

129 ways to add MSG (and claim 'no added MSG' to fool consumers).

one word: 10 ways

620
621
622
623
624
625
Flavour*
HPP
HVP
Yeast* (not baker's yeast)

two words: 36 ways

Ammonium glutamate
BBQ flavour
Calcium glutamate
Cheese powder
Corn protein*
Flavour (gluten)
Glutamic acid
Hydrolysed casein
Hydrolysed corn
Hydrolysed maize
Hydrolysed protein
Hydrolysed rice
Hydrolysed soy
Hydrolysed vegetable
Hydrolysed wheat
Hydrolysed yeast
Kelp extract
Magnesium glutamate
Maize protein*
Miso powder
Monoammonium glutamate
Monopotassium glutamate
Monosodium glutamate
Natural flavour*
Nutritional yeast
Plant protein*
Potassium glutamate
Rice protein*
Savoury yeast
Soy protein*
Soy sauce
Umami flavour
Vegetable extract
Vegetable protein*
Wheat protein*
Yeast extract

three words: 63 ways

Autolysed yeast extract
Natural flavour soy
Nutritional yeast extract
Savoury yeast flakes
Soy sauce powder
Vegetable extract (maize)

Vegetable extract (soy)
Vegetable extract (wheat)
Yeast extract powder

plus any combination of the words below in groups of 3:

Autolysed
Hydrolysed
Lyophilised

Casein
Corn
Maize
Plant
Rice
Soy
Vegetable
Wheat
Yeast

Extract
Protein

four words: 20 ways

Dehydrated vegetable seasoning (corn)
Dehydrated vegetable seasoning (maize)
Dehydrated vegetable seasoning (rice)
Dehydrated vegetable seasoning (soy)
Dehydrated vegetable seasoning (wheat)

Flavour natural (contains corn)
Flavour natural (contains maize)
Flavour natural (contains rice)
Flavour natural (contains soy)
Flavour natural (contains wheat)

Plant protein extract (corn)
Plant protein extract (maize)
Plant protein extract (rice)
Plant protein extract (soy)
Plant protein extract (wheat)

Vegetable protein extract (corn)
Vegetable protein extract (maize)
Vegetable protein extract (rice)
Vegetable protein extract (soy)
Vegetable protein extract (wheat)

The list above comprises all legally regulated sources of glutamate, and all known ways in which free glutamates are currently or might be added in Australia and New Zealand, including several (*) which are clearly intended to mislead (eg natural flavour) but are in use by the food industry. In some cases, the presence of MSG-boosters 627, 631 or 635 on the ingredients label were taken as evidence that some other ingredient (eg soy protein) was in a form upon which the boosters could act.

Nearly all proteins contain bound glutamic acid but it is unlikely to affect people unless glutamates are liberated by chemical or enzymic action to produce free glutamates.