

# THIS RADIOACTIVE LIFE

A picocurie per kilogram (pCi/kg) measures the concentration of radioactivity in a material by how many of its nuclei decay per minute in each kilogram. 1 picocurie represents the decay of 2.22 radium nuclei per minute.

## Smoke detectors

Smoke detectors use tiny amounts of radioactive americium-241 to alert you when there's smoke in the air.

## Bananas

3,521 pCi/kg  
Potassium-40-rich bananas are used as an informal measurement of radioactivity in foods, known as the banana equivalent dose.



## Granite countertops

Granite contains uranium and thorium, which emits radon.

## Low-sodium salt

3,000 pCi/kg  
Low-sodium salt is made with potassium chloride instead of just sodium chloride.



## Kidney beans and lima beans

4,645 pCi/kg  
Brazil nuts are the most radioactive food. They contain radium in addition to the potassium-40 that makes kidney and lima beans, red meat, carrots and white potatoes slightly radioactive.

## Brazil nuts

6,600 pCi/kg

## Red meat

3,000 pCi/kg

## Carrots

3,400 pCi/kg

## White potatoes

3,400 pCi/kg

## Water

170 pCi/kg (on average)  
The radioactivity of water from the tap varies depending on where you live. Radium is the most common source of water's radioactivity.

## Glassware

Antique greenish and yellowish glassware contains uranium as a colorant.

## Ceramics

Some ceramic glazes contain uranium as a colorant, especially red-orange ceramics made before the 1960s.