Cannizzaro Integrative Pediatric Center

Hidden Sources of MSG

Glutamate manufacturers and the processed food industries are always on a quest to disguise MSG added to food. Below is a partial list of the most common names for disguised MSG. Also, the powerful excitotoxins aspartate and L-cysteine are frequently added to foods and, according to FDA rules, require no labeling at all.

Additives That Always Contain MSG

- Monosodium Glutamate
- Hydrolyzed Vegetable Protein
- Hydrolyzed Plant Protein
- Plant Protein Extract
- Sodium Caseinate
- Calcium Caseinate
- Yeast Extract
- Textured Protein
- Autolyzed Yeast
- Hydrolyzed Oat Flour

Additives That Frequently Contain MSG

- Malt Extract
- Malt Flavoring
- Bouillon
- Broth
- Stock
- Flavoring
- Natural Flavoring
- Natural Beef or Chicken Flavoring
- Seasoning