

And one more important moment.

Children's organism must refine from radionuclides regular.

For this purpose, child must accept pectin preparations. For example "Vitapect-2" (food additive).

If you have any additional questions you can call to us in Minsk: 237 03 89; 237 03 18

We are waiting for you!



Institute of radiation safety "Belrad".

Our address:
Staroborisovsky tract 11,
Minsk 220114

Tel: (017) 237-03-89
Fax: (017) 237-03-66
Email: belrad@hmti.ac.by

Better together!

How to protect yourself and your child from radiation



Institute of radiation safety "Belrad"

Tel: 237-03-89

INSTRUCTION FOR CHILDREN AND PARENTS

DEAR PARENTS!

Today employees of our Institute of radiation safety "Belrad" measured accumulation of radionuclides in organism of your child on body counter.

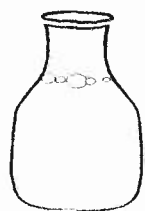
The director of school has all the results on accumulation of radiouclides in organism of your child.

Now we will give you information how to protect your child from influence of radiation with minimal costs.

About 90% of radiation burden children receive because of the food stuffs contaminated by the radionuclides.

However you can **REDUCE THE POLLUTION OF FOOD STUFFS IN SEVERAL TIMES** with the help of prime domestic recipes.

Milk



Processing of the milk to fat milk products (cream, butter, cheese) essentially reduce content of radionuclides. Attention! You cannot use the whey formed!

Potato



Potato release from radionuclides with the help of steeping in the water during the 3-4 hours and some salt added and obligatory refinement from the peel before cooking.

Meat



You must cut the meat on pieces of medium size and steeping in the water during the 10-12 hours, add some salt and vinegar. When you cook the meat you must merge the first broth after 8-10 minutes of boiling.

Vegetables



You can reduce the content of cesium-137 in vegetables on 20-50% with the help of suppression and cooking obligatory refined vegetables.

Mushrooms



Russulas gathered near the village Chirkovichi of Svetlogorsk district had the activity 280 Bq/kg. After triple steeping in the 3%-solution of cooking salt for 20 hours their activity has decreased in 10 times and was 28 Bq/kg.

Healthy meal strengthens organism and therefore weaken the activity of the radionuclides.

OUR RECOMMENDATIONS ON THE HEALTHY MEAL OF CHILDREN:

- If the products are clean children must eat more apples, gooseberries, plums, black currant, strawberry, cherry, sweet cherry.
- They must eat sunflower seeds, beans, peas evolved in the vegetable garden.
- Give them lemons, oranges, peaches and nuts more often.
- If you have the opportunity, give them any vegetable and fruit juices, especially with pulp. Most useful juices are red juices: tomato, grape, pomegranate.
- Children must drink cacao every day.
- Children must eat pea-soup and bean-soup, buckwheat, rice, porridge, various salads and Russian salad with the sunflower oil to enrich organism by iodine, potassium, iron.
- Use in food many parsley, fennel, spring onions. Try to enter into the diet spinach and sea cabbage
- Don't deprive children with the sweets. They can be not only tasty but useful. It's better to regale on zephyr, fruit candy, pastille (they contain pectin), dried apricots, raisins, dried plums (they contain minerals so useful for children).