

The Real Food Recipeless CookBook: The Secret to Eating without MSG

“If u can't grow it pick it or kill it - don't eat it.

Alex, Facebook, July 2012

You'll find them in the library. Dusty books from days when people consumed food without chemicals. Books like Julia Child's *Mastering the Art of French Cooking* (1961) and the Revised and Enlarged Edition of *The New Settlement Cook Book* (1954). Newer paper backs for health-conscious yuppies with names like “Lonely Planet.” Books full of recipes for preparing MSG-free food. Problem? Yes! For today, only some of the ingredients in these recipes, not all of the ingredients in these recipes, will be MSG-free. Today, some ingredients will contain MSG, and you won't have a clue to which do and which don't – until you pick up *The Real Food Recipeless CookBook*.

Want to cut back on the amount of MSG you're ingesting? But not necessarily eliminate all MSG from your diet? Then you'll want to carefully *review* the names of ingredients in which MSG is hidden (Table 2) – to become better informed. But you'll want to *eliminate* the ingredients listed in Table 1.

Want to eliminate all MSG from your diet? Then you need to read it all.

Do you care about avoiding MSG? We think you should, but that doesn't mean you do. Just remember that while this may be more about MSG than you think you want to know, it will be a life-line for others. And it wouldn't hurt to pass it on to family and friends who may be more sensitive, or more health-conscious, than you. Finally, give some thought to vegetarians that you know. MSG presents a special challenge for people on vegetarian diets.

You can do it. Yes you can. Even the most sensitive can. Jack did it this way.

A nutritious breakfast

Fresh squeezed orange juice

Onion omelet

Seed bread

Honey or jam

An OK lunch

Leftover (frozen after first cooking) turkey on seed bread with lettuce and tomato.

Home made brownies

A delicious dinner

Pork roast (salt and garlic)

Baked sweet potatoes

Steamed broccoli

Lettuce and spinach salad (using extra virgin first pressing olive oil as dressing)

Raw cucumbers, carrots, celery, and tomato

Seed bread

Apple sauce

Fresh fruit salad

Or

Vegetable lasagna

Lettuce and spinach salad (using extra virgin first pressing olive oil as dressing)

Baked apple

The secret to success in avoiding MSG lies in avoiding processed food, buying fresh, and knowing your supplier. Understanding how to do this is what the Real Food Recipeless CookBook is all about.

Using the Real Food Recipeless CookBook: Being Practical

Avoiding MSG is a strictly personal matter. If you use milk in any recipe, does your milk have to be whole milk, milk without vitamin fortification, and milk that has not been pasteurized or ultrapasteurized? Mine does, because I can tolerate exactly no MSG.

The problem in following recipes comes from not knowing which ingredients contain MSG or produce MSG during processing. The CookBook will make that clear. We'll give you names of ingredients to watch out for and tell you where you're most likely to find them. Then we'll give you practice recipes-- recipes for practicing your detective skills. In the end, you should be able to identify MSG in food, drink, dietary supplements, pharmaceuticals and cosmetic; and come away with at least a handful of recipes that are MSG-free.

A little history

The glutamate industry has been producing an ingredient called monosodium glutamate for over 100 years. Monosodium glutamate was first extracted from seaweed, and later extracted from non-sea weed sources. In 1956, the Japanese succeeded in producing glutamic acid by means of fermentation; and after considerable research to identify suitable strains of microorganisms for starting the cultures that were needed, large-scale production of glutamic acid and monosodium glutamate through fermentation began.^{1,2,3} In this fermentation process, bacteria (some, if not all of which are genetically modified)⁴ are grown aerobically in a liquid nutrient medium. These bacteria have the ability to synthesize glutamic acid outside of their cell membranes and excrete it for collection.⁵

In 1968 reactions to monosodium glutamate were reported in the *New England Journal of Medicine*. It was not understood at the time, but today we know that the ingredient in monosodium glutamate that caused those reactions was the man-made **glutamic acid produced as a result of processing** when monosodium glutamate was manufactured. In or about 1988, it became apparent that any man-made glutamic acid could cause MSG reactions. That's why we refer to all man-made glutamic acid as MSG.

