

## Monosodium Glutamate (MSG)

*Monosodium glutamate (MSG) is a food additive that enhances the flavor of a food. It is commonly added to Chinese food, canned vegetables, soups and processed meats.*



The Food and Drug Administration (FDA) has stated that MSG is safe and found no evidence that it causes long-term health problems, however the FDA admitted that some people could have short-term reactions to MSG such as:

- Headaches
- Flushing
- Sweating
- Facial pressure or tightness
- Numbness, tingling or burning in the face, neck and other areas
- Rapid, fluttering heartbeats (heart palpitations)
- Chest pain
- Nausea
- Weakness

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The only way to prevent a reaction is to avoid foods containing MSG. Always read the ingredients list and look for “**monosodium glutamate**” if you are concerned about its potential effects.

<http://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/expert-answers/monosodium-glutamate/faq-20058196>