

## Food Intolerance to Glutamate – Foods to **AVOID**

Vegetables	Fruit	Legumes, Soy	Dairy
Broccoli, Broccolini, Chinese Broccoli (Gai lan) Corn, as well as Corn flour, Corn meal, Corn bread, Polenta, Grits, Corn pasta, Corn flakes, Corn chips, and Popcorn ( <i>Corn starch is okay</i> ) Some leafy greens – Beetroot, Collard, Grape Leaves (Vineleaf), Purslane (Portulaca), Swiss Chard (Silverbeet) Mushrooms, Truffles Peas Seaweed (Nori) Spinach – baby, English, Chinese (kangkong) Tomato – fresh, canned, dried, juice, purée, paste, sauce  Fermented: Sauerkraut, Kimchi, Quorn products Pickled: Cucumbers (gherkins, pickles), Olives, Onions Vegetable juice, stock, soup	Grapes Plums Prunes Raisins, Golden Raisins (Sultanas) Hibiscus (Rosella flower)  Grape jelly, jam, spread, syrup Grape flavored sweets  Fruit Juice Flavored Water Wine  Fermented: Kombucha	Baked Beans (canned in sauce) Bean mixes with sauces  Flavored or Smoked Tofu Tempeh Textured Vegetable Protein (TVP)  Fermented: Soy Sauce, Miso, Tamari	Brie Camembert Parmesan Pecorino (Romano)

Meat, Poultry, Fish	Grains	Condiments	Additives
Processed Meat products – corned, dried, honey, jerky, seasoned, smoked Bologna Chicken Nuggets Pâté Salami Sausages  Gravy, Gravy Master  Bone Broth Stocks – Meat, Chicken, Fish Bouillon Cubes, Powder  Meat Paste, Fish Paste, Shrimp Paste Fish Sauce, Oyster Sauce	Gluten-containing bread, cookies, cakes, and pastries  Gluten-containing bread, cookie, cake, and pancake mixes  Any gluten-free or gluten-containing bread, cereal, pasta, baking mix, or other product containing corn, grape, olives, prunes, raisins, tomato, soy sauce  Flavored Seitan	Balsamic Vinegar BBQ Sauce Ketchup Mustard (prepared) Pesto (with Parmesan) Salad Dressing (commercial) Sweet & Sour Sauce Tabasco Teriyaki Worcestershire  Chutney, Relish Meat and Yeast spreads (e.g, Marmite, Vegemite)	Monosodium Glutamate (MSG E621) Glutamic Acid (E620), Glutamate (E622-625) Carrageenan (E407)  Yeast Extract, Hydrolyzed Yeast, Autolyzed Yeast Torula Yeast, Nutritional Yeast Bakers Yeast - fresh, dried Brewers Yeast  Hydrolyzed Vegetable Protein Protein Isolate Soy Extracts  Disodium Guanylate (E 627) Disodium Inosinate (E 631) Sodium-5-Ribonucleotide (E 635)