A little food science – Things you need to know if you want to avoid MSG

MSG can be produced in more than one way. But regardless of how it is produced, MSG causes adverse reactions in MSG-sensitive people.

Following are two tables. In Table 1 you will find the names of ingredients that usually contain enough MSG to trigger reactions in moderately sensitive people. The list is designed for people who want to eliminate some MSG but not necessarily all MSG; or people who want to begin eliminating MSG one step at a time.

Table 2 contains names of many of the common ingredients that contain MSG or create MSG while a food item is being manufactured. One or more of these ingredients will be found in almost all processed foods, and in many dietary supplements, pharmaceuticals, and cosmetics.

Table 1: Names of ingredients that usually contain enough MSG to trigger reactions in moderately sensitive people.

Glutamate Glutamic acid	Autolyzed anything Hydrolyzed anything	anything Protein anything Flavoring	Carrageenan
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The information that follows is designed to help you avoid *all* MSG.

Table 2: Names of common ingredients that contain processed free glutamic acid (MSG)¹ or create MSG during processing

Names of ingredients that always contain processed free glutamic acid:	Names of ingredients that often contain or produce processed free glutamic acid during processing:	The following are ingredients suspected of containing or creating sufficient processed free glutamic acid to serve as MSG-reaction triggers in HIGHLY SENSITIVE people:
<p>Glutamic acid (E 620)² Glutamate (E 620) Monosodium glutamate (E 621) Monopotassium glutamate (E 622) Calcium glutamate (E 623) Monoammonium glutamate (E 624) Magnesium glutamate (E 625) Natrium glutamate Anything “hydrolyzed” Any “hydrolyzed protein” Calcium caseinate, Sodium caseinate Yeast extract Yeast food, Yeast nutrient Autolyzed yeast Gelatin Textured protein Whey protein Whey protein concentrate Whey protein isolate Soy protein Soy protein concentrate Soy protein isolate Anything “protein” Anything “protein fortified” Soy sauce Soy sauce extract Protease Anything “enzyme modified” Anything containing “enzymes” Anything “fermented” Vetsin Ajinomoto Umami</p>	<p>Carrageenan (E 407) Bouillon and broth Stock Any “flavors” or “flavoring” Maltodextrin Citric acid, Citrate (E 330) Anything “ultra-pasteurized” Barley malt Pectin (E 440) Malt extract Seasonings</p>	<p>Corn starch Corn syrup Modified food starch Lipolyzed butter fat Dextrose Rice syrup Brown rice syrup Milk powder Reduced fat milk (skim; 1%; 2%) most things “low fat” or “no fat” anything “enriched” anything “vitamin enriched” anything “pasteurized” Annatto Vinegar Balsamic vinegar</p> <p>Amino acid chelate</p> <p>Citrate, aspartate, and glutamate used as chelating agents with mineral supplements.</p>
<p>(1) Glutamic acid found in unadulterated protein does not cause adverse reactions. To cause adverse reactions, the glutamic acid must have been processed/manufactured or come from protein that has been fermented.</p>		
<p>(2) E numbers are use in Europe in place of food additive names.</p>		

Ingredients that contain MSG are relatively easy to identify, because manufacturers are required to list most ingredients. But manufacturers are not required to provide information about product processing, so the MSG created when glutamic acid is freed from protein during food processing is more difficult to detect. MSG will be produced when:

- 1) Ingredients are subjected to high heat as they would be in ultrapasteurization for example;
- 2) Ingredients are subjected to slow cooking over an extended period of time;
- 3) Acids or enzymes are used as ingredients;⁶
- 4) Acids or enzymes present in one or more ingredients interact with protein-containing ingredients;
- 5) Protein-containing ingredients become fermented; or
- 6) Carbohydrates are subject to processing with the small amounts of protein generally found in carbohydrate products not carefully eliminated. For example, citric acid made from corn will contain MSG.

If you are evaluating a recipe for MSG-content, you would be smart to check out any ingredient that might have been made using one of these six methods – i.e., any ingredient that has been processed/manufactured.

Home-made MSG

Manufacturers produce MSG in food and chemical plants, but you don't have to have a license to produce MSG. Cook your chicken soup long and slow to bring out its best flavor, and chances are you will free enough glutamic acid from the protein of the chicken to cause an MSG reaction in a highly sensitive person. A crock pot is designed for slow cooking. Crock pot cooking is a potential source for creating MSG.

