

One More Good Reason to Avoid Processed Dairy: it Shockingly Contains Hidden MSG

(NaturalNews – Zach C. Miller) The risks of flavor enhancing food additive MSG (monosodium glutamate) are well known to many *NaturalNews* readers. MSG should be avoided, considering the fact that it is a dangerous excitotoxin that kills brain cells in the hypothalamus, promotes obesity and liver disease, and is linked to seizures, migraines, ADD/ADHD and heart palpitations. Unfortunately, MSG is hidden in many foods and products, which makes it difficult to avoid even for informed buyers. MSG is difficult to locate on ingredient labels because it goes by names other than “monosodium glutamate.” Worse still, it is shockingly hidden in foods you would never expect, such as dairy products.

Hidden MSG in dairy products

Unfortunately, the pasteurization process used in conventional dairy products actually creates free glutamic acid (MSG). The heat of pasteurization breaks down milk protein which results in the creation of free glutamic acid. This creation of MSG can occur from anything that breaks down protein in a food or product. This effect is exacerbated in “ultra-pasteurized” products due to even higher temperatures. And as you might expect, you’ll see no mention of MSG or free glutamic acid on the ingredient label. Any of the these dairy products may contain MSG: fat-free milk, powdered milk, “ultra-pasteurized” anything, cottage cheese, reduced fat milk, cream or half and half, ice cream, cream cheese and yogurt. In other words, almost all conventional dairy products are suspect. And if you

think you're safe as long as you buy organic dairy, think again; even organic may contain MSG.

Foods and consumer products that potentially contain hidden MSG

In addition to being hidden in conventional pasteurized dairy, MSG is unfortunately and shockingly hidden in tons of products one would never expect. Some products and food containing hidden [MSG](#) are:

- processed foods
- dietary supplements
- cosmetics
- personal care products
- pharmaceuticals
- pet and animal food and feed
- conventional produce wax
- pesticides and herbicides
- fertilizers and plant growth enhancers
- soaps, shampoo, hair conditioners
- cosmetics
- protein powders, shakes, drinks and bars
- restaurant food (even when claimed to be MSG-free)
- beverages
- candy
- chewing gum
- infant formulas, foods
- kosher food

MSG by any other name

MSG is found in many food ingredient additives. You can scan your favorite foods for these to find out if you're unwittingly and unknowingly eating MSG. These are hidden sources of MSG which lurk in dozens of [food](#) products:

autolyzed yeast extract
hydrolyzed corn gluten
hydrolyzed pea protein
textured protein
autolyzed plant protein
yeast extract
calcium caseinate
sodium caseinate
protein fortified anything
enzyme modified anything
gelatin
disodium inosinate
disodium guanylate
xanthum gum
natural flavor
barley malt
malt extract
maltodextrin
carrageenan
soy **protein** isolate
soy protein concentrate
whey protein isolate
whey protein concentrate
protease enzymes
citric acid.

As you can see, MSG shockingly hides almost everywhere and in everything. However, it is better to be informed about this dangerous neurotoxin than not be so that you can reduce your exposure and intake of it.

Sources for this article include:

<http://www.truthinlabeling.org/II.WhereIsMSG.html>

<http://www.rense.com/general92/hidename.html>

<http://philosophers-stone.co.uk>