

QUICK REFERENCE: Hidden Sources MSG

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 Latin/German for sodium)	

OFTEN contain MSG or CREATE it in 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
Soy Protein concentrate	Whey protein	Whey Protein Isolate
Natural flavor(s)	Protease	Protease Enzymes
Anything protein fortified	Anything enzyme modified	
Flavors(s) & Flavoring(s)	Anything fermented	
Enzymes anything	the word "Seasonings"	

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