It can't be said too often. You don't have to have a license to produce MSG. Every cook knows that if you leave leftovers forever in your refrigerator they will begin to spoil. "Spoil" in this sense means that leftovers will start to break down – to decay, so to speak – and if there is protein in the spoiling food, glutamic acid will be generated. Don't lose sight of the fact that glutamic acid released or produced from protein causes adverse reactions. Don't ignore the fact that MSG can be "manufactured" in your own kitchen.

A diamond is forever –
not the turkey

Also consider that there may be ingredients in your kitchen that will break down protein once they find it. Ingredients that give rise to bakery goods such as yeast and sourdough starter come immediately to mind. Acids found in tomatoes, vinegar, and lemons will release glutamic acid from protein in meat, fish, and poultry.

Knowing the names of ingredients isn't enough

Knowing the names of ingredients, and being savvy about MSG produced during processing will get you off to a good start. But for the ultimate in protection from MSG you need to get up

close and personal with your butcher, baker, and produce manager; and you need to learn and use kinesiology.

It's not so much that you want to get to know these people personally. You want them to know you. Do you need some canned beans without MSG in it? Ask your grocer to help you find some. Does your store carry the kind of milk that you are looking for? No? Then ask the store manager to get it for you. If the answer is "no," you've lost nothing, but they've lost a customer. If the answer is "ok", you've started a dialog, and there's one more person who is beginning to learn something about sensitivity to MSG.

Kinesiology as used here is a simple arm test to demonstrate which factors in the environment – specific foods, drugs, even music – strengthen or weaken an individual. To test your muscle strength, stand with your arm outstretched, palm down, while your partner pushes down quickly and firmly on your wrist, attempting to force your arm to your side. In most cases you will be able to resist the push. To test a food for sensitivity, hold a small amount of the food in your right hand while your partner repeats the arm test on your left arm. If your arm remains as strong as before, this food "agrees" with your body. But if your arm is weaker, you may be sensitive to this food.⁷ You'll find more about kinesiology on the web page of the Truth in Labeling Campaign: www.truthinlabeling.org/kinesiologypactice.htm.

Helpful hints

Places: Memorizing lists of ingredient names isn't fun for anyone. So a little help with identifying the trouble spots is in order.

First look to places where MSG is used to replace flavor lost when low fat, no fat ingredients are used. Milk and products made from milk are, therefore, very likely to contain MSG. Yogurt, cream, sour cream, ice cream, butter, cream cheese, cottage cheese, and every other sort of cheese are vulnerable.

It's a rare cheese that is free of MSG. The very process of making cheese generally calls for enzymes. In addition, milk used to start the cheese culture may have been pasteurized or ultra pasteurized or may contain powdered milk which itself contains MSG. Raw milk cheese produced in Europe using rennet appears to cause fewer MSG reactions than other cheeses.

MSG is often used as a cost-saving device, substituting less expensive MSG-containing ingredients for more expensive whole food. Soups, salad dressings, and sauces of all kinds are mine fields for hidden MSG.

Flavor enhancing ingredients are popular hiding places for MSG. Sauces like A-1, soy sauce, Worcestershire sauce, and Bragg's Liquid Aminos; condiments like mustard and catsup; and seasoned salts are examples.

Products made with wheat are often enriched in one way or another. In the United States, malted barley flour (which contains MSG) is often added to wheat flour when the wheat harvested is found to be less than satisfactory and the harvested wheat needs a boost. But it has become

standard practice to list malted barley flour as an ingredient in the wheat flour ingredient list whether malted barley flour is present or not (making tracing an MSG reaction to ingestion of wheat almost impossible). In addition to containing malted barley flour, wheat products are often vitamin or mineral enriched with binders or fillers that contain MSG.

Yeast in almost any form contains and/or will create MSG during processing. Autolyzed yeast and yeast extract are often used as flavor enhancers, and contain relatively great amounts of MSG.

