

Hidden Monosodium Glutamate

In addition to making foods taste wonderful MSG is used by scientists to make laboratory animals fat for research purposes.

"Autolyzed yeast," "maltodextrin," "sodium caseinate," and "soy sauce" are the common or usual names of some ingredients that contain MSG. Unlike the ingredient called "monosodium glutamate," they give the consumer no clue that there is MSG in the ingredient.

One of the favorite ways of hiding MSG is to claim that there is "**no added MSG**" in a product. If MSG is *processed into* a product instead of being *poured into* a product, the label can state that there is "**no MSG added**" or "**no added MSG**," in the product, even though product contains MSG.

Remember: By FDA definition, all MSG is "naturally occurring." "Natural" doesn't mean "safe." "Natural" only means that the ingredient started out in nature.

These ALWAYS contain MSG

Glutamate	Glutamic acid	Gelatin
Monosodium glutamate	Calcium caseinate	Textured protein
Monopotassium glutamate	Sodium caseinate	Yeast nutrient
Yeast extract	Yeast food	Autolyzed yeast
Hydrolyzed protein (any protein that is hydrolyzed)	Hydrolyzed corn gluten	Natrium glutamate (natrium is Latin/German for sodium)

These OFTEN contain MSG or create MSG during processing

Carrageenan	Maltodextrin	Malt extract
Natural pork flavoring	Citric acid	Malt flavoring
Bouillon and Broth	Natural chicken flavoring	Soy protein isolate
Natural beef flavoring	Ultra-pasteurized	Soy sauce
Stock	Barley malt	Soy sauce extract
Whey protein concentrate	Pectin	Soy protein
Whey protein	Protease	Soy protein concentrate
Whey protein isolate	Protease enzymes	Anything protein fortified
Flavors(s) & Flavoring(s)	Anything enzyme modified	Anything fermented
Natural flavor(s) & flavoring(s)	Enzymes anything	Seasonings

<http://www.carbohydrateaddicts.com/msg.html>

[Truthinlabeling.org](http://truthinlabeling.org)

<http://www.springerlink.com/content/w74564467g564235/>

(example of glutamate induced obesity for research purposes)