listed on the cells below)</p> <p>2011/3/23~4/27 Shirakawa-shi, Yabuki-machi, Nishigou-mura, Izumizaki-mura, Nakajima-mura, Tanagura-machi, Yamatsuri-machi, Hanawa-machi, Samegawa-mura</p> <p>2011/3/23~5/4 Iwaki-shi</p> <p>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</p> <p>2011/3/23~5/18 Aizuwakamatsu-shi, Bandai-machi, Inawashiro-machi, Kitakata-shi, Kitashiobara-mura, Nishiaizu-machi, Aizumisato-machi, Aizubange-machi, Yukawa-mura, Yanaidu-machi, Mishima-machi, Kanayama-machi, Syowa-mura, Minamiaizu-machi, Shimogo-machi, Hinoemata-mura, Tadami-machi</p> <p>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</p> <p>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)</p> <p>2011/3/23~2013/3/29 Tamura-shi (limiting area within 20 km radius from the TEPCO's Fukushima Daiichi Nuclear Power Plant)</p>
	Turnip	<p>2011/3/23~: (excluding areas listed on the cells below)</p> <p>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</p> <p>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, Yanaidu-machi, Mishima-machi, Kanayama-machi, Syowa-mura, Minamiaizu-machi, Shimogo-machi, Hinoemata-mura, Tadami-machi</p> <p>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)</p> <p>2011/3/23~11/4 Hirono-machi, Kawauchi-mura (excluding area within 20 km radius from the TEPCO's Fukushima Daiichi Nuclear Power Plant)</p> <p>2011/3/23~2013/3/29 Tamura-shi (limiting area within 20 km radius from the TEPCO's Fukushima Daiichi Nuclear Power Plant)</p>
Log-grown shiitake (grown outdoor)	<p>2011/4/13~: <i>Date-shi, Itate-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)</i></p> <p>2011/4/13~4/25 Fukushima-shi</p> <p>2011/4/25~: <i>Motomiya-shi</i></p> <p>2011/4/13~5/16 Shinchi-machi, Tamura-shi (excluding area within 20 km radius from the TEPCO's Fukushima Daiichi Nuclear Power Plant)</p> <p>2011/4/13~5/23 Kawauchi-mura (excluding area within 20 km radius from the TEPCO's Fukushima Daiichi Nuclear Power Plant)</p>	
Log-grown shiitake (indoor cultivation)	<p>2011/10/18~: <i>Nihonmatsu-shi</i></p> <p>2011/7/19~: <i>Date-shi</i></p> <p>2011/7/19~ excluding Log-grown shiitake (indoor cultivation) controlled under the concept of management of Fukushima prefecture.</p> <p>2014/7/11~ Shinchi-machi</p> <p>2014/7/11~ Motomiya-shi</p>	
Log-grown pholiota nameko (outdoor cultivation)	<p>2011/11/14~: <i>Kawamata-machi</i></p> <p>2011/10/31~: <i>Soma-shi, Iwaki-shi</i></p>	
Wild mushroom		<p>2011/9/8~: <i>Tanagura-machi, Furudono-machi (limited to wild mushroom belonging to mycorrhizal fungi)</i></p> <p>2011/9/15~: <i>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, Shinchi-machi, Otama-mura, Tenei-mura, Tamakawa-mura, Hirata-mura, Nishigo-mura, Izumizaki-mura, Nakajima-mura, Samegawa-mura, Kawauchi-mura, Katsurao-mura, Itate-mura</i></p> <p>2011/10/18~: <i>Kitakata-shi</i></p> <p>2012/8/15~: <i>Showa-mura</i></p> <p>2012/10/11~: <i>Bandai-machi</i></p> <p>2012/10/18~: <i>Aizubange-machi, Kitashiobara-mura</i></p> <p>2013/9/28~: <i>Shimogo-machi</i></p> <p>2013/10/1~: <i>Aizuwakamatsu-shi</i></p> <p>2013/10/3~: <i>Tadami-machi</i></p> <p>2013/11/12~: <i>Aizumisato-machi</i></p> <p>2014/9/25~: <i>Nishiaizu-machi</i></p> <p>2014/9/22~: <i>Mishima-machi</i></p> <p>2014/10/2~: <i>Yanaizu-machi</i></p>
	Vegetable	<p>2011/5/9~: <i>Date-shi, Soma-shi, Miharu-machi</i></p> <p>2011/5/13~: <i>Minamisoma-shi, Motomiya-shi, Kori-machi, Kawamata-machi, Nishigo-mura</i></p> <p>2011/5/9~5/30 Hirata-mura</p> <p>2011/5/9~6/8 Iwaki-shi</p> <p>2011/5/9~6/21 Tenei-mura</p> <p>2011/5/13~6/21 Kunimi-machi</p>
