If MSG is so bad for you, why doesn't everyone in Asia have a headache?

- So you think you don't eat MSG? Think again...

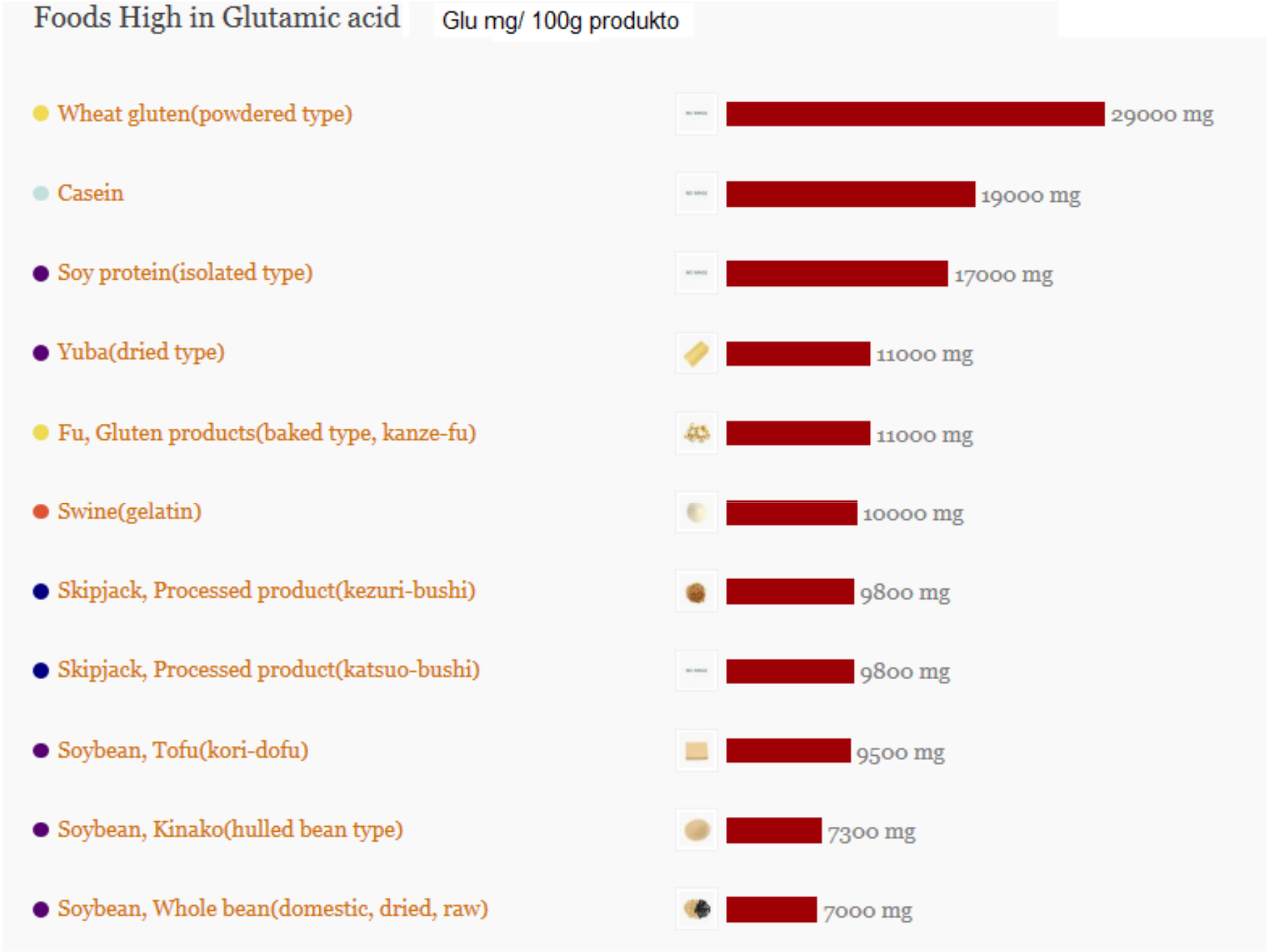
Free·glutamate·content·of·foods·(mg·per·100g)¶

roquefort·cheese·1280↵
parmesan·cheese·1200↵
soy·sauce·1090↵
walnuts·658↵
fresh·tomato·juice·260↵
grape·juice·258↵
peas·200↵
mushrooms·180↵
broccoli·176↵
tomatoes·140↵

oysters·137↵
corn·130↵
potatoes·102↵
chicken·44↵
mackerel·36↵
beef·33↵
eggs·23↵
human·milk·22¶

