

Glutamate Content in Food

| Food | Content, g/3.5 oz. or 100 g |
|-------------------|-----------------------------|
| Parmesan cheese | 1.200 |
| Oyster sauce | 0.900 |
| Soy sauce | 0.782 |
| Anchovy sauce | 0.630 |
| Tomato juice | 0.362 |
| Mushrooms | 0.164 |
| Tomato | 0.140 |
| Fish | 0.140 |
| Corn | 0.130 |
| Peas | 0.101 |
| Human breast milk | 0.077 |
| Chicken | 0.044 |
| Beef | 0.033 |
| Cow's milk | 0.007 |

Sources: U.S. Food and Drug Administration and www.glutamate.org