Bamboo shoot	<p>2012/4/9~: <i>Iwaki-shi</i></p> <p>2012/4/16~: <i>Fukushima-shi, Shinchi-machi</i></p> <p>2012/4/23~: <i>Hirono-machi</i></p> <p>2012/5/2~: <i>Nihonmatsu-shi, Otama-mura</i></p> <p>2012/5/7~: <i>Sukagawa-shi</i></p> <p>2012/6/25~: <i>Koriyama-shi</i></p> <p>2013/3/14~: <i>Kawauchi-mura</i></p> <p>2013/5/16~: <i>Shirakawa-shi, Naraha-machi</i></p> <p>2013/5/28~: <i>Katsurao-mura</i></p> <p>2013/6/10~: <i>Tamura-shi</i></p> <p>2014/5/14~: <i>Tenei-mura</i></p>	
Hatakewasabi	<p>2012/4/16~: <i>Date-shi, Kawamata-machi</i></p>	
Wild Aralia cordata	<p>2014/5/14~: <i>Sukagawa-shi, Souma-shi, Hirono-machi, Katsurao-mura</i></p> <p>2014/5/19~: <i>Kawauchi-mura</i></p>	
Ostrich fern	<p>2011/5/9~: <i>Fukushima-shi, Kori-machi</i></p> <p>2012/5/1~: <i>Soma-shi, Date-shi, Kunimi-machi, Miharu-machi</i></p> <p>2012/5/2~: <i>Kawamata-machi</i></p> <p>2012/5/7~: <i>Tamura-shi, Furudono-machi</i></p> <p>2012/5/10~: <i>Nihonmatsu-shi, Otama-mura</i></p> <p>2013/4/30~: <i>Koriyama-shi</i></p> <p>2013/5/14~: <i>Naraha-machi, Katsurao-mura</i></p>	

Wild ostrich fern	2014/4/24~: Aizumisato-machi
Koshiabura	2012/5/2~: Fukushima-shi, Nihonmatsu-shi
	2012/5/7~: Koriyama-shi, Shirakawa-shi, Kitakata-shi, Aizumisato-machi, Tanakura-machi, Hanawa-machi
	2012/5/10~: Date-shi, Kunimi-machi, Yamatsuri-machi, Bandai-machi, Shimoga-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
	2013/5/7~: Yanaizu-machi, Kitashiobara-mura
	2013/5/14~: Katsurao-mura
	2013/5/16~: Soma-shi, Minamisoma-shi, Furudono-machi, Minamiaizu-machi, Shinchi-machi, Izumizaki-mura
	2013/5/20~: Mishima-machi, Kawauchi-mura
	2013/5/22~: Asakawa-machi, Hirono-machi
	2013/5/28~: Motomiya-shi, Tamura-shi, Ono-machi, Yabuki-machi, Aizubange-machi, Tamakawa-mura, Hirata-mura, Nakajima-mura
	2013/5/29~: Miharu-machi
	2013/6/3~: Aizuwakamatsu-shi, Kagamiishi-machi
	2013/6/5~: Kanayama-machi
2013/6/10~: Showa-mura	
Japanese royal fern	2012/5/2~: Iwaki-shi, Nihonmatsu-shi
	2012/5/10~: Soma-shi
	2012/5/24~: Kawamata-machi
	2013/5/1~: Minamisoma-shi
	2013/5/14~: Naraha-machi, Katsurao-mura
Wild Japanese royal fern	2014/5/14~: Hirono-machi, Otama-mura
	2013/6/10~: Sukagawa-shi, Kunimi-machi
Wild Uwabamisou	2012/5/1~: Iwaki-shi, Soma-shi, Date-shi, Kori-machi
Wild Aralia sprout	2012/5/2~: Fukushima-shi
	2012/5/7~: Koriyama-shi, Shirakawa-shi, Hanawa-machi, Shinchi-machi
	2012/5/10~: Otama-mura, Nishigo-mura
	2012/5/14~: Kawamata-machi
	2013/4/25~: Minamisoma-shi
	2013/5/14~: Hirono-machi, Samegawa-mura, Katsurao-mura
	2013/5/16~: Nihonmatsu-shi, Furudono-machi, Izumizaki-mura
	2013/5/20~: Kawauchi-mura
	2013/5/28~: Motomiya-shi, Sukagawa-shi
	2013/6/3~: Kagamiishi-machi
	2013/6/10~: Tamura-shi
Wild Giant butterbur	2014/5/14~: Inawashiro-machi
Wild Japanese butterbur scape	2013/6/19~: Kori-machi, Naraha-machi
	2014/6/16~: Tenei-mura
	2012/4/9~: Fukushima-shi, Kawamata-machi, Tamura-shi, Soma-shi, Hirono-machi
Pteridium aquilinum	2012/4/16~: Date-shi, Kori-machi and Kunimi-machi
	2014/4/11~: Naraha-machi and Katsurao-mura
	2012/5/10~: Iwaki-shi, Date-shi
	2012/5/17~: Fukushima-shi, Kitakata-shi, Kawamata-machi
	2013/4/25~: Minamisoma-shi
Wild Pteridium aquilinum	2013/6/11~: Samegawa-mura
	2014/4/30~: Naraha-machi
	2014/5/14~: Katsurao-mura
Japanese apricot (Ume)	2011/6/2~: Fukushima-shi, Date-shi, Kori-machi
	2013/10/21~: Minamisoma-shi
	2011/6/6~: 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~: Minamisoma-shi
	2011/12/9~: Minamisoma-shi (excluding area within 20 km radius from the TEPCO's Fukushima Daiichi Nuclear Power Plant and Planned Evacuation Zone)
	2013/12/25~: Soma-shi
	2014/11/17~: Soma-shi
Azuki bean	2013/1/4~: Fukushima-shi (limiting to former Oozasou-mura) and Minamisoma-shi (limiting to former Ishigami-mura)
	2013/1/4~: excluding Azuki bean controlled under the concept of management of Fukushima prefecture.
