

Excitotoxins *To Avoid*



Especially Check Ingredients of the Following:

BABY FOODS (unfortunately excitotoxins are in most baby foods), CHILDREN'S SNACK FOODS (even health food brands), CANDIES, CHEWING GUMS, FROZEN MEALS, SOUPS, BROTHS, BOUILLON, SNACK FOODS (chips, crackers, etc.), SAUCES

List of Excitotoxic Ingredients to Avoid:

- AMINO SWEET
Another name for Aspartame
- ASPARTIC ACID
- ASPARTATE
- AUTOLYZED YEAST
- BARLEY MALT
- CALCIUM CASEINATE
- CARRAGEENAN
- CASEINATE
- CITRIC ACID
- CORN STARCH
- CORN SYRUP
- DEXTROSE
- DISODIUM GUANYLATE
- DISODIUM INOSINATE
- DOUGH CONDITIONERS
- ENZYME MODIFIED
- GELLAN GUM
- GLUTAMATE
- GLUTAMIC ACID
- GUAR GUM
- FLAVORS & FLAVORINGS
- HYDROLYZED CORN GLUTEN
- HYDROLYZED GELATIN
- HYDROLYZED PROTEIN
- HYDROLYZED OAT FLOUR
- HYDROLYZED ANYTHING
- L-MONOSODIUM GLUTAMATE
- LOCUST BEAN GUM
- MALT EXTRACT
- MALT FLAVORING
- MALTODEXTRIN
- MODIFIED FOOD STARCH
- MSG
- NATURAL BEEF FLAVORING
- NATURAL CHICKEN FLAVORING
- NATURAL FLAVOR(S)*
- NATURAL PORK FLAVORING
- PECTIN
- PLANT PROTEIN EXTRACT
- MONOSODIUM GLUTAMATE
- MONOPOTASSIUM GLUTAMATE
- NATRIUM GLUTAMATE
Latin for sodium
- PECTIN
- PROTEIN FORTIFIED
- PROTEASE
- PROTEASE ENZYMES
- SEASONINGS
- SMOKE FLAVORING(S)
- SODIUM CASEINATE
- SPICE
- TARA GUM
- TEXTURED PROTEIN
- ULTRA-PASTEURIZED
- VITAMIN ENRICHED
- YEAST NUTRIENT
- YEAST EXTRACT
- YEAST FOOD
- XANTHAN GUM

*NATURAL FLAVOR(S) are a proprietary blend of altered plant and animal sourced ingredients modified to mimic flavors

Foods with High Levels of Glutamate:

- BRAGG'S LIQUID AMINOS
- CORN PROTEIN
- DAIRY CASEIN
- GELATIN
- HYDROLYZED COLLAGEN
- MILK POWDERS
- MILK SOLIDS
- PEA PROTEIN
- PARMESAN CHEESE
- PROCESSED CHEESE
- REDUCED FAT MILK
- SKIM MILK
- SOY PROTEIN
- SOY PROTEIN CONCENTRATE
- SOY PROTEIN ISOLATE
- SOY SAUCE
- SOY SAUCE EXTRACT
- WHEAT GLUTEN
- WHEAT PROTEIN
- WHEY PROTEIN
- WHEY PROTEIN CONCENTRATE
- WHEY PROTEIN ISOLATE
- LOW FAT YOGURTS
Eat organic whole milk yogurts, not low fat or no fat