

Hidden Names for Monosodium Glutamate (MSG)

Food **always** contains MSG when these words are on the label:

Autolyzed plant protein	Glutamic acid	MSG
Autolyzed yeast	Hydrolyzed plant protein	Sodium caseinate
Calcium caseinate	Hydrolyzed vegetable protein	Textured protein
Gelatin	Monopotassium glutamate	Yeast extract
Glutamate	Monosodium glutamate	Yeast food or nutrient

Foods made with the following products **often** contain MSG:

Annatto	Flavors, flavoring	Protein-fortified “anything”
Anything enriched or vitamin enriched	Flowing agents	Protein-fortified milk
Barley malt	Gums	Reaction flavors
Bouillon	Lipolyzed butter fat	Rice syrup or brown rice syrup
Broth	“Low” or “No Fat” items	Soy protein
Caramel flavoring (coloring)	Malt extract or flavoring	Soy protein isolate or concentrate
Carrageenan	Malted barley (flavor)	Soy sauce or extract
Citric acid (when processed from corn)	Maltodextrin	Spice
Cornstarch	Milk powder	Stock
Corn syrup and corn syrup solids*	Modified food starch	Ultra-pasteurized “anything”
Dough conditioners	Natural chicken, beef, or pork flavoring “seasoning”**	Wheat, rice, or oat protein
Dry milk solids	Pectin	Whey protein or whey
Enzyme modified “anything”	Protease	Whey protein isolate or concentrate
Fermented “anything”	Protease enzymes	Yeast nutrients

*Some companies use another process to make their products, saying it is MSG-free.

**Most assume this means salt, pepper, or spices and herbs, which it is sometimes.

http://www.msgmyth.com/hidden_names.html