Don't overlook your health-food stores for MSG-containing products. The word "protein" is a dead giveaway for "contains MSG." There are no ingredients called "protein." Proteins are part of every cell, tissue, and organ in our bodies. Protein is not an ingredient, it is a constituent of an ingredient. (Chicken **contains** protein.) To find out how much protein there is in a product, you must refer to the nutritional label if there is one, not the ingredient list. If you see "soy protein," "pea protein," or any other "... protein" on an ingredient label, you have been told that an array of amino acids has been manufactured and used in that ingredient. One of those amino acids will be processed (manufactured) free glutamic acid (MSG).

Textured protein and textured vegetable protein are names of ingredients that contain MSG.

Substitutes for protein are generally nothing more than amino acid stews that contain manufactured glutamic acid (MSG), manufactured aspartic acid, and manufactured L-cysteine. These protein substitutes include protein drinks, hypoallergenic infant formula, enteral care products, and tube feeding products. Boost and Ensure are names of two products that come immediately to mind. These products may not be listed as ingredients in any recipe, but they are used as substitutes for real food.

Vitamins and minerals are often used to enrich food products. The vitamins and minerals in and of themselves may or may not contain MSG, but the binders, fillers, and chelating agents used with vitamins and minerals almost always contain MSG.

Dietary supplements will often be delivered as tablets or capsules. Tablets will contain binders and fillers which ordinarily contain starch or maltodextrin which contain MSG. Capsules are ordinarily gelatin capsules. Gelatin, by virtue of the way in which it is manufactured, contains MSG. Vegetarian gelatin capsules are no exception.

Places you might never dream of looking for MSG:

PACKAGING: On occasion you may run into packaging that breaks down the protein in the product being packaged, thus producing MSG. Cryovac is one such form of packaging.

PESTICIDE PRODUCTS: Auxigro, Hydrolyzed Chicken Feathers, and Hydrolyzed Fish Protein are fertilizers that contain MSG. (The last two have been approved for use on organic produce.)

FRUIT WAX: Waxes used on non-organic produce often contain MSG.

POLISHING AGENTS: White rice may cause an MSG-reaction in a highly sensitive person while brown rice doesn't. Some of the agents used to polish rice contain MSG.

BINDING AGENTS: The agent that causes salt to stick to the nuts, popcorn, or whatever, may contain MSG.

FLOWING AGENTS: Whatever it is that keeps salt loose in its box or bottle may contain MSG.

LABELS THAT SAY NO MSG ADDED: Products that claim "No MSG added" or "No added MSG" on labels or in advertising may be hiding places for MSG. Read the small print that may say "except for" and check the lists of ingredients.

ORGANIC PRODUCTS: A number of MSG-containing ingredients have been approved for use in products labeled "organic." MSG that is produced using "organic" ingredients is just as toxic as MSG produced from non-organic sources. The fact that a plant or animal meets or does not meet the standards of the National Organic Standards Board has no relevance to its capacity for producing MSG.

Reactions to MSG

MSG-sensitive people report reactions ranging from simple skin rash to severe depression and life-threatening physical conditions. Two or more reactions occurring together, or one following another, are not uncommon. The amount of MSG ingested may play a role in the severity and specific nature of a reaction. The intensity or severity of a reaction also appears to be affected by alcohol ingestion and/or exercise just prior to, or immediately following MSG ingestion, and some women report variations in their reactions at different times in their menstrual cycles.

Diagnosis of MSG sensitivity is extremely difficult.

- None of the symptoms of MSG-toxicity are caused exclusively by MSG. Most, if not all, could be caused by various physical conditions as well as by other food additives.
- Some people eat MSG and react immediately. Some react as late as 48 hours after ingesting MSG. Of help in diagnosis is the fact that for any one person, the time between eating MSG and reacting to it is generally the same each time they react.
- Reactions are dose related. Some people can not tolerate even the smallest amount of MSG. Others tolerate single small amounts, but react to MSG when they ingest a gram or more in any one meal. Others can ingest five grams or more, without evidencing a reaction. Canned soups analyzed some time ago, each contained about .6 grams MSG per serving. Five grams or more MSG can, at times, be found in a single meal.
- The adverse effects of MSG ingestion may be cumulative. People have reported eating products containing small amounts of MSG once a week without experiencing reactions,

while having reactions when those same products were consumed two or three days in a row.

