

# LOW GLUTAMATE DIET

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R.O.A.R

ROADMAP TO ATTENTION AND REGULATION

**Module 3**

Signs that Glutamate Toxicity may be causing your child discomfort:

- Anxiety or Aggression
- Headaches
- Sleep disturbance
- Low stress tolerance
- Restlessness
- Inability to focus
- Hyperactivity
- Seizures
- OCD symptoms
- Repetitive behavior

And if these symptoms are not addressed by a R.O.A.R diet (blood sugar balancing anti-inflammatory diet), this is time to do a **trial of a low-glutamate diet.**

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**Note: Glutamate can occur naturally or in added artificial preservatives/flavor enhancers / other additives.**

**Note: You do not have to eliminate all sources of glutamate from your child's diet to see an effect. Initially simply reduce the amount of glutamate to about 10-20% of what they normally eat.**

**If that is not sufficient to see a reduction in symptoms, you can remove it 100% for 1 week or 2, before a slow re-introduction to bring it back to about a 10-20% baseline.**

<b>Vegetables / Fruits / Grains / Beans</b>	<b>Meats / Dairy</b>	<b>Processed Foods / Additives</b>
Mushrooms	Aged meats, sardines, canned meats	Marmite
Tomatoes (in any form, but even higher in preserved or canned)	Broths	MSG, Yeast Extract, Autolyzed Yeast
Ferments - including sauerkraut / pickles	Parmesan Cheese is very high, but most cheese is high.	Nutritional Yeast
Spinach	Fish Sauce	Umami Flavoring
Seaweed		Maltodextrin
Raisins		Hydrolyzed Protein, Textured Protein
Corn (flour, starch, polenta, etc)		Protein Isolates / Extracts
Tempeh / Miso / Soy Sauce		

Fermented grains like sourdough / idlis / dosas etc.		
Peas		



**Disclaimer:**

***The information in this document is for educational purposes only. Vaishnavi Sarathy, Ph.D. is an educator, not a doctor, specifically not your child's doctor. Please consult your physician before implementing any supplement or diet recommendations.***