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Get Fit. **Life Tip.** What is MSG?

Monosodium glutamate aka MSG, is a sodium salt of glutamic acid that is often added to foods to enhance flavors. MSG was most commonly found in East Asian food, but over the years it is frequently used in everyday processed foods. MSG is just one of the many forms of glutamic acid and each combination has a different name on the ingredient labels of foods, such as artificial flavorings, autolyzed yeast, maltodextrin, and sodium caseinate.

Foods that often contain added MSG:

- ~ Canned, frozen, dried prepared food
- ~ Seasoning mixtures
- ~ Jerky products
- ~ Processed meats
- ~ Most things from fast food restaurants
- ~ Soup
- ~ Flavored chips

MSG is a naturally occurring non-essential amino acid found in foods like cheese, tomatoes, oysters, clams and soy sauce. The FDA recognizes MSG to be generally safe when eaten at customary levels, but it is always best read the ingredients and know what you are eating. Some studies have shown that long-term use of MSG may lead to health problems such as diabetes, headaches, nausea and obesity.

When deciding what to eat, always try to avoid high sodium and processed foods. If you must splurge be aware of what you are eating, and if possible ask for food that is low sodium and without MSG.

Learn more about Get Fit with Bill Witte at www.bwittegetfit.com

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