- MSG is very often hidden in food. Hiding MSG makes recognition of MSG so complex and confusing that people who are sensitive to MSG have a great deal of difficulty pinpointing their sensitivities. If a person reacted after eating something known to contain MSG, he might suspect that MSG was the culprit. But if that person had the same reaction after eating something that contained MSG, but did not disclose that fact on the label, he would very likely question his original suspicion. Until all sources of MSG are easily identifiable, evaluation of possible MSG reactions will be difficult.

- Difficulty in diagnosing MSG-sensitivity is compounded by the industry practice of illegally advertising "No MSG," "No MSG Added," or "No Added MSG" on labels when products do contain MSG.

- Difficulty in diagnosing MSG-sensitivity is also compounded by use of fertilizers, pesticides, pesticides, and plant "growth enhancers" that contain MSG and leave MSG residue in or on crops when they are brought to market.

- Diagnostic tools generally available to physicians are limited to a procedure called "challenge." In a physician's office, an appropriate dose (or doses) of MSG would be given to the patient, and provision would have to be made for both restricting the patient's contact with other potential reaction triggers and observing reactions delayed by as much as 48 hours.

As an alternative, physician and patient working together may be able to identify, or rule out, MSG as a reaction trigger through analysis of a patient food diary. Restricting intake to totally unprocessed food and drink for three weeks, then reintroducing items, one at a time, may help identify offending sources of MSG.

Red flags: Warning words such as "vitamin enriched," used to promote products, will be found outside of ingredient lists. Words that flag the presence of MSG in this way are listed in Table 3.

Table 3: Words that flag the presence of MSG

There are ingredients that work synergistically with MSG to enhance flavor. If they are present for flavoring, so is MSG.

Disodium 5'-guanylate (E 627)
Disodium 5'-inosinate (E 631)
Disodium 5'-ribonucleotides (E 635)

Certain claims made on packaging or advertising suggest that MSG is present:

Enriched
Fortified
Protein enriched or Protein fortified
Basted
Infused

“Disodium guanylate” and “disodium inosinate” are relatively expensive flavor potentiators that work synergistically with relatively inexpensive MSG. They wouldn’t be used if MSG wasn’t present.

From New Zealand: Friends in New Zealand have a list of hidden sources that, in part, group ingredients by product type.⁸ We’ve included a link to it here because we think some people will find it helpful.

How natural is that flavor? Ingredients that contain hidden MSG
[http://euphory.com/ingredients-that-contain-hidden-msg./](http://euphory.com/ingredients-that-contain-hidden-msg/)

Beyond MSG

If you are sensitive to MSG, chances are good that you are also sensitive to the aspartic acid in aspartame, equal, AminoSweet, Neotame, and any other ingredient names used by manufacturers to hide the original aspartame product. You might also react to the neurotoxic L-cysteine used in dough conditioners.

Dealing with industry

We think it’s fair to say that those in the glutamate industry know that MSG causes brain damage, obesity, reproductive disorders and adverse reactions. The scientific literature is clear on that subject^{9,10,11,12,13}. In response, the glutamate industry has evolved a whole industry dedicated to producing “Clean Labels,” labels for foods that contain MSG but give no clue to its presence. Those who are interested in discussing this issue with retailers and/or manufacturers who claim that their products do not contain MSG may find the following information relevant -- www.truthinlabeling.org/WholeFoodsMarket.htm.

A word to those willing to help others

New ingredients are invented every day, and new names are assigned to them. There's no way the consumer can stay a step ahead of the glutamate industry's "clean labels." But if you share the names of MSG-containing ingredients that you find, we might be able to keep up with them.

And now for your workbook

We have identified an excellent source of MSG free recipes: Debby Anglesey's *Battling the MSG Myth*, "dedicated to help combat the devastating effects of glutamate toxicity and to allow victims to reclaim their health." First copyrighted in 1997 when Debby, personally, could tolerate some MSG-containing products, the book has evolved into a resource for all MSG-sensitive people. Debby has generously granted us permission to use her recipes as illustrations in the Real Food Recipeless Cookbook.

The Real Food Recipeless CookBook Worksheet

Recipes from *Battling the MSG Myth*

Generously donated by Debby Anglesey (e-mail: avenger@msgmyth.com)

This worksheet has been designed to serve the **needs** of the very most sensitive MSG-sensitive people, and provide information for all others. It is up to every individual to decide whether to try to avoid all MSG or some MSG. Please use this worksheet to serve your own purposes.