Cereal	2012/11/15~: Minamisoma-shi (limiting to former Ishigami-mura)
	2012/11/15~: excluding Soybean controlled under the concept of management of Fukushima prefecture.
	2013/11/7~: excluding Soybean controlled under the concept of management of Fukushima prefecture.
	2012/12/25~: Sukagawa-shi (limiting to former Naganuma-machi)
	2012/12/25~: excluding Soybean controlled under the concept of management of Fukushima prefecture.
	2013/1/4~: Koriyama-shi (limiting to former Takano-mura)
	2014/10/7~: Nihonmatsu-shi (limiting to former Obama-machi and Shibukawa-mura) and Otama-mura (limiting to former Tamanoi-mura)
	2013/1/4~: Kori-machi (limiting to former Danzaki-mura)
	2013/1/4~: 8/9 excluding Soybean controlled under the concept of management of Fukushima prefecture.
	2013/2/18~: Fukushima-shi (limiting to former Tatsugoyama-mura)
	2013/2/18~: 7/10 excluding Soybean controlled under the concept of management of Fukushima prefecture.
	2013/3/5~: Fukushima-shi (limiting to former Sakura-mura, Mizuho-mura)
	2013/3/5~: 7/10 excluding Soybean controlled under the concept of management of Fukushima prefecture.
	2013/3/25~: Fukushima-shi (limiting to former Niwatsuka-mura)
	2013/3/25~: 7/10 excluding Soybean controlled under the concept of management of Fukushima prefecture.
	2013/1/4~: Date-shi (limiting to former Tomino-mura and Sekimoto-mura)
	2014/10/7~: Fukushima-shi (limiting to former Noda-mura and Hirano-mura)
	2013/1/4~: 7/10 excluding Soybean controlled under the concept of management of Fukushima prefecture.
	2013/1/4~: 11/7 excluding Soybean controlled under the concept of management of Fukushima prefecture.
2013/12/18~: Minamisoma-shi (limiting to former Ota-mura) (excluding Soybean controlled under the concept of management of Fukushima prefecture)	
2014/12/17~: Motomiya-shi (limiting to former Shirowa-mura)	
2014/12/17~: Otama-mura (limiting to former Oyama-mura)	
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 Teukidate-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~: Sukagawa-shi (limiting to former Nishifukuro-mura)
	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.	
Rice (produced in 2013)	2013/3/19~: Areas preparing for resumption of rice firming and areas where all rice farming and shipment are managed by local governments (excluding rice controlled under the management policy of Fukushima prefecture)

	Rice (produced in 2014)	Minamisoma-shi (limiting areas except "areas where it is expected that the residents have difficulties in returning for a long time" designated by the Instruction on March 30 2012), Kawamata-machi (limiting areas except "Areas in which the residents are not permitted to live" and "Areas to which evacuation orders are ready to be lifted" designated by the Instruction on August 7 2013), Naraha-machi, Tomioka-machi (limiting areas except "areas where it is expected that the residents have difficulties in returning for a long time" designated by the Instruction on March 7 2013), Okuma-machi (limiting areas except "areas where it is expected that the residents have difficulties in returning for a long time" designated by the Instruction on November 30 2012), Futaba-machi (limiting areas except "areas where it is expected that the residents have difficulties in returning for a long time" designated by the Instruction on May 7 2013), Namie-machi (limiting areas except "areas where it is expected that the residents have difficulties in returning for a long time" designated by the Instruction on March 7 2013), Kawauchi-mura (limiting areas except "Areas in which the residents are not permitted to live" and "Areas to which evacuation orders are ready to be lifted" designated by the Instruction on March 30 2012), Katsurao-mura (limiting areas except "areas where it is expected that the residents have difficulties in returning for a long time" designated by the Instruction on March 7 2013) and Iitate-mura (limiting areas except "areas where it is expected that the residents have difficulties in returning for a long time" designated by the Instruction on June 15 2012) (excluding rice controlled under the management policy of Fukushima prefecture)
	Japanese sandlance (juvenile)	2011/4/20~ 2012/6/22 whole area
