

## TAKE THIS LIST TO THE STORE WITH YOU...

### Specific Ingredients to Avoid:

- Hydrogenated and partially hydrogenated oils
- High-fructose corn syrup
- Soy
- Pasteurized or homogenized anything
- Artificial sweeteners (Splenda, aspartame, saccharin, etc.)
- MSG
- Preservatives and colorings

### 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	Sodium glutamate (sodium is Latin/German for sodium)

### These OFTEN contain MSG or create MSG during 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
Whey protein	Protease	Soy protein concentrate
Whey protein isolate	Protease enzymes	Anything protein fortified
Flavors(s) & Flavoring(s)	Anything enzyme modified	Anything fermented*
Natural flavor(s) & flavoring(s)	Enzymes anything*	Seasonings (the word "seasonings")

*\*Note: These are not the same as the enzymes that occur naturally in food created by God.*

This list has been compiled from various sources, but especially from the [Weston A. Price Foundation](http://www.truthinlabeling.org/hiddenources.html) and <http://www.truthinlabeling.org/hiddenources.html>.