

CHEAT SHEET

MSG

MSG is known to enhance flavour and intensify the savoury taste of bland foods. It has the effect of balancing and rounding out flavours and has been used in its isolated form as a food additive since 1948.

WHAT FOODS CONTAIN MSG?

MSG is used in foods to stimulate our taste buds and make them taste better! For this reason, you will often find MSG in fast foods and processed foods such as canned soup, cheap sausages, highly flavoured snack biscuits, and packaged convenience food.

Chinese food has a reputation to contain MSG and experiencing negative symptoms from consuming MSG has been known as 'Chinese Restaurant Symptom.' Avoid this by ordering in your Chinese from a reputable source.

IS MSG SAFE TO EAT?

MSG is generally accepted as being best avoided. It has been known to cause symptoms in some people such as headaches, stomach pains, irritability, rashes, and heart palpitations.

Children may be even more vulnerable to the effects of MSG with many cases being documented of children experiencing mood and behavioural changes and attention deficit issues when MSG-containing foods are consumed.

HOW CAN WE AVOID MSG?

In Australia, it is required that foods containing MSG are labelled, however, it is not always as simple as checking what's written on the packet! Although MSG is being phased out because of its bad reputation, other flavour enhancers are still being used. There are a number of different names for MSG such as maltodextrin, yeast extract, and hydrolysed vegetable oil.

This [podcast episode](#) gives lots of information about the effects of MSG and how we can avoid it, as does [this article](#)