

Diet: Allergy – glutamate low

Aim: To provide a diet that excludes foods naturally high in free glutamate, and food additives containing glutamate.

Characteristics: Avoids the flavour enhancers 620–625 (various glutamate salts), and foods naturally high in glutamate, eg tomato, cheese, mushrooms, stock cubes, sauces, meat extracts and yeast extracts. Pure monosodium glutamate (MSG) is often added to increase the flavour of soups, sauces, Asian cooking and snack foods.

Indications: Glutamate intolerance.

Nutritional adequacy: Nutritionally adequate.

Precautions: It is not possible to provide a full list of all permitted commercial products; the following are general guidelines only. Care should be taken to read all product ingredient lists to look for ingredients containing glutamate, eg additives 620–625, MSG and hydrolysed vegetable protein (HVP). If a product lists an ingredient as flavour, without a detailed additive description or code, the product should not be used in this diet.

Paediatrics: Suitable for use in paediatrics when combined with an age-appropriate diet.

Specific menu planning guidelines:

	ALLOWED – <i>but check labels</i>	NOT ALLOWED – <i>but check labels</i>
Hot main dishes	All plain cooked meat, poultry, fish, eggs and legumes	Casserole dishes made with commercial stocks and flavour enhancers, or tomato paste Dishes containing tomato, mushroom or peas
Sauces, gravies	Plain white sauce	Soy sauce, fish sauce, oyster sauce, tomato sauces Cheese sauces Gravies made with stock cubes
Starchy vegetables / pasta / rice	All potato, pasta, plain rice	Commercial savoury rice
Vegetables	All others	Mushrooms, tomatoes, peas
Soups	All others – check label	Commercial condensed soups Soups with mushroom, tomato or peas
Sandwiches	All others	Tomatoes
Salads, dressings	Most salad ingredients Plain salad dressing (oil and vinegar) and mayonnaise – check labels	Tomatoes, mushrooms, parmesan cheese Commercial salad dressings
Breads, cereals	All	
Spreads	Jam, honey, peanut butter	Vegemite™, Marmite™, Promite®
Hot breakfast choices	All others	Mushrooms, tomatoes, canned spaghetti, baked beans Savoury mince with peas
Fruit	All	
Yoghurt	All	
Desserts	All	
Milk and cheese	All milks Most mild cheeses	Hard aged cheese, eg parmesan Camembert, blue vein cheese
Beverages	All others	Vegetable juice
Biscuits	All	
Miscellaneous	Salt, pepper, sweetener, sugar, cream, nuts	

Diet: Allergy – glutamate low (continued)

References

1. Royal Prince Alfred Hospital Allergy Unit. RPAH Elimination diet handbook. Sydney: RPAH; 2010.
2. Swain AR, Soutter VL, Loblay RH. Friendly food: the complete guide to avoiding allergies, additives and problem chemicals. Sydney: Murdoch Books; 2004.
3. Food Standards Australia New Zealand. Monosodium glutamate: a safety assessment. Technical Report Series No 20. Canberra: FSANZ; 2003. [accessed 15 July 2015]; Available at: http://www.foodstandards.gov.au/_srcfiles/MSG%20Technical%20Report.pdf

This diet specification is not to be used for patient education.

Date: 24 July 2015