



**SEA GRANT**  
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**Oregon State University OSU Extension Service**




Oregon Sea Grant provides programs to promote and enhance a better understanding of fisheries management, working towards creating vibrant and sustainable coastal communities. Sea Grant is often a bridge between commercial fishermen and researchers, and includes projects such as Scientists and Fishermen Exchange, The Fishermen Involved in Natural Energy, Cooperative Research on Oregon Ocean Salmon, and Sea Safety Training. We act as a consultant on many educational programs relating to commercial fisheries, and answer a variety of marine-related questions that come to the Extension Office.


# Are Tuna Safe to Eat?



**1 mSV** is the FDA safe yearly radiation exposure level for a person.




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You will get the same dose by eating  
**244,800 lbs** of tuna.

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**0.4 mSV** is the radiation exposure from a mammogram.




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You will get the same dose by eating  
**97,920 lbs** of tuna

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**0.04 mSV** is the radiation exposure as a result of flying on a commercial airplane from LA to New York.




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You will get the same dose by eating  
**9,792 lbs** of tuna.

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**0.001 mSV** is the radiation exposure from eating a banana.



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You will get the same dose by eating  
**24.48lbs** lbs of tuna.

## How do you test for radiation in tuna?

Albacore tuna samples were dried, charred and ashed in order to get the concentration levels high enough to detect. This removed everything but the radioactive minerals now concentrated so that scientists could measure the samples.

## Fukushima Radiation

The Fukushima accident released a very specific type of radiation that scientists can track because there are no other sources for this type of radiation. Scientists are finding extremely low levels of Fukushima radiation in tuna. There is about 1/20th the amount of radiation found in Albacore tuna as there is in a banana. Your banana has more radiation than your tuna!



## ALBACORE NACHOS\* by Cinda Shedore

- 1 7-3/4 oz. can albacore tuna
- 1 can black or refried beans
- 1 c. grated Jack cheese
- 1/4 c. sour cream
- 1 finely-chopped tomato
- 1 fresh ripe avocado
- 1 bag corn tortillas or nacho chips
- Sliced jalapenos, black olives, sour cream, and salsa for garnish
- Flake and warm albacore and mix with sour cream. Warm beans.
- Layer beans and albacore mixture on bed of tortilla chips. Cover with sliced avocado, chopped tomato, and Jack cheese.
- Bake until cheese is melting and beginning to brown.
- Garnish with sliced jalapenos, sliced black olives, sour cream & salsa.

\*A recipe from the Newport Fishermen's Wives SEAFOOD COOKBOOK, available at our office or from Newport Fishermen's Wives.