	Cherry 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 Kanagawa power plant, but including its branches)
	Japanese dace	2012/6/7~ 2013/7/30 Kuji river in Fukushima prefecture (including its branches)
	Japanese eel	2011/6/17~: Mano River (including its branches) 2011/6/27~: Abukuma River (limiting lower reaches from Shinobu Dam but including its branches)
	Ayu sweetfish (excluding farmed fish)	2012/3/29~: Akimoto Lake, Hibara Lake, Onogawa Lake and rivers flowing into these Lakes, Nagase River (limiting upper reaches from the junction with Sukawa River) 2012/4/24~: Inawashiro lake, rivers flowing into Inawashiro lake (including its branches, but excluding Sukawa river and its branches) and Nippashi river (limiting upper reaches from Tokyo electric power company's Kanagawa power plant, but including its branches) 2012/5/31~: Abukuma river (limiting upper reaches from Shinobu dam and 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), Nagase River (limiting upper reaches from the junction with Sukawa River), 2012/5/31~9/19 Tateiwa river (including its branches) 2012/4/24~ 2014/8/25: Tadami river (limiting between Honna dam and Uwada dam, but including its branches) 2012/4/24~ 2014/12/11: Tadami river (limiting lower reaches from Uwada dam, but including its branches) 2012/4/24~ 2015/1/14: 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)
	Common 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 Kanagawa power plant and Katakado dam), Nagase river (limiting upper reaches from junction with Sukawa river) 2014/9/16~: Abukuma river in Fukushima prefecture (including its branches) 2012/5/10~2014/9/16: Abukuma river in Fukushima prefecture (limiting lower reaches from Shinobu dam and including its branches)
	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 Kanagawa 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	
	Red tongue sole	
	Japanese sandlance (excluding juvenile)	
	Stone flounder	
	Goldeye rockfish	
	Surfperch	
	Brown hakeling	
	Fox jacopever	
	Black cow-tongue	
	Black rockfish	
	Japanese black porgy	2012/6/22~: Fukushima offshore
	Sea raven	
	Ocellate spot skate	
	Cherry salmon (Sakuramasu)	
	Poacher	
	Rockfish (Sebastes cheni)	
	Japanese seabass	
	Nibe croaker	
	Starry flounder	
	Slime flounder	
	Panther puffer	
	Olive flounder	
	Gurnard	2012/6/22~ 2014/7/9 Fukushima offshore
	Spotted halibut	
	Conger eel	
Marbled flounder		
Flathead		
Pacific cod	2012/6/22~: Fukushima offshore	
Shotted halibut		
Brassblotched rockfish		
Ridged-eye flounder		
Venus clam		
Pacific cod	2012/6/22~: Fukushima offshore 2012/6/22~ 2015/1/14 Part of Fukushima offshore	
Northern sea urchin	2012/6/22~ 2014/7/9 Fukushima offshore	
Flathead flounder	2012/6/22~ 2013/10/9 Fukushima offshore	
Alaska Pollock	2012/6/22~ 2013/12/17 Fukushima offshore	
Littlemouth flounder	2012/6/22~ 2014/4/16 Fukushima offshore	
Long shanny		
Barfin flounder	2012/7/12~: Fukushima offshore	
Starspotted smooth-hound	2012/7/26~: Fukushima offshore	
Vermiculated puffer	2012/8/23~ 2014/10/15: Fukushima offshore	
Halfbeak	2013/2/14~ 2014/7/9 Fukushima offshore	
Scorpion fish	2013/8/8~: Fukushima offshore	
Hilgendorf saucord	2014/3/25~ 2014/5/28: Fukushima offshore	
Meat·Egg	Beef	2011/7/19~: Whole area (2011/8/25~: Excluding cattle which are managed based on shipment and inspection policy set by Fukushima prefecture)
	Boar meat	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 2011/11/25~: Fukushima-shi, Nihonmatsu-shi, Date-shi, Motomiya-shi, Kori-machi, Kunimi-machi, Kawamata-machi, Otama-mura 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
	Spot-billed duck meat	2013/1/30~: Whole area
	Green pheasant meat	2013/1/30~: Whole area
	Bear meat	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 2012/7/27~: Aizuwakamatsu-shi, Kitakata-shi, Nishiaizu-machi, Bandai-machi, Inawashiro-machi, Aizubange-machi, Yanaizu-machi, Mishima-machi, Kaneyama-machi, Aizumisato-machi, Shimogo-machi, Tadami-machi, Minamiaizu-machi, Kitashiobara-mura, Yugawa-mura, Showa-mura, Hinoemata-mura
	Hare meat	2013/1/30~: Whole area
	Copper pheasant meat	2012/11/13~: Whole area

* Instructions still imposed are expressed in italic type.