The·following·may·also·contain·MSG
natural·beef·or·chicken·
hydrolyzed·milk·or·plant·protein↵
textured·protein↵
seasonings↵
soy·sauce↵
bouillon↵
broth↵

MSG was classified by the U.S. Food and Drug Administration as generally recognized as safe (GRAS) and by the European Union as a Food additive



http://wholefoodcatalog.info/nutrient/glutamicacid/foods/high/

FREE GLUTAMATE FROM FOOD per 100g

Parmesan 1680mg

Scallop 140mg

Mushrooms 42mg

Corn 106mg

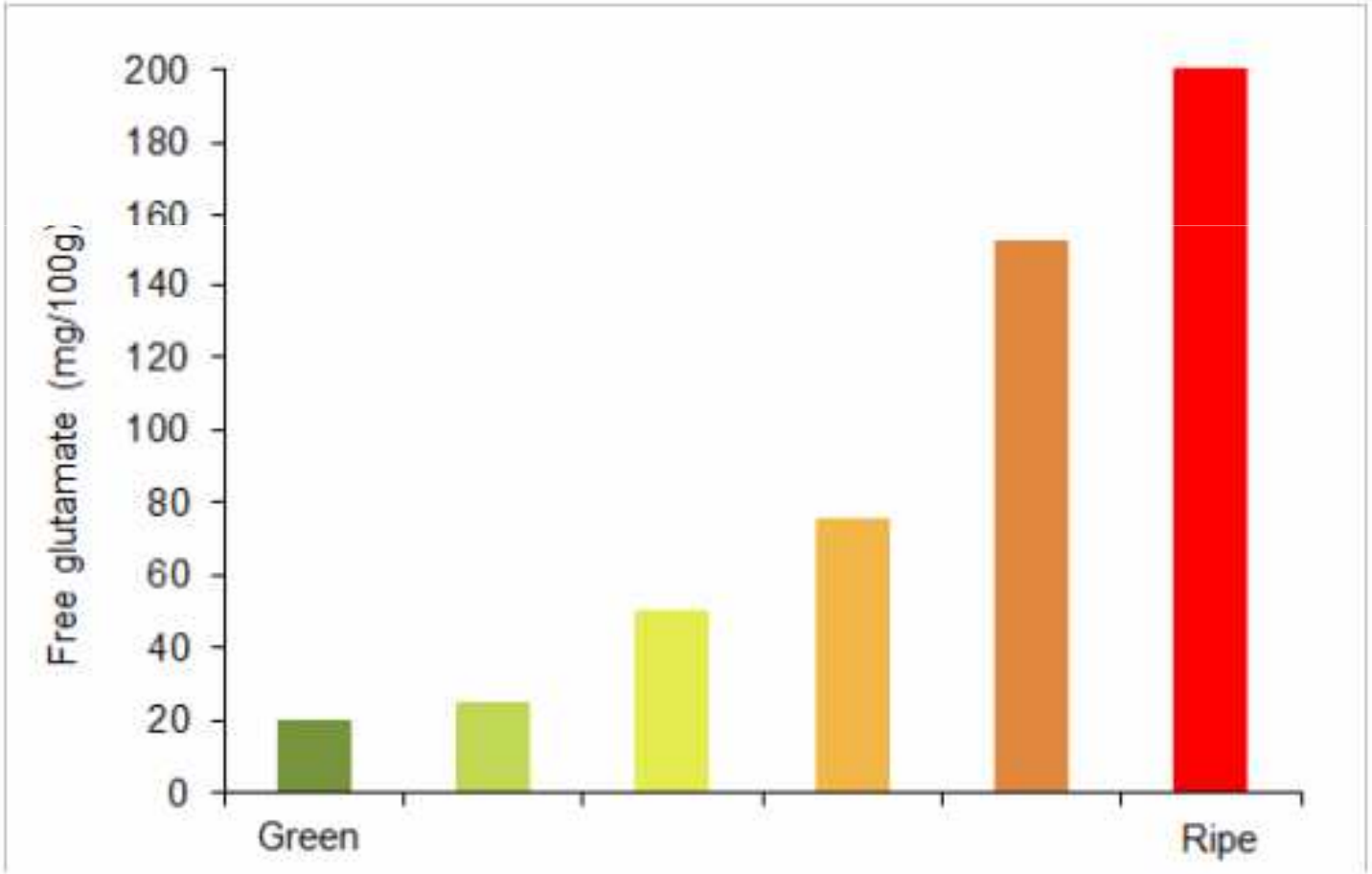
"Foods often chosen for their distinctive flavour"

