

MSG can be disguised under many names in your food. Here is a list of ingredients that should be avoided if you want to eliminate MSG from your diet. The second list contains ingredients that may contain MSG.

Avoid

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| <ul style="list-style-type: none"> • Autolyzed Yeast • Calcium Caseinate • Glutamate • Glutamic Acid • Hydrolyzed corn gluten • Hydrolyzed Oat Flour • Hydrolyzed Plant Protein • Hydrolyzed Protein • Hydrolyzed Vegetable Protein | <ul style="list-style-type: none"> • Malt Extract • Malt Flavoring • Monopotassium Glutamate • Plant Protein Extract • Sodium Caseinate • Textured Protein • Yeast Extract • Yeast Food • Yeast Nutrient |
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Be Wary Of

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| <ul style="list-style-type: none"> • Anything Enzyme Modified • Anything Fermented • Anything Protein Fortified • Barley Malt • Bouillon • Broth • Carrageenan • Citric Acid • Enzymes • Gelatin • Maltodextrin • Natural Beef, Pork or Chicken Flavoring • Natural Flavoring • Pectin | <ul style="list-style-type: none"> • Protease • Protease Enzymes • Seasoning • Soy Milk • Soy Protein • Soy Protein Concentrate • Soy Protein Isolate • Soy Sauce • Soy, Sauce Extract, • Spices • Stock • Ultra-Pasteurized • Whey Protein • Whey Protein Concentrate |
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Resources:

[MSG Myth](#)
[Truth In Labeling](#)