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

As of 22 January 2015

		Aomori prefecture	Iwate prefecture	Miyagi prefecture	Yamagata prefecture	Ibaraki prefecture	Tochigi prefecture	Gunma prefecture	Saitama prefecture	Chiba prefecture	Kanagawa prefecture	Niigata prefecture	Yamanashi prefecture	Nagano prefecture	Shizuoka prefecture	
Raw milk		-	-	-	-	2011/3/23~4/10 Whole area	-	-	-	-	-	-	-	-	-	
Non-head type leafy vegetables, e.g. Spinach, Komatsuna	Spinach	-	-	-	-	2011/3/21~4/17 (excluding areas listed on the cells below) 2011/3/21~8/1 Kitabaraki-shi, Takahagi-shi	2011/3/21~4/21 Nasuhiobara-shi, Shioya-machi 2011/3/21~4/27 Whole area	2011/3/21~4/8 Whole area	-	2011/4/4~4/22 Asahi-shi, Katori-shi, Takomachi	-	-	-	-	-	
	Kakina	-	-	-	-	2011/3/21~4/17 Whole area	2011/3/21~4/14 Whole area	2011/3/21~4/8 Whole area	-	-	-	-	-	-	-	
	Garland chrysanthemum, Qing-geng-cal, Sanchu asian lettuce	-	-	-	-	-	-	-	-	2011/4/4~4/22 Asahi-shi	-	-	-	-	-	
	Parsley	-	-	-	-	2011/3/23~4/17 Whole area	-	-	-	2011/4/4~4/22 Asahi-shi	-	-	-	-	-	
Celery		-	-	-	-	-	-	-	-	2011/4/4~4/22 Asahi-shi	-	-	-	-	-	
Wild mushrooms		2012/10/28~ Towada-shi, Hashikami-cho	2012/10/11~ Ishinoe-shi, Hirakata-shi, Hirakata-cho 2012/10/18~ Kamata-shi 2012/10/18~ Otsu-shi				2012/8/2~ Nikko-shi, Moka-shi, Nasuhiobara-shi, Mashiko-machi, Nakagawa-machi 2012/8/7~ Kanuma-shi 2012/8/9~ Yaita-shi	2012/9/25~ Numata-shi, Higashigatsuma-machi, Taumagori-mura 2012/10/10~ Takayama-mura 2012/10/16~ Annaka-shi	2012/10/18~ Yokozumi-machi, Minano-machi				2012/9/20~ Karuzawa-machi, Myotomachi 2012/10/1~ Koumi-machi, Minamimaki-mura		2012/11/8~ Gotemba-shi, Oyama-cho	
		2012/10/30~ Aomori-shi	2012/10/29~ Ofunato-shi, Kanagasaki-cho 2012/11/7~ Tono-shi			2012/8/15~ Nasu-machi 2012/8/28~ Ohtawara-shi 2012/10/10~ Shioyama-machi	2012/10/23~ Naganohara-machi 2012/10/18~ Annaka-shi	2012/10/28~ Tokigawa-machi				2012/10/28~ Fujiyoshida-shi, Fujiyaguchiko-machi, Neruwa-mura	2012/10/11~ Saku-shi		2013/10/3~ Fujinomiya-shi, Fuji-shi	
		2013/10/1~ Aizawa-machi	2013/10/9~ Sumita-cho	2014/9/24~ Sendai-shi			2012/10/12~ Nasukarasuyama-shi	2012/11/13~ Minakami-machi	2012/11/5~ Hetoyama-machi					2013/10/1~ Komoro-shi		2013/10/21~ Sakuno-machi
							2012/7/18~ Motagi-machi									2014/10/7~ Susono-shi
Bamboo shoot			2012/5/1~ Shiroishi-shi, Marumori-machi 2012/5/31~ Ishinoe-shi, Otsu-shi	2012/5/1~ Shiroishi-shi, Marumori-machi 2012/5/1~2014/4/17 Marumori-machi (limiting to former Koya-mura)		2012/4/9~ Itako-shi, Tsukubamirai-shi, Omiteme-shi 2012/4/13~ Ishinoe-shi, Ryugasaki-shi, Toride-shi, Moriya-shi, Ibaraki-machi, Tono-machi	2012/5/1~ Nasukarasuyama-shi, Nasu-machi 2012/5/7~ Nikko-shi, Ohtawara-shi									
			2013/4/30~ Rikuzentakata-shi	2012/8/29~ Kurihara-shi		2012/4/19~ Hitaohinata-shi, Hokota-shi, Tokai-mura 2012/4/28~ Kitabaraki-shi, Orai-machi	2012/8/13~ Yaita-shi									
										2012/4/5~2013/10/23 Ichihara-shi, Kasarazu-shi 2012/4/9~ Abiko-shi, Sakae-machi 2012/4/11~2013/10/23 Yachiyo-shi						
										2012/4/12~2013/10/23 Funabashi-shi 2012/4/18~2013/10/23 Shibayama-machi 2012/4/11~2015/1/22 Kashiwa-shi, Shiroi-shi						
Log-grown shitake (outdoor cultivation)			2012/1/18~ Shiroishi-shi, Kakuda-shi 2012/2/9~ Marumori-machi	2011/10/14~ Tsuchiura-shi, Namegata-shi, Hokota-shi, Omiteme-shi	2012/2/15~ Nasuhiobara-shi, Yaita-shi					2011/10/11~ Abiko-shi 2011/10/11 Kimitsu-shi						
			2012/4/13~ Rikuzentakata-shi, Sumita-cho	2012/3/15~ Zao-machi	2011/11/10~ Ibaraki-machi, Ami-machi	2012/4/10~ Haga-machi				2011/10/11~2014/10/14 excluding Log-grown shitake (outdoor cultivation) controlled under the concept of management of Chiba prefecture						
					2012/4/9~ Moriya-shi, Hitaohinata-shi, Tsukubamirai-shi	2012/4/12~ Ashikaga-shi, Kanuma-shi, Moka-shi, Nasukarasuyama-shi, Kamiohara-machi, Motegi-machi, Ichikai-machi, Nakagawa-machi	2012/4/10~ Haga-machi			2011/11/18~ Nagayama-shi						
