



How to Avoid

MONOSODIUM GLUTAMATE (MSG)

Common MSG ingredients you'll see listed on the label

- Hydrolyzed vegetable protein
- Textured vegetable protein
- Yeast extract

These ingredients ALWAYS contain MSG:

- Glutamic Acid (E 620)
- Glutamate (E 620)
- Monosodium Glutamate (E 621)
- Monopotassium Glutamate (E 622)
- Calcium Glutamate (E 623)
- Monoammonium Glutamate (E 624)
- Magnesium Glutamate (E 625)
- Natrium Glutamate
- Yeast Extract
- Anything "hydrolyzed" or "hydrolyzed protein" (Hydrolyzed Vegetable Protein)
- Calcium Caseinate
- Sodium Caseinate
- Yeast Food
- Yeast Nutrient
- Autolyzed Yeast
- Gelatin
- Textured Protein
- Soy Protein Isolate
- Whey Protein/Whey Protein Isolate
- Anything "protein"
- Ajinomoto
- Artificial flavor
- Anything that contains the words:
 - "Enzyme modified" or contains the word "enzyme"
 - "Fermented protein"
 - "Protein fortified"



These ingredients OFTEN contain MSG:

- Carrageenan
- Bouillon and broth
- Stock
- Any flavors or flavoring
- Natural Flavors/flavoring (Natural Beef, Pork, or Chicken Flavoring)
- Maltodextrin
- Citric acid, Citrate
- Anything ultra-pasteurized
- Barley malt
- Pectin
- Protease
- Anything enzyme modified
- Anything containing enzymes
- Malt extract
- Soy sauce
- Soy sauce extract
- Anything "protein fortified"
- Seasonings
- Malted barley
- Stock
- Bouillon

Other places it can be found:

- Gelcaps for vitamins or supplements - if made from animal gelatin or hydrolyzed vegetable protein
- Vitamins and medications that contain binders and fillers (be on the lookout for cornstarch, yeast, dextrose, and amino acids created from soy, yeast, and dairy)
- Toothpastes (those that contain carrageenan)
- Stevia (packets) - Stevia is a great sweetener on its own (look for pure stevia), but when it's packaged into packets it's mixed with maltodextrin, which may contain MSG
- Shampoos, cosmetics (hydrolyzed proteins are common)