



Eliminating excitotoxins -- The joy of cooking

Eliminating excitotoxins -- The joy of cooking

Avoiding all MSG is going to be pretty gruesome until producers start leaving it out on their own. Learning to cook is really the only way to guarantee the least amount of processing possible and consciously reducing MSG intake is the best we can do right now. Buying and eating more selectively should start to change the nutritional landscape over time.

Until then, whole, fresh foods, the more organically raised the better, are currently recommended alternatives to processed foods. Gathered from various Web sites (including www.truthinlabeling.org) a preliminary group of foods that MSG-sensitive people use is listed below:

- Organic fresh and frozen fruits and vegetables
- Naturally raised meats -- unprocessed except in your kitchen
- Nonenriched (or homemade) rice milk, homemade almond milk, or homemade hazelnut milk
- Wheat flour without malted barley in it, such as Arrowhead Mills All- Purpose Flour
- Canned tuna (not for pregnant or nursing mothers because of typically high mercury content) with only water or olive oil and salt
- Olive oil, fresh-squeezed lemon juice and salt as a salad dressing
- Lightly cooked (not heavily boiled and denatured) homemade pasta sauces made from fresh vegetables
- Shrimp without sulfites added (many MSG-sensitive people are also sulfite sensitive)
- "Raw" organic milk (many low fat milk products have MSG)
- Organic butter with only cream and salt in it
- Soft cheeses such as fresh mozzarella made with rennet, not aged
- Imported Italian pasta
- Black olives (read labels)
- Almonds -- with nothing added
- Fresh eggs
- Cooking oil -- hazelnut, grape seed, canola, sunflower, almond, avocado, sesame, etc., with nothing added
- Brown rice -- with nothing added
- "Seasonings" such as fresh ginger, rosemary and oregano