							2012/4/10~2014/7/9 excluding Log-grown shitake (outdoor cultivation) controlled under the concept of management of Tochigi prefecture			2011/12/22~ Sakura-shi						
										2011/12/22~2014/10/14 excluding Log-grown shitake (outdoor cultivation) controlled under the concept of management of Chiba prefecture						
										2012/2/23~ Izai-shi						
										2012/4/10~ Shirai-shi						
										2012/4/18~ Chiba-shi, Yachiyo-shi						
										2012/5/18~ Sanmu-shi						
										2012/5/16~2014/3/19 excluding Log-grown shitake (outdoor cultivation) controlled under the concept of management of Chiba prefecture						
										2012/11/14~ Futtai-shi						
										2012/11/14~2014/10/14 excluding Log-grown shitake (outdoor cultivation) controlled under the concept of management of Chiba prefecture						
										2012/8/18~ Sanmu-shi						
									2012/2/16~2014/10/24 excluding Log-grown shitake (indoor cultivation) controlled under the concept of management of Tochigi prefecture							
									2012/2/15~2013/10/23 excluding Log-grown shitake (indoor cultivation) controlled under the concept of management of Tochigi prefecture							
									2011/10/14~ Tsuchiura-shi, Hokota-shi							
										2012/5/16~2014/3/19 excluding Log-grown shitake (indoor cultivation) controlled under the concept of management of Chiba prefecture						

Vegetable	Log-grown shitake (indoor cultivation)	-	-	-	-	2012/4/10~ Haga-machi	2012/4/10~2014/8/28 excluding Log-grown shitake (indoor cultivation) controlled under the concept of management of Tochigi prefecture	-	-	2012/11/14~ Futaba-shi	2012/12/14~2014/11/20 excluding Log-grown shitake (indoor cultivation) controlled under the concept of management of Chiba prefecture	-	-	-	-	
						2012/4/10~ Nasu-machi				2012/12/14~ Kimita-shi	2012/12/14~2014/10/14 excluding Log-grown shitake (indoor cultivation) controlled under the concept of management of Chiba prefecture					
						2012/4/12~ Otsuwa-shi										
						2012/5/29~ Sakura-shi	2012/5/29~2014/8/28 excluding Log-grown shitake (indoor cultivation) controlled under the concept of management of Tochigi prefecture									
						2012/6/4~ Kanuma-shi	2012/6/4~2014/4/17 excluding Log-grown shitake (indoor cultivation) controlled under the concept of management of Tochigi prefecture									
						2012/6/28~ Mibu-machi										
						2012/11/29~ Nikko-shi	2012/11/29~2014/10/24 excluding Log-grown shitake (indoor cultivation) controlled under the concept of management of Tochigi prefecture									
	Log-grown brick cap (outdoor)	-	2012/11/2~ Ishinoaki-shi, Oshu-shi	-	-	2011/11/7~ Kanuma-shi, Yalta-shi	2011/11/7~ Otsuwa-shi, Nasuhobara-shi	-	-	-	-	-	-	-	-	
						2011/11/14~ Ashikaga-shi, Sano-shi, Moka-shi, Sakura-shi, Nasukarasuyama-shi, Kamikawa-machi, Mogi-machi, Ichikawa-machi, Haga-machi, Takanezawa-machi										
						2012/11/5~ Utsunomiya-shi										
						2012/11/8~ Shiroya-machi										
						2012/11/8~ Mibu-machi										
	Log-grown pholiota nameko (outdoor)	-	2012/10/18~ Ofunato-shi, Kamakura-shi	-	-	2011/11/14~ Nasuhojima-shi, Nikko-shi	2012/10/4~ Yalta-shi	-	-	-	-	-	-	-	-	
						2012/10/23~ Rikuzentakata-shi										
						2012/10/16~ Nasu-machi										
						2012/10/25~ Sano-shi										
						2012/11/2~ Kanuma-shi										
						2012/11/8~ Mibu-machi										
						2012/11/12~ Nakagawa-machi										
						2012/11/18~ Nasukarasuyama-shi										
						2012/12/11~ Otsuwa-shi										
	Ostrich fern	-	-	2012/4/27~ Oaki-shi, Kuribara-shi	-	-	2012/5/1~ Otsuwa-shi, Nasu-machi (limiting wild plant)	-	-	-	-	-	-	-	-	
							2012/5/2~ Kemi-machi									
							2012/5/2~ Nasukarasuyama-shi (limiting wild plant)									