ASSUMPTIONS: made regarding all recipes

All produce used will be free of waxes other than organic waxes and free of fertilizers and pesticides that contain MSG.

All fish, meat, and poultry will be unadulterated: minimally process if processed at all, without additives of any kind (phosphates, basting material, flavorings, or enrichment, for example).

The purity of every ingredient listed in a recipe will have been checked before using. Every ingredient. That includes packaged herbs and spices.

No ingredient will be used that has had a chance to ferment.

LEGEND: Brackets () contain our comments, and are not part of the original recipes

(a) Tomatoes, citrus fruits, and vinegar are acids that will work to break down protein during cooking/processing, and thus create MSG. Think about that when you are using these ingredients in recipes.

(Bp) Baking powder contains cream of tartar, an acid that reacts with baking soda to act as a leavening agent.

(m) Milk: Should be unpasteurized, without enrichment or fortification

(mp) Milk products: Should be made using unpasteurized milk, without enrichment or fortification

(o) Oil: Should be extra virgin, first cold pressing, pure olive oil

(p) Pasta: Some pasta will contain MSG

(r) Rice: Should be brown organic rice without enrichment or additives.

(s) Salt: Should be without flowing agents

(su) Sugar: Some brands of sugar may contain MSG

(v) Vinegar: None will be MSG-free

(wf) Wheat flour: Should be ground from organic berries, with no malted barley, malted barley flour or other additives. With no enrichment or enhancement.

(y) Yeast: Is rarely, if ever, MSG-free.

SAMPLE RECIPES

Freezer Tomato Sauce p 146

4 large onions, chopped
4 cloves garlic, minced
24 ripe tomatoes -10 lbs (a)
2 bell peppers, seeded and chopped
1 tablespoon salt (s)
1 teaspoon pepper
5 to 6 stalks celery. Chopped (optional)
1 teaspoon paprika
2 teaspoons dry basil
1 teaspoon dry oregano
1 cup sugar (su)

Bring to boil. Simmer until desired thickness and freeze in 2 cup portions. Tomatoes may be pureed and strained in cloth lined strainer over bowl in refrigerator overnight to thicken and reduce boiling time. (Caution for the extremely sensitive: Exposing ingredients to heat/cooking over an extended period of time will promote the production of MSG.)

Flash Frozen Fruit p 145

Clean whole berries, cherries, and other small fruit. Pit and halve apricots or cut larger fruit into quarters. Line cookie sheets with wax paper and place fruit on pan in single layer. Deeper pans may be used and fruit may be layered between sheets of wax paper. Place in freezer and when solid, peel from paper and place in gallon or quart size freezer bags (if you do not object to freezing food in plastic). Label. This is wonderful when only a small amount of fruit is needed since individual pieces remain separate in bag. Whole tomatoes may be frozen the same way.

Creole Casserole--A wonderful dish for left-over vegetable, beans, rice, and pasta. p 155

Process into small pieces or chop the following:

1 large onion
3 cloves garlic
1 green pepper
1 medium zucchini
2 stalks of celery diced
½ small head of cabbage – optional

Sauté the above in 3 tablespoons of oil (o)

Add 2 teaspoons ground pasilla pepper or 2 teaspoons chili powder, a dash of cayenne pepper, 1 teaspoon salt (s), 2 teaspoons sugar(su), ½ teaspoon dry basil, and dash of pepper. Stir and cook until tender.

Add 1 cup cooked rice (r), 2 cups cooked pasta(p), and 1 cup cooked brans.
One cup cooked leftover meat -- chicken or sulfite free shrimp are good -- (leftovers frozen so as not to ferment) may be added.

Add 2 cups of water and simmer 15 minutes on low heat

Add 2 cups diced tomatoes(a). Taste and season. Simmer 1 minute longer. Just before serving pour 1 cup heavy cream(mp) into Creole. Stir gently and serve. For lower calorie version, omit cream and add milk(m). Add more cayenne pepper, if desired.