Chicken 22mg

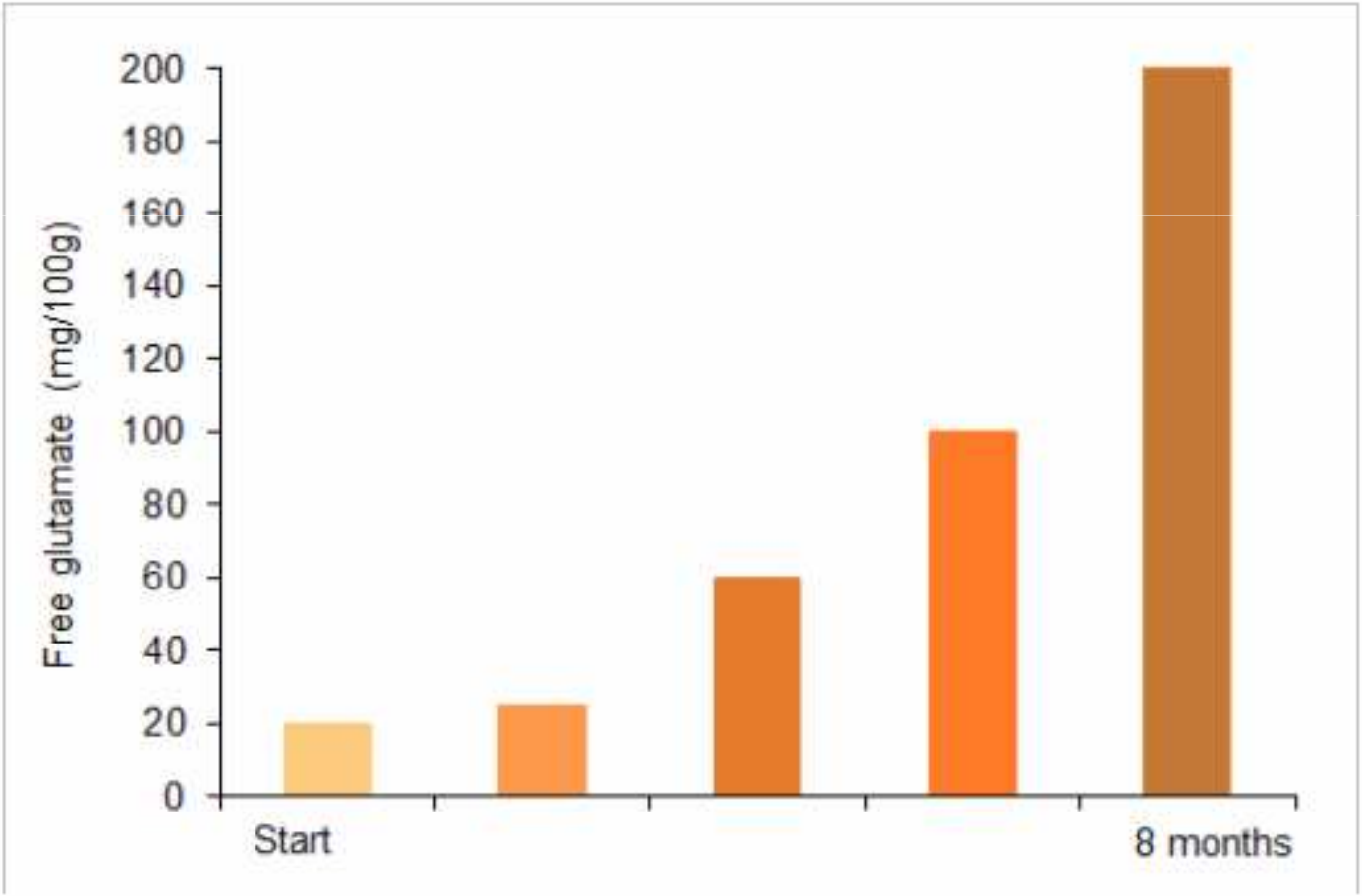
Beef 10mg

Tomato 246mg

Experience tells us that when vegetables are in season their taste and flavor are in perfect balance. As they ripen, the level of many taste components, including free amino acids, increases. Free glutamate levels, in particular, reach a peak when the umami taste is optimal. As green tomatoes ripen to rich red, the level of free glutamate increases ten-fold.