	Koshiabura	-	2012/5/10~ Oshu-shi, Hasegaki-shi	2012/5/7~ Tome-shi, Kuribara-shi	-	2012/5/1~ Otsuwa-shi, Nasu-machi, Mogi-machi (limiting wild plant)	2012/5/2~ Hitachi-shi, Hitachinomiya-shi (limiting wild plant)	-	-	-	-	-	-	-	2014/5/21 Nagano-shi, Karuzawa-machi	
							2012/5/2~ Utsunomiya-shi, Nasukarasuyama-shi (limiting wild plant)									
							2012/5/7~ Kanuma-shi, Nikko-shi, Yalta-shi, Nasuhobara-shi, Shiroya-machi (limiting wild plant)									
							2012/5/15~ Sakura-shi (limiting wild plant)									
							2012/5/18~ Sumita-cho									
							2013/5/9~ Kitakami-shi	2013/5/7~ Taiwa-cho	2013/5/10~ Hitachinomiya-shi (limiting wild plant)	2013/4/25~ Nakagawa-machi (limiting wild plant)					2014/5/28 Nakano-shi, Nozawaonsen-mura	
							2013/5/18~ Tono-shi			2014/4/25~ Takanezawa-machi (limiting wild plant)						
										2014/4/30~ Ichikawa-machi (limiting wild plant)						
	Japanese pepper (limiting wild plant)	-	-	-	-	-	2012/5/1~ Utsunomiya-shi, Nikko-shi	-	-	-	-	-	-	-	-	
							2012/5/14~ Nasuhojima-shi									
							2012/5/18~ Otsuwa-shi									
	Japanese celery (limiting wild plant)	-	2012/5/30~ Ishinoaki-shi, Oshu-shi	-	-	-	-	-	-	-	-	-	-	-	-	
	Japanese royal fern	-	2012/5/18~ Ishinoaki-shi, Oshu-shi	2012/5/11~ Kosenuma-shi, Marumori-machi	-	-	2012/5/7~ Nikko-shi, Nasu-machi (limiting wild plant)	-	-	-	-	-	-	-	-	
							2012/5/18~ Sumita-cho	2012/5/17~ Oaki-shi		2014/5/7~ Kanuma-shi (limiting wild plant)						

Fishery product	Ayu sweetfish (excluding farmed fish)	-	-	2013/8/27~ Abukuma river (including its branches but excluding upper reaches from Shohigashuku dam)	-	-	-	-	-	-	-	-	-	-	-
				2013/6/27~2013/12/25 Shiroishi river (upper reaches from Shirahata dam) of the Abukuma river (including its branches)											
	Cherry salmon (excluding farmed fish)	-	-	2012/4/30~ Abukuma river (including its branches but excluding upper reaches from Shohigashuku dam)	-	-	2012/8/10~2013/1/23 Watarase river in area of Ashio-machi, Nikko-shi (including its branches and limiting lower reaches from junction with Koushin river)	2015/4/27~ Agatsuma river (including its branches, but limiting area from Inashima bridge to TEPOO's Saku power plant Agatsumariver water intake facility)	-	-	-	-	-	-	-
							2012/9/10~2013/3/26 Nagano river (including its branches)	2012/4/27~2012/11/9 Usune river (including its branches)							
	Whitespotted char (excluding farmed fish)	-	-	2012/5/14~ Okura river (limiting upper reaches from Okura dam and including its branches) and Natori river (limiting upper reaches from Akutakai waterfall and including its branches)	-	-	2012/6/20~2013/12/17 Watarase river in Tochigi prefecture (limiting area within Ashio-machi, Nikko-shi and including its branches)	2012/8/8~ Agatsuma river (limiting area from Inashima bridge to TEPOO's Saku power plant Agatsuma river water intake facility but including its branches)	-	-	-	-	-	-	-
				2012/5/24~ Sanhasama river (limiting upper reaches from Kurikoma dam (including its branches) and Matsukawa river (including its branches but excluding Nigorikawa river and its branches and upper reaches from Sumikawa No.4 dam)											
				2012/5/28~ Eai river (limiting upper reaches from Harado dam and including its branches), Nihasama river (limiting upper reaches from Anezawa dam and including its branches)											
				2012/5/8 Iwai river (including its branches), Saizai river (including its branches)											
	Japanese dace	-	-	2012/5/22~ Ichihassama river (limiting upper reaches from Hanayama dam and including its branches) and Golehi river (limiting upper reaches from Kamafusa dam and including its branches)	-	-	2012/6/8~2012/11/9 2014/3/12~ Usune river (including its branches)	-	-	-	-	-	-	-	-
