

**UPDATE ON MONOSODIUM GLUTAMATE (MSG): MENACE ?
SALUBRIOUS ? OR JUST GOOD TASTE ?**

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MSG - Menace, Salubrious, Good taste? Monosodium glutamate is one the most well studied flavouring ingredients in our food supply and yet the use of MSG as a food additive remains controversial. MSG is accused of causing a wide variety of adverse effects, ranging from headaches to the obesity epidemic. Is MSG really a Menace? The extensive toxicology and recent gastrointestinal metabolic studies that have been conducted to answer this question will be discussed in detail, with the aim of illustrating the source of confusion regarding MSG safety. Or is MSG a Salubrious compound (i.e. good for health)? Studies on the impact of MSG on failure to thrive syndrome in weanling pigs, the association of MSG on health status of elderly humans, and the effect of MSG on satiety provide convincing evidence that the answer is yes, for some conditions. Or is MSG really only about Good taste? The role of MSG in the umami taste is well established. The content of glutamic acid of many foods is much greater than amounts in MSG used as a food additive. Recent studies demonstrate that the content of glutamic acid in foods, including human breast milk, plays a critical role in the palatability, acceptance and use of the foods around the world.

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