My Green Goddess Dressing p 142

Place in blender or processor:

1 avocado cut into chunks

Juice of ½ lemon (fresh) (a)

1 clove garlic

¼ teaspoon salt (s)

Pepper

½ cup olive oil (o)

¼ teaspoon thyme, dry

½ teaspoon dill, dry

½ to 1 teaspoon sugar (su)

Process until smooth. While processing, add 1/3 cup milk (m). More may be added if too thick. Add more salt (s) to taste.

Fresh Pasta Sauce p 165

6 to 8 tomatoes, chopped (a)

2 tablespoons dry basil or 1/3 cup fresh

¼ teaspoon dry oregano

3 large cloves garlic

Dash red pepper flakes

2 teaspoons sugar (su)

½ teaspoon salt (s)

¼ teaspoon black pepper

4 tablespoons olive oil (o)

1 cup grated mozzarella-optional (mp)

Process half of the tomatoes with basil if fresh and garlic and mix with remaining ingredients. Of if processor is not available, finely mince the garlic and chop the basil. Then add to ingredients.

Let set at room temperature for 2 hours. Boil 1 lb. Rigatoni or penne pasta (MSG-free). Do not rinse. Drain and toss with sauce and chee (mp). Sauce may be heated slightly but no cooked and then added to pasta if desired.

My Seasoning Salt p 220

1 cup salt (s)

2 teaspoons black pepper (may increase)

1 tablespoon garlic granules or powder

2 teaspoons onion granules or powder

1 tablespoon sweet paprika
1 teaspoon cayenne pepper
½ teaspoon thyme
1 teaspoon pasilla pepper powder or chili powder
½ teaspoon lemon peel granules (optional) (a)

Mix and add to meat, soups, stews, hamburgers, salad dressings, and marinades.
(Triple this recipe and store it in a large shaker bottle.)

Krista's braised pork chops with pears p 180

2 to 4 pork loin chops (1" cut is good)
Flour (wf)
Salt (s)
Pepper
2 to 4 fresh pears
Butter (mp):
2 tablespoons for 2 chops
4 tablespoons for 4 chops

Peel, halve, and poach pears gently in water to cover with 1 tablespoon sugar per pear for 10 to 15 minutes.

Lightly dust chops with flour. Shake off excess. Sprinkle both sides with salt and pepper. Melt butter in large skillet, add 2 tablespoons pear juice and swirl to mix. Brown chops over medium-high, for 1 ½ minutes on each side. Gently arrange pears around chops in skillet. Pour remaining juice over all. Cover and cook over medium heat for 30 minutes. Great served with green beans and baked potatoes, or sweet potatoes.

Chicken breasts may be substituted.

Polish sausage p 181

2 lbs. ground pork
½ teaspoon pepper
½ teaspoon marjoram
1 tablespoon salt (s)
1 clove garlic, minced

Mix together with hands. Shape into patties and sauté or grill until well done. Serve with onions or plain.

Italian Sausage p 181

2 lbs. Ground pork
2 teaspoons salt (s)
½ teaspoon black pepper
1 tablespoon fennel seed
¼ teaspoon red pepper flakes
¼ teaspoon garlic powder or 1 clove garlic minced (optional)

1 teaspoon dry parsley (optional)

Mix well. Best to refrigerate 1 hour to blend flavors, but this is optional. Shape into patties or hotdog shapes and sauté or grill until well done. May be frozen in patty shapes on cookie sheet, then packaged in freezer containers.

Crackly roast Chicken p 177

2 small chickens or 1 large (4 to 6 lbs.)
Kosher salt or sea salt (s)
3 cloves garlic halved
Juice of 1 large lemon or 2 small limes (a)
Black pepper

Pre-heat oven to 425°. Wash chickens well and pat dry. Sprinkle each chicken liberally with the coarse salt. Rub 3 garlic halves cut side down over each chicken and place inside chickens. Sprinkle lemon juice evenly over chickens. Sprinkle with a little more salt and the pepper. For a spicier flavor sprinkle each with 1/2 teaspoon chili powder. Roast in oven for 1 hour and 15 minutes. Do not open oven. Chicken is done when juices run clear when pierced with knife.

