

## *The Hidden Menace: MSG*

Monosodium glutamate (MSG) is located on the spice aisle of the local grocery store as a “seasoning”, and in virtually every processed, packaged food. Its purpose is to excite and swell the taste buds, thus enhancing the taste of processed foods which contain little natural flavor. It is known as a neurotoxin: a nerve poison in general and specifically to the hypothalamus gland, which is affected and perceives it must continue to send out hunger signals. This causes the body to crave more food and to store fat. Since glutamate is found naturally in our intestinal lining and brain, this synthetic version travels to these same sites and causes damage.

**Check your cupboards and the fridge. Will you find the following?**

Campbell's soup  
Hostess snacks  
Doritos

Lay's flavored potato chips  
Top ramen  
Betty Crocker

Hamburger Helper meals  
the list goes on and on...

Read labels and be aware. MSG has links to obesity. It is an addictive substance—**NICOTINE for FOOD!**

### *Food Additives That Frequently Contain Msg*

Malt extract  
Bouillon  
Stock

Natural flavors/flavoring  
Seasoning  
Malt flavoring

Broth  
Natural beef or chicken flavoring  
Spices

### *Food Additives That May Contain Msg*

Carrageenan  
Soy Protein Concentrate

Whey Protein Concentrate  
Enzymes

Soy Protein Isolate

### *Food Additives That Always Contain Msg*

Monosodium Glutamate  
Hydrolyzed Plant Protein  
Sodium Caseinate  
Yeast Extract

Autolyzed Yeast  
Corn Oil  
Hydrolyzed Vegetable Protein  
Plant Protein Extract

Calcium Caseinate  
Textured Protein (including TVP)  
Hydrolyzed Oat Flour

### *Aspartame—An Intense Source of Excitotoxins: Common Examples*

Diet soft drinks  
Sugar free gums  
Sugar free Kool Aid

Crystal Light  
Children's medications

Many “low calories” items  
Many sugar-free items