				2012/12/8~ Hirose river (including its branches)			2014/5/30~ Watarase river in Tochigi prefecture (limiting area within Ashio-machi, Nikko-shi and including its branches)								
				2012/5/11~ Kitakami river (limiting lower reaches from Shohigashuku dam and including its branches but excluding upper reaches from Ishibane dam, Ishibuchi dam, Irihata dam, Goshu dam, Sotoyama dam, Tase dam, Tsunetori dam, Toyosawa dam and Hayashino dam)			2012/5/7~2013/1/23 Muro river (including its branches) and Naka river (limiting in Tochigi prefecture and limiting to upper reaches from junction with Muro river (including its branches but excluding upper reaches from Shiobara dam and its branches)								
				2012/06/12~2014/7/31 Kesen river (including its branches)			2012/5/7~9/28 Oashi river (including its branches but excluding Arai river and its branches)								
Meat	Beef	-	-	2011/8/1~ Whole area (2011/8/25~: Excluding cattle which are managed based on shipment and inspection policy set by Iwate prefecture)	-	-	2011/8/2~ Whole area (2011/8/25~: Excluding cattle which are managed based on shipment and inspection policy set by Tochigi prefecture)	-	-	-	-	-	-	-	-
	Boar meat	-	-	2012/5/22~ Kakuda-shi, Marumori-machi, Yamamoto-cho	-	-	2011/12/2~ Whole area (2011/12/21~: Excluding boar meat which are managed based on shipment and inspection policy set by Ibaraki prefecture)	2011/12/2~ Whole area (2011/12/25~: Excluding boar meat which are managed based on shipment and inspection policy set by Tochigi prefecture)	2012/10/10~ Whole area	-	-	-	-	-	-
	Bear meat	-	-	2012/8/25~ Whole area (excluding areas above)	2012/8/10~ Whole area	-	-	-	2012/8/10~ Whole area	-	-	-	2012/11/5~ Whole area (excluding Sado-shi and Awashimura-mura)	-	-
	Deer meat	-	-	2012/7/28~ Whole area	-	-	2011/12/2~ Whole area	2012/11/14~ Whole area	-	-	-	-	-	-	-
	Copper pheasant meat	-	-	2012/10/22~ Whole area	-	-	-	2013/1/23~ Whole area	-	-	-	-	-	-	-
						2012/6/2~10/18 Koga-shi, Juso-shi, Bando-shi, Yachyo-shi, Sakai-machi						2011/6/2~8/29 Minamishigara-shi			

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

As of 22 January 2015

Fukushima Prefecture		Restriction of consumption
Vegetable	Non-head type leafy vegetables, e.g. Spinach, Komatsuna	<i>2011/3/23~</i> <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, 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)
	2011/3/23~2013/3/29 Tamura-shi (limiting area within 20 km radius from the TEPCO's Fukushima Daiichi Nuclear Power Plant)	
	Head type leafy vegetables, e.g. Cabbage	<i>2011/3/23~</i> <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, Miharu-machi, 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)
		2011/3/23~2013/3/29 Tamura-shi (limiting area within 20 km radius from the TEPCO's Fukushima Daiichi Nuclear Power Plant)
Flowerhead brassicas, e.g. Broccoli, Cauliflower	<i>2011/3/23~</i> <i>(excluding areas listed on the cells below)</i>	
	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, 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, 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)	
2011/3/23~2013/3/29 Tamura-shi (limiting area within 20 km radius from the TEPCO's Fukushima Daiichi Nuclear Power Plant)		
Log-grown shiitake (grown outdoor)	2011/4/13~ Iitate-mura	
Wild mushroom	2011/9/6~ <i>Tanagura-machi (limited to wild mushroom belonging to mycorrhizal fungi)</i>	
	2011/9/15~ Iwaki-shi, Tanagura-machi	
	2011/9/20~ Minamisoma-shi	
Fishery product	Japanese sand lance (juvenile)	2011/4/20~2012/6/22 Whole area
	Cherry salmon (excluding farmed fish)	2012/3/29~ Niida river (including its branches)
Meat	Boar meat	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
		2011/11/25~ Fukushima-shi, Nihonmatsu-shi, Date-shi, Motomiya-shi, Kori-machi, Kunimi-machi, Kawamata-machi, Otama-mura

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