Herb Fish Bake p 178

1 lb. Fresh fish fillets
1 lemon, sliced thin or a small orange (a)
1 tomato, sliced thin (optional) (a)
¼ teaspoon thyme, dry
¼ teaspoon dill, dry
¼ teaspoon basil, dry

Place fish in baking dish. Sprinkle with herbs, then layer with lemon slices and tomato slices. Drizzle with 1 tablespoon olive oil. Bake at 425° for 10 minutes or until fish is white and flakes. Season with salt(s) and pepper and serve.

Spaghetti Sauce for Freezing p 147

40 fresh tomatoes, diced or pureed (s)
4-5 cloves garlic, minced
1/3 cup sugar (may add more or less to taste) (su)
1 tablespoon salt (s)
½ teaspoon red pepper flakes (optional)
2 teaspoons chili powder
3 tablespoons dry parsley
3 tablespoons dry basil
1 ½ teaspoons dry oregano
2 onions, chopped
2 green peppers, chopped
1 Anaheim pepper, chopped (optional)

Sauté onions, peppers, and garlic in ¼ cup olive oil. Place in large pot with tomatoes, herbs, and spices. Simmer 20 minutes. Taste and adjust seasonings (Debby adds a little sugar). Ladle into freezer containers or jars, leaving 2” head space in jars, 1” in plastic. Freeze up to 6 months.

REMINDERS

Low fat and no fat milk products often contain milk solids that contain MSG and many dairy products contain carrageenan, guar gum, and/or locust bean gum. Low fat and no fat versions of ice cream and cheese may not be as obvious as yogurt, milk, cream, cream cheese, cottage cheese, etc., but they are not exceptions.

Protein powders contain glutamic acid, which, invariably, will be processed free glutamic acid (MSG). Individual amino acids are not always listed on labels of protein powders.

At present there is an FDA requirement to include the protein source when listing hydrolyzed protein products on labels of processed foods. Examples are hydrolyzed soy protein, hydrolyzed wheat protein, hydrolyzed pea protein, hydrolyzed whey protein, hydrolyzed, corn protein. If a tomato, for example, were whole, it would be identified as a tomato. Calling an ingredient tomato protein indicates that the tomato has been hydrolyzed, at least in part, and that processed free glutamic acid (MSG) is present.

Disodium guanylate and disodium inosinate are relatively expensive food additives that work synergistically with inexpensive MSG. Their use suggests that the product has MSG in it. They would probably not be used as food additives if there were no MSG present.

MSG reactions have been reported from soaps, shampoos, hair conditioners, and cosmetics, where MSG is hidden in ingredients with names that include the words "hydrolyzed," "amino acids," and/or "protein." Most sun block creams and insect repellents also contain MSG.

Drinks, candy, and chewing gum are potential sources of hidden MSG and/or aspartame, neotame, and AminoSweet (the new name for aspartame). Aspartic acid, found in neotame, aspartame (NutraSweet), and AminoSweet, ordinarily causes MSG type reactions in MSG sensitive people. (It would appear that calling aspartame "AminoSweet" is industry's method of choice for hiding aspartame.) We have not seen Neotame used widely in the United States.

Aspartame will be found in some medications, including children's medications. For questions about the ingredients in pharmaceuticals, check with your pharmacist and/or read the product inserts for the names of “other” or “inert” ingredients.

Binders and fillers for medications, nutrients, and supplements, both prescription and non-prescription, enteral feeding materials, and some fluids administered intravenously in hospitals, may contain MSG.

According to the manufacturer, Varivax–Merck chicken pox vaccine (Varicella Virus Live), contains L-monosodium glutamate and hydrolyzed gelatin, both of which contain processed free glutamic acid (MSG) which causes brain lesions in young laboratory animals, and causes endocrine disturbances like OBESITY and REPRODUCTIVE disorders later in life. It would appear that most, if not all, live virus vaccines contain some ingredient(s) that contains MSG.

Reactions to MSG are dose related, i.e., some people react to even very small amounts. MSG-induced reactions may occur immediately after ingestion or after as much as 48 hours. The time lapse between

ingestion and reaction is typically the same each time for a particular individual who ingests an amount of MSG that exceeds his or her individual tolerance level.

Remember: By food industry definition, all MSG is "naturally occurring." "Natural" doesn't mean "safe." "Natural" only means that the ingredient started out in nature, like arsenic and hydrochloric acid.

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