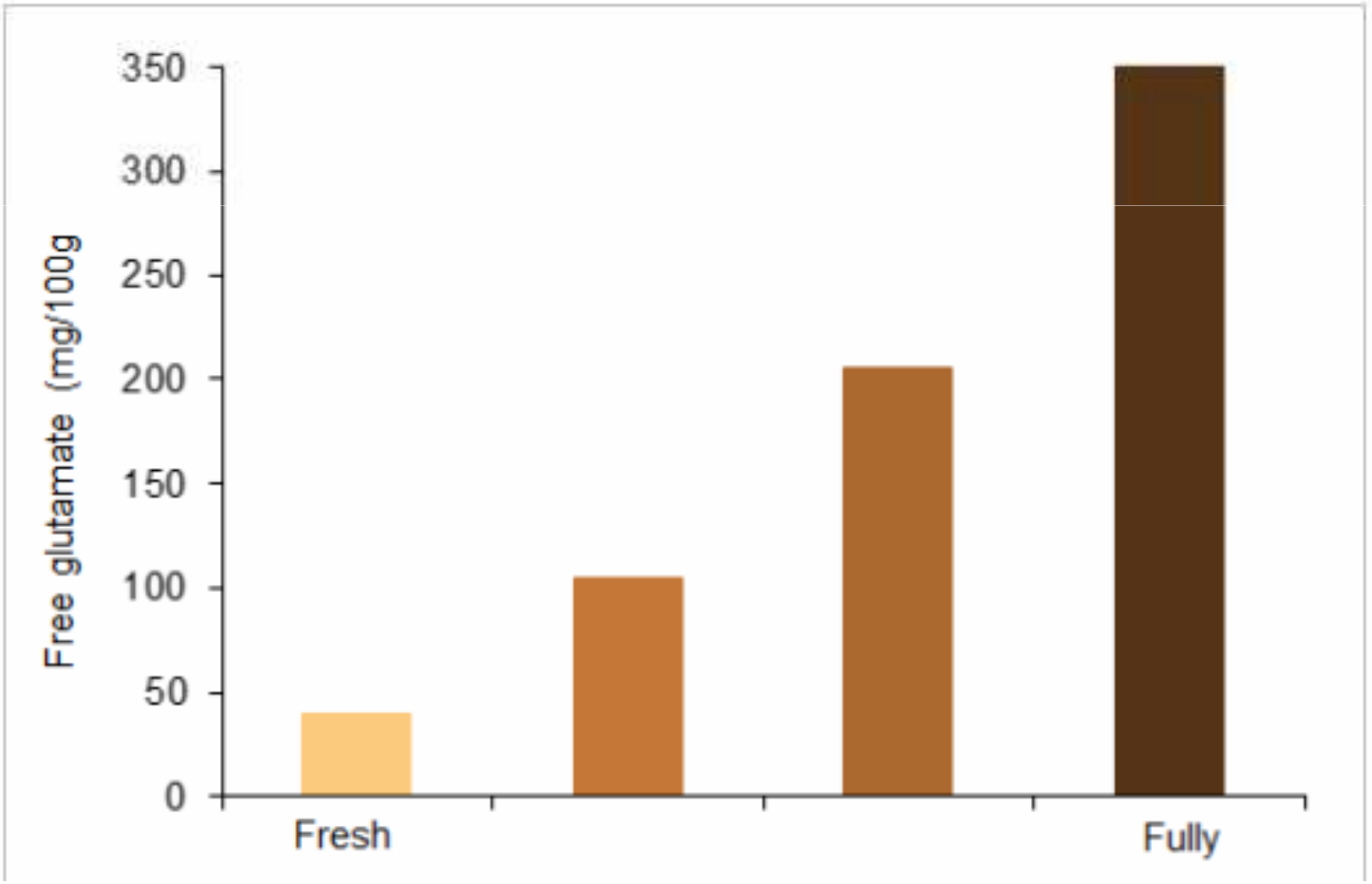


The taste of cheese becomes stronger and develops character as it ripens. During maturation the proteins in the cheese are broken down, eventually to free amino acids. In strong, mature cheeses, free glutamate dominates delivering a powerful umami taste.



Curing

The different processes undertaken during curing meat or fish result in the breakdown of some of the protein, therefore releasing amino acids. So curing not only preserves the food but also enhances umami.



Free Glutamate in Mother's Milk	Mg/100 Grams
Humans	21.6
Chimpanzees	38.9
Rhesus monkeys	4.6
Cows	1.9
Sheep	1.4
Mice	2.2