

Introduction to the REID Program

(Reduced Excitatory Inflammatory Diet)

This is a group created for and by parents who have recovered or are trying to recover their children from Autism and related disorders by diet and removal of processed free glutamate (MSG). The foundation of this program is based on Dr. Katie Reid's protocol, the REID Program, which advocates a whole food diet. Dr. Katie Reid is one the biochemists that has discovered the connection between free glutamate (MSG) and health various health issues; we **HIGHLY** advise consulting with her first. She is available for consultations at, www.unblindmymind.org or kreid@unblindmymind.org. Please feel free to share any related articles, recipes*, ideas, questions or info regarding MSG-free foods etc. In effort to share information with the group, please refrain from private messaging admins (Katie Reid, Andi Stowe, Milla Ezman, Leslie Cope, Brianna Hall, Lila Virginia). Copying/pasting and screenshots from the group are strictly prohibited and will result in removal from group.

These suggestions are based on our experience and should not be considered medical advice. We are moms not physicians.

****Just a friendly PSA...we have had a lot of questions regarding supplements and "safe" ingredients or alternatives...This group was created to promote a whole food diet, as an alternative to supplements and since we are not "healthcare" providers we do not feel comfortable recommending alternatives. If you have any questions regarding supplements/ingredients and/or replacements we recommend contacting and consulting with Dr.Katie Reid at <https://unblindmymind.org/contact/>. We are happy to try to help with any food-related questions or recommendations though!*

TO START...

It is best to be on a gluten and dairy free diet before removing free glutamate (MSG). Gluten and dairy contain a substantial amount of free glutamate (MSG). It is quite possible health benefits are observed from this diet because glutamate is being reduced with the removal of gluten and dairy. Those highly sensitive to free glutamate may also react to soy and corn due to the naturally occurring high levels of free glutamate found in these whole foods.

1. Consider watching Dr. Katie Reid's Ted Talk video at <http://unblindmymind.org/> and read the interview found here, . This article also does a great job of explaining the role of glutamate, <http://www.holistichelp.net/blog/how-to-increase-gaba-and-balance-glutamate/>.
2. Make a careful note of the following ingredients. A free glutamate (MSG) reaction presents similarly to a gluten reaction. You will want to **strictly** avoid all foods containing these ingredients. The more free glutamate (MSG) you consume, the more glutamate receptors are created and thus the sensitivity increases.

Various Ways Free Glutamate (MSG) is Labeled on Foods

- Glutamic acid (E 620),
- Glutamate (E 620)
- Monosodium glutamate (E 621)
- Monopotassium glutamate (E 622)

- Calcium glutamate (E 623)
- Monoammonium glutamate (E 624)
- Magnesium glutamate (E 625)
- Natrium glutamate
- Yeast extract
- Anything “hydrolyzed”
- Any “hydrolyzed protein”
- Calcium caseinate,
- Sodium caseinate
- Yeast food, Yeast nutrient, Yeast
- Autolyzed yeast
- Gelatin
- Textured protein
- Soy protein, soy protein concentrate
- Soy protein isolate
- Whey protein, whey protein concentrate
- Whey protein isolate
- Vetsin
- Carrageenan (E 407)
- Bouillon and broth
- Stock
- Any “flavors” or “flavoring” [i.e. natural flavors, raspberry flavor, vanilla flavor, etc..]
- Maltodextrin
- Citric acid, Citrate (E 330)
- Any protein that is “ultra-pasteurized”
- Barley malt
- Pectin (E 440)
- Protease
- Anything “enzyme modified”
- Anything containing “enzymes”
- Malt extract
- Milk powder Reduced fat milk (skim; 1%; 2%) most things low fat or no fat
- Soy sauce
- Soy sauce extract
- Anything “protein fortified”
- Any protein that has been “fermented”
- Seasonings / Spices
- Corn starch
- Corn syrup
- Cream of Tarter
- Modified food starch
- Lipolyzed butter fat
- Dextrose
- Rice syrup
- Brown rice syrup
- Anything enriched
- Vitamin enriched

- Xanthum gum and most “gums”
- Aspartate
- Aspartame
- Sweet’n low
- Splenda
- Certain amino acid chelates (Citrate, aspartate, and glutamate are used as chelating agents with mineral supplements.)
- Spirulina Powder
- Agar-agar
- Agar
- Pea Protein
- Rice Flour as an ingredient

Also be cautious/avoid the following items as the processing will create higher levels of free glutamate:

- Tomato Paste- often contain “flavors”
- Bone/meat broth – Do not cook for longer than 3 hours
- Noodles- even GF rice or lentil noodles. The hydrolysis process of removing the fiber degrades the protein and creates free glutamate.
- Baking Powder- this is highly processed and often contains corn starch (consider making homemade)
- Extracts- vanilla extract, rosemary extracts, etc. the solvents used in extracts creates free glutamate
- Fish Sauce
- Coconut Aminos
- Any “Aminos”
- Store bought juices- particularly those made from “concentrate” (consider making homemade)
- Canned items- canned items are often lined with BPA and free glutamate (MSG)
- White Rice -the polishing process creates free glutamate (brown or black is preferred)
- Rolled Oats- stick with steel cut oats which avoids the extra processing found in rolled
- Frozen fruits and vegetables- while these are typically safe, check ingredients! These are often coated with citric acid which can be another form of Free Glutamate (MSG).
- Ground meat- while these are typically safe, they often have additives such as “natural flavors”, “spices” or “extracts” which often contain free glutamate (MSG). Be sure to check labels
- Tapioca Flour- is highly processed resulting in quite a bit of free glutamate being created. It would be best to avoid this
- Rice flour (store bought)- The process of stripping the fiber from the rice often involves hydrolysis or fermentation of the rice which creates free glutamate. Rice flour can easily be made at home by grinding/blending rice.
- Coconut flour (store bought)- the defatting process in which the oil is removed from the fiber to form the flour leaves behind high levels of glutamic acid. Coconut flour can easily be made at home by grinding/blending unsweetened shredded coconut. http://digitool.library.mcgill.ca/R/?func=dbin-jump-full&object_id=22813&local_base=GEN01-MCG02
- Cured meats and luncheon meats- the degradation of the protein creates free glutamate. Even if the meat is listed as “uncured” it is still cured in salt.
- Auxiliaries sprayed on conventional fruits and vegetables- organic is the preferred choice
- Sundried Tomatoes
- Dried Mushrooms
- Potato Flakes

- Aerosol cooking sprays
- Nori
- Spirulina
- Dulse
- Chlorella
- Epicor
- Agar
- Molasses
- Chocolate Liquor
- Cane Sugar
- Beet Sugar
- Chewing gum
- Soy Sauce
- Tofu

3. Supplements

Extra caution needs to be used when taking supplements. Depending on how the supplement is formulated/solvents used, there could be excess Free Glutamate (MSG) created. Here are some ingredients that contain Free Glutamate (MSG) or could be converted to Free Glutamate (MSG) in addition to the items listed above.

- Glutamine
- Maltodextrin
- Natural Flavors or “Flavors”
- Gelatin
- Rice Flour
- Protease
- Citric Acid
- Certain types of Disodium Salts
- Certain amino acid chelates (Citrate, aspartate, and glutamate are used as chelating agents with mineral supplements.) So any supplement ending in Citrate, Aspartate or Glutamate, ie Magnesium Citrate

4. Health and Beauty Products-

We have glutamate receptors on our skin. Here are some suggestions you may use to avoid exposure to free glutamate (MSG).

- Facewash- Dessert Essence
- Lotion- Coconut Oil
- Soap- Alaffia Authentic African Black Soap or Everyday Shea- Moisturizing Shea Butter Bubble Bath Unscented (We have used this without any issues)
- Deodorant- Primal Pit Paste or homemade
- Sunscreen- Badger Broad Spectrum SPF 35 or homemade option of coconut Oil, Zinc Oxide, Beeswax and Essential Oil <http://wellnessmama.com/2558/homemade-sunscreen/>
- Toothpaste (try EarthPaste or homemade) <http://www.healthextremist.com/make-your-own-baking-soda-and-coconut-oil-toothpaste/> Toothpaste and dental floss often contains Free Glutamate (MSG) in the form of “natural flavors” or “peppermint flavor” etc. Please use caution with these items and consider this when visiting the dentist.

5. Spices/Seasonings

Spices are at great risk for containing Free Glutamate (MSG). We found these brands to be fairly safe.
Simply Organic
Mountain Rose Herbs

White table salt can contain free glutamate/MSG. Himalayan or Sea Salt would be a better option. Avoid seasonings that end in “powder” or “extract”, ie. celery powder, rosemary extract or just contain “spices” on the ingredients. Each individual spice should be listed out and not lumped under the name “spices”. Just using the word “spices” or “organic spices” is a way to hide free glutamate (MSG).

6. Now that you are familiar with what items to avoid, start your meal planning. Even though grains and legumes are acceptable when avoiding free glutamate (MSG), you may consider trying a Paleo or Whole 30 diet. These diets are *typically* cleaner of Free Glutamate (MSG) ingredients. You should still be cautious of ingredients in these recipes! Here are some resources:

<http://againstallgrain.com/> (she has some fantastic cookbooks)

<http://elanaspantry.com/>

Balancing diet is just as important as removing free glutamate. Any imbalance in diet or source of inflammation (yeast, microbial imbalance, etc.) will trigger glutamate signaling. You would like for diet to eventually consist of 75% high fiber veggies to ensure fiber fermentation. A diet too high in carbohydrates and/or meat will lead to an imbalance and additional inflammation/glutamate signaling. This food pyramid will give you a better idea of Dr. Reid’s idea ratios. As always, consulting with Dr. Reid is a priority.



7. We have started Pinterest and Instagram pages to help with recipe ideas. The REID notes/substitutions are listed in the comments section (under the recipe photo). This page can be found here, <https://www.pinterest.com/reidprogramredu/>. Our Instagram name is @thereidprogram.