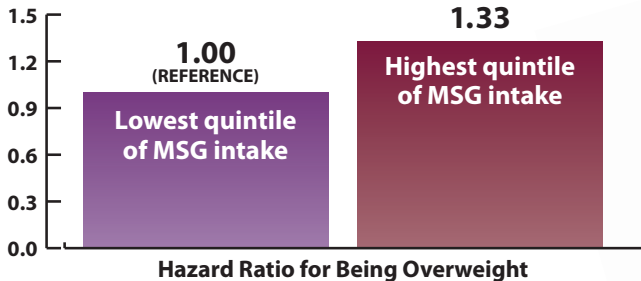


High MSG = High BMI?

According to a recent large-sample survey of more than 10,000 adults, consuming high amounts of MSG increases the risk of being overweight by 33 percent compared to consuming low amounts:



SOURCE: He K, et al. Consumption of monosodium glutamate in relation to incidence of overweight in Chinese adults: China Health and Nutrition Survey (CHNS). *American Journal of Clinical Nutrition*, 2011;93(6):1328-36.