**Hidden Names for MSG**

Foods **ALWAYS** contain free glutamate when these words are on the label.

MSG Gelatin

Monosodium Glutamate Hydrolyzed Vegetable Protein (HVP)

Monopotassium Glutamate Hydrolyzed Plant Protein (HPP)

Glutamate Autolyzed Plant Protein

Glutamic Acid Sodium Caseinate

Vegetable Protein Extract Calcium Caseinate

Textured Protein Yeast Extract

Yeast Food or Nutrient Autolyzed Yeast

Foods made with the following products **OFTEN** contain free Glutamate

Malted Barley Protease Enzymes Milk Powder

Barley Malt Lecithin Dry Milk Solids

Malt Extract or Flavoring Amino Acids Spice

Maltodextrin Natural Flavors

Dextrose Reaction Flavors

Dextrates Soy Sauce

Caramel Flavoring/ Coloring Soy Protein

Stock Cornstarch

Broth Flowing Agents

Bouillon Wheat, Rice, Corn , Oat Protein

Carrageenan Anything Enriched or vitamin enriched

Whey protein or whey Modified Food Starch

Whey protein isolate or concentrate Rice Syrup

Pectic Low or no fat

Protease Corn Syrup, High Fructose Corn Syrup