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FOOD INGREDIENTS THAT CONTAIN MONOSODIUM GLUTAMATE

(MSG)

(MSG is also called “free glutamic acid”)

Autolyzed yeast
Carageenan
Cheese cultures
Chicken base
Chicken broth
Chicken stock
Corn starch
Disodium inosinate (works well with glutamic acid)
Disodium guanylate (works well with glutamic acid)
Enzymes
Enzyme modified cheese
Flavoring
High fructose corn syrup
Hydrolyzed pea protein
Hydrolyzed plant protein
Hydrolyzed protein
Hydrolyzed vegetable protein
Malt extract
Maltodextrin (could also be from grains)
Modified corn starch
Modified food starch
Natural flavors
Natural smoke flavor
Nonfat milk solids
Protein isolate
Sodium caseinate
Soy protein concentrate
Soy sauce
Wheat starch
Whey protein concentrate
Worcestershire sauce
Yeast extract

NOTE: The label may say “No MSG”, “MSG free” or “No MSG added”, but MSG arises during the processing of protein in food products.