

Foods Content of Glutamate in ascending order

	Serving (g)	Glutamate mg/100g	Sugar mg/100g	Calorie /100g
Olive oil, extra virgin	14	0	0	857
Blackstrap molasses	13.67	0	42,794	235
Maple syrup	13.33	0	59,565	261
Green tea	2.00	0	0	0
Water	100.00	0	0	0
Honey	42.00	24	82,119	304
Apple *	182	27	10,390	52
Pears	178	28	9,798	58
Plums	66	30	9,924	46
Papaya	304	33	5,901	39
Swiss chard	175	36	1,097	20
Mustard greens	140	48	100	15
Cranberries	50	60	4,040	46
Mushrooms, crimini	87	61	1,724	22
Watermelon	152	66	6,197	30
Lemon/Limes	61	67	2,393	25
Mushrooms, shiitake	87	71	0	23
Brussels Sprout	88	76	2,205	43
Pineapple	165	79	9,848	50
Figs	50	80	16,260	74
Blueberries	148	88	9,959	57

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Celery	101	89	1,584	16
Olives	135	89	0	115
Oranges	131	92	9,351	47
Strawberries	144	97	4,889	32
Prunes	43.50	115	38,138	240
Squash, summer	113	124	2,204	16
Grapes	92	130	16,250	67
Scallops	113.40	140	0	112
Apricots	35	143	9,143	48
Bananas	118	153	12,229	89
Turnip greens	144	153	528	20
Squash, winter	205	156	3,298	37
Grapefruit	128	156	6,977	32
Raisins	36	166	59,200	299
Ginger	6.00	167	1,667	80
Collard Greens	190	174	400	26
Yams	136	176	493	116
Dill	4.20	177	3,510	305
Romaine lettuce	94	181	1,191	17
Eggplant	82	183	2,329	24

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Kiwifruit	74	184	8,784	61
Green beans	100	190	3,260	31
Cucumbers	104	192	1,673	15
Carrots	122	197	4,738	41
Sweet potatoes	114	202	6,482	90
Cantaloupe	160	206	7,319	34
Bell Pepper	92	211	4,022	31
Leeks	89	225	3,899	61
Human Milk	100	229	7,000	720
Thyme	2.80	230	1,786	276
Asparagus	134	231	1,836	20
Parsley	7.60	249	789	36
Cauliflower	107	252	1,907	25
Onions	160	256	4,238	40
Basil	2.80	277	1,786	251
Avocados	146	288	658	160
Cabbage	70	300	3,200	25
Spinach	180	356	428	24
Rosemary	2.40	361	0	331
Kale	130	374	1,246	28

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Cinnamon, ground	5.20	385	2,115	247
Peppermint	7.60	409	0	70
Phillippines Soy Sauce	100	412	0	100
Potatoes	173	416	1,179	93
Tomatoes	180	417	2,628	18
Beets	139	417	6,612	43
Brown rice	195	523	349	111
Buckwheat	168	524	899	92
Milk, goat	244	627	4,451	69
Cow's milk, grass-fed	122	631	4,803	61
Corn	149	658	4,537	96
Corn	149	658	4,537	96
Broccoli	91	662	1,703	34
Fish Sauce-Bakasang	100	727	NA	NA
Green peas	137.75	733	5,931	84
Sea vegetables	20	750	600	43
Millet	174	764	132	119
Garlic	18	778	1,000	149
Japanese Soy Sauce	100	782	0	67
Cow's milk, grain-fed	100	819	38,400	496

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Oyster Sauce	100	900	22,222	139
Yogurt	245	939	7,041	63
Fish Sauce-Nam Pla	100	950	1,000	62
Fish Sauce-Nuoc Mam	100	950	13,333	67
Barley	200	970	815.22	135
Whole wheat	182	973	99	83
Oregano	3.60	975	4,167	265
Lima beans	188	1,096	2,899	115
Navy beans	182	1,258	368	140
Korean Soy Sause	100	1,264	0	150
Black beans	172	1,349	NA	132
Fish Sauce-Ishiru	100	1,383	NA	NA
Tofu and Tempeh	113.4	1,393	644	76
Kidney beans	177	1,395	322	127
Lentils	198	1,399	1,798	116
Black pepper	4.20	1,413	714	255
Dried Peas	196	1,423	2,898	118
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Vegemite	100	1,431	0	200
Pinto beans	171	1,444	339	143

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Garbanzo beans (chickpeas)	164	1,549	4,799	164
Chili pepper, dried	1.54	1,590	40,909	325
Eggs	50	1,640	1,120	155
Quinoa	43	1,859	4,941	368
Miso	17.19	1,920	6,225	199
Marmite	100	1,960	20,000	160
Rye	56	2,295	986	338
Pork	299.0	2,325	0	149
Mackerel	100.00	2,382	0	167
Chinese Soy sauce	18.00	2,389	1,722	60
Walnuts	25	2,720	2,600	654
Lamb	113.0	2,730	0	283
Beef, grass-fed	113.4	2,846	0	154
Fennel (seed)	87	2,956	0	31
Soybeans	172	3,047	3,000	173
Caraway seeds	100.00	3,169	1	333
Cod	113.40	3,430	0	105
Sesame seeds	36	3,500	306	573
Shrimp	113.40	3,563	0	99
Duck	174.0	3,636	0	140

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Sardines	90.72	3,671	0	208
Oats	234	3,712	269	71
Flaxseeds	14	3,714	1,571	534
Halibut	113.40	3,986	0	140
Salmon	113.40	4,074	0	216
Cashews	34.26	4,116	5,896	553
Tuna	113.40	4,471	0	139
Sunflower seeds	35	4,629	2,629	584
Chicken	113.4	4,647	0	165
Spelt	194	4,651	2,969	127
Turkey	113.4	4,850	0	135
Mustard seeds	4.00	5,000	6,750	508
Venison	113.4	5,088	0	191
Almonds	34.5	5,188	4,899	597
Peanuts	36.50	5,342	3,973	567
Pumpkin seeds	32.25	5,581	1,395	559
Sweet Peas	100	5,583	4,000	80
Cheese, grass-fed	28	5,608	529	403
Parmesan Cheese	100	9,847	1,500	415
Raspberries	123	NA	4,423	52

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Cayenne pepper	3.60	NA	10,278	318
Cilantro/Coriander seeds	4.00	NA	870	445
Cloves	4.20	NA	2,381	323
Cumin seeds	4.20	NA	2,143	375
Sage	1.40	NA	1,429	315
Turmeric	4.40	NA	3,182	354