

| Item | Foods Allowed | Foods Not Allowed |
|--------------------------------|---|---|
| Vegetables | <ul style="list-style-type: none"> All fresh, frozen and canned vegetables and their juice (except those listed under 'Foods Not Allowed') | <ul style="list-style-type: none"> Canned vegetables and juices if containing MSG* (see notes) Commercially prepared vegetables with sauce or flavouring Mushrooms Tomatoes, tomato juice Frozen vegetables if ingredients indicate MSG |
| Fruit | <ul style="list-style-type: none"> All pure fresh, frozen and canned fruit and their juice (except those listed in 'Foods Not Allowed') | <ul style="list-style-type: none"> Flavoured fruit dishes Fruit drinks and cocktails Grapes, grape juice |
| Salads | <ul style="list-style-type: none"> All salads, except those listed under 'Foods Not Allowed' | <ul style="list-style-type: none"> Salads containing ingredients containing MSG* Salads containing tomatoes or mushrooms |
| Grain Products | <ul style="list-style-type: none"> Homemade baked goods, cereals, pasta dishes with allowed ingredients Plain grains, flours Bread, buns (except sourdough) Pita, pizza Breakfast cereals without flavouring such as- Corn Flakes®, oats and oatmeal, plain cream of wheat, puffed rice and wheat, Shredded Wheat®, Shredded wheat cereal, Shreddies Plain crackers without flavouring Plain pasta, rice, baked potatoes | <ul style="list-style-type: none"> Sourdough bread and buns Canned, frozen, dried commercial pasta dishes Flavoured crackers, pasta, bread, baking mixes, croutons, stuffing, meat coating mix Coloured and flavoured cereals Flavoured oatmeal and hot cereal |
| Milk & Alternatives | <ul style="list-style-type: none"> Plain milk, buttermilk, cream Plain cheese, cottage cheese, ricotta, sour cream Plain yogurt | <ul style="list-style-type: none"> Flavoured milk* Flavoured and smoked cheese, cheese slices, cheese foods* Parmesan cheese, Roquefort cheese Flavoured yogurt* |
| Meat & Alternatives | <ul style="list-style-type: none"> Unprocessed, fresh or frozen meat, poultry, fish Fish canned in water or oil with or without added salt Homemade sausages* | <ul style="list-style-type: none"> Canned meat, poultry, fish except in water, oil and/or salt Cured and smoked meats, processed meats with spices, seasonings* |

| Item | Foods Allowed | Foods Not Allowed |
|------------------------------|---|--|
| | <ul style="list-style-type: none"> • MSG-free processed meats • Plain eggs • Plain legumes • Natural peanut butter • Plain nuts and seeds | <ul style="list-style-type: none"> • Eggs, legumes, nuts prepared with foods or ingredients not allowed |
| Soups | <ul style="list-style-type: none"> • Homemade meat, poultry, vegetable soups with allowed ingredients | <ul style="list-style-type: none"> • Commercial, dried, bouillon soup bases |
| Oils & Fats | <ul style="list-style-type: none"> • Plain salted or unsalted butter, cream • Gravy (homemade) made with allowed ingredients • Homemade salad dressing • Lard, meat drippings, shortening • Pure vegetable oils | <ul style="list-style-type: none"> • Seasoned butters • Commercial dips spreads • Commercially prepared salad dressing • Prepared gravies made with MSG • All others prepared with foods not allowed |
| Desserts & Sweets | <ul style="list-style-type: none"> • Pure vanilla ice cream, sherbet • Homemade desserts, with allowed ingredients • Pure jams, jellies, corn syrup, maple syrup, honey, molasses, cocoa | <ul style="list-style-type: none"> • Ice cream except pure vanilla • Artificial flavoured or coloured sweeteners, jams, jellies, icing, candies, drink mixes, cake decorations |
| Fluids | <ul style="list-style-type: none"> • Tea, herbal tea, coffee • Club soda, mineral water, fruit juice, homemade orangeade, limeade and lemonade | <ul style="list-style-type: none"> • Wine, beer, alcohol (Don't contain MSG, but alcoholic beverages increase rate and severity of onset of symptoms, if taken at same time as foods with MSG) • Grape juice • Tomato juice |
| Miscellaneous | <ul style="list-style-type: none"> • Fresh, frozen, dried herbs or spices • Salt and pepper • Mustard from mustard powder • Pure soy sauce without MSG • Tabasco sauce ® • Distilled plain white vinegar • Plain artificial sweeteners | <ul style="list-style-type: none"> • Herb or spice mixes and seasoning packages • Most relishes and condiments • Soy sauce containing MSG |

***Notes:**

- Read label to make sure.
- Avoid any food that lists “MSG” or monosodium glutamate on the food label.
- Hydrolysed vegetable protein (HVP), hydrolysed plant protein (HPP) hydrolyzed soy protein (HSP) or autolyzed yeast extracts on a product label indicates the presence of MSG. The hydrolysis (breaking down) of a protein releases glutamate and therefore the hydrolysis product (HVP: HPP: HSP) will contain MSG or glutamate.
- Seasoning mixtures, prepared, processed, and canned foods may contain MSG as a flavour-enhancing additive.

- Individuals may be sensitive to foods that are naturally high sources of free glutamates (tomatoes, tomato juice, grapes, grape juice, other fruit juices, parmesan cheese, Roquefort cheese, and mushrooms).

References:

- Dietitians of Canada - Practice Based Evidence in Nutrition (PEN), "Monosodium Glutamate (MSG) Restricted Diet", 2012
- Government of Canada – Health Canada, "Monosodium Glutamate (MSG) – Questions and Answers", 2008