



IT'S ALIMENTARY!

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Hidden Sources of Glutamate in Processed Foods

A. Additives that ALWAYS contain free glutamate:

- Monosodium glutamate**, glutamic acid, potassium glutamate
- Hydrolyzed protein**, hydrolyzed vegetable protein, hydrolyzed plant protein, hydrolyzed oat flour, hydrolyzed pea protein, hydrolyzed soy protein, etc. (**Soy protein** is about 20% free glutamate. Corn protein is about 25%.) A new pattern is to simply label the dried protein as "pea protein," which has been partly hydrolyzed and therefore necessarily contains some free glutamate.
- Wheat gluten** is about 40% free glutamate.
- Sodium **caseinate**; calcium **caseinate**. **Casein** is about 25% free glutamate.
Casein is common in products containing dried cheese, such as macaroni mix and cheese-flavored chips and crackers.
- Yeast** extract, autolyzed yeast, torula yeast
- Texturized** protein, texturized soy protein, texturized plant protein

B. Additives that FREQUENTLY contain Glutamate, or glutamate is created in processing:

Bouillon, Broth, Stock
Citric Acid
Carrageenan
Enzymes, Enzyme-modified
Flavors and Flavoring
Malt, Maltodextrin, Malt extract, malt flavoring, barley malt
Natural flavors or flavoring
Natural beef flavoring Natural chicken flavoring, natural pork flavoring
Pectin
Soy sauce
Soy protein, soy protein isolate, soy protein concentrate
Whey protein, whey protein isolates, whey protein concentrate

Disodium guanylate and disodium inosinate are expensive additives that assist the relatively inexpensive MSG. Their presence is a clue that the product may contain free MSG.

This information was compiled from the following sources:

<http://www.truthinlabeling.org/hiddensources.html>

<http://www.truthinlabeling.org/II.WhereIsMSG.html>

Russell Blaylock, MD, *Excitotoxins*, 1995.