

## The Food Jungle - Chips; Plain is Best

**Big selection:**  
**plain [no MSG],**  
**seasoned,**  
**and**  
**flavor**  
**enhanced**  
**with MSG.**



- Doritos
  - Cheetos
  - Lays
  - Sun Chips
  - Ruffles
  - Others
- [Wikipedia](#)

# Rebound Health

**Fix Your Body  
and be  
healthy as possible**

[Rebound Diet Guide](#)

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Without prejudice.**

### Plain Chips Do Not Have MSG

**The Flavor Enhancer: MSG**  
**- Mono Sodium Glutamate**

**Some effects of MSG:**

**Weight gain,  
attention deficit,  
hyperactivity,  
headache,  
poor sleep,  
food allergies  
loss of memory  
asthma symptoms.**

**Some names of MSG:**

**hydrolysed protein,  
Soy  
vegetable oil,  
E620 glutamic acid,  
E621 mono sodium glutamate,  
E622 mono potassium glutamate,  
E623 calcium diglutamate,  
E624 mono ammonium glutamate,  
E625 magnesium diglutamate,  
E626 to E641 [Click Here](#) (not glutamates)**

## **Health concerns about MSG.**

**Glutamic Acid (flavor)**, MSG is Mono Sodium Glutamate. It is a very effective food tenderizer as it's enzymes digest proteins. It concentrates in our brains as a nerve stimulant. The stimulation of nerves enhances flavor sensations by partially digesting the nerve. The digestion of nerves by MSG promotes dementia and memory loss along with many other diseases.

The FDA states that MSG is safe for most people when "eaten at customary levels". However people claim to suffer from Migraine Headaches, food allergies in children, Obesity, Hyperactivity in children, and worsening of Asthmatic Symptoms.

### **Films:**

**[The truth about MSG Monosodium Gutamate Clinical Nutrition](#)**

**[Alex Jones: Food, The Biggest Secret](#)**

**[Food, Inc. Trailer](#)**

**[The World According to Monsanto Part 1 of 10.](#)**

**The Canada Food Inspection Agency considers  
claims of "no MSG" or "MSG free"  
to be misleading and deceptive  
when other sources of free glutamates are present.**

### **4.3.3 No M.S.G. Claims**

Claims pertaining to the absence or non-addition of monosodium glutamate such as "contains no M.S.G.", "no M.S.G. added" and "no added M.S.G." are considered misleading and deceptive when other sources of free glutamates are present. These include hydrolysed vegetable protein, soya sauce or autolysed yeast extracts. In addition, a number of common food ingredients contain high levels of naturally-occurring free glutamates, including tomatoes and tomato juice, grapes and grape juice, other fruit juices, cheeses such as Parmesan and Roquefort, and mushrooms.

Rationale: Consumers may believe that M.S.G. is the sole source of concern in food sensitivity reactions to glutamates. This is misleading. Foods that are inherently high sources of free glutamates may also be of concern. The Federation of American Societies of Experimental Biology (FASEB)\*, in its report on adverse reactions to monosodium glutamate, concluded that there is no difference in the physiological response to man-made and natural glutamates.

## Flavor enhancers are mostly MSG



Flavored with MSG

- Doritos Nacho Cheese Flavor. [Web Page Wiki](#)
- FritoLay Corporation (a division of PepsiCo, Inc.)
- Contains Milk, Wheat & Soybeans.

### Ingredients:

Corn,  
Vegetable Oil,  
Salt,  
Cheddar Cheese, [Contains Natural MSG]  
Maltodextrin,  
Wheat Flour,  
Whey,  
Flavor Enhancer (E621, E631, E627), [MSG]  
Buttermilk Solids,  
Romano Cheese,  
Whey Protein Concentrate  
Onion Powder,  
Partially Hydrogenated Vegetable Oil, [MSG]  
Corn flour,  
Acidity Regulator (E399(ii), E270, E330),  
Lactose,  
Flavor, [MSG]  
Dextrose,  
Tomato Powder, [contains Natural MSG]  
Spices,  
Colour (E110, E102, E129),  
Sugar,  
Garlic Powder,  
Red and Green Bell Pepper Powder,  
Emulsifier (Sodium Caseinate),  
Nonfat Milk Solids,  
Whey Protein Isolate,  
Corn Syrup Solids,

- Lays Barbecue Flavored Potato Chips
- FritoLay Corporation
- Products made or sold outside the U.S. may contain MSG. [Web Page](#)

### Ingredients:

Vegetable Oil (Sunflower, Corn, and /or Canola Oil)  
BBQ Seasoning:  
-Corn Sugar, [similar to High Fructose Corn Syrup]  
-Malted Barley Flour, [contains Gluten]  
-Onion Powder  
-Yeast, [may contain MSG]  
-Molasses, [sugar]  
-Spices, [may include MSG and Sugar]  
-Garlic Powder,  
-Natural Flavors, [Natural MSG]  
-Paprika,  
-Tomato Powder, [contains MSG]  
-Corn Starch  
-Yeast Extract, [includes Natural MSG]  
-and Paprika Extracts.



Flavored with MSG



Flavored with MSG

- Old Dutch Barbecue.
- Old Dutch Foods, Inc.. [Web Wiki](#).
- **No MSG claimed.**
- **Ingredients:**  
White Potatoes,  
Sunflower and/or Canola Oil,  
Sugar,  
Salt,  
Corn Starch,  
Maltodextrin, [gluten]  
Dextrose,  
Monosodium Glutamate, [MSG]  
Torula Yeast, [MSG]  
Paprika (Color),  
Spices,  
Garlic Powder,  
Hydrogenated Corn Protein, [MSG]  
Onion Powder,  
Extractives of Paprika (Color),  
Molasses Powder(contains molasses, maltodextrin)  
Disodium Inosinate  
Disodium Guanylate,  
Smoke Flavoring (with Maltodextrin)  
Spice extractive  
contains less than 2% Calcium Silicate added as an anti-caking agent



Plain, No MSG

- Lay's Deli Style Original
- FritoLay Corporation.
- Products made or sold outside of the U.S. may contain MSG. [Web Page](#)
- **Ingredients:**  
Potatoes,  
Vegetable Oil (Sunflower, Corn, and/or Canola Oil),  
Salt.  
No Preservatives.

No MSG



- Old Dutch Original.
- Old Dutch Foods, Inc.. [Web / Wiki](#).
- **No MSG claimed.**
- **Ingredients:**  
White Potatoes,  
Sunflower and/or Canola Oil,  
Salt,

No MSG

Plain, No MSG

**No Flavoring often means No MSG**

Some chips are made from dough and include wheat (gluten).

**What about the cooking oil? Article: [Good Oil Bad Oil](#),  
in General: Animal oils are good - vegetable oils are bad.**

**Soy Sauce is very high in MSG. [Soy Article](#)**

**Most baked goods have MSG as E620, E621, E622,  
E623, E624 and/or E625.**

**[Food, Inc. - Industrial Chicken Farmers](#)**

**[Who's Bryon?](#)**

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