

Free Glutamate content of selected foods

Foods	Glutamate in mg/100 g food
Egg	23
Beef	33
Fish (Mackerel)	36
Chicken	44
Potato	102
Corn	130
Oysters	130
Tomato	140
Broccoli	176
Mushrooms	180
Peas	200
Grape juice	258
Fresh tomato juice	260
Walnuts	658
Soy sauce	1,090
Parmesan cheese	1,200
Roquefort cheese	1,280

Source: "Monosodium Glutamate: A Look At The Facts," The Glutamate Association.