

# MSG Found In Foods

## Other Names for MSG

Autolyzed yeast	Calcium caseinate	Gelatin
Glutamate	Glutamic acid	Hydrolyzed Oat Flour
Hydrolyzed Plant Protein	Hydrolyzed protein	Hydrolyzed Vegetable Protein
Monopotassium glutamate	Monosodium glutamate	Sodium caseinate
Sodium caseinate	Textured protein	Yeast extract
Yeast food		

## Ingredients that frequently contain MSG

Anything Enzyme modified	Anything Protein fortified	Anything Ultra-pasteurized
Barley malt	Bouillon	Broth
Carrageenan	Citric acid	Corn starch
Enzymes	Flavors & Flavorings	Malt extract
Malt flavoring	Maltodextrin	Natural beef flavoring
Natural chicken flavoring	Natural flavors and flavorings	Natural pork flavoring
Pectin	Powdered milk	Protease
Seasonings	Soy protein	Soy protein isolate
Soy sauce	Stock	Whey protein

## Foods that should be examined carefully for MSG

Beverages	Candy	Cheese
Chewing gum	Cigarettes	Cookies
Frozen meals	Ice cream	I.V. Materials
Medications	Packaged & restaurant soups	Reduced fat milk
Salad dressings	Supplements, particularly minerals